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The International Society of Hypnosis NEWSLETTER

Building Bridges of Understanding
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LETTER FROM THE PRESIDENT



September, 2018
Bernhard Trenkle

It is a great honor to write this first Presidential Address for our Newsletter. I will use this first address to introduce the new BOD of ISH to the members and all our readers in the international world of hypnosis.

Some months ago, the individual members of ISH elected the new President-Elect (Mark Jensen, PhD; from Seattle, USA) and the new Secretary Treasurer (Enayat Shahidi, MD; from Teheran, Iran). The motto of ISH "Building Bridges of Understanding" is realized in a very impressive way having in such difficult political times colleagues from the USA and Iran in leading positions.

The other positions/places in the BOD were elected some days ago in Montreal by the representatives of the Constituent Societies of ISH. Each society has two representatives in this Council of Representatives. Before I write about the election result and the new BOD I like to write few words about the last years of ISH.

During the last 9 years, the ISH BODs have been working very efficiently. Camillo Loredio suggested to have a live BOD meeting at least once every year. Almost all BOD Members have been able to participate in these meetings. Often, these meetings were integrated before or during a congress or teaching event, allowing us to have several days together. This helped to establish strong personal relationships and friendships. In the context of this background of good atmosphere, everybody invested more in the development of the society and many initiatives and projects. Importantly, most of the BOD members said they would be happy to remain on the BOD in the event that they were re-elected, allowing them to follow through on the projects they are responsible for.

Claude Virot, MD is now the Immediate Past President of ISH. He will continue on the BOD in this role, and continue to develop many of the great projects he started in his 3 years as President, such as the Video-Streaming of the Congress and the ISH Youth Committee.

As new chair of the COR, we have Woltemade Hartman, PhD, from South Africa. Woltemade Hartman travels a great deal and teaches over 200 days a year all over the world. He is the ideal person for this position, because of the many opportunities he has to speak directly with the colleagues in



their home countries. Giuseppe de Benedittis, MD, PhD, from the University of Milano, is the Vice Chair of the COR. He will continue with the project he initiated in the last year for WHO to recognize hypnosis as an effective treatment. Brian Allen, BSc, from Australia is the Secretary of the COR. He has held this position twice before.

Katalin Varga, PhD, from Budapest University, is also staying on as a BOD member. We all are happy with the fantastic work she has done with the ISH newsletter that ISH members receive 4 times a year. In addition, she is planning a congress that will be held in 2019 in Budapest called "Next Generations." It will bring together a new generation of hypnotherapists and researchers.

New to the BOD Members are Krzysztof "Kris" Klajs, Dipl. Psych. from the Polish Milton Erickson Institute, Xin Fang, MA, Director of the Counseling Service of Beijing University, and Cecilia Fabre, MA, from Ericksonian Center of Mexico. Kris will be the organizer of the next International Congress at Cracow University. Xin Fang is arguably the best hypnotherapy teacher in China, President of a fast growing Chinese Hypnosis Association, and an exceptional organizer of trainings and congresses. Cecilia Fabre knows the Latin American Hypnosis Field very well and will support ISH in the important field of Social Media. The BOD also asked the Past-President of European Society, Nicole Ruysschaert, MD, to stay as non-voting member in our BOD in order to allow us access to her experience and contacts as resource for our work.

The Past-President, Julie Linden, PhD, has devoted a great deal of time during the past nine years to reorganize the International Society and to create a virtual office which can be managed from every place in the world via internet. She also serves as the American Administrator for ISH, which is necessary because the society was founded and is registered in USA. I am delighted that she has agreed to support ISH in administration.

In addition, I'd like to note that we owe a debt of gratitude to Consuelo Casula, PhD, for her 12 years of work on the ISH BOD. During this time, she served as Secretary/Treasurer and Editor of the Newsletter. Even when she served as the President of European Society of Hypnosis (ESH), she worked on the ISH BOD to support a close collaboration between ISH and ESH. I would like to thank her for our many good conversations and the good advice she has given over these past years.

So I am very happy to have a wonderful balance of colleagues from Europe, Asia, America, Africa and Australia. Importantly, there is also now a good balance in age of younger colleagues and older very experienced colleagues, women and men, and therapists and scientists/researchers.

During my life I have served on several BODs. The ISH BODs during the last 6 years have worked together in such a good atmosphere, and with such efficiency that it has been the best BOD experience in my whole life. Sometimes I asked myself why this is the case. Maybe good luck. Or maybe a side effect of the fact that almost every BOD member has been a President of a hypnosis society in his or her home country before joining the ISH BOD. The wonderful atmosphere of our BOD may also be due everyone's sense of humor and their ability to view the issues we address from a distance; knowing that one's own ego is ultimately not that important when viewed from an intergalactic point of view. Maybe it is also the good luck having great Presidents for so many years.

Perhaps you wish to learn more about our current BOD Members. This is possible. One of the main projects of my term as President is the internet platform www.whoISHwho.com. There you can find a lot of information about the BOD, but also about many international experts in hypnosis and hypnotherapy. This system is just beginning, and will be expanding. You can enjoy checking things from time to time and see how many new colleagues around the world you will find there. So – if you like to know



more about the ISH Board Members, their areas of expertise, and their work as therapists, scientists, authors, teachers, etc. – it is now very easy to get such information. Perhaps you are curious which BOD Member of ISH as psychologist is President-Elect of an important section of a medical society in his or her home country. Maybe you will learn something new about a friend or colleague, or even identify someone who does very interesting work who you want to contact, and who might become a friend and colleague.

The administration of ISH in the World Office was organized by Susanne Malik, USA and Marion Orel. Marion supported Claude Virot during his time of presidency. I thank Marion for all the work she did during the last three years and before in organizing the International Congress in Paris. Now Shady Tonn, a young psychologist from Germany, will support me in organizing things in the future. You will meet her at international congresses to represent the society.

Bernhard Trenkle
Dipl. Psych., Dipl.Wi.-Ing.

LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

C'est un grand honneur d'écrire cette première lettre en tant que Président pour notre Newsletter, que je vais utiliser pour introduire le nouveau Bureau de l'ISH aux lecteurs du monde international d'hypnose.

Il y a quelques mois les membres individuels de l'ISH ont élu le nouveau „President-Elect » «Président-Elu » (Mark Jensen, PhD de Seattle, Etats-Unis) et le nouveau Secrétaire-Trésorier (Enayat Shahidi, MD de Téhéran, Iran). Le slogan de l'ISH, „Construire des ponts de Compréhension » prend encore davantage de sens au regard de nos collègues des Etats-Unis et de l'Iran, et de l'importance de leur collaboration malgré les difficultés du point de vue politique.

Les autres positions dans le Bureau ont été élues il y a quelques jours à Montréal, par les représentants des Sociétés Membres de l'ISH. Chaque société a deux représentants dans ce “Conseil des Représentants”. Avant de vous annoncer les résultats des élections, et de vous parler du nouveau BOD, je voudrais écrire quelques mots sur ces dernières années à l'ISH.

Ces dernières 9 années, le bureau a travaillé de manière très efficace. Camillo Lorioed a suggéré d'organiser une réunion face-à-face chaque année, et presque tous les membres du bureau ont pu participer à ces réunions. Souvent ces réunions ont précédées ou ont été intégrées dans un congrès ou une formation, ce qui nous a permis de passer plusieurs jours ensemble. Cela a aidé à installer des forts liens personnels et des amitiés sincères au sein du BOD. Dans ce contexte d'ambiance agréable, tout le monde a investi plus pour le développement de la société par différentes initiatives et projets. Information importante également, c'est que la majorité des membres du Bureau ont exprimé leur volonté de prolonger leur position dans le bureau pour continuer les projets et tâches pour lesquels ils s'étaient engagés.

Claude Virot, MD est maintenant le Past-Président de l'ISH. Il va continuer son rôle dans le Bureau, et continuer à développer plusieurs des grands projets qu'il a commencés durant ses 3 années de présidence, comme le Vidéo-Streaming du Congrès et le Comité des Jeunes. Dans la nouvelle position de président du COR nous avons Woltemade Hartman, PhD de l'Afrique du Sud qui voyage beaucoup et donne des



formations partout dans le monde, 200 jours par an. Il est la personne idéale pour cette position, parce qu'il a beaucoup d'occasions pour parler directement avec des collègues chez eux, dans leur pays natal. Giuseppe de Benedittis, MD, PhD de l'université de Milan est le vice-président du COR. Il va continuer le projet de l'OMS qu'il a mis en route l'année passée pour obtenir que l'hypnose médicale soit reconnue comme thérapie efficace par l'OMS. Brian Allen, BSc, d'Australie est le secrétaire du COR, position qu'il a déjà occupée deux fois.

Katalin Varga, PhD, de l'université de Budapest reste dans sa position de membre du bureau. Nous sommes ravis du travail fantastique qu'elle fait pour la Newsletter de l'ISH que tous les membres reçoivent. De plus elle organise un congrès qui aura lieu en 2019 à Budapest, nommé "La prochaine génération", qui va réunir la nouvelle génération d'hypnothérapeutes et de chercheurs.

Les nouveaux membres du Bureau sont : Krzysztof "Kris" Klajs, DiplPsych de l'Institut Milton Erickson Pologne, Xin Fang, MA Directeur du Service de Consultation de l'Université de Pékin et Cecilia Fabre, MA, de Centre Ericksonien du Mexique. Kris va organiser le prochain congrès international à l'université de Cracow. Xin Fang est la meilleure professeur d'hypnothérapie en Chine, également Présidente de la Société d'Hypnose Chinoise, société en plein développement et est une excellente organisatrice de formations et de congrès.

Cecilia Fabre connaît le monde Latino-Américain de l'hypnose et va assister l'ISH dans le domaine des médias sociaux. Le bureau a aussi demandé à l'ancienne présidente de l'ESH, Nicole Ruysschaert, MD, de garder sa position dans le bureau, sans droit de vote, pour avoir accès à ses expériences et réseaux comme ressource pour notre travail.

L'ancienne présidente Julie Linden, PhD, a dévoué une grande partie de son temps ces 9 dernières années à réorganiser la Société Internationale et à créer un bureau virtuel, qui peut être géré de partout dans le monde par internet. Elle servira aussi dans la position d'Administratrice Américaine de l'ISH, ce qui est nécessaire puisque la société a été fondée aux Etats-Unis, et elle assistera donc au niveau administratif.

Je voudrais également remercier Consuelo Casula, PhD, pour le travail qu'elle a effectué pendant 12 années au sein du Bureau de l'ISH durant lesquelles elle a occupé les fonctions de secrétaire/trésorière et éditrice de la newsletter. Alors qu'elle était Présidente de la Société Européenne d'Hypnose (ESH) elle a continué à travailler pour le Bureau de l'ISH en maintenant une collaboration étroite entre l'ISH et ESH. Je voudrais la remercier pour nos nombreuses conversations et les bons conseils qu'elle m'a donnés ces dernières années.

Ainsi, je suis très heureux d'avoir un magnifique équilibre de collègues d'Europe, d'Asie, d'Amérique, d'Afrique et d'Australie. Il est aussi important qu'il y ait maintenant un bon équilibre d'âge, de collègues plus jeunes et plus âgés, de femmes et d'hommes, de thérapeutes et de scientifiques/chercheurs. Pendant ma vie j'ai été membre de plusieurs bureaux, et cette expérience au sein du Bureau de l'ISH pendant les 6 dernières années a travailler ensemble dans une ambiance agréable et tellement efficace en fait la meilleure expérience de toute ma vie!

Parfois, je me demande pourquoi. Peut-être la chance ? Ou l'effet secondaire du fait que chaque membre a été Président d'une société d'hypnose dans son pays avant de joindre le Bureau de l'ISH. L'ambiance agréable peut aussi être le résultat du sens d'humour de chacun et de la possibilité d'observer les problèmes avec une certaine distance ; A savoir que le 'moi' de chacun n'est pas tellement important lorsqu'on l'observe d'un point de vue intergalactique. Peut-être est ce du aux Présidents formidables que nous avons eu pendant tant d'années.



Je peux m'imaginer que vous voulez en savoir plus sur les Membres du BOD ? C'est possible. Un des projets majeurs de ma période de présidence, est la plate-forme internet www.whoISHwho.com. Sur ce site vous trouvez beaucoup d'information sur le Bureau, mais aussi sur les experts internationaux en hypnose et hypnothérapie. Le système vient d'être mis en ligne et va s'étendre. Vous pouvez prendre plaisir à vérifier régulièrement et découvrir le nombre de collègues de partout dans le monde que vous trouvez là. Ainsi, si vous désirez en savoir plus sur les Membres du Bureau de l'ISH, leurs domaines d'expérience, et leur travail en tant que thérapeutes, scientifiques, auteurs, formateurs, etc... c'est très facile maintenant de trouver ces informations. Vous pourriez vous demander quel membre du Bureau de l'ISH est psychologue, quelle est la société du Président-élu. Peut-être lirez vous quelque chose de nouveau sur un(e) ami(e) ou collègue?

L'administration de l'Office Mondial de l'ISH était organisée par Suzanne Malik aux USA et Marion Orel depuis la France. Marion a assisté Claude Virot le temps de sa présidence. Je remercie Marion pour tout le travail qu'elle a fait ces trois dernières années et avant l'organisation du Congrès International de Paris. Désormais, Shady Tonn, une jeune psychologue d'Allemagne va m'assister pour organiser les choses. Vous la rencontrerez lors des congrès internationaux sur lesquels elle représentera la société.

Bernhard Trenkle
Dipl.Psych., Dipl.Wi.-Ing.

GEDANKEN DES PRÄSIDENTEN (DE)

ÜBERSETZERIN: REINHILD DRAEGER-MUENKE

Es ist mir eine grosse Ehre, dieses erste Schreiben als Präsident für unseren Nachrichtenrundbrief zu verfassen. Ich nehme die Gelegenheit wahr, den neuen ISH Vorstand unseren Mitgliedern und allen Lesern in der internationalen Hypnosewelt vorzustellen.

Vor ein paar Monaten haben die individuellen ISH Mitglieder den nächsten Präsidenten gewählt (Mark Jensen, PhD, aus Seattle, USA), und die nächste Sekretärin/Schatzmeisterin (Enayat Shahidi, MD, aus Teheran, Iran). In eindrucksvoller Weise ist dabei das ISH Motto "Brücken der Verständigung bauen" realisiert worden, weil in diesen schwierigen politischen Zeiten Kollegen aus den USA und dem Iran in leitenden Positionen sind.

