



CONTENT

- 1 -
LETTER FROM
THE PRESIDENT
- 14 -
NOTES FROM
THE EDITOR
- 15 -
MOMENTS FROM
H:NG
- 16 -
MEETING
OUR MENTORS
- 22 -
MAIN INTERVIEW
- 28 -
BUILDING
BRIDGES OF
UNDERSTANDING
- 34 -
IJCEH
- 37 -
PHOTO DIARY
- 39 -
FREE STUDENT
MEMBERSHIP
- 40 -
ISH MEMBERSHIP
- 41 -
NEWS
FROM AROUND
THE WORLD
- 43 -
EVENT CALENDAR
- 48 -
MARK THE DATES
- 50 -
LIST OF
CONTRIBUTORS

The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
2019, Volume 43, No. 2

LETTER FROM THE PRESIDENT



June 2019
Bernhard Trenkle

A look behind the scenes

I am pleased to announce that, as of right now, you can register for the 22nd International Hypnosis Congress! And for just a few weeks, you have a special super-early bird price for ISH and ISH CS members. Please go to www.hypnosis2021.com to register for the meeting right away.

This congress is organized by Kris Klajs and his excellent team from the Polish Milton Erickson Institute. This team has organized several successful international conferences over the past 30 years.

What are the secrets of a successful conference? ISH, ESH, our member societies, and the Milton Erickson Foundation have organized many successful hypnosis conferences. While most of these congresses have been very successful, some have been spectacular flops, with very few participants.

Perhaps we should collect and summarize the know-how from decades of experience of some congress organizers in a small handbook. The most experienced organizer in the field is undoubtedly Jeffrey Zeig of the Milton Erickson Foundation. In total, well over 100,000 individuals have participated in the many congresses he has organized. In addition, Claude Virost in France, Camillo Loredi in Italy, and the German hypnosis societies MEG, DGH and DGZH have organized countless successful conferences.

One of the little-known secrets of organizing a successful conference is this: *It is not enough to have Sigmund Freud among the participants or speakers.* Why is this?

What is probably the largest psychotherapy conference of all time was organized by the Milton Erickson Foundation in 2005. No less than 8600 individuals came to Anaheim/Los Angeles to participate. I had access to the registration data through my membership in the BOD of the Milton Erickson Foundation. There was a surprise for everyone when I analyzed the registration information. More than half, 4800 (!) people, came from California alone. In this state of the USA the conference took place, I was a bit less surprised. In 1994 I organized with Jeff Zeig the only European Evolution-Conference in Hamburg. At that time, 2000 of the 6000 participants came from the area of the conference city, Hamburg.



In the meantime, I found the complete list of participants of the 1st International Hypnosis Conference in Paris in 1889. Among them of course was Sigmund Freud. But even then, the trend was the same: More than half of the participants came from France, and more than half of the French came directly from Paris.

What do we learn from this? In order to organize a successful conference, *you have to win the game at home*. The speakers of course can and must be famous and international. However, with the bulk of paying participants, who ultimately bear the conference costs, one must concentrate on the home country in general, and especially on the region around the congress city. It is not enough to have Sigmund Freud as a speaker to be able to pay the bill for renting the conference centre.

Should the speakers pay a registration fee for their participation?

It has long been a tradition for speakers to pay in full to participate in ISH conferences. 25-30 years ago, Burkhard Peter, Camillo Loredio and I discussed this issue several times. At that time, we agreed that, as at most national conferences, the speakers should ideally be exempt from the attendance fees. I practiced this policy at the ISH Conference in 2012. For that conference, the majority of the 300 speakers/workshop facilitators did not pay any attendance fees. However, in hindsight, I now believe that this was a mistake.

Despite all my organizational experience, I had ignored the fact that any one foreign speaker and participant results in about 10-20 times more work for the conference organizers than a participant from the home country. This added expense is due to several factors:

Translation of all information, multiple requests, invitation letters for visa, additional letters to the embassies, in case of rejected visas, special invitation letters to the university of the speaker, family members who want a tourist program or have special wishes, etc. When there are hundreds of foreign guests, it is no longer (perhaps it never was!) possible to organize all of these issues as an individual organizer, between lunch and a power nap. Addressing these many complicated issues requires employees; and these employees need to be paid.

As a result, I recommended to Claude Virost that he not to repeat this mistake for the 2015 ISH World Hypnosis Congress. Of course, the organizer and host can make exceptions for very few special friends, supporters and long-term mentors. However, if you act too carelessly and too generously with several hundred speakers, you risk a deficit at a large conference.

To help facilitate a successful ISH Congress in Krakow, Kris Klajs and the Polish team have the full support of both ISH BOD and Jeff Zeig of the Milton Erickson Foundation. In addition, Kaleigh Vaccaro, the main organizer of the conferences of the Milton Erickson Foundation, just spent two days Kris and I in Rottweil. We talked about our marketing experiences and who we can work together to better reach the younger generation, and other topics.

Remember, registration for the 22nd International Congress in Krakow is now possible, and at a super early bird price, which is only valid until mid-September 2019: www.hypnosis2021.com.

The platform to submit proposals for lectures and workshops is not yet open. At this point, you can simply register, and you will get the special price. Although speakers and workshop facilitators will not be offered free registration, they *will* be offered a special registration price. Due to the Polish tax system, however, you are invited to pay at the beginning of January 2020. payment will not be required until 2020.



In addition to registering for the congress, I recommend that you enter your CV information, including your field(s) of expertise, at the www.whoISHwho.com site as well. So, Kris and the program committee can start to work from there.

Kris Klajs and I will be on holiday together in Poland for several weeks this coming summer and at the same time will be working on this conference in a relaxed and creative way.

In 2021 we will be absolutely in the middle of the historic old town of Cracow with our conference. Cracow is known to be one of the most beautiful cities in Europe. Please also note the extensive congress calendar here in the newsletter and on the ISH website.

With best regards
Bernhard Trenkle
Dipl. Psych., Dipl.Wi.-Ing.