Vor ein paar Tagen haben dann in Montreal die Abgeordneten der Gründungsmitgliedsgesellschaften die anderen Positionen im Vorstand gewählt. Jedes Land hat zwei Abgeordnete im Abgeordnetenrat. Bevor ich aber über die Wahlergebnisse und den neuen Vorstand schreibe, möchte ich ein paar Worte über die letzten Jahre von ISH sagen.

Während der letzten neun Jahre haben die ISH Vorstände sehr effektiv gearbeitet. Camillo Lorioed schlug vor, dass sich der Vorstand wenigstens einmal jedes Jahr persönlich treffen sollte. Fast alle Vorstandsmitglieder waren in der Lage, an diesen Treffen teilzunehmen. Diese Treffen fanden oft vor oder während eines Kongresses oder einer Trainingsveranstaltung statt, was es uns ermöglicht hat, mehrere Tage zusammen zu verbringen. Das trug sehr dazu bei, starke persönliche Beziehungen und Freundschaften herzustellen. Auf dem Hintergrund solch einer guten Atmosphäre hat sich jeder mehr für die Entwicklung der Gesellschaft sowie für viele Initiativen und Projekte eingesetzt.

Bemerkenswerterweise haben die meisten Vorstandsmitglieder gesagt, sie würden gerne weiter im Vorstand bleiben, falls sie wiedergewählt würden,



um die Projekte weiterzuverfolgen, für die sie die Verantwortung übernommen haben.

Claude Virot, MD ist nun mein unmittelbarer Vorgänger als ehemaliger Präsident von ISH. Er wird in dieser Rolle weiterhin im Vorstand verbleiben, und an der Weiterentwicklung vieler der während seiner drei Jahre als Präsident begonnenen Projekte arbeiten, zB der Video-Live-Streamings des Kongresses und des ISH Jugendkommittees.

Der neue Vorsitzende des Repräsentantenrates ist Woltemade Hartman, PhD, aus Südafrika. Woltemade Hartman ist viel auf Reisen und lehrt über 200 Tage im Jahr in der ganzen Welt. Er ist die ideale Person für dieses Amt, weil er so viele Gelegenheiten hat, direkt mit Kollegen in ihren Heimatländern zu sprechen.

Giuseppe de Bededittis, MD, PhD, von der Universität Mailand, ist der Vizepräsident des Repräsentantenrates. Er wird das letztes Jahr von ihm initiierte Projekt, die Anerkennung der Hypnose durch die WHO als eine effektive Behandlungsform, weiterführen

Brian Allen, BSc, aus Australien ist der Sekretär des Repräsentantenrates. Er hatte dieses Amt schon zweimal vorher inne.

Katalin Varga, PhD, von der Universität Budapest bleibt auch im Vorstand. Wir sind alle begeistert von ihrer fantastischen Arbeit am ISH Nachrichtenrundbrief, den ISH Mitglieder viermal im Jahr erhalten. Zusätzlich ist sie dabei, einen Kongress mit dem Titel "Next Generations" zu planen, der 2019 in Budapest stattfinden wird. Dieser Kongress wird eine neue Generation von Hypnotherapeuten und Forschern zusammenbringen.

Neue Vorstandsmitglied sind Krzysztof "Kris" Klajs, DiplPsych vom polnischen Milton Erickson Institut, Xin Fang, MA, Direktor der Beratungsstelle an der Pekinger Universität, und Cecilia Fabre, MA, vom Ericksonian Center of Mexico. Kris ist der Organisator des nächsten internationalen Kongresses an der Universität von Krakau. Xin Fang ist wohl der beste Hypnotherapieausbilder in China, Präsident der schnell wachsenden chinesischen Hypnotherapie Gesellschaft, und ein ausserordentlicher Organisator von Trainingsveranstaltungen und Kongressen. Cecilia Fabre kennt sich auf dem lateinamerikanischen Feld der Hypnose sehr gut aus, und wird ISH im wichtigen Gebiet der Social Media unterstützen. Der ISH Vorstand hat ausserdem Nicole Ruyschaert, MD, ehemalige Präsidentin der europäischen Hypnosegesellschaft, gebeten, als nicht stimmberechtigtes Mitglied in unserem Vorstand zu verbleiben, damit weiterhin Zugang zu ihrer Erfahrung und ihren Kontakten als Ressource für unsere Arbeit gewährleistet bleibt.

Die ehemalige Präsidentin Julie Linden, PhD, hat während der letzten neun Jahre sehr viel Zeit dafür verwendet, die ISH zu reorganisieren und ein virtuelles Büro zu schaffen, das via Internet von überall auf der Welt gemanaged werden kann. Ausserdem hat sie das Amt der amerikanischen Verwalterin für ISH inne, was nötig ist, weil die Gesellschaft in den USA gegründet wurde und dort auch registriert ist. Es freut mich sehr, dass Julie uns ihre weitere Unterstützung für Verwaltungsangelegenheiten zugesagt hat.

Ausserdem möchte ich anmerken, dass wir Consuelo Casula, PhD, grossen Dank für ihre 12 Jahre Arbeit im ISH Vorstand schulden. Während dieser Zeit hat sie das Amt der ISH Sekretärin/Schatzmeisterin und Editorin unseres Nachrichtenrundbriefs innegehabt. Selbst als sie Präsidentin der Europäischen Hypnosegesellschaft war, hat sie als ISH Vorstandsmitglied weitergearbeitet, um eine enge Zusammenarbeit zwischen ISH und ESH zu unterstützen. Ich möchte mich bei ihr für viele gute Gespräche und gute Ratschläge bedanken, die sie mir während dieser vergangenen Jahre gegeben hat.



Ich bin also sehr glücklich mit dieser wunderbaren Balance von Kollegen aus Europa, Asien, Amerika, Afrika, und Australien. Wichtig ist auch, dass es nun ebenfalls eine gute Balance gibt zwischen jüngeren und älteren sehr erfahrenen Kollegen, Frauen und Männern, Therapeuten und Wissenschaftlern/Forschern.

Während meines Lebens war ich Mitglied in mehreren Vorständen. Der ISH Vorstand hat während der letzten sechs Jahre in solch einer guten Atmosphäre und so effizient zusammengearbeitet, dass es die beste Erfahrung als Vorstandsmitglied meines Lebens war.

Manchmal frage ich mich, warum das der Fall ist. Vielleicht ist es Glück. Oder vielleicht ein Nebeneffekt der Tatsache, dass jedes Vorstandsmitglied vor dem Beitritt zum ISH Vorstand Präsident einer Hypnosegesellschaft seines oder ihres Heimatlandes gewesen ist. Die wunderbare Atmosphäre in unserem Vorstand kommt vielleicht auch durch den Sinn für Humor eines jeden Vorstandsmitglieds und der Fähigkeit zustande, die angesprochenen Themen mit Abstand zu betrachten, als auch der Gewissheit, dass das eigene Ego letztendlich nicht so wichtig ist, wenn man es von einem intergalaktischen Gesichtspunkt her betrachtet. Vielleicht ist es auch das Glück, für so viele Jahre grossartige Präsidenten gehabt zu haben.

Vielleicht möchten Sie gerne mehr über unsere derzeitigen Vorstandsmitglieder erfahren. Das ist möglich. Eines meiner Hauptprojekte während meiner Amtszeit als Präsident ist die Internet Plattform www.whoISHwho.com. Dort können Sie viel Information über den derzeitigen Vorstand, sowie über internationale Experten in Hypnose und Hypnotherapie finden. Diese Plattform befindet sich noch am Anfang ihrer Entwicklung und wird sich erweitern. Sie können gerne von Zeit zu Zeit nachsehen, wie viele neue Kollegen aus der ganzen Welt Sie dort finden werden. Also - wenn Sie gerne mehr über die ISH Vorstandsmitglieder, ihre Spezialgebiete, und ihre Arbeit als Therapeuten, Wissenschaftler, Autoren, Ausbilder, etc. erfahren möchten, ist es jetzt ganz einfach, diese Information zu erhalten. Vielleicht sind Sie neugierig, welches ISH Psychologen-Vorstandsmitglied der nächste Präsident einer wichtigen Abteilung in einer medizinischen Gesellschaft seines oder ihres Heimatlandes sein wird.

Vielleicht erfahren Sie etwas Neues über einen Freund oder Kollegen, oder identifizieren jemanden, den Sie aufgrund seiner sehr interessanten Arbeit kontaktieren möchten, und der vielleicht ein Freund und Kollege wird.

Die Verwaltung der ISH im World Office wurde von Suzanne Malik, USA und Marion Orel organisiert. Marion hat Claude Virot während seiner Präsidentschaft unterstützt. Ich bedanke mich bei Marion für all die Arbeit, die sie während der letzten drei Jahre, und davor bei der Organisation des Internationalen Kongresses in Paris geleistet hat. In der Zukunft wird mich Shady Tonn, eine junge Psychologin aus Deutschland, bei der Organisation unterstützen. Sie werden sie als Repräsentantin der ISH bei internationalen Kongressen treffen.

Bernhard Trenkle
Dipl.Psych., Dipl.Wi.-Ing.

LETTERA DEL PRESIDENTE (IT)

TRADUTTRICE: CONSUELO CASULA

È un grande onore scrivere questa prima lettera presidenziale per la nostra newsletter. La userò per presentare il nuovo BOD della ISH ai membri e a tutti i nostri lettori nel mondo internazionale dell'ipnosi.



Alcuni mesi fa, i singoli membri dell'ISH hanno eletto il nuovo Presidente eletto - Mark Jensen, PhD, di Seattle, USA- , e il nuovo Segretario Tesoriere - Enayat Shahidi, MD, di Teheran, Iran. Il motto della ISH "Building Bridges of Understanding" è realizzato in modo impressionante avendo in un momento politico così difficile colleghi degli Stati Uniti e dell'Iran in posizioni di leadership.

Alcuni giorni fa a Montreal, le altre posizioni del BOD sono state elette dai rappresentanti delle società costituenti della ISH: nel consiglio dei rappresentanti ogni società ha due rappresentanti. Prima di scrivere del risultato elettorale e del nuovo BOD, vorrei scrivere alcune parole sugli ultimi anni della ISH.

Durante gli ultimi nove anni, i BOD ISH hanno funzionato in modo molto efficiente. Camillo Loredio suggerì di fare una riunione del BOD dal vivo almeno una volta all'anno. Quasi tutti i membri di BOD sono stati in grado di partecipare a questi incontri. Spesso, questi incontri erano integrati prima o durante un congresso o un evento didattico, permettendoci di trascorrere diversi giorni insieme. Ciò ha contribuito a stabilire forti relazioni personali di amicizia. Nel contesto di questo background di buona atmosfera, tutti hanno investito di più nello sviluppo della società e in molte iniziative e progetti.

È importante sottolineare che la maggior parte dei membri del BOD ha detto che sarebbero felici di rimanere nel BOD nel caso in cui fossero stati rieletti, consentendo loro di seguire i progetti di cui erano responsabili.

Claude Virot, MD, è l'attuale Past President della ISH. Continuerà a dirigere il BOD con questo ruolo, e a sviluppare molti dei grandi progetti che ha iniziato nei suoi tre anni come ISH Presidente, come il Video-Streaming del Congresso di Montreal e il Comitato dei Giovani ISH.

Come nuovo presidente del COR abbiamo Woltemade Hartman, PhD, del Sud Africa. Woltemade viaggia moltissimo e insegna oltre 200 giorni all'anno in tutto il mondo. Lui è la persona ideale per questa posizione, grazie alle molte opportunità di incontrare direttamente i colleghi nei loro paesi d'origine. Giuseppe de Benedittis, MD, PhD, dell'Università di Milano, è il vicepresidente del COR. Continuerà con il progetto che ha avviato nell'ultimo anno affinché l'OMS riconosca l'ipnosi come trattamento efficace. Brian Allen, BSc, dall'Australia, è il segretario del COR e ha ricoperto questa posizione già due volte.

Anche Katalin Varga, PhD, dell'Università di Budapest, è membro del BOD. Siamo tutti contenti del fantastico lavoro svolto con la ISH newsletter che i membri della ISH ricevono quattro volte l'anno. Inoltre, sta progettando un congresso che si terrà a Budapest nel 2019 dal titolo "Next Generations", dove riunirà una nuova generazione di ipnoterapeuti e ricercatori.

I nuovi membri del BOD sono Krzysztof "Kris" Klajs, DiplPsych del polacco Milton Erickson Institute; Xin Fang, MA, direttore del Counseling Service dell'Università di Pechino; e Cecilia Fabre, MA, direttrice del Ericksonian Center of Mexico, Messico. Kris sarà l'organizzatore del prossimo congresso ISH presso l'Università di Cracovia. Xin Fang è probabilmente il miglior insegnante di ipnoterapia in Cina, presidente di un'associazione cinese di ipnosi in rapida ascesa e un'eccezionale organizzatrice di corsi di formazione e congressi. Cecilia Fabre conosce molto bene il campo dell'ipnosi latinoamericana e sosterrà ISH nell'importante settore dei social media. Il BOD ha anche chiesto al Past-President della ISH, Nicole Ruysschaert, MD, di rimanere nel board come membro senza diritto di voto, al fine di permetterci di accedere alla sua esperienza e ai suoi contatti come risorsa per il nostro lavoro.

La Past-President, Julie Linden, PhD, che negli ultimi nove anni ha dedicato molto tempo alla riorganizzazione della ISH e alla creazione di un ufficio virtuale che può essere gestito da ogni parte del mondo tramite



internet, è l'amministratrice americana della ISH, ruolo necessario in quanto la società è stata fondata e registrata negli Stati Uniti. Ha promesso di continuare a supportarci nell'amministrazione.

Inoltre siamo molto riconoscenti a Consuelo Casula, PhD, per i suoi 12 anni di servizio al C.d.a. di ISH. Durante questo periodo lei ha prestato servizio come segretaria/tesoriere ed editrice della Newsletter. Anche quando ricopriva le funzioni di Presidente della European Society of Hypnosis (ESH), continuava ad esercitare le sue funzioni di membro del C.d.a. di ISH, così contribuendo ad una collaborazione molto stretta tra ISH e ESH.

Vorrei ringraziarla per tutte le nostre bellissime conversazioni e per gli ottimi consigli che mi ha dato nel corso degli anni.

Perciò sono molto felice di avere un meraviglioso equilibrio di colleghi provenienti da Europa, Asia, Americhe, Africa e Australia. È importante sottolineare che ora c'è anche un buon equilibrio in termini di età, di colleghi donne e uomini più giovani e più anziani con esperienza come terapeuti e scienziati/ricercatori. Nella mia vita sono stato in diversi BOD.

Negli ultimi sei anni i BOD ISH hanno lavorato insieme in un'atmosfera così buona e con tale efficienza che è stata la migliore esperienza di BOD in tutta la mia vita.

A volte mi sono chiesto perché è successo questo. Forse buona fortuna. O forse un effetto collaterale del fatto che quasi ogni membro del BOD è stato presidente di una società di ipnosi nel suo paese d'origine prima di entrare nel BOD della ISH. La meravigliosa atmosfera del nostro BOD può anche essere dovuta all'umorismo di tutti e alla capacità di vedere le questioni che affrontiamo con la dovuta distanza, di sapere che il proprio ego non è poi così importante se visto da un punto di vista intergalattico. Forse è anche la fortuna di avere grandi presidenti per tanti anni.

Forse desideri saperne di più sui nostri attuali membri del BOD. Questo è possibile. Uno dei principali progetti del mio mandato di Presidente è la piattaforma internet www.whoISHwho.com. Qui puoi trovare molte informazioni sul BOD, ma anche su molti esperti internazionali di ipnosi e ipnoterapia. Questo sistema è solo all'inizio e sarà in espansione. Puoi divertirti a controllare le cose di tanto in tanto e vedere quanti nuovi colleghi di tutto il mondo vi troverai. Quindi, se ti piace saperne di più sui membri del Board della ISH, sulle loro aree di competenza e sul loro lavoro come terapeuti, scienziati, autori, insegnanti, ora è molto facile ottenere tali informazioni.

Forse sei curioso di sapere quale membro del BOD dell'ISH come psicologo è il presidente eletto di un'importante sezione di una società medica nel suo paese d'origine. Forse imparerai qualcosa di nuovo su un amico o collega, o addirittura identificherai qualcuno che fa un lavoro molto interessante che vuoi contattare e che potrebbe diventare un amico e un collega.

L'amministrazione della ISH è stata curata da Susanne Malik, USA, e da Marion Orel. Marion ha sostenuto Claude Virot durante il suo periodo di presidenza. Ringrazio Marion per tutto il lavoro che ha svolto durante gli ultimi tre anni e anche prima per l'organizzazione del Congresso Internazionale di Parigi nel 2015. Ora Shady Tonn, una giovane psicologa tedesca, mi sosterrà nell'organizzare le cose in futuro. La incontrerete nei congressi internazionali in cui lei rappresenterà la ISH.

Bernhard Trenkle
Dipl.Psych., Dipl.Wi.-Ing.



COLUMNA DE LA PRESIDENCIA (ES)

TRADUCTORA: TERESA ROBLES

Es para mí un gran honor escribir esta primera Carta como Presidente para nuestro Newsletter. Y quisiera utilizarla para presentarles el nuevo Consejo Directivo (BOD) de la ISH, a ustedes, miembros de nuestra asociación y lectores del mundo internacional de la hipnosis.

Hace algunos meses, los miembros individuales de la ISH eligieron como nuevo Presidente Electo al Dr. Mark Jensen de Seattle, USA y al nuevo Secretario Tesorero, Enayat Sahidi, MD, de Teherán, Irán. El moto de la ISH "Construyendo puentes de Comprensión" se hizo realidad de manera muy impresionante al tener colegas de Estados Unidos e Irán juntos, en posiciones claves, en estos tiempos difíciles políticamente.

Las otras posiciones del BOD fueron elegidas por los representantes de las sociedades que constituyen la ISH, hace algunos días en Montreal. Cada sociedad tiene dos representantes en el Consejo de Representantes (COR). Antes de escribirles sobre los resultados de la elección y presentarles al nuevo BOD, quisiera decirles algunas palabras sobre los últimos años de la ISH.

Durante los últimos nueve años, los miembros del Consejo de la ISH han estado trabajando en forma muy eficiente. Camillo Loriedo sugirió que el BOD tuviera al menos una reunión anual presencial. Casi todos los miembros del BOD participaron en esas reuniones. A menudo, las reuniones se hacían antes o después de un Congreso o de ofrecer un entrenamiento, lo que nos permitía convivir durante varios días. Esto ayudó a crear fuertes lazos entre nosotros y una amistad. Este contexto, este buen ambiente, facilitó que todos nosotros nos involucráramos más en el desarrollo de la sociedad y en generar muchas iniciativas y proyectos.

Fue muy significativo que casi todos los miembros del BOD manifestaran que estaría felices de permanecer en el Consejo en caso de ser reelegidos, para poder así dar seguimiento a los proyectos que tenían a su cargo.

Claude Virot, MD es ahora el Presidente pasado inmediato de la ISH. Y desde esta posición continuará desarrollando muchos de los grandes proyectos que inició durante los tres años de su presidencia, entre ellos, la transmisión como Video Streaming del pasado Congreso y el Comité Juvenil de la ISH.

Tenemos a Woltemade Hartman, Ph.D., de Sud África como el nuevo coordinador del Consejo de Representantes (COR). Woltemade viaja enseñando más de 200 días al año alrededor del mundo. Por esta razón, es la persona ideal para este puesto, ya que tendrá muchas oportunidades de encontrarse directamente con nuestros colegas en sus países de origen. Giuseppe de Benedittis, MD, Ph.D., de la Universidad de Milán es el vice coordinador del COR y continuará con el proyecto que inició el año pasado para lograr que la OMS reconozca a la hipnosis como un tratamiento efectivo. Brian Alle, BSc, de Australia, es el secretario del COR. Ya ha ocupado esta posición dos veces anteriormente.

Katalin Varga, PhD, de la Universidad de Budapest, continúa también como miembro del BOD. Todos estamos fascinados por el excelente trabajo que ha hecho con el Newsletter de la ISH que los miembros de nuestra sociedad reciben cuatro veces al año. Además, está planeando realizar un Congreso en 2019 en Budapest, con el tema: "Las siguientes generaciones". Este Congreso está dirigido a reunir una nueva generación de hipnoterapeutas e investigadores.



Son nuevos miembros del BOD, Krzysztof “Kris” Klajs, Dipl Psych del Instituto Milton H. Erickson de Polonia, Xin Fang, MA, Directora del servicio de Counseling de la Universidad de Beijing, y Cecilia Fabre, MA, Directora del Centro Ericksoniano de Mexico. Kris será el organizador del próximo Congreso Internacional de la ISH en la Universidad de Cracovia. Xin Fang es, sin lugar a dudas, la mejor maestra de hipnoterapia de China y es Presidenta de la Asociación China de Hipnosis -que se encuentra en medio de un gran crecimiento- y una organizadora excepcional de entrenamientos y congresos. Cecilia conoce bien el campo de la hipnosis Latino Americana y puede apoyar muy bien a la ISH en el área de las redes sociales. El BOD pidió también a Nicole Ruyschaert, MD, anterior presidenta de la Sociedad Europea de Hipnosis que continuara como parte del grupo como un miembro sin derecho a voto para permitirnos utilizar su experiencia y sus contactos como recursos para nuestro trabajo.

La presidenta anterior, Julie Linden, PhD, ha dedicado una gran parte de su tiempo durante los últimos nueve años a reorganizar administrativamente la ISH creando una oficina virtual que puede ser manejada desde cualquier parte del mundo via internet. Julie también es nuestra Administradora en Estados Unidos. Esto es necesario porque nuestra Sociedad fue fundada y registrada en Estados Unidos. Julie prometió apoyarnos con esta administración.

Además, quiero señalar que tenemos una deuda de gratitud con Consuelo Casula Ph.D., por los 12 años que trabajó en el BOD de la Sociedad Internacional de Hipnosis. Durante este tiempo ocupó los puestos de Secretaria/Tesorera y Editora de la Newsletter. Incluso durante su mandato como Presidenta de la Sociedad Europea de Hipnosis, continuó trabajando para el BOD de la ISH apoyando que se diera una colaboración muy cercana entre la ESH y la ISH. Quiero agradecerle por todas las buenas conversaciones y los consejos que me ha dado a lo largo de los tres últimos años.

Estoy realmente muy feliz con este maravilloso equilibrio de colegas de Europa, Asia, América, África y Australia. Y también hay un buen equilibrio en edades, jóvenes colegas junto a otros con mucha experiencia, entre hombres y mujeres, terapeutas y científicos/ investigadores.

A lo largo de mi vida he tenido la oportunidad de participar en diferentes BODs. Pero el ser parte del BOD de la ISH durante los últimos seis años, trabajando juntos en una atmósfera tan agradable y con tal eficiencia, la sido la mejor experiencia de mi vida en un Consejo Directivo (BOD).

Algunas veces me he preguntado a qué se debe. Tal vez sea suerte. O tal vez consecuencia de que casi todos los miembros del BOD han sido antes presidentes de una sociedad de hipnosis en su país. La maravillosa atmósfera en nuestro BOD tiene que ver quizás con que todos tenemos sentido del humor y la capacidad para ver las cosas que tratamos a distancia, sabiendo que el ego personal no es tan importante cuando lo vemos desde una perspectiva intergaláctica. Y probablemente, es también por la buena suerte de haber tenido grandes presidentes durante tantos años.

Tal vez quieras conocer más sobre los miembros del BOD. Puedes hacerlo. Uno de los principales proyectos durante mi mandato como presidente es la creación de la plataforma www.whoISHwho.com. Ahí podrás encontrar mucha información sobre el BOD pero también vas a encontrar sobre muchos expertos internacionales en hipnosis e hipnoterapia. El sistema apenas está iniciando, pero se va a expandir. Podrás disfrutar entrando de vez en cuando. Verás cuántos nuevos colegas del mundo entero vas a encontrar. Así que, si quieres saber más sobre los miembros del Consejo Directivo de la ISH, sus especialidades, su trabajo como terapeutas, científicos, autores, maestros, etcétera, ahora es muy fácil obtener esa



información. Tal vez tengas curiosidad de saber cuáles miembros del BOD son psicólogos o presidentes electos de un departamento importante de una sociedad médica en su país. Tal vez aprendas algo nuevo sobre un amigo o un colega, o incluso encuentres a alguien que está realizando un trabajo interesante, a quien quieras contactar o acercarte como amigo.

La administración de la oficina mundial de la ISH está a cargo de Susanne Malik, de USA y de Marion Orel. Marion apoyó a Claude Virot durante su mandato como Presidente. Agradezco a Marion por todo el trabajo realizado durante los últimos tres años y antes, durante la organización del Congreso Internacional en París. Shady Tonn, una joven psicóloga alemana, me apoyará en mi trabajo futuro. La encontrarás en los próximos congresos internacionales representando a la sociedad.

Bernhard Trenkle
Dipl.Psych., Dipl.Wi.-Ing.

LETTER FROM THE EDITOR



Katalin Varga

We are a bit late with this issue – Hope this delay served to increase the interest of our readers.

The reason is obvious: following the Montreal meeting a new board is working in the ISH. We needed time to set the tasks and the new committees. And getting “back” the position of being the editor of the Newsletter I started to work on this issue in late September when we normally close the 3rd issue of the year.

The good news is that we have a wonderful team: Julie Linden and Nicole Ruysschaert will work with me in the editorial tasks, and Judit Osvát continues being the layout editor.

While waiting for the decisions in Montreal and following BoD meetings, Judit created a new style for the layout, which I hope you also like.

In the upcoming issues we will introduce the new members of the board.

Starting – of course – with the new president, **Bernhard Trenkle**. He is one of the key persons who helped me a lot at the beginning of my professional career. I have been enjoying his support since then. I never forget the moment when he invited me as a young colleague to a conference held in Heidelberg. He even organized a hospitality family to host me for free. Bernhard drove me to this place, and I was looking from his car as he was carrying my luggage in the pouring rain... I was wondering how I could repay this attentive kindness... He explained it briefly: I should look forward... supporting young colleagues whenever I can. Perhaps the Hypnosis: New Generation conference (Budapest, 2019 May) is a late realization of his suggestion? I thought that I knew him well, but still there are new things to learn about Bernhard in the column “**Meeting our Mentors**”.

With great pleasure we introduce **Cecilia Fabre**, the general director of Ericksonian Center of Mexico in the column “**Main Interview**”. Ceci is a wonderful person, a sensitive and effective clinician, a very good leader, and an excellent organizer. One of the rare examples of when someone finds her own style, voice and methods in the “gold shadow” of a big person – in her case, her mother, Teresa Robles. One of the greatest presents of my life is



that I have spent many times with them, including professional and private times. Ceci, as a new board member, definitely will bring new colors to the Board from her background and culture.

In the column **Clinical Relevance of Research Findings** a young team from my university is summarizing the suggestive aspects of tales and anecdotes: **István Farkas** and **Márton Tönkö**, tutored by **Csilla Ördögh**.

We start a regular column from the **International Journal of Clinical and Experimental Hypnosis (IJCEH)**: Editor, abstracts, updates, call for papers, etc. in each issue of the NL. Now we are pleased to share abstracts from the articles published in the previous two most recent issues.

In Montreal Claude Virot organized a meeting for hypnosis journal editors. There we decided to open a common **hypnosis event calendar**. This time we gladly share the list of various events, even including 2021.

In the **Stage Crew** section, **Shady Tonn**, the new assistant of the ISH president is introduced. She was first introduced at the Montreal meeting, and since then is very active, quickly providing intelligent solutions.

For this new term we invite our readers to give us feedback, we are open to ideas, volunteer work, input to make the Newsletter rich and interesting.

Even if I received an award from ISH, that really means a lot to me, I decided to share a photo of a very special moment: dancing with Dabney Ewin at the gala dinner of the Montreal meeting. Wishing him good health and wishing us long time for listening to his teachings, anecdotes, enjoying his very special humor...