1ST INTERNATIONAL HYPNOSIS CONGRESS

LIST OF PARTICIPANTS , PARIS, 1899

Germany:

- Dr. Dessoir
- Dr. Fraenkel
- Dr. Freiherr von Schrenck-Notzing
- Dr. Sperling
- Dr. Zarludowski (?)

England:

- Dr. Myers
- Dr. Robertson
- Mrs. Robertson
- Dr. Lloyd-Tuckey
- Dr. Roth
- Mr. William James (most probably the famous philosopher from USA)

Austria-Hungary:

- Dr. Freud
- Mr. Medveczky

Belgium:

- Mr. Delbœuf
- Mr. Gernaert
- Dr. Ledresseur
- Dr. Maréchal
- Dr. Masoin
- Dr. Semal

Brazil:

- Dr. Corren di Figueiredo
- Dr. Siqueira

Canada:

- Dr. Neilson

Colombia:

- Mr. Henriquez

Spain:

- Dr. Herrero
- Mr. Hurriaga

USA:

- Dr. David
- Dr. Robinson
- Dr. Tonner
- Dr. Warde
- Mr. Wason

France:

- Mr. Alavoine, Paris
- Mr. Achille, Paris
- Countess D'Andlau, Paris
- Dr. Azam, Bordeaux
- Dr. Babinski, Paris

- Dr. Ballet, Paris
- Dr. Barèty, Nice
- Mr. Ballé, Rouen (?)
- Mr. Barroux, Villejuif
- Mr. Baudin, Paris
- Dr. Beaunis, Nancy
- Dr. Bérillon, ?
- Dr. Bernheim, Nancy
- Mr. Binet, ?
- Dr. Biscarrat, Paris
- Dr. Bonnal, ?
- Dr. Bony, Montargis
- Mr. Bordier, Paris
- Mr. de Bourgon, ?
- Dr. Bourdon, Méru (Oise)
- Dr. Bourru, Rochefort
- Mr. Bouriot, ?
- Mr. Bralet, Paris
- Mr. Braut, Paris
- Dr. Briand, Villejuif
- Mr. Burgues, Paris
- Dr. Burot, Rochefort
- Mr. Caustier, Paris
- Mr. Chateau, Paris
- Dr. Christian, Charenton
- Mr. Colas, ?
- Dr. Collineau, Paris
- Dr. Coste (?) de la Grave, Sedan
- Mr. Crémieux, Paris
- Mr. Courbet, Paris
- Mr. Decroix, Paris
- Dr. Déjérine, Paris
- Mr. Delcro, Paris
- Dr. Depoux, Paris
- Mr. Doin, Paris
- Dr. Dubois, Paris
- Mr. Dumont-Carpentier, Paris
- Dr. Dumontpallier, Paris
- Dr. Dupuy, Paris
- Dr. Garnier, ?
- Dr. Gascard, Paris
- Dr. Gilles, Paris
- Mr. Gissien, Camille, Paris
- Mr. Gissien, Gustave, Paris
- Mr. de Grandmaison, Paris
- Dr. Grasset, Montpellier
- Dr. Grimoux, Paris
- Dr. Guéneau, Nolay (Côte-d'Or)
- Dr. Guermonprez, Lille
- Mr. Guilhaud, Paris
- Mr. Hément, ?
- Mr. Hideux, Compiègne
- Dr. Hubert (?), Paris
- Mr. Janet, Le Havre
- Mrs. Juglar, Paris
- Dr. Lacaille, Paris
- Dr. Lacassagne, Lyon



- Mr. Ladame, Paris
- Mr. Lamy, Paris
- Mr. Lalande, ?
- Mr. Lanzenberg, Paris
- Dr. Laurent, Paris
- Dr. Levillain, Paris
- Dr. Liébault, Nancy
- Mr. Liégeois, Nancy
- Dr. Mabilie, ?
- Dr. Maestrati, Paris
- Mr. Méric, Sorbonne
- Dr. Magnin, Paris
- Dr. Manouvrier, ?
- Mr. Martinet, Paris
- Dr. Magnan, ?
- Dr. Mesnet, Paris
- Mr. Metzger, Paris
- Dr. Monin, ?
- Mr. Pressat, Paris
- Dr. Paulier, Paris
- Dr. Perronet, Lyon
- Mr. Persac, Paris
- Mr. Poirault, Paris
- Dr. Puel, Paris
- Mr. Pupin, Paris
- Dr. Ramadier, Vaucluse
- Mr. Roché, Paris
- Mr. de Rochas, Paris
- Dr. Salomon, Paris
- Mr. Sicard, Poitiers
- Mr. Simon, Paris
- Mr. Souques, Pointe-à-Pitre (Guadeloupe)
- Mr. Surugue, Paris
- Mr. de Tencin, Paris
- Dr. Tillaux, Paris
- Mr. Thorelle, Paris
- Mr. Toutée, Paris
- Mr. Viviani, Paris
- Dr. Voisin, Jules, Paris
- Dr. Voisin, Aug., Paris

Greece:

- Dr. Assimis
- Dr. Boussakis
- Dr. Sawas
- Dr. Sideris
- Dr. Triantaphyllis

Haiti:

- Dr. Bouzon

The Netherlands:

- Dr. Van Eeden
- Dr. de Jong
- Dr. Van Renterghem

Ireland:

- Dr. Delany

Italy:

- Mr. Friedmann
- Dr. Lombroso

Mexico:

- Dr. Calderon

Peru:

- Dr. Muniz

Romania:

- Dr. Soutzo

Russia:

- Dr. Bajenoff
- Dr. Dekhtereff
- Dr. Demant
- Dr. Drosdowski
- Mr. Drzewiecki
- Dr. Fridensolm
- Mr. Grotenfelt
- Dr. Kozukowski
- Dr. Levinson
- Mr. Memorski
- Dr. Mentchenko
- Dr. Rybalkin
- Mr. de Transche-Roseneck
- Dr. Salingre
- Dr. Savinoff

Sweden:

- Dr. Ericson
- Dr. Velander

Switzerland:

- Dr. Forel
- Dr. Ladame
- Dr. Repoud
- Mr. Yung

Turkey:

- Dr. Bessim

Venezuela

- Dr. Basalo

1ST INTERNATIONAL HYPNOSIS CONGRESS

LIST OF PARTICIPANTS , PARIS, 1899



LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Depuis quelques jours, vous pouvez vous inscrire au 22ième Congrès International d'Hypnose. Pendant quelques semaines, les membres de l'ISH et des sociétés membres bénéficient d'un tarif réduit spécial – «early bird». www.hypnosis2021.com

Ce congrès est organisé par Kris Klajs et son excellente équipe de l'Institut Polonais de Milton Erickson. Cette équipe a organisé avec succès plusieurs conférences internationales au cours des 30 dernières années.