Katalin Varga
Ph.D., DSc



Dancing with
Dabney Ewin



NEW BOARD OF DIRECTORS

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Enayatollah Shahidi, MD (Iran)

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Mark P. Jensen, PhD (USA)

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Claude Virost, MD (France)

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Cecilia Fabre, MA (Mexico)

Xin Fang, MA (China)

Kris Klajs, Dipl. Psych. (Poland)

Katalin Varga, PhD (Hungary)

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NEWSLETTER EDITOR

Katalin Varga, PhD (Hungary)

EDITOR, INTERNATIONAL JOURNAL OF CLINICAL & EXPERIMENTAL HYPNOSIS

Gary Elkins, PhD, ABPP, ABPH

From left to right:

- Woltemade Hartman, PhD (South Africa)
- Brian Allen, B. Psych. B.Sc. (Australia)
- Giuseppe DeBenedittis, MD, PhD (Italy)
- Katalin Varga, PhD (Hungary)
- Claude Virost, MD (France)
- Cecilia Fabre, MA (Mexico)
- Xin Fang, MA (China)
- Mark P. Jensen, PhD (USA)
- Bernhard Trenkle, Dipl. Psych. (Germany)
- Kris Klajs, Dipl. Psych. (Poland)
- Enayatollah Shahidi, MD (Iran)





MEETING OUR MENTORS

Dear Bernhard. Even if we already have you in the BoD, it is a new term, as you serve now for three years as the president of ISH. As we are working in the BoD for 6 years now together, it is a special moment for me to ask about some details, background info to know you better...

Please describe your earliest awareness of hypnosis. This might have been a movie, a cartoon, a book...

In 1975 or 1976 my family therapy professor Helm Stierlin spoke about Strategic Family Therapy and Jay Haley in a lecture. In this lecture I learned that Milton Erickson was Jay Haley's teacher. Stierlin presented 3 of Erickson cases, and I was completely fascinated. I was fascinated and immediately knew that this was of the highest importance. He later gave me the book, "Selected Papers of Milton Erickson."

Please characterize briefly your career, and your current work.

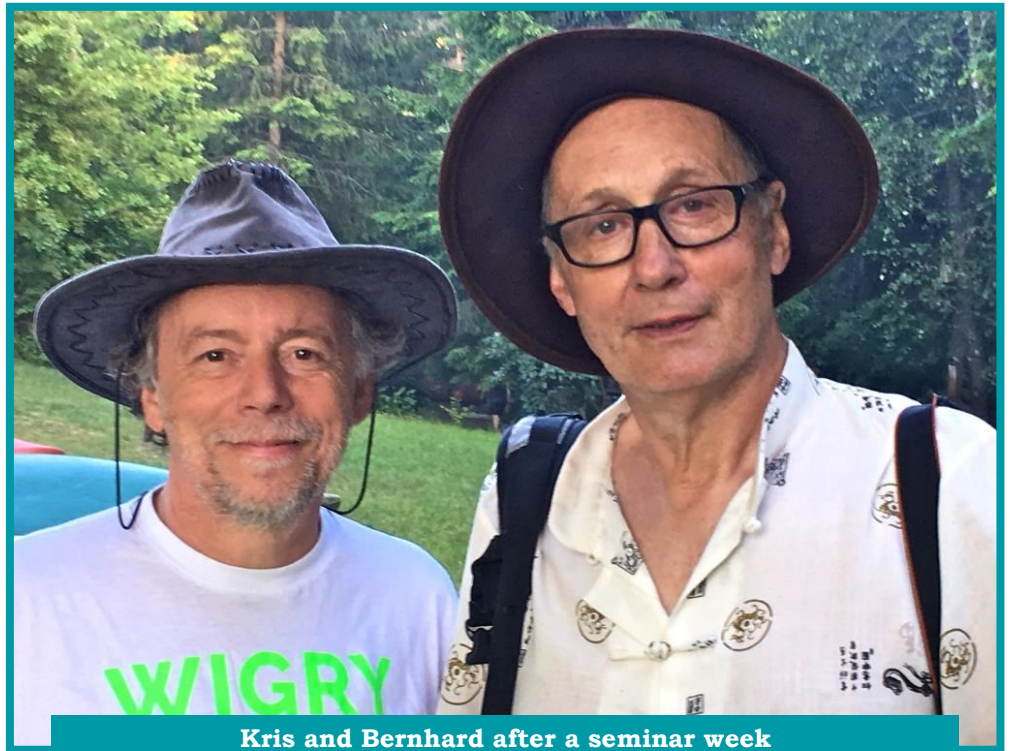
First I was studying both economics and engineering from 1969-1975. This included management and marketing techniques, computer science, and operations research. Operations research studies things such as how to organize time-lines to coordinate the construction of a sports stadium, or how to organize big events or how to make right decisions. This has always been fascinating to me. At the same time, and being always interested in psychology, I read many books on psychotherapy. In particular, Helm Stierlin's books on family therapy fascinated me. At this time Dr. Stierlin was Director of a Department within the National Institute of Mental Health, in the USA. When I learned that he had accepted a professorship in Heidelberg, I changed into psychology. After my studies, I worked for 4.5 years at the University Clinic Heidelberg in the field of Speech Pathology, helping patients presenting with stuttering and voice disorders. Starting in 1987 – over 30 years ago – I started my own training institute together with Gunther Schmidt, MD. We had previously worked closely together to organize hypnosis workshops in Germany since 1980. From 1983 we started to teach ourselves.

Who was (were) an important mentor(s) for you?

Helm Stierlin was the first mentor who supported me in this work. He allowed me to go to very advanced seminars sometimes with very experienced pioneers of family therapy, even I was just a student at this time. In January, 1979, I met Jeff Zeig in a workshop in Munich. In January, 1980, together with Gunther Schmidt, I organized the first hypnosis workshop with Jeff Zeig. Jeff is my most important teacher and mentor in the field of hypnotherapy.

Working with stressed, phobic, traumatized and anxious patients is really demanding. What is your way of refreshing yourself?

I often listen to music and regularly travel even large distances to hear my favourite musicians play live. I like the music of Philip Glass and some years ago travelled to Antwerp, Belgium – which is many hundred km from my home – to hear the Akhnaten Opera. My colleague Nicole Ruysschaert, who lives in Belgium, joined me at this performance. A number of times I have also organized concerts; mostly as evening programs of our congresses in Germany. Also I play a little bit guitar - but only for myself. Walking with our Swiss mountain dog or biking are ways I enjoy moving my body.



**Kris and Bernhard after a seminar week
in Wigry monastery, kayaking in Eastern Poland**

During your career what kind of changes have you observed in the application of hypnosis (in general and/or in your own practice)?

In the joint conference organized together with ISH Congress 1992 in Jerusalem there was a split between the more traditional hypnotherapy colleagues, like Erika Fromm, and Ericksonian therapists. I am glad that this split no longer exists. Most of the leading colleagues in the field have been more or less influenced by the work of Milton Erickson. In the 1980s I was at hypnosis congresses organized by Jeffrey Zeig, and each one had 1500-2200 participants. At this time in Germany we had congresses of 60 -200 people. However, this has changed. Now in Europe every year have several hypnosis congresses with 1000-2000 participants, and in the USA they have on 250-600 participants in the congresses. Also, new schools of hypnosis have emerged since I started in the field. For example, hypnosystemic approach, which is a combination of systemic family therapy and hypnotherapy. Also the Ego-State-Approaches of John and Helen Watkins are more and more influential. The strategic and solution-oriented approaches of Milton Erickson are gaining influence in the field of sports and business coaching. Here, the coach or trainer is not using explicit hypnosis – that is, not including trance inductions – but they using the art and power of verbal communication. Teaching the art of suggestive communication, you can also find in medical hypnosis if you look at the work of Elvira Lang, Harvard Medical School, in the field of radiology. It also is interesting that many anaesthesiologists who are university professors all around the world are using hypnosis or hypnotic techniques and language to prepare patients for surgeries and to support healing and rehabilitation after surgery. Some are also using hypnosis instead of analgesic or sedative medications (also called “hypnosedation”) in special situations.

In your career humour is a central theme. You published your Ha-ha-ha handbook of psychotherapy in several languages. Please describe how you started taking humour seriously in the therapeutic work.

Humour is a part of my personality. Ever since I was a child I have collected joke books and also books about funny quotes and aphorism. When I started to edit the newsletter of German Milton Erickson Society 1984, I started to explain hypnotherapy terms and family therapy concepts via jokes. I was young and provocative – so I often was very close to crossing the line in violating what we today call political correctness. Towards the end of my work as an editor of the newsletter we were printing and mail-

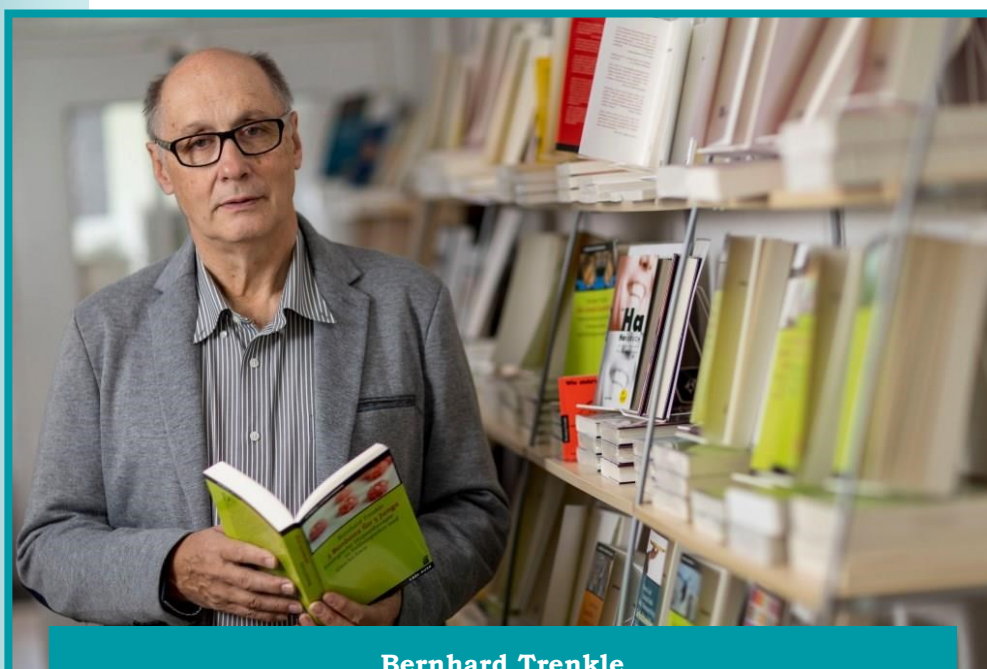


ing it to more than 30,000 readers. And the readers really liked it; after some years, new members and new readers in our society asked for the old issues of the newsletter and jokes. This is what gave me the idea of presenting these jokes in a book. I did not start off planning to write a joke-book. The book is a bestseller now, with 40,000 to 50,000 sold in the German language alone. It was translated in 1997 first into Russian. A bit later, in English, and then also into Italian. At the moment a Polish version is also close to being ready. I rarely tell jokes in my therapy sessions, but I use humorous aphorisms and quotes in my therapeutic work.

What is your plan / program for the upcoming 3 years? How would you like to see the ISH when you begin your “past president” term in 2021?

My plan is to use my international connections to motivate more colleagues to join ISH as members. I think it is good when the leading colleagues around the world are interconnected in one society. I hope we can nurture the creating of more Constituent Societies. Together with Mark Jensen, President-Elect, I will work to build up an administrative structure which can do efficient work in the future with many BODs. And I will try to have the leading hypnosis experts in an internet database called www.whoISHwho.com at the end of these 3 years.

You are really international. You work a lot to involve new countries (continents!) to ISH. Please speak about your motivation behind this trend.



Bernhard Trenkle

Many years ago I heard that someone asked Ghandi, “What do you think about Western Civilization?” His answer was, “I think this would be a good idea.” A part of my family hoped I will be catholic priest. If I would have chosen this way I probably would be a missionary. As I

have grown older, I stopped believing that it is a good idea to bring people into a single system of religious thinking or to “teach” them Western Civilization. I have always been interested in other cultures and religions. I read a lot about Sufis, the mystics of the Muslims. They had very advanced thoughts many hundred years ago – more impressive to me than the thinking of today’s religious fundamentalists on Christian or Muslim side. Erickson was asked by a student, “How I can I learn to be a good psychotherapist?” Erickson answered something like. “Read anthropology books.” Maybe Erickson’s idea was something like: When you understand the differences between different countries and cultures, you will have a better understanding for individual differences of patients in your own culture. So answering your question: I always have been curious about and enjoyed learning from other cultures. From Chinese culture we can learn a lot of things like balancing differences in a society and a group to keep



harmony. Iran has a high culture in hospitality; African culture has a lot of colourful and creative art work, African and South Sea people joyful music; some East European Countries practice a deep level of personal friendship; the French and Italians have a life-style including great food. I like all of these very much.

What do you personally see is your most important contribution to the field (perhaps this is not exactly the same as what is „officially“ associated with your name)?

This is something I never really thought about. Maybe I have always wanted to be like a missionary and spread new ideas. I have also always kept my eye out for resources and talented people. I regularly invite a lot of not so well known colleagues from all over the world to teach workshops at our congresses and our institute. I co-founded a publishing house which is now the most important publishing house for hypnotherapy in German language field. We have translated and published many books and helped colleagues in their career; but also we spread hypnotherapeutic know-how. Around 1992 in a discussion with Kay Thompson about the male dominance in hypnotherapy I had the idea to organize a congress where only women were allowed to teach. Two of these congresses have been organized, one in USA and one in Germany. This at least in Germany was an important step to include more women as teachers. Sorry, you asked about my most important contribution. Maybe there are many little things I have done; perhaps there is not one that is most important.

Any recommendations, hints, or advice to young colleagues?

Learn hypnotherapeutic techniques. Having co-organized one Evolution of Psychotherapy Conference with the leaders and pioneers of all important approaches I know a bit about different schools of psychotherapy. There probably is no school of psychotherapy which has such a variety and richness of intervention techniques like modern hypnotherapy. Many approaches are “adopting” hypnotherapeutic techniques, renaming them and using it as own techniques. One additional hint: Don't get too depressed when reading the cases of hypnotherapy masters like Erickson because you – as many have before – will first think: I never will be able to do such things. But as you go on reading and studying with the many

great teachers available in international field, you *will* find it is possible to work in a very effective and satisfying way.



Some of the ISH Board members and their hosts from the Chinese Erickson Institute



MAIN INTERVIEW

BRIEF BIOGRAFICAL NOTES

Cecilia Fabre, MA
Cancún, México

Psychology, Masters in Ericksonian psychotherapy and Masters in Systemic Family Therapy, training in Systemic Constellations and training in Systemic coaching for organizations She is doing clinical work since 1989.

- Professor of postgraduate teaching in different Ericksonian institutes in México, 25 years of experience, as International professor and presenter.
- Director of Milton H Erickson Institute of Cuernavaca, the Milton H Erickson Institute of Cancun, and Director of the Centro Ericksoniano de México a.c.
- Member of the Board of Directors of Grupo Centro Ericksoniano de México since 1998.
- Director of the Masters degree Program in Ericksonian Psychotherapy in Cuernavaca (2005-2012) Coordinator of the Master training in Ericksonian Psychotherapy in Cancun in an Intensive Modality of the Centro Ericksoniano de México a.c., since 2012.
- Lecturer at Centro Ericksoniano de México AC at Instituto Milton H. Erickson de Cuernavaca, and Instituto Milton H Erickson de Cancun, also at National and International meetings.
- She has organized 3 international congresses in collaboration with Centro Ericksoniano de México and she is organizing the 1st Franco-Mexican Hypnosis Congress, November 2019, in Cancún.
- Member of the Mexican Society of Hypnosis 1994- 1999. Member of the International Society of Hypnosis since 1995. Member of the Board of Directors of the International Society of Hypnosis since 2018.
- Founder and Director of "Vacations for the Soul" A Therapy Project in Cancun Quintana Roo (2016).
- Creator of the Academic Program of Ericksonian Family Constellations (2016).

She has published 2 Books:

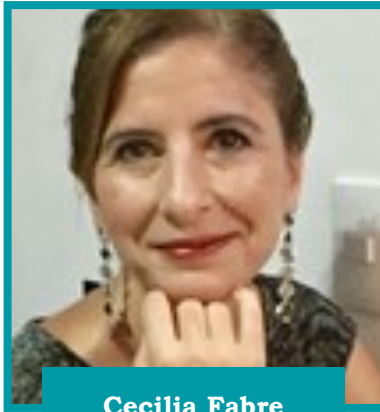
- FABRE Robles Cecilia, editor, La Granja de la esperanza ... transforming the traces of shame. Alom editores S.A de C.V. Mexico DF. October, 2002. Translated into Portuguese by Editorial Diamante in Brazil.
- FABRE Robles Cecilia Ericksonian Family Constellations. An innovative proposal for the therapie du XXleme siecle published in Mexico by Alom editores sa de cv, in April 2017, and In France in french for Edition Universities Europennes.one year first in April, 2016.

She has Collaborations in other books:

- FABRE Robles Cecilia cap 5: the relazione mother / figlia in CASULA Consuelo "Le scarpe della principessa" FrancoAngeli / LE COMETE, Italy 2009
- FABRE Robles Cecilia. Cap 12 Ericksonian Family Constellations: an integration of brief approaches that accelerate and protect psychotherapeutic processes in EFFECTIVE TECHNIQUES OF HYPNOSIS AND SHORT SYSTEMIC THERAPY. Case studies, coordinated by Tellez Arnoldo, Universida Autónoma de Nuevo León 2016

Is Member of the Editorial Committee of the magazine SALUDABLEMENTE DISFRUTANDO and in charge of the section "if you know someone who ...". Alom editores and Centro Ericksoniano de México from 2003 to the present.

She has written many articles: in magazines and newspapers, national and international, and she has an Audio CD: "Therapeutic tales for adults and children" Alom editores.



Cecilia Fabre

INTERVIEW WITH CECILIA FABRE
by Katalin Varga

Please describe your earliest awareness of hypnosis. This might have been a movie, a cartoon, a book...

My first contact with hypnosis was around 1985, when I was about 16 years old. My mother, Teresa Robles, began to learn the hypnosis developed by Dr. Milton H. Erickson. She was fascinated and began to share her lessons with my father. Together, they made us imagine and generate hyp-

notic phenomena such as levitation of the arm or to make it cataleptic. From that moment it began to interest me very much. My mother's interest in hypnosis was growing, and she is someone that likes to share. At home, she shared with her colleagues all this new knowledge. I remember that she taught the first workshops at home, working with groups of women who were going to give birth. She also tried with them, in patients with chronic pain and on herself, hypnotic analgesia techniques. She underwent a major gallbladder surgery with hypnotic analgesia and with the support of Dr. Jorge Abia, a physician that was her student at that time. Sometime later, she invited him as a partner and created the Milton H Erickson Institute of Mexico City together. At that time, I was studying Psychology. While I was doing my University studies, I had the opportunity to work and learn with Jorge Abia and my mother. Soon I became part of the therapists and the teachers of the Institute. In 1992, I was married with two children. Rodolfo, the oldest was two years old and got very sick. His illness was very painful and long. He went through painful procedures and finally got well, completely recovered. That marked my life, not only in a personal but also in a professional way. I discovered that I had conversational tools that helped me to teach my son self-hypnosis, improving his physical condition and quality of life during the process he lived and during his internments at the hospital, reducing pain and strengthening his immune and emotional system.

Please characterize briefly your career, and your current work.

I finished Psychology and I was trained in Hypnotic Techniques and Ericksonian Psychotherapy at the Milton H Erickson Institute in Mexico City (IMHECM), with Jorge Abia and Teresa Robles; I completed a Master's degree in Systemic Family Therapy, while I was still part of the IMHECM team as a teacher and therapist. When my mother, Teresa Robles, and Dr. Abia decided to separate, I stayed at the Ericksonian Center of Mexico (CEM), where she created the first Master's Degree Program in the world in Ericksonian Psychotherapy with official validity. Her enthusiasm influenced me and generated great motivation to create my own Milton H Erickson Institute in Cuernavaca, along with a colleague and friend, Marina Castañeda. A couple of years later, Marina left the Institute and I remained in charge on my own. At that time, I worked together with the father of my children, a dentist. I gave courses to dentists and doctors, he learned hypnosis and together we treated the patients. We have documented cases of hypnotic analgesia in children and adults, as well as the work of stress and phobia toward the dentist. I presented my first paper at the ISH Congress held in San Diego California: A case of One Session for treating Violence in a Family. I was really so surprised with the spectacular success in this case, that I decided to integrate the hypnotic work with Narrative Family Therapy. This led me to write "La Granja de la Esperanza" a book of self-hypnosis for children and adults to solve the origin of shame through therapeutic stories. It was translated into Portuguese and was a success in Mexico and Brazil. I also took two-year training in Family Constellations. While studying, I realized that these techniques were very powerful, because they uncovered a lot of unconscious information, but something was missing. They did not reach a solution in the present moment, although



sometimes they apparently did, the change was not permanent. After each class, I used to spend important time thinking about how I would work on this subject from the perspective of hypnosis. That is how I created an academic program of Ericksonian Family Constellations, which I presented at the ISH congress in Paris and today is part of the regular training programs of the Ericksonian Center of Mexico, here and in other countries. This work, "Ericksonian Family Constellations: A new look", was published in Spanish and French, after I was invited by Ana Luco to give a training in Ericksonian Family Constellations in St. Etienne, France. I also created and am enjoying a program of intensive psychotherapy in contact with nature; I called it Vacations for the Soul. It is a trip to special places of the Yucatan Peninsula where people live a process of transformation in contact with nature, learning from it as Erickson did, to discover and enjoy their essence and to develop their potential.

Please describe your organization's (CEM) structure. What are your main activities? What are you most proud of and how would you like to develop?

I am currently General Director of the Ericksonian Center of Mexico A.C. (CEM), I entered in 2012 to fill this position, to support my mother, since her Center grew exponentially and she needed help in the organization. The Ericksonian Center keeps the essence of Teresa Robles, her altruistic work, the quality of training, and the spread of hypnosis around the world. It is an organization that has always had a higher purpose and is part of the companies that are now part of the movement of Conscious Capitalism. We seek that everyone who touches the CEM develops their skills. We believe that every person has great potential and we can help them to know and recognize it. Our staff is very engaged, loyal, and some of them have already more than 20 years working with us. We used to work with psychiatric patients, for whom, "working" at the Center for sometimes, is a way to reintegrate themselves into a healthy life. Most of them continue their way in other places but some have stayed with us and now they are our best collaborators. Our teachers have continuous training, through weekly supervision and updates two weekends each year. We organize International Congresses and presentations; we have a Publishing House that provides materials developed by Teresa Robles and by our international teachers and colleagues. Teresa Robles has been able

to create and institutionalize a new proposal of Psychotherapy, a new school of Brief Therapy that we call: Ericksonian Psychotherapy based on Universal Wisdom". In our Center, we have made great achievements with a very small team of people because they act and interact



Workshop on Ericksonian method



from their heart. It is one of the companies, said by the collaborators, where they work enjoying, collaborating instead of competing, where the initiative is allowed, which makes them want to continue creating, learning and giving what they are, from which we call, the CEM family. Currently my interest is also placed on companies and organizations as systems of change and I am interested in creating a work of organizational or business configurations from the Ericksonian perspective and with Hypnotic techniques. This is the topic of a chapter I am writing for a forthcoming book on Ericksonian Coaching.

Who was (were) an important mentor(s) for you?

Academically speaking I have had the great opportunity of meeting great therapists and hypnotherapists as I was accompanying my mother's professional development. I had the opportunity since I was very young of meeting great personalities in a familiar way. Whenever an invited speaker came to Mexico she usually received him or her at home and then we would talk and live together for days. It has been very nice to follow up on these relationships with many of them who are not only teachers but have become friends as well. Among them there are you, Katalin, Consuelo Casula who invited me to give a talk for the first time in Italy on The Power of Women. Marillia Baker who gave me the opportunity of writing for the Milton Erickson foundation's Newsletter, Roxanna and Betty Alice Erickson, Dan Short, Jeff Zeig, Claude Viro, Ana Luco, Camillo Lorio, Wilma Trasarti, Regis Dumas, among so many and also, of course, I had the chance of meeting great international speakers at different congresses and conventions. All of them have been fundamental in my way of thinking.

Working with stressed, phobic, traumatized and anxious patients is really demanding. What is your way of refreshing yourself?



Teaching in Cancún

I believe that when you work from love, with the conscience that you are not more nor less than the other person, when you work from the heart, when you only look at two equal human beings exploring new ways of living in a healthier

way, the patient and even the therapist, enjoy the session. And when you enjoy your work, stress and heavy burdens are not there. I think that I have a tendency to normalize what is happening. This does not mean that I deny real and severe difficult situations with my patients, like suicide attempts or when someone is into a psychotic crisis and just about to take some crazy actions. For sure, the situations affect me. It has been very helpful for me in these cases to do some meditation in nature, when possible. Also reminding myself of Milton Erickson reflection: "When you stop and see all the unexplained mysteries in the universe, don't you feel insignificant?" Then my ego takes its place and the rest of me too. Whenever something overwhelms me, or I don't know what to do, I remember my



mother's teaching, I deliver whatever it is to the Universal Wisdom knowing that everything is a part of life and everything passes. Milton Erickson also used to say that hope and motivation were the two ingredients for advancing in life, I constantly remember that, and I let me flow. And if I forget any of this I go to someone who will remind me of it.

During your career what kind of changes have you observed in the application of hypnosis (in general and/or in your own practice)?

I believe the hypnosis I have been developing is less rigid, without so many formats and schemes to follow, with an ethic oriented to the respect of others, of their own experiences and their way of living and thinking. Hypnotic conversation is becoming more and more important in my work, even more than hypnotic induction and hypnotic trance. Hypnotic conversation provides a reframing and facilitates change. The proposal of a Universal Wisdom which goes beyond a rational mind, and which is present in every part of ourselves, in our DNA, helps me consider the therapeutic processes as part of life itself, and allows me and my patients to be free to flow.

Please compare the similarities and differences between mainstream hypnosis and the hypnosis work in your country. How do you see the common points and the differences of the “mainstream” hypnosis (if that exists at all) and the hypnosis work in your country?

Our country has a rich and varied culture with beliefs and traditions of our own. Mexican culture is very spiritual. Hypnotic work in Mexico is immersed in that world. Most of us work with Ericksonian hypnosis which allows us to tailor therapy to our culture, traditions and beliefs.

What do you personally see is your most important contribution to the field (perhaps this is not exactly the same as what is „officially” associated with your name?

The most important has been integrating hypnosis with different approaches and techniques and while doing so, to facilitate a new way of building reality, to have a more natural and spiritual way of looking at it, whatever happens. This, in the sense of flowing with acceptance, with hope and confidence, in the fact, that whatever happens has a meaning and tends to order by itself. Sometimes we only need to give a “little push”, for allowing things to fall into its place within the person and in that way, bear the best fruits. At this moment I look forward to ease this by being in contact with nature, away from the office, when it is possible.



Cecilia Fabre

Any recommendations, hints, or advice to young colleagues?

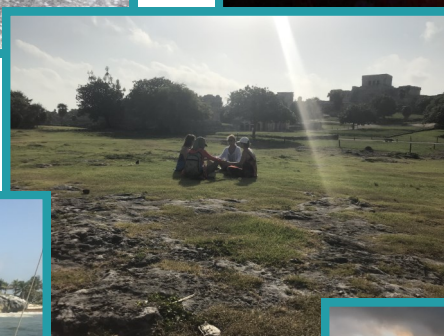
I believe that it may be very limiting getting caged in rigid or hard therapeutic patterns. They are very useful at the beginning. A teacher of mine used to say: “to be a good original you have to be first a good copy”. I would tell them that, when they become good copies they can give themselves the opportunity of knowing and learning beyond what school or other teachers had offered to them. To question whatever they see and hear. I highly recommend them to be in touch with nature at least once a week. This would be a good advice that maybe could come from Dr Erickson himself.