Quels sont les secrets d'une conférence réussie ? ISH, ESH, nos sociétés membres et la Fondation Milton Erickson ont organisé avec succès de nombreuses conférences sur l'hypnose. Mais certains congrès ont aussi été des échecs spectaculaires avec très peu de participants.

Peut-être devrions-nous résumer le savoir-faire et les décennies d'expérience de certains organisateurs de congrès dans un petit manuel. L'organisateur le plus expérimenté dans le domaine est sans aucun doute Jeffrey Zeig de la Fondation Milton Erickson. Au total, plus de 100 000 participants ont participé aux congrès qu'il a organisés. Mais aussi Claude Virost en France, Camillo Loriedo à Rome et les sociétés allemandes d'hypnose MEG, DGH et DGZH ont organisé de nombreuses conférences réussies. Partageons un petit secret de conférences réussies : Il ne suffit pas d'avoir Sigmund Freud parmi les participants ou les intervenants.

Ce qui est probablement la plus grande conférence de psychothérapie de tous les temps a été organisée par la Fondation Milton Erickson en 2005. 8600 participants sont venus à Anaheim/Los Angeles. J'ai eu accès aux données d'enregistrement grâce à mon adhésion au conseil d'administration de la Fondation Milton Erickson. Lorsque j'ai analysé les données d'inscription, tout le monde était surpris des résultats. Plus de la moitié, 4800(!) des inscriptions sont venues de Californie seulement. Mais me réalisant que la conférence a eu lieu dans cet état des Etats-Unis, j'ai été moins surpris. En 1994, j'ai organisé avec Jeff Zeig la seule Conférence Européenne sur l'Evolution en Psychothérapie à Hambourg. A cette époque, 2000 des 6000 participants venaient de la région de l'environnement de la ville de Hambourg.

Entre-temps, j'ai trouvé la liste complète des participants à la 1ère Conférence Internationale d'Hypnose à Paris en 1889. Parmi eux il y a aussi Sigmund Freud. Mais là encore, la tendance était la même : plus de la moitié des participants venaient de France et plus de la moitié des Français venaient de Paris où le congrès avait lieu.

Qu'est-ce que cela nous apprend ? Il faut gagner le match chez soi. Avec les intervenants on peut et on doit être international, avec les participants payants, qui en fin de compte supportent les coûts de la conférence, on doit se concentrer sur le pays d'origine et même sur la région qui entoure la ville du congrès. Il ne suffit pas d'avoir Sigmund Freud parmi les participants pour payer la facture du centre de conférence.

Les intervenants devraient-ils payer quelque chose ?

C'est une tradition de longue date que les intervenants des congrès de l'ISH payent l'inscription au congrès. Pendant 25 - 30 années Burkhard Peter, Camillo Loriedo et moi ont discuté ce fait plusieurs fois. Nous étions d'accord que, comme dans la plupart des conférences nationales, les conférenciers devraient être exemptés des frais de participation. Je l'ai pratiquée à la conférence ISH en 2012. La majorité des 300 orateurs n'ont pas payé l'inscription au congrès et quelques-uns ont payé très peu. C'était



une erreur.

Malgré toute mon expérience d'organisation, j'avais ignoré le fait qu'un conférencier et participant étranger représente environ 10 à 20 fois plus de travail qu'un participant du pays d'origine:

Traduction de toutes les informations, demandes multiples, lettres d'invitation pour visa, lettres d'invitation supplémentaires aux ambassades, en cas de visas refusés, lettres d'invitation spéciales à l'université du conférencier, membres de la famille qui veulent un programme touristique ou ont des souhaits particuliers, etc. Avec des centaines d'invités étrangers, il n'est plus possible d'organiser cela en individuel entre le déjeuner et la sieste en toute hâte. Pour cette tâche on doit payer des employés au moins partiellement.

J'ai ensuite donné l'avis à Claude Virot 2015 de ne pas répéter cette erreur. Bien sûr, l'organisateur et l'hôte peuvent faire des exceptions pour un nombre limité d'amis spéciaux, de supporters et de mentors de plusieurs années. Cependant, si vous agissez de manière inconsidérée et trop généreuse avec plusieurs centaines d'orateurs, vous risquez d'être déficitaire lors d'une grande conférence.

Kris Klajs et l'équipe polonaise bénéficient du soutien total de la part du bureau de l'ISH et de Jeff Zeig de la Fondation Milton Erickson.

Kaleigh Vaccaro, l'organisateur principal des conférences de la Fondation Milton Erickson, vient de passer deux jours avec nous à Rottweil. Nous avons parlé de nos expériences de marketing et travaillé ensemble pour élaborer des moyens à s'adresser à la jeune génération.

L'inscription au 22ième Congrès International de Cracovie est possible depuis quelques jours à un prix spécial qui n'est valable que jusqu'à mi-septembre. www.hypnosis2021.com

La plateforme pour soumettre des propositions de conférences et d'ateliers n'est pas encore ouverte. Il vous suffit de vous inscrire. Les orateurs auront un prix spécial et en raison du système fiscal polonais, le paiement ne sera de toute façon pas effectué avant 2020. Vous pouvez présenter dès maintenant votre CV et vos champs d'intérêt spéciales sur www.whoISHwho.com

Kris Klajs et moi passerons plusieurs semaines de vacances ensemble en Pologne pendant l'été et travaillerons sur cette conférence d'une manière détendue et créative en même temps. En 2021, nous serons certainement au cœur de la vieille ville historique de Cracovie avec notre conférence. Cracovie est connue pour être l'une des plus belles villes d'Europe.

Veillez également consulter le calendrier détaillé des congrès dans le bulletin d'information et sur le site Internet de l'ISH.

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



GEDANKEN DES PRÄSIDENTEN (DE)

Seit wenigen Tagen kann man sich für den 22. Internationalen Hypnose-Kongress anmelden. Es gibt für wenige Wochen einen speziellen Vorabpreis für Mitglieder der ISH und die Mitgliedsgesellschaften. www.hypnosis2021.com

Organisiert wird dieser Kongress von Kris Klajs und seinem hervorragenden Team des polnischen Milton Erickson Instituts. Dieses Team hat die letzten 30 Jahre schon mehrere erfolgreiche internationale Konferenzen organisiert.

Was sind die Geheimnisse einer erfolgreichen Konferenz. Die ISH, ESH, unsere Mitgliedsgesellschaften und die Milton Erickson Foundation haben schon viele erfolgreiche Hypnose-Konferenzen organisiert. Aber manche Kongresse waren auch spektakuläre Flops mit nur ganz wenigen Teilnehmern.

Vielleicht sollten wir das Know-How und die Jahrzehnte an Erfahrung von einigen Kongress-Organisatoren in einem kleinen Handbuch zusammenfassen. Der erfahrenste Organisator im Feld ist zweifellos Jeffrey Zeig von der Milton Erickson Foundation. In der Summe haben weit über 100.000 Teilnehmer an Kongressen teilgenommen, die er organisiert hat. Aber auch Claude Virot in Frankreich, Camillo Loredio in Rom und die deutschen Hypnose-Gesellschaften MEG, DGH und DGZH haben zahllose erfolgreiche Konferenzen organisiert.

Nur zu einem kleinen Geheimnis erfolgreicher Konferenzen: Es reicht nicht Sigmund Freud unter den Teilnehmern oder Referenten zu haben.

Die vermutlich größte Psychotherapie-Konferenz aller Zeiten wurde 2005 von der Milton Erickson Foundation organisiert. 8600 Teilnehmer kamen nach Anaheim/Los Angeles. Ich hatte über meine Mitgliedschaft im BOD der Milton Erickson Foundation Zugang zu den Anmeldedaten. Es gab eine Überraschung für alle, als ich die Anmeldedaten analysierte. Mehr als die Hälfte nämlich 4800! Anmeldungen kamen alleine aus Kalifornien. In diesem Bundesstaat der USA fand die Konferenz statt. Ich war weniger überrascht. 1994 organisierte ich mit Jeff Zeig die einzige europäische Evolution-Conference in Hamburg. Damals kamen 2000 von 6000 Teilnehmer aus der Umgebung der Konferenzstadt Hamburg.

In der Zwischenzeit habe ich die komplette Teilnehmerliste der 1. Internationalen Hypnose-Konferenz in Paris von 1889 gefunden. Darunter ist auch Sigmund Freud. Aber auch schon damals in der Tendenz dasselbe Bild: Mehr als die Hälfte der Teilnehmer kamen aus Frankreich und mehr als die Hälfte der Franzosen kamen direkt aus dem Tagungsort Paris.

Was lernen wir daraus? Man muss das Spiel zuhause gewinnen. Bei den Referenten darf und muss man international sein, bei den zahlenden Teilnehmern, die letztlich die Konferenzkosten tragen, muss man sich auf das Heimatland und sogar auf die Region um die Kongress-Stadt konzentrieren. Es reicht nicht Sigmund Freud unter den Teilnehmern zu haben, um die Rechnung vom Konferenz-Zentrum zu bezahlen.

Sollten die Referenten etwas bezahlen?

Es war lange Zeit Tradition, dass die Referenten auf ISH-Tagungen voll bezahlen. Vor 25-30 Jahren haben Burkhard Peter, Camillo Loredio und ich mehrfach darüber diskutiert. Wir waren uns einig, dass wie auf den meisten nationalen Konferenzen die Referenten von den Teilnehmergebühren befreit sein sollten. Das habe ich dann auch bei der ISH-Konferenz



2012 praktiziert. Die Mehrheit der 300 Referenten hat gar keine Teilnehmergebühr bezahlt und wenige haben eine sehr geringe bezahlt. Das war ein Fehler.

Trotz aller Organisationserfahrung hatte ich ausgeblendet, dass 1 ausländischer Referent und Teilnehmer ca. 10-20x mehr Arbeit bedeutet als ein Teilnehmer aus dem Heimatland: Übersetzung aller Infos, mehrfache Nachfragen, Einladungsschreiben für Visum, zusätzliche Schreiben an die Botschaften, bei abgelehnten Visa, spezielle Einladungsschreiben an die Uni des Referenten, Familienmitglieder die ein touristisches Programm wollen oder Sonderwünsche haben, etc. Bei Hunderten von ausländischen Gästen kann man das als Einzelner nicht mehr zwischen Mittagessen und Mittagsschlaf auf die Schnelle organisieren. Dazu braucht man Mitarbeiter, die zumindest teilweise bezahlt werden müssen.

Ich habe dann Claude Virot 2015 empfohlen diesen Fehler nicht zu wiederholen. Natürlich können der Organisator und Gastgeber für ganz wenige besondere Freunde, Unterstützer und langjährige Mentoren da Ausnahmen machen. Wer jedoch bei mehreren Hundert Referenten zu unvorsichtig und zu großzügig agiert, riskiert ein Defizit bei einer großen Tagung.

Kris Klajs und das polnische Team hat die volle Unterstützung sowohl vom ISH BOD als auch von Jeff Zeig von der Milton Erickson Foundation.

Kaleigh Vaccaro, die Hauptorganisatorin der Konferenzen der Milton Erickson Foundation, war gerade 2 Tage bei uns in Rottweil. Wir haben über unsere Marketing-Erfahrungen gesprochen und gemeinsam daran gearbeitet, wie man die junge Generation besser erreichen kann.

Anmeldungen für den 22. Internationalen Kongress in Krakau sind seit wenigen Tagen zu einem speziellen Preis möglich, der nur bis Mitte September gilt. www.hypnosis2021.com. Die Plattform, um proposals für Vorträge und Workshops einzureichen ist noch nicht offen. Melden Sie sich einfach an. Referenten werden einen Sonderpreis haben und die Bezahlung wird aus Gründen des polnischen Steuersystems ohnehin erst ab 2020 erfolgen. Tragen Sie schon jetzt Ihren CV und Ihre Spezialgebiete in www.whoISHwho.com ein.