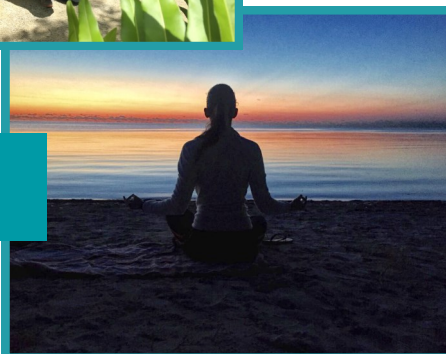
VACACIONES PARA EL ALMA

VACATIONS FOR THE SOUL || SPECIAL PROGRAM OF CECILIA FABRE

Photo Diary



Summer, 2018





BUILDING BRIDGES OF UNDERSTANDING

CLINICAL RELEVANCE OF RESEARCH FINDINGS

In each section of the NL we introduce you to a summary of recent research with short and easy explanations of some research concepts. Scientific reports are more and more complex and complicated; only a small portion of hypnosis experts enjoy them. For the majority of professionals it can even be frightening or boring. The aim of these letters is to bring researchers and clinicians closer together, to highlight the clinical relevance of research findings of hypnosis in a very simple user-friendly way. Clinicians are also encouraged to propose questions to be studied, clinically relevant phenomena to analyze, and hypnotic processes to be understood. Let's build the bridges of understanding together...



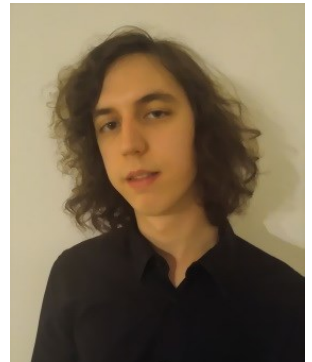
Márton Tönkö

Márton Tönkö is a psychology BA student at Eötvös Loránd University in Budapest, Hungary. His areas of interest are prosocial behavior and interpersonal relationships. His future plans are to work in intensive therapy units as a clinical psychologist.



Csilla Ördögh

Csilla Ördögh is a psychologist and perinatal consultant, and an assistant lecturer at Eötvös Loránd University, Budapest, Department of Affective Psychology, where she is currently a PhD student. Her research is connected to mother-baby synchrony and its interdependence with the quality of the birth experience. Dr. Katalin Varga is her supervisor of the PhD studies.



István Farkas

István Farkas is a psychology BA student at Eötvös Loránd University in Budapest, Hungary. His interests are quite diverse, he started his studies studying physics, and is currently working on his bachelor thesis about analyzing galaxy spectra with artificial neural networks. Last year he published an article in health sociology, and is currently interested in hypnotherapy and existential therapy, among many other fields of psychology.



THE SUGGESTIVE ASPECTS OF USING TALES AND ANECDOTES AS NARRATIVES IN THERAPY

Introduction

In therapy, words become pregnant with meaning. A story, may that be the story of the client(s), or a story that therapists use during therapy work, can be viewed as a so called narrative. There are therapies built on stories already existing like tale therapy, or therapies that use appropriate anecdotes as a therapeutic tool for healing. Narrative psychology gives us the framework to understand the underlying power of words becoming stories, and stories becoming powerful tools in therapy work. In this paper storytelling in therapy will be examined through looking at tale therapies and anecdotes used in therapy. Through observing fairytales' and anecdotes' suggestive qualities in relation to formal hypnosis, the hidden power of using stories as tools in therapy unfolds.

Why stories are so important

Narratives are deeply rooted in our way of thinking, in our way of constructing and understanding the world and ourselves. Narratives "... *form psychological and philosophical perspectives, a narrative is treated as a human method of making sense of the world, including self, identity, personality, others, experience and time*" (Akimoto, 2018, p.107). First, we have to know the circumstances where tales or anecdotes can be used in therapy. In order to get closer to understanding different modes of action, we have to examine narrative psychology, as its approach relates to how people elaborate their experiences through the creation of stories. The pioneer of this field of study is Dan P. McAdams (2001), who created the life story model of identity, '*which asserts that people living in modern societies provide their lives with unity and purpose by constructing internalized and evolving narratives of the self*' (p. 100). László János in his 2008 article also explains that scientific narrative psychology is based on the fact that people in their life story narratives draw up their own significant life events, similar to groups in their group story narratives. These stories describe the person's relationship with the social world and explain how each constructs their identity. The article (László, 2008) states that the compositional properties and quality of these narratives reflect the boundaries of behavioral adaptation and coping mechanisms of the storyteller. In narrative therapy, therapists not only listen to the clients' narrative in a conscious way but may also use stories. Fairytales and their protagonists help the client symbolize their experiences, thus providing a moral compass and a widened understanding (Ruini & Ottolini, 2013).

Fairytales have always served as (other than for entertainment purposes) guides. These stories were told to children by the elders, by well-respected people, to prepare youngsters for the challenges of life, thus serving as psycho-educational guides. Anecdotes operate in a more direct manner, giving lessons in concrete situations, thus offering a more effective and meaningful option for narrative therapy. Tales and anecdotes can be used in therapy because of our universal tradition of telling and constructing our own stories. This is how incorporating tales and anecdotes into narrative psychology can be possible. Dallos (2005) explains a plot compositional description, invented by Vladimir Plopp, which uses a complex method to distinguish the functions of participants of Russian magical tales. This method – through narrative psychological content analysis - can be transferred into a meaning-creating psychological language, that is, in the narrative, instead of plot functions, it looks for psychologically meaningful roles and functions (László, 2008). The discovered constellations allow the narrator's (the client in a therapeutic situation) psychological condition and characteristics to be revealed (László, 2008).



Framework used in Hypnosis and in Storytelling

Therapy work usually happens in a time and space different from everyday life. The client enters the therapy room and the session starts. If it is not his/her first time there, he/she knows to expect something different from everyday experience. Therapies working with altered states of mind put a special emphasis on framing the sessions, making sure that when the session is over, the client is clear-headed and alert, ready to meet the outside world once again. It is important because in hypnosis, the client enters his/her inner world, where time and space may feel different. Trust built between client and therapist can help the client go deeper in his/her inner world. Formal hypnosis usually starts with rapport building, which does not directly lead to hypnotic trance, but builds a good communicational bridge and a strengthening connection necessary between the client/patient and the hypnotist. After this step, the hypnotic induction begins. Through the hypnotic induction, the client enters an altered state of mind. In the altered state, the client is usually relaxed, his/her attention is selective, his/her imagination is more vivid, and is more susceptible to suggestions (Loftus, Nolen-Hoeksema & Fredrickson, 2009). In the end, the hypnotist ends the hypnotic trance by gradually bringing the client back to his/her normal state. The framework of storytelling comes with special phrases universally known, signifying beginning and end: fairytales usually start with "Once upon a time.." and end with "The End". These phrases are essential parts of the tales, giving a strong, characteristic frame, distinguishing it from the everyday world. The exact time when telling tales to adults and children first appeared in human history is unknown, but it is surely one of the oldest traditions. Fairytales always have a typical structure, universally known to humankind. Not only is the content typical, the event of storytelling also has its unique elements. The traditional and mostly accurate depiction of adults telling fairytales to other adults is that they gather round at night, when everything is calm and serene, probably sitting around the fire, and switch on the listening mode. With children the typical scene includes the adult (usually the parent) sitting next to the child, who is calmly listening to the story before going to sleep. Experience has shown that there is more to stories than the overall calming effect of listening. Stories always have a message to tell that will stay with the listener, find a way to resonate with his/her current state and thus have a long-term effect on thoughts and behavior. The positive aspects can be used in everyday life as well as therapy sessions, working with children or adults. As for anecdotes, they are short, thought-provoking or often even humorous stories, usually describing an individual person or an incident. Despite their sometimes comical nature these stories main purpose is to give a so-called moral compass, or to tell a general truth, by which the reader can understand a person (the protagonists are usually known or even popular historical figures), a group or even an abstract idea (Epstein, 1995). The stories typically operate with implicit messages, which have a suggestive nature. This way, it is easier for the reader (or listener) to adopt the meanings, as implicit messages tend to require more active processing. Given the nature of anecdotes, they appear to be useful in therapeutic situations helping the therapist create a frame, a structure for the whole therapy, and also in helping the client to heal.

Rapport building and towards regression

It is important to have rapport built before hypnosis or story telling happens, but it is also good to know that both processes deepen trust between client/therapist and listener/storyteller.

Parents usually have a deep bond with their children already, and fairytales build an even closer connection. For the duration of the story, the storyteller uses the fairytale's symbolic thinking and language, which is much closer to children, making it easier for them to understand (Bettleheim, 1988). Since fairytales are suitable for indirectly communicating complex meaning through their underlying symbolic structure, they can be used efficiently in therapy, not exclusively for children but for adults as well (Dieckmann 1997). In order to understand why fairytales are



such an effective means of communication, we need to observe the models of long-term explicit memory: the conscious recollection of data (Graf & Sachtter 1985). Among conscious memories, we can differentiate between learned facts, taken out of context (semantic), and memories of actual events (episodic) (Zager, Medin & Smith 1984). By examining episodic memory, it appears that people need to create stories, that is, build narratives: contexts in which they can place their memories of past, their current situation and the future, connecting the individual events. Besides episodic memory, we also strongly rely on our semantic memory. One of its commonly used models is the so-called prototype theory. According to this theory, people categorize things around prototypes, based on how close they are to a generally accepted, central member of the given concept (Eysenc & Keane 1990). This approach to semantic memory brings a resemblance to symbolic thinking. Symbols usually carry some of the most decisive characteristics of the symbolized, often archetypes, yet the symbol and the symbolized object are not the same. Symbolism appearing in tales and dreams carry strong similarities, probably because the symbols of both of those come from nature. The structural similarities between the structures of our memories and tales, the connection to child-like thinking and dreams suggest that tales might have a strong relation to the subconscious, which makes it appealing to use in adult therapy as well (Dieckmann, 1997). Regression is an important element of tales and dreams that may be in everyday life or in therapy work and is also an essential element of hypnosis.

The similarities to hypnosis: entering an altered world

As mentioned above, fairytales tend to have a typical framework, and are strongly symbolic in nature. Both of these characteristics carry a dissociative trait in them. Furthermore, they tend to be exaggerated, which encourages us to distinguish tales and reality even more. Studies have shown that when parents take out the cruel episodes of the story, it actually makes the story more believable, more like it has been taken out of everyday life, thus confusing and frightening the children even more than the original version (Danilewitz, 1991). Given how these traits, the symbolic structure of tales allow a dissociative, objective analysis separated from everyday life, and a very personal, subconscious understanding of the underlying meaning, it seems that a good way to observe the suggestive aspects of tales is by comparing fairytales and hypnosis. In traditional (formal or classic) hypnosis the client is in a mainly passive, relaxed state, focusing his/her attention on the hypnotist, while the hypnotist communicates the suggestions toward the client. This is quite similar to the case of tale telling. The story teller tells the story, while the listener listens to it calmly, in a relaxed state. Experiments show that children listen to fairytales in a much quieter way, and afterwards tend to act in a less active way for a while, seemingly more absorbed within their thoughts, compared to children who watch a film, or listen to a trivial story beforehand (Crain, 1983). One of the seemingly problematic traits of tales in regard to hypnotic suggestion is that while suggestions tend to depend very strongly on the actual words used, tales are kept alive mostly by oral tradition, which makes it almost impossible for the words to remain in their original form. However, it has been shown by J. A. Bargh and his colleagues (Bargh, Chen & Burrows, 1996) that words associated with a specific concept, when repeatedly appearing in the surrounding of the client, might induce a behavior usually associated with the given concept. In one of their experiments (Bargh, Chen & Burrows, 1996), the subjects had to fill in a test, where they were told to order the mixed-up words of sentences. Some of these tests contained words associated with old age (e.g.: worried, Florida, old, lonely, grey, selfish, careful, sentimental, wise, stubborn, courteous, bingo, withdraw, forgetful, retired, wrinkle, rigid, traditional, bitter, obedient, conservative, knits, dependent, ancient, helpless, gullible, cautious, alone). In the neutral version, the words related to the elderly were replaced by words unrelated to them (eg., thirsty, clean, private). The subjects who had to fill in the tests containing the words associated with old age left the room after the experiment was over in a significantly slower



manner compared to those who did not have such words in their test, even though no reference to being slow appeared in these tests directly (Bargh, Chen & Burrows, 1996). This, combined with the symbolic nature of tales, and their relation to the subconscious shows how tales can preserve their suggestive traits despite the fact that they were kept by oral tradition.

The suggestive power of stories in therapy

Narrative therapy implies the above mentioned elements in a way where therapists help clients reconstruct their own life stories by deleting and rewriting faulty elements, thereby reconstructing their identities. MacAdams (2010) states that clients often tell confused, even disorganized life stories, which contribute to their symptoms and bad mental health. Clarifying these stories using emotional focus while naming and linking emotions to certain experiences can serve as a base methodological background (Beaudoin and Zimmerman, 2011, cited in Mezőfi, 2015). Furthermore, we have to know with what kind of mechanism narrative therapy works. From a narrative therapeutic perspective, the client's problems come from the storyline of their narratives. The main goal is to separate the clients' identity from reliving their problems (externalization) and to give an opportunity to access desirable self-experiences (Mezőfi, 2015). Through repetition and naming emotions, and bonding those to certain plot elements, life stories can be restructured to be pleasant and self-affirmational. It is not surprising that interest in transformation stories, in various fields of both media and science are high, as these healing stories inspire us, and become an instrument of healing at the same time (Mezőfi, 2015). Therefore, these can serve as the previously mentioned anecdotes of personal self-story reconstruction. Other than healing stories, different forms of art can serve as non-self-narratives, stories which are not lived by, but experienced by the client, such as plays, books, movies, as they provide us a chance to engage in a story. First, maybe by upsetting us, then by experiencing a cathartic moment, which might create a certain personality state, making an impact on our way of thinking (John, 2010). In therapy, talking about these experiences is crucial, in my opinion. Their emotional impact can be useful in the integration of personal situations where these – consciously or unconsciously – serve as guidance in self-involved-narratives. Making the client become aware of the non-self-narratives' helping background mechanisms is also important, so he/she can separate harmful and healing external source experiences. Another interesting narrative therapeutic method is naming diffuse psychological content. Bojti István (2015) explains in detail how naming these emotions help the client cope with them in his/her everyday life. In Bojti's (2015) opinion it becomes an entity, which is separated from the person; it can become a so-called scapegoat, carrying the responsibility so the person becomes free from it. In this way, externalization of the problem becomes possible, thus enabling the person to take control and change important aspects of it. Eventually the responsibility returns to the client, the scapegoat works as a temporary solution, to help the client through the earlier, more difficult part of the therapy, realizing his/her emotions, and becoming more aware of clarified life-stories and the related emotions. This may work through creating an anecdote-like experience, where the client can refer to these diffuse emotions as some tale characters previously heard or seen, using the coping methods within the story, therefore integrating those leading to a successful therapeutic outcome.