Kris Klajs und ich werden im Sommer in Polen mehrere Wochen gemeinsam in Urlaub sein und nebenher immer wieder entspannt und kreativ an dieser Konferenz arbeiten. Wir werden 2021 mit unserer Konferenz absolut in der Mitte der historischen Altstadt von Krakau sein. Krakau ist bekanntermaßen eine der schönsten Städte in Europa. Beachten Sie auch den umfangreichen Kongress-Kalender hier im Newsletter und auf der Webpage der ISH.

Mit freundlichen Grüßen
Bernhard Trenkle
Dipl.Psych., Dipl.Wi.-Ing.



LETTERA DEL PRESIDENTE (IT)

TRADOTTO DA CONSUELO CASULA

Sono felice di informarvi che per alcuni giorni è possibile registrarsi al 22° Congresso internazionale dell'ipnosi. Per alcune settimane c'è un prezzo speciale iniziale per i membri ISH e per le società costituenti: "early bird", www.hypnosis2021.com

Questo congresso è organizzato da Kris Klajs e dal suo straordinario team dell'Istituto polacco Milton Erickson. Negli ultimi 30 anni questo gruppo ha organizzato diversi congressi internazionali di successo.

Quali sono i segreti di un congresso di successo? ISH, ESH, le nostre società membro e la Milton Erickson Foundation hanno organizzato molti congressi di successo sull'ipnosi. Ma alcuni congressi sono stati anche spettacolari flop con pochissimi partecipanti. Forse dovremmo riassumere il know-how e la decennale esperienza di alcuni organizzatori del Congresso in un piccolo manuale. L'organizzatore più esperto nel settore è senza dubbio Jeffrey Zeig della Milton Erickson Foundation. In totale, ben oltre 100.000 partecipanti hanno preso parte ai congressi organizzati da lui. Ma anche Claude Virot in Francia, Camillo Loriedo a Roma e le società ipnotiche tedesche MEG, DGH e DGZH hanno organizzato innumerevoli congressi di successo.

Solo un piccolo segreto dei congressi di successo: *non basta avere tra i partecipanti o tra gli oratori Sigmund Freud.*

Probabilmente la più grande conferenza di psicoterapia mai organizzata è stata nel 2005 dalla Milton Erickson Foundation. 8600 partecipanti sono arrivati ad Anaheim / Los Angeles. In quanto membro del BOD della Milton Erickson Foundation ho avuto accesso ai dati delle registrazioni. C'è stata una sorpresa per tutti, meno per me, quando ho analizzato le iscrizioni. Più della metà, 4800, provenivano solo dalla California: il congresso si era tenuto in questo stato degli Stati Uniti. Nel 1994, ho organizzato con Jeff Zeig l'unico congresso europeo sull'evoluzione della psicoterapia ad Amburgo. In quell'occasione, 2000 di 6000 partecipanti provenivano dai dintorni della città di Amburgo.

Nel frattempo ho trovato la lista completa dei partecipanti a 1° Congresso Internazionale sull'ipnosi a Parigi del 1889. Tra loro c'era Sigmund Freud. Anche allora la tendenza era la stessa: più della metà dei partecipanti proveniva dalla Francia e più della metà dei francesi proveniva direttamente da Parigi. Cosa impariamo da questo? *Devi vincere la partita in casa.* Gli oratori possono e devono essere internazionali. Tuttavia, con la maggior parte dei partecipanti paganti, che alla fine sostengono i costi del congresso, bisogna concentrarsi sul paese d'origine e in particolare sulla regione della città congressuale. Non è sufficiente avere Sigmund Freud tra i partecipanti per pagare il conto del centro congressi.

Gli oratori dovrebbero pagare per la loro partecipazione? Tanto tempo fa era tradizione che i relatori pagassero la quota intera per partecipare ai congressi ISH. 25-30 anni fa, Burkhard Peter, Camillo Loriedo e io discutemmo questo tema. Abbiamo convenuto che, come nella maggior parte dei congressi nazionali, gli oratori dovrebbero essere esonerati dalla quota di iscrizione. Questa è stata la politica adottata nel congresso ISH del 2012. La maggior parte dei 300 oratori non ha pagato alcuna quota: pochi hanno pagato molto poco. Col senno di poi, oggi riconosco che è stato un errore. Nonostante tutta la mia esperienza organizzativa, ho ignorato che un oratore e i partecipanti stranieri richiedevano circa 10-20 volte più di un partecipante del paese del congresso: traduzione di tutte le informazioni, richieste multiple, lettere di invito per il visto, lettere aggiuntive alle



ambasciate, visti rifiutati, speciali lettere di invito all'università del relatore, familiari che desiderano un programma turistico o hanno richieste speciali, ecc. Quando ci sono centinaia di ospiti stranieri non si può più (forse non si è mai potuto) organizzare tutti questi aspetti, come un singolo organizzatore, tra un pranzo e un sonnellino. Affrontare tutte queste questioni richiede avere impiegati che devono essere pagati.

Ho perciò raccomandato a Claude Virod 2015 di non ripetere questo errore. Naturalmente, l'organizzatore e l'ospite possono fare eccezioni per pochissimi amici speciali, sostenitori e mentori di lunga data. Tuttavia, se agisci in modo troppo negligente o troppo generoso con diverse centinaia di relatori, rischi di avere un grande congresso con un deficit.

Per facilitare il successo del congresso ISH di Cracovia, Kris Klajs e il team polacco hanno il pieno sostegno sia del BOD della ISH sia di Jeff Zeig della Milton Erickson Foundation. Kaleigh Vaccaro, la principale organizzatrice dei congressi della Milton Erickson Foundation, ha appena trascorso due giorni con noi a Rottweil. Abbiamo parlato delle nostre esperienze di marketing, di come possiamo lavorare insieme per raggiungere meglio le nuove generazioni e di altri argomenti.

Ricordate, la registrazione per il 22 ° Congresso Internazionale a Cracovia è ora possibile, e a un prezzo super scontato, valido solo fino a metà settembre 2019: www.hypnosis2021.com.

La piattaforma per presentare proposte per conferenze e workshop non è ancora aperta. A questo punto, potete semplicemente registrarvi e otterrete il prezzo speciale. Sebbene ai relatori e ai conduttori dei workshop non venga offerta la registrazione gratuita, verrà offerto loro uno speciale prezzo di iscrizione. A causa del sistema fiscale polacco, tuttavia, sarete invitati a pagare all'inizio di gennaio 2020: il pagamento non verrà richiesto prima.

Oltre alla registrazione per il congresso, consiglio di inserire le informazioni del vostro CV, inclusi i campi di competenza, anche sul sito www.whoISHwho.com. In questo modo, Kris e il comitato del programma congressuale possono iniziare a lavorare con quei dati.

Questa prossima estate, Kris Klajs e io saremo in vacanza insieme in Polonia per alcune settimane dove lavoreremo per questo congresso in modo rilassato e creativo.

Nel 2021, con il nostro congresso ISH, saremo nel centro storico della città vecchia di Cracovia. Cracovia è nota per essere una delle città più belle d'Europa. Consultate anche l'ampio calendario congressuale qui nella newsletter e sul sito web ISH.

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



COLUMNA DE LA PRESIDENCIA (ES)

TRADUCIDO POR TABI ALONSO

Una mirada tras bambalinas

Me da mucho gusto anunciar que, a partir de ahora, ¡puedes registrarte al 22 Congreso Internacional de Hipnosis! Y que, durante las siguientes semanas, tienes un super descuento por inscripción anticipada para miembros de la ISH y de las sociedades afiliadas. Entra por favor a www.hypnosis2021.com para inscribirte ya.

El Congreso está organizado por Kris Klajs y su excelente equipo del Instituto Milton H. Erickson de Polonia que, durante los últimos 30 años, ha organizado varios congresos internacionales con mucho éxito.

¿Cuáles son los secretos para que una Conferencia sea exitosa? La ISH, la ESH, nuestras sociedades miembros y la Fundación Milton H. Erickson han organizado muchas conferencias sobre hipnosis. Sin embargo, aunque la mayoría de estos Congresos han sido muy exitosos, algunos han sido un verdadero desastre, con muy pocos participantes.

Tal vez, deberíamos recolectar y resumir en un pequeño Manual el know-how de décadas de experiencia de algunos organizadores de congresos. Sin duda, el que tiene más experiencia en este campo es Jeffrey Zeig, de la Fundación Milton H. Erickson. Más de 100,000 personas han participado en los muchos congresos que ha organizado. Tenemos además a Claude Virot en Francia, a Camillo Lorio en Italia y a las sociedades alemanas de hipnosis, la MEG, la DGH y la DGZH, que han organizado innumerables congresos exitosos.

Uno de los secretos pocos conocidos para organizar un congreso exitoso es: *No es suficiente tener a Sigmund Freud entre los asistentes o ponentes.* ¿Sabes por qué?

Tal vez la mayor conferencia de psicoterapia de todos los tiempos fue la organizada por la Fundación Milton H. Erickson en 2005. Más de 8600 personas viajaron a Anaheim y Los Angeles para participar. Yo tuve acceso a los registros como miembro de la Mesa Directiva de la Fundación. Y cuando analicé los datos, fue una sorpresa para todos que más de la mitad, 4,800 personas vinieron sólo de California, del estado donde se realizó el Congreso. En 1994, organicé junto con Jeff Zeig el único Congreso Europeo de la Evolución de la Psicoterapia, en Hamburgo. En ese tiempo, 2000 de los 6000 asistentes vinieron del área de la ciudad del Congreso, de Hamburgo.

El Primer Congreso Internacional de Hipnosis se realizó en París en 1889. Tuve la suerte de tener acceso a la base de datos de sus inscripciones. Entre ellos, por supuesto estaba Freud. Pero aún así, la tendencia fue la misma: más de la mitad de los participantes vinieron de Francia y más de la mitad de los franceses, de París.

¿Qué podemos aprender de esto? Para organizar un Congreso exitoso, tienes que *ganar el juego en casa*. Por supuesto que los conferencistas pueden y deben ser conocidos e internacionales. Sin embargo, hay que concentrarse en conseguir en casa, en el país, en la región alrededor de la ciudad del Congreso, a los participantes que van a cubrir los costos. Ahí nos tenemos que concentrar. No es suficiente tener a Sigmund Freud como conferencista para poder pagar la cuenta del espacio del Congreso.

¿Deben los conferencistas pagar su inscripción al Congreso?



Durante mucho tiempo, la tradición en la ISH ha sido que los conferencistas paguen su inscripción a los Congresos de la Sociedad. Hace 25 o 30 años, Burkhard Peter, Camillo Lorio y yo, discutimos este tema varias veces. En esa época, estuvimos de acuerdo de que, así como es costumbre en muchos congresos nacionales, el ideal sería que los ponentes no pagaran su inscripción. Yo apliqué esta política en la Conferencia de la ISH en 2012, donde la mayoría de los 300 conferencistas no pagaron inscripción. Sin embargo, ignoré el hecho de que un conferencista o un participante extranjero dá entre 10 y 20 veces más trabajo que un participante del lugar. Y este gasto extra se debe a varios factores:

La traducción de toda la información, multitud de preguntas, redactar cartas de invitación para obtener visas, invitaciones especiales para universidad del conferencista, los miembros de la familia que quieren un programa turístico o tienen deseos especiales, etcétera. Cuando hay cientos de huéspedes extranjeros, no es posible (tal vez nunca lo es) que un solo organizador logre hacer el trabajo en sus ratos libres. Todas estas complicaciones requieren emplear personas a las que hay que pagar.

Y al darme cuenta, recomendé a Claude Viot que no cometiera el mismo error para el Congreso de la ISH en 2015. Por supuesto que el organizador puede hacer excepciones con algunos amigos muy cercanos, personas que lo han apoyado o aconsejado a lo largo del tiempo. Pero si actúas sin cuidado, o siendo demasiado generoso con unos cientos de ponentes, te arriesgas a acabar el Congreso con déficit.