Examples of Tale therapy

We have established that fairytales are a medium suitable for communicating more complex thoughts. There are several different approaches on how to use fairytales in therapy. One of the main distinguishing features can be whether we use fairytales in their original form, or construct our own narratives, using the symbolic and structural tools of fairytales (Vachkov, 2016). When using the original stories, the therapist might analyze what the favorite tale of the patient is, or suggest a story related to the current situation of the patient (Dieckmann, 1997). Analyzing what kind of



story a child asks for can also be helpful in therapy, yet according to Bettelheim (1988) in the case of a child it might be better not to make the subconscious thoughts conscious by sharing the supposed reason for why a given story was chosen. In creating fairytales, there are different approaches. One option is when the therapist, considering the needs of the patient, creates a story (Levine, 1980), while the other approach is to let the patient create the story as a narrative that can help them deal with their current situation (Ruini, Masoni, Ottolini, & Ferrari, 2014). An example of how fairytales in their original form can be used in therapy is the case mentioned in Dieckmann's 1997 article: a woman, brought up with very strict parenting, developed a severe neurosis due to her restricted impulse for individuation. She also had a distinct animal phobia. One day she dreamt about a white snake, which at first frightened her, but then started to talk to her, and calmed her down. Next day she was able to go to work with less anxiety. After telling her dream to Dieckmann, the therapist suggested she read "The White Snake" by the Grimm brothers. This story is about a trusted servant of a king, who has to bring a bowl to the king each night in secret, but was forbidden to look into the bowl. One day, despite the orders of the king, he looks into the bowl, and finds a white snake in it. He cannot resist the snake's good smell, secretly eats from the bowl, and thus starts to understand the speech of animals. He then goes away from the castle, and during his journey he helps some animals, who return the favor, and help him, when in need, in order to get the hand of a princess. This story helped the patient to start to think about animals differently, understanding how helpful animals can be. Furthermore, Dieckmann (1997) suggests in his article that the ethical problem in the beginning of the story is the very thing that helped the client. In the beginning the trusted servant of the king acts against the orders and eats from the snake and thus gains the ability to speak with animals. This aspect of the story, according to Dieckmann (1997), has helped the client to stop repressing the non-rigid, timeless animal aspects of her persona. Tales can be therapeutic for children as well. Children usually have strongly polarized thinking, it might be therefore difficult for them to deal with ambivalent feelings. Danilewitz (1991) writes about dealing with ambivalent feelings in her article as well. She observes it using the well-known tale "Little Red Riding Hood":

"In Little Red Riding Hood the kindly grandma undergoes a sudden replacement by the wolf who threatens to destroy the child. If in reality grandma humiliates the child for wetting his pants she no longer is the person she was before, she has become a witch. Unable to see any congruence between the different manifestations the child truly experiences — grandma is seen as a separate entity, the loving and the threatening. She is indeed grandma and the wolf. By dividing her up, by splitting, the child can preserve his image of the good grandmother, if she changes into a wolf it is scary but he does not compromise his vision of her kindness." (Danilewitz, 1991, p.88)

In another example Levine (1980) creates a story instead of using a fairytale in its original form in order to treat an 8-year-old girl with insomnia. This girl was sexually assaulted by her uncle, and so she carried hatred towards him inside her. However, she loved her father. A recording of the personalized story was given to the parents, with the instruction to play it for her before she goes to sleep. The story included things that she liked to make her more open to the story. It was about good and bad bears, it served as a tool to help her dissolve her ambivalent feelings toward men.

Modern challenges in creating and working with narrative

Base theory is simple, but applying it into our current social situation is far more difficult than it looks (Beaudoin and Zimmerman, 2011, cited in Mezőfi, 2015). The informational society brought a number of new obstacles to look out for; people's lives are more complex than a few decades



ago. We have to adapt to various new situations, consider our online identities, our career life, etc. Implying anecdotes into life stories used to be easier, because people had a more general way of living, the fact that one's life was bonded to a certain company, certain profession, certain ideologies provided a simpler solution for the therapeutic approach (Kondor et al., 2018). Nowadays, people have to adapt to new environments, new situations more frequently. Therefore, it is more difficult to find their personal life 'anecdotes' (displayed in books, movies, etc., or through oral tradition), which carry the proper message, have personalized moral guides, and through their life stories help integrate these into their identity.

Conclusion

The act of storytelling has been used since the earliest times of human history to calm and educate. The structure and use of symbols in fairytales and anecdotes show many similarities to the models of human memory, making it a very efficient tool for communicating more complex thoughts to children and adults alike in everyday life as well as therapy work. Using tales, stories and anecdotes in various methods in narrative therapy can have a positive suggestive impact in the reconstruction of clients' life story and identity. Although, it still needs further research regarding its direct impact and advantages, it has already been in use by many therapists, and the field continues to grow.

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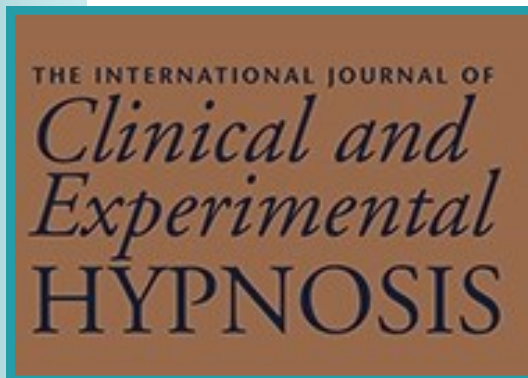
We start a regular column from the International Journal of Clinical and Experimental Hypnosis (IJCEH): Editor, abstracts, updates, call for papers, etc. in each issue of the NL. Now we are pleased to share abstracts from the articles published in the previous two most recent issues.

The International Journal of Clinical and Experimental Hypnosis (IJCEH) has been a leader in the field for over 60 years. Four times a year, we publish peer-reviewed articles representing the interests and needs of those in disciplines related to hypnosis. With readers and authors on every populated continent, the IJCEH has a global reach. Of the articles published in 2018, the authors represented 17 different countries, across 4 continents.

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Types of submissions accepted: Empirical research (including clinical trials evaluating the efficacy of hypnosis interventions, neurophysiological studies of hypnosis, mechanistic studies of hypnosis, hypnotizability, feasibility studies, replications); Clinical papers (including well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, and significant historical or cultural material.

Topics can include: Hypnosis and hypnotherapy in psychology, psychotherapy, psychiatry, medical and dental specialties, wellness, nursing, allied areas; and studies relating hypnosis to germane phenomena such as mindfulness, contemplative practices, and consciousness.

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We are pleased to share abstracts from the articles published in the previous two most recent issues of the International Journal of Clinical and Experimental Hypnosis

JULY 2018 ARTICLES

Use of Neurofeedback and Mindfulness to Enhance Response to Hypnosis Treatment in Individuals with Multiple Sclerosis: Results from a Pilot Randomized Clinical Trial

Mark P. Jensen, Samuel L. Battalio, Joy F. Chan, Karlyn A. Edwards, Melissa A. Day, Leslie H. Sherlin, and Dawn M. Ehde

Abstract: This pilot study evaluated the possibility that 2 interventions hypothesized to increase slower brain oscillations (e.g., theta) may enhance the efficacy of hypnosis treatment, given evidence that hypnotic responding is associated with slower brain oscillations. Thirty-two individuals with multiple sclerosis and chronic pain, fatigue, or both, were randomly assigned to 1 of 2 interventions thought to increase slow wave activity (mindfulness meditation or neurofeedback training) or no enhancing intervention, and then given 5 sessions of self-hypnosis training targeting their presenting symptoms. The findings supported the potential for both neurofeedback and mindfulness to enhance response to hypnosis treatment. Research using larger sample sizes to determine the generalizability of these findings is warranted.

Hypnotizability and Pain Modulation: A Body-Mind Perspective

Maurizio Varanini, Rita Balocchi, Giancarlo Carli, Giulia Paoletti, and Enrica L. Santarcangelo

Abstract: The study investigated whether the cardiac activity and cognitive-emotional traits sustained by the behavioral inhibition/activation system (BIS/BAS) may contribute to the hypnotizability-related pain modulation. Nociceptive stimulation (cold-pressor test) was administered to healthy participants with high (highs) and low (lows) hypnotizability in the presence and absence of suggestions for analgesia. Results showed that heart rate increased abruptly at the beginning of nociceptive stimulation in all participants. Then, only in highs heart rate decreased for the entire duration of hand immersion. During stimulation with suggestions of analgesia, pain threshold negatively correlated with heart rate. BIS/BAS activity partially accounted for the observed hypnotizability-related differences in the relation between cardiac interoception and pain experience.

Bilateral Electrodermal Activity in the Active-Alert Hypnotic Induction

Krisztian Kasos, Zoltan Kekecs, Eniko Kasos, Anna Szekely, and Katalin Varga

Abstract: Shifts in hemispheric dominance were previously proposed to play a role in hypnosis. Participants (N = 32) were exposed to an active-alert hypnosis induction and a music-control condition while electrodermal activity was registered bilaterally, providing information on alterations in hemispheric dominance. The results suggest that highly hypnotizable participants show a shift to right sided and low hypnotizable participants demonstrated a shift to left sided electrodermal dominance in response to the induction, whereas no change in laterality is present in the control condition. Additionally, the authors found that self-reported hypnosis experiences were also associated with a shift in laterality. These results underline the importance of the shift to right hemispheric activity in hypnosis and underscore the importance of hemispheric changes in shaping subjective experience.



Ketamine as a Possible Moderator of Hypnotizability: A Feasibility Study.

David R. Patterson, Christine Hoffer, Mark P. Jensen, Shelley A. Wiechman, and Sam R. Sharar

Abstract: This pilot study explored the feasibility of using ketamine to increase hypnotizability scores. Ketamine, classified as a dissociative hallucinogen, is used clinically as an anesthetic in high doses and as a treatment for chronic pain and depression in lower doses. Low dose ketamine can contribute to dissociation and heightened perceptions and feelings of detachment, arguably hypnotic-like states. The authors predicted that a low dose of ketamine in healthy volunteers who scored in the low hypnotizable range on the Stanford Clinical Hypnotizability Scale, would (1) report an increase in subjective ratings of dissociation and (2) demonstrate an increase in hypnotizability. The findings were in the predicted direction, warranting further investigation into the use of this agent to increase hypnotizability.

Flow and Hypnotizability in a College Student Population

Juliette Bowers, Hyeji Na, and Gary Elkins

Abstract: The concept of “flow” refers to a state of heightened attention and concentration in a current task. Benefits of entering a flow state may include the ability to optimize performance by reducing conscious cognitive processing. Various theories have suggested that flow is a state of consciousness similar to that of hypnosis. The present study addresses the relationship between flow and hypnotizability. In a college sample, a significant correlation was found between flow experience and hypnotizability, suggesting that those high in hypnotizability are more likely to experience flow states during hypnosis. In addition, results suggest that hypnosis may be used to develop higher frequency of flow states, especially in those with low dispositional flow.

The McCarthy Teapot Test

Patrick McCarthy

Abstract: Expectancy has often been declared to be the single most important factor in the success or failure of any hypnotic intervention. Given this truism that expectancy is so crucial, this article shows how a potential patient's expectancy can be influenced and lowered or raised by the words and actions of the therapist. The essence of this innovative, simple, and quick method is that it is an expectancy-enhancement procedure that masquerades as a hypnotizability assessment. What makes this method powerful is the author's emphasis on the theatrical components of therapist performance (it even includes acting instructions). No one fails this test.

The Effectiveness of Hypnotherapy in the Treatment of Chinese Psychiatric Patients

Ling Chiu, Hing Wah Lee, and Wai Keung Lam

Abstract: This is a prospective randomized, controlled study of patients suffering from anxiety, depression, or mixed anxiety-depressive disorder attending a hypnotherapy clinic for 8 weeks. Participants were assessed with various clinical scales and were randomly assigned to either the study or control group. The study group received 5 to 7 sessions of hypnotherapy through the 8-week period, whereas the control group received conventional psychiatric treatment. All patients' clinical conditions were reassessed at the end of the 8th week. Comparing study and control groups at the end of the 8th week, there was improvement in the study group in the scores of an array of clinical scales. Such satisfactory results illustrate the effectiveness of hypnotherapy in



relieving anxiety and depressive symptoms.

OCTOBER 2018 ARTICLES

Changes in Oxytocin and Cortisol in Active-Alert Hypnosis: Hormonal Changes Benefiting Low Hypnotizable Participants

Enikő Kasos, Krisztián Kasos, Fanni Pusztai, Ágnes Polyák, Krisztina J. Kovács, and Katalin Varga

Abstract: It is increasingly clear that oxytocin and cortisol play an intricate role in the regulation of behavior and emotions impacting health, relationships, and well-being. Their long term, cross-generational effect makes them an important focus of the present study. This exploratory research examined changes in oxytocin and cortisol levels and their correlations with different phenomenological measures in both hypnotist and subject during active-alert hypnosis. The level of oxytocin increased while the level of cortisol decreased in the hypnotist. When comparing the oxytocin changes of subjects with their hypnotizability, those with low hypnotizability scores experienced an increase in oxytocin, and those with medium and high hypnotizability scores showed no change or decrease. This could explain why clients' hypnotizability is not considered an important factor during hypnotherapy.

A Systematic Review of the Effectiveness of Hypnosis for the Management of Headache

Niamh Flynn

Abstract: Migraine is a complex neurological condition that causes a range of symptoms, the most common of which is a severe headache. The aim of this systematic review of the literature is to determine the efficacy of hypnosis in the treatment of migraine. A systematic search of 4 scientific databases was conducted using the primary search terms: migraine, headache, hypnosis, and hypnotherapy. Eight studies were identified that either examined hypnotic techniques alone or in combination with other nonpharmaceutical techniques such as visual imagery, relaxation, and pain-displacement techniques. This study demonstrates that hypnotherapy and relaxation techniques are effective in reducing short- and long-term headache activity in migraine sufferers.