Para que el Congreso de la ISH en Cracovia sea un éxito, Kris Klajs y el equipo polaco, cuentan con el apoyo de la Mesa Directiva de la ISH y de Jeff Zeig de la Fundación Milton H. Erickson. Además, Kayleigh Vaccaro, principal organizadora de los congresos de la Fundación, acaba de pasar dos días en Rottweil con Kris. Hablamos de nuestras experiencias de marketing, sobre cómo podemos llegar a los jóvenes, a las nuevas generaciones, y sobre otros temas.

Recuerda que ya te puedes registrar para el 22 Congreso Internacional en Cracovia, a un súper precio de preregistro, que estará vigente solamente hasta mediados de septiembre de 2019, en: www.hypnosis2021.com.

La plataforma para someter trabajos todavía no está abierta. Ahorita, sólo puedes inscribirte y aprovechar esa súper oferta.

Aunque no vamos a ofrecer la inscripción gratis a los conferencistas, sí tendrán un precio especial. Pero por cuestiones del manejo hacendario de Polonia, los invitamos a que se inscriban en enero 2020. No requerimos tu pago hasta el 2020.

Además de registrarte en el Congreso, te recomiendo que ingreses información sobre tu CV, así como tu experiencia profesional en la página www.whoISHwho.com, de manera que Kris, el comité del programa y yo podamos empezar a trabajar contigo desde ahí.

Kris Klajs y yo pasaremos juntos unas semanas de vacaciones en Polonia en este verano y al mismo tiempo estaremos trabajando en el Congreso en forma creativa y relajada.

Y a mediados de 2021 estaremos en la vieja ciudad histórica de Cracovia, en nuestro congreso. Cracovia es conocida por ser una de las más bonitas ciudades de Europa. Por favor, revisa el calendario del congreso que se encuentra más completo aquí, en este periódico y en la página de la ISH.

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



NOTES FROM THE EDITOR



Katalin Varga

Dear Colleagues:

In this issue we have – again – we have a great deal of interesting news and information.

The „Meeting our mentors” column introduces **Brian Allen** – our eternal friend from Australia. Brian has been a member of the ISH Board of Directors for many years now. It is amazing – among many other things – how serious he can be when a financial issue is discussed. And the same person with a very special humour is smiling at the social events. I had many unforgettable memories with Brian. One of these is as he is explaining with pantomime „decaffeinated cafe” at a hotel bar in China,

where the waiter did not speak English. The original of this interview was done for the podcast of Raphael Kolic. With this exchange we started a long cooperation – I hope.

The main interview is with **Paola Maria Brugnoli**, from Italy. Paola is a very special lady: she is active in implementing hypnosis into the fields of palliative care and chronic pain treatment – not the easiest areas. Recently she organized an interdisciplinary and interreligious team for studying consciousness. It is a brilliant idea to „simply” identify and describe what scientists and researchers have learned about consciousness during the past centuries. It is a privilege to be part of this team that includes members from various fields and professions: from monks from Nepal to neuroscientists from Canada.

In the Building Bridges of Understanding column **Yeganeh Farahzadi**, a PhD student from Iran summarizes the „what to know” basics on EEG and hypnosis.

Gary R. Elkins - Editor-in-chief of the *International Journal of Clinical and Experimental Hypnosis* (IJCEH) -, in addition to summarizing the recent articles of the journal, has announced that starting May 1, 2019, the Journal will use the ScholarOne website for article submission and peer review. It was so nice to meet in person the bright and nice managing editor, **Lynae Roberts** in Budapest. We had a skype Q & A session with her and with the editor-in-chief: Gary R. Elkins, and – to my very pleasant surprise, many people attended the session on “how to publish” with Lyane and Gary.

Recently in Budapest we had the “Hypnosis: New Generation” conference with the aim of providing a platform for the younger colleagues to present their clinical or scientific findings, and to meet the more experienced colleagues.

As a pre-congress event the ISH Board of Directors hosted a World Café meeting with the young colleagues. Each table of the “Café” had been working on some sub-topics of the main question: How can we integrate more young people into the field of hypnosis? The **photo gallery** represents some minutes of the phase where 2 Board of Director members and some 6-8 students had been discussing a sub-topic around their table. These are some of my **favourite photos of the meeting**. A short look is enough that the conference really got people to get closer – younger, and more experienced generation as well.



In the newsletter we also announce a number of important upcoming events. It is heart-warming to see how many people all around the world are devoted to our common interest that connects us: hypnosis...

Katalin Varga
Ph.D., DSc

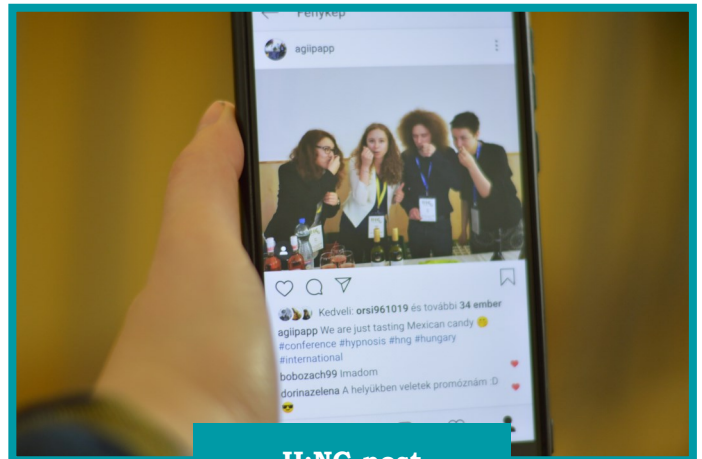
MOMENTS FROM H:NG



H:NG @ ELTE



Eszti & Shady



H:NG post



Mark & Students



H:NG @ ELTE





MEETING OUR MENTORS

Each issue will introduce one of our distinguished teachers in this column. We learn a lot from these scholars, read their books, follow their approaches, use their techniques – but perhaps we do not know them well enough.