Rapid Induction Analgesia (RIA) for Capsaicin-Induced Pain in University Students: A Randomized, Controlled Trial

Kathryn James and Peter D. Drummond

Abstract: The effect of rapid induction analgesia (RIA) hypnosis on capsaicin-induced pain was tested in 60 healthy volunteers allocated randomly to 1 of 3 conditions: listening to an RIA recording several times before and then during the session; only the in-session RIA intervention; or listening to relaxing music (the control condition). Participants who had listened to the RIA recording beforehand were significantly more relaxed than controls when differences between the groups were identified for pain intensity. These findings suggest that relaxation induced by RIA recordings can alleviate the affective component of pain. In addition, benefits of RIA may strengthen with practice.

A Comparison of the Efficacy of Acupuncture and Hypnotherapy in Patients with Migraine

Kenan Tastan, Ozlem Ozer Disci, and Turan Set

Abstract: The study investigated the effect of acupuncture, hypnotherapy, and pharmacotherapy in migraine treatments among 90 patients. They were divided into 3 groups of 30 persons each. Group 1, Group 2 and Group 3 were treated with



acupuncture, hypnotherapy, and pharmacotherapy, respectively. Changes in the visual analog scale (VAS) and Migraine Disability Assessment (MIDAS) scores from baseline were monitored. Reductions in the percentages of the VAS and MIDAS scores at the end of the 3rd month were significantly higher in the acupuncture and hypnotherapy groups than those of the pharmacotherapy group ($p < .01$). Acupuncture and hypnotherapy can be developed as treatment options alone as an equivalent to conventional treatment.

The Effects of a Brief Hypnosis Relaxation Induction on Subjective Psychological States, Cardiac Vagal Activity, and Breathing Frequency

Sylvain Laborde, Sebastian Heuer, and Emma Mosley

Abstract: This study investigated the effects of a brief hypnosis including relaxation suggestions on physiological markers of relaxation, cardiac vagal activity, and breathing frequency. Forty participants were tested in a within-subjects design. Participants listened to a recorded hypnosis session and to a nonhypnotic recording. No differences were found regarding cardiac vagal activity. Participants breathed significantly faster during the audio conditions (hypnosis and nonhypnotic recording) in comparison to resting measures. After hypnosis, subjective arousal was significantly lower and emotional valence was significantly more positive than after the nonhypnotic recording condition. The relaxing effects of hypnosis that includes relaxation suggestions appear to be located at the subjective level but not at the peripheral physiological level.

The Roots and Evolution of Ego State Theory and Therapy

Eitan G. Abramowitz and Moshe S. Torem

Abstract: The purpose of this paper is to elucidate the origins of ego state theory and therapy and discuss the concept of human personality as a structure comprising numerous ego states. The historical roots of ego state theory and therapy are reviewed. Also, the evolution of ego state therapy from classic hypnotherapy to modern methods is identified. The paper discusses that these methods of ego state therapy have been described by different authors and under different names. It is suggested that core concepts related to ego state theory and therapy of guided hypnotic dissociation may underlie the core of clinical effectiveness in many contemporary psychotherapeutic methods.



THE STAGE CREW

Just like in other organizations, ISH has, standing behind those in the spotlight, many who are working almost unnoticed, “behind the scenes”. In this section we would like to express our appreciation and thanks for their valuable work. Each issue will introduce one person who is working for ISH, either as a volunteer or as a paid employee but without having an official title (yet ☺).



Shady Tonn

Shady Tonn, from Essen (Germany) is a Master student in Psychology and recently started working for the ISH in an administrative assistance position.

She was chosen by ISH BOD to be the head of ISH administration in the future.

At the moment she is in training and also joined Bernhard Trenkle's Team in working for the WhoISHwho project.

Can you please introduce yourself, giving us the basic information about yourself?

My name is Shady Tonn. I'm a master student in Psychology, currently finishing my thesis about psychophysiological statement evaluation. I studied in Würzburg, where I also worked in a psychiatric practice for children and young adults. Originally, I'm from Essen, a town in the west of Germany.

How long have you been connected with ISH? Please describe the way you got connected to this organization.

During my internship at Bernhard Trenkle's institute in Rottweil about 2 ½ years ago, I got hooked by hypnotherapy. Since then I enjoyed every bit of learning about it. Bernhard Trenkle encouraged this curiosity and provided room and inspiration in pursuing it. By being part of the Trenkle Organization team led by Andreas Trenkle, who together with Bernhard Trenkle also organized the 2012 ISH congress in Bremen, I experienced working in the field of Psychology from a meta perspective. Repeatedly working on-site at congresses in Heidelberg, I was able to peek behind the scenes and to learn a lot about organizational work.

Eventually these steps led me to ISH. I got the privilege to experience the ISH spirit on site at the World Congress in Montreal.

Everybody warmly welcomed me into the ISH family. Since originally two other candidates were meant for the job, I was surprised and happy about to be considered and chosen by the ISH BOD to join the ISH Team. Receiving this opportunity, I also have to thank Andreas Trenkle for suggesting me and Bernhard for trusting my abilities to do the job.

What is your current “job” / task here?

I just started working in the ISH world office and currently being introduced to different parts and processes of the ISH world. In the future, I'll be working on organizational and membership matters, attend congresses as well as the board meetings in an administrative role. Starting with developing first ideas to enhance the ISH's visibility and the networking capacity for spreading its idea and vision, especially through the 'WhoISHwho' website.



When not for ISH: what is your professional work?

After finishing my psychology courses at university, I worked at the geriatric department of a clinic in Berlin. Soon I will be starting my training becoming a psychotherapist, which starts off, doing a clinical year at a psychiatric clinic.

And something about your free time: hobby, preferred pastime?

Matching the ISH motto of building bridges, I love to travel and experience different cultures and countries. Apart from that I enjoy going to old cinemas and reading, which for me is a form of travelling as well.

Please share with us a memorable moment, or the aspect of your work you prefer the most?

I'm still sheer fascinated about the possibility to listen and talk to the extraordinary people I met in the ISH community. Their inspiring, contagious and encouraging enthusiasm definitely left a lasting impression. A particular memorable conversation was with the President-Elect Mark Jensen. In retrospective, I somehow labeled it job and motivational interview simultaneously – I should know talking to a psychologist. During that conversation, he made me realize by working for the ISH I took a first glance at a piece of a puzzle which is matching my own plans for the future perfectly. I always saw myself working as a clinical psychotherapist and combing it with 'something else'. In ISH I feel I found even more than that and I look forward living up to the welcoming spirit and tasks I had been trusted with in the future.



Marion, Shady and Suzanne at the ISH Booth in Montreal, 2018



CONGRESS REPORT

NICOLE RUYSSCHAERT

IRAN MASSHAD MENTAL TRAINING OCTOBER 2017



Nicole Ruysschaert

October 2017, 26-28, the board of Directors of ISSCH Iranian Scientific Society of Clinical Hypnosis, with support of Bernhard Trenkle (Germany) and Lars-Eric Uneståhl (Sweden), organized the first international congress on mental training and neuro-behavioural sciences in Mashhad, Iran. The main aim of the congress was to emphasize the abilities of mental training in mastering body and behaviour and introduce mental training to improve quality of life and improve skills and behaviour. About 800 participants registered for the congress! International faculty enjoyed the warm hospitality of Iranian people and was surprised by the peace, nice surrounding, excellent food and interest from participants giving one a sense of

homecoming! There were keynotes on improving learning, philosophy models and principles of mental training, mental training and hypnosis in performance enhancement, sports psychology, positive psychology to name just a few. Kjell Fag  us after his keynote, telling how music must flow through him, surprised or “hypnotized” the audience with his musical master performance on clarinet. Just enjoy a piece of his music <https://www.youtube.com/watch?v=HbjGKXLFZAY>



Participants came on stage, to have a group photograph!

As special event the ISSCH established a new branch of the ISSCH to focus on mental training, and promote further training and interest in that area.

After my first experience at the third international hypnosis congress of ISSCH in Teheran, it was a pleasure for me to accept the invitation. Respecting the dress code, and wearing a veil I

gave a keynote on “Developmental Hypnosis” – personal development with hypnosis and a workshop on “Paving your way, from stress to performance enhancement with (self)hypnosis”.

At the end of the congress, participants came on stage, to have a group photograph! A great experience and looking forward to another congress and stay in Iran!



EVENT CALENDAR

2018

Name / title **III. TTT – 3rd Parts Therapy Congress**
Location Heidelberg, Germany
Date November 1-4, 2018
Organizer(s) Milton Erickson Institut Rottweil & Trenkle Organisation GmbH
Contact, website www.teile-tagung.de
Further info Ego-State-Therapy, TA, Gestalt, Schema Therapy and other approaches

Name / title **Annual Congress DGH: “Hypnosis - Impulses in Trance”**
Location Bad Lippspringe, Germany
Date November 15-18, 2018
Organizer(s) DGH
Contact, website www.dgh-hypnose.de

Name / title **Brief Therapy Conference: Anxiety, Depression and Trauma**
Location Burlingame, California
Date December 6-9, 2018
Organizer(s) Milton Erickson Foundation Phoenix
Contact, website www.brieftherapyconference.com

2019

Name / title **M.E.G.- Annual Congress: Gender, Sex and Identity: Hypnotherapy and Diversity**
Location Bad Kissingen, Germany
Date March 21-24, 2019
Organizer(s) MEG - Milton Erickson Foundation Germany
Contact, website www.meg-tagung.de
Further info Annual Meeting of MEG. Always 1000-1300 participants. German language Congress. Sometimes few English presentations.

Name / title **30 years MEGA Milton Erickson Society Austria**
Location Vienna, Austria
Date May 1-5, 2019
Organizer(s) MEGA - Milton Erickson Foundation Austria
Contact, website www.mega-2019.at
Further info Great anniversary program. Mostly in German language.

Name / title **Hypnosis: new generation**
Location Budapest
Date May 30-June 1, 2019
Organizer(s) Hungarian Association of Hypnosis, ELTE Affective Psychology Department, SE Anesthesiology and Intensive Therapy Clinic
Contact, website www.hypnosisnewgeneration.com ; hng@convention.hu
Further info A conference mostly (but not exclusively) for young/new generation of researchers and therapists in the fields of hypnosis, suggestions, altered states of consciousness.



Name / title **15 years of Ego-State-Therapy in Germany: State of art and innovative developments**
 Location Rottweil, Germany
 Date May 30 - June 1, 2019
 Organizer(s) Bernhard Trenkle&Team / Woltemade Hartman
 Contact, website www.ego-state.de
 Further info German Language Ego-State-Conference

Name / title **4th World Congress on Excellence in Sport and Life**
 Location Gavle, Sweden
 Date June 12-16, 2019
 Organizer(s) Lars-Eric Unestahl & Colleagues
 Contact, website www.wcecongress.com
 Further info Mentalcoach legend Lars-Eric Unestahl organizes an international congress with a strong international cast.

Name / title **3rd Congress Talking is not enough**
 Location Bremen, Germany
 Date June 20-23, 2019
 Organizer(s) www.redenreichtnicht.de
 Contact, website www.redenreichtnicht.de
 Further info Founded by Gunther Schmidt, Michael Bohne, Matthias Ohler and Bernhard Trenkle this congress brings together many innovative concepts and speakers.

Name / title **XXIX German-Polish Seminar- and Supervision week**
 "UtiliSEAsation"
 Location Monastrery Wigry, Poland
 Date August 24-31, 2019
 Organizer(s) Polish Milton Erickson Institute & Milton Erickson Institute Rottweil
 Contact, website www.wigry.de

Name / title **Annual Congress DGZH**
 Location Berlin, Germany
 Date August 29 - September 1, 2019
 Organizer(s) DGZH
 Contact, website www.hypnose-kongress-berlin.de

Name / title **First Asian Congress of Hypnosis**
 Location Mashhad, Iran
 Date October 15-19, 2019
 Organizer(s) www.iran2019.com
 Contact, website www.iran2019.com

Name / title **9th Kindertagung (Hypnotherapy for children and adolescents Conference)**
 Location Würzburg, Germany
 Date October 31 - November 3, 2019
 Organizer(s) Milton Erickson Institut Rottweil & Trenkle Organisation GmbH
 Contact, website www.kindertagung.de
 Further info Hypnotherapeutic and systemic concepts for working with children and adolescent. Focus topic: Family Cultures in Transition.

Name / title **13th International Congress of Ericksonian Hypnosis and Psychotherapy Jubilee congress – 40 years Milton Erickson Foundation in Phoenix.**
 Location Phoenix, AZ
 Date December 12-15, 2019
 Organizer(s) www.erickson-foundation.com
 Contact, website www.erickson-foundation.com



Name / title **Introductory and Advanced Clinical Hypnosis Workshops**
Location Denver, Colorado, USA
Date April 26-27, 2019
Organizer(s) Society for Clinical and Experimental Hypnosis
Contact, website www.sceh.us

Name / title **70th Annual Society for Clinical and Experimental Hypnosis, Workshops and Scientific Program, Clinical and Applied Hypnosis: Evidence-Based Practice and the Therapeutic Relationship**
Location New Orleans, Louisiana, USA
Date October 16-20, 2019
Organizer(s)
Contact, website www.sceh.us

Name / title **SSCH annual meeting
Workshop with Mark Jensen, PhD. Professor, Washington University: Brain oscillations and Hypnosis, empirical data and treatment implications. Chronic Pain and Hypnosis for enhanced well-being.**
Location Göteborg, Sweden
Date March 9-10, 2019
Organizer(s)
Contact, website erika@erikamarklund.se

2020

Name / title **Ego-State-World Conference**
Location Capetown, South Africa
Date April 16-19, 2020
Organizer(s) organized by MEISA Woltemade Hartman
Contact, website www.meisa.co.za
Further info with post-congress in Erindi / Namibia

Name / title 15th European Hypnosis Congress
Location Basel, Switzerland
Date August 26-29, 2020
Organizer(s) ESH
Contact, website

2021

Name / title **22nd International Congress of Hypnosis ISH**
Location Krakow, Poland
Date June 10-13, 2021
Organizer(s) ISH
Contact, website www.hypnosis2021.com



MARK THE DATES

XIII CONGRESSO NAZIONALE DELLA SOCIETÀ ITALIANA DI IPNOSI

RAPPORT:
LA RELAZIONE IPNOTICA
UNA RELAZIONE SPECIALE
CHE CURA

Responsività, reciprocità e
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nella psicoterapia naturalistica
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