We post the interview below based on the podcast of **Raphael Kolic**. You can find the original [here](#), or on [iTunes](#), or on [Spotify](#).

Raphael: Thanks for taking time for the podcast Brian and welcome!

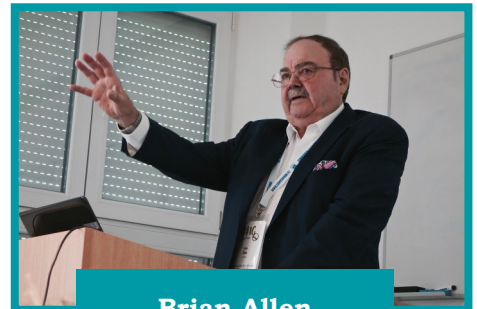
Brian: It's my pleasure.

R: You are the former president of the Australian Hypnotherapy Association, is that correct?

B: Yes, and I was the Treasurer and am the current Managing Director. I am also a trainer for the Western Australian Society of Medical Hypnosis. I have been a board member of the International Society of Hypnosis (ISH) for 9 years. I am currently the secretary of the Council of Representatives of ISH.

R: How did you hear about or get interested in hypnotherapy?

B: There wasn't much practical experience in the university at that time. It was a very academic degree and very few psychologists practiced in their own practice. I was lucky to be looked after by a person who was the first person to open a private practice as a psychologist in Western Australia. I did a lot of Transactional Analysis (TA) and Gestalt therapy with Jeff White and his wife Margaret. They were protégés of Bob and Mary Goulding, who were the founders of the retuning therapy school, which was part of Transactional Analysis. Jeff advised me to make as much practical experience as possible. In fact, he mentioned to me the Western Australian Society of Medical Hypnosis, which had the terrible acronym WASMA. But WASMA was indeed the first specialist hypnosis society in Australia. It was a very vibrant society that had a two-year scholarship program in which I participated. That was my entry into hypnosis.



Brian Allen

R: Who were your teachers in hypnosis?

B: At that time there was a basic philosophy to pass on the skills to the next generations. So high-ranking members of the profession who were experienced in hypnosis looked after young psychologists like me. This practice was something I thought was desirable but was unfortunately lost. So, I received a lot of training from many experienced people who had been using hypnosis for several years.

R: How important were these mentors to you?

B: We had a lot of teachers and got several inputs. It (the Australian



Society of Hypnosis) was a very exciting society. There were monthly meetings where all members came and presented cases, and I sat there as a recent graduate. I listened to the encounters that some people had in their practices. It was a collegial atmosphere in which the more experienced people encouraged the beginners in the program.

R: What fascinated you about hypnosis?

B: What fascinated me was that with hypnosis you could just show someone who had been feeling terrible for a long time that they could feel different. Do what in those days was essentially a basic relaxation exercise and 20 minutes later the client feels much better. I didn't know it then, but I later learned to appreciate giving people that feeling of hope.

Often, when people come to psychologists or other psychotherapists, they have tried everything they can imagine. Clients may believe you are their last resort. They think that nothing will work. If you can do something very short together and they feel much better after that, then it's a very strong start for a good therapeutic relationship. That fascinated me: the ability to make people feel better.

Of course, I realized at that point that it's not just about making them feel better. This is actually one of the biggest traps of hypnosis. Clients come, they feel terrible and you do a session with them. After that they feel better and say "okay, now I feel better". But for the change to be sustainable, you need to work on the underlying cognitive structure. It makes a difference if I just feel better or if I have also changed the underlying cognitive structures.

That's the biggest advantage and also the biggest problem of hypnosis: that people often feel better, but people haven't done the necessary work to stay there.

R: How do you use hypnosis to ensure that change is sustainable?

B: We have many lay people who practice hypnosis in Australia. This was deregulated a few years ago. There is a deceptive belief out there in society that hypnosis "repairs" things. And of course, hypnosis does not repair anything. It is the abilities you bring to a hypnotic environment that have a healing effect. I see hypnosis a bit like a play where you play theatre, but you still have to bring in the actors, the script, the play. As a psychologist you have to have skills, and to know therapeutic and cognitive models. All these things are used within hypnosis. Hypnosis gives you a lift as a psychologist or therapist. I sometimes say that hypnosis is cognitive behavioral therapy at speed because it accelerates the process. You work with the unconscious, which shortens the necessary time.

R: It's exciting what you say, because hypnotherapy is also understood as an integrative approach in psychotherapy.

B: Yes, and hypnosis heals nothing. What you bring into a hypnotic environment in terms of skills and knowledge is what heals. For example, people often think that they tried hypnosis once and that it didn't work. The question is, what have they tried?



**Brian Allen
delivering a workshop**

If you've undergone neurosurgery and you've had a neurosurgeon who's trained for 2 days, you won't get the same result as someone who's had 6 years of university education and 20-30 years of professional development.

This is one of the things that the professional world needs to address. We need to address these very important issues of public education to help people see hypnosis in a realistic light. It is not only the



song that is important, but also the singer.

R: That hypnosis does not heal in itself, but that it is the abilities you bring to a hypnotic environment, is a nice thought. I read on your website that you have been a general psychologist for 38 years now.

B: Actually 39 almost 40 years. When I was at university, I did a four-year education at the University of Western Australia, then I did a two-year internship under the supervision of a psychologist. At the same time, the master's degree in clinical psychology came up for the first time. I am not technically a clinical psychologist, but I am what Australian law calls a general psychologist. I have not regretted for a minute having completed my training under a practitioner, as opposed to 2 years of theoretical training at university.

I graduated from university as an expert on rats, but in the first 3 months in practice I didn't see a single rat. I had to figure out for myself how to deal with people. That was when I decided to do as many seminars as possible, led by people from the practice.

Transactional Analysis and Gestalt Therapy and Hypnosis were my first training, but I also learned a number of other things: Jungian Therapy, Rational Emotive Therapy, which was the forerunner of CBT in the old days. Another great thing I did that was enormously helpful was working with dreams. I understood how to use dreams in one's own life as a source of guidance. And also, very important how to use dreams in therapy. Dream work and hypnotherapy go very well together. They both dock at the level of the unconscious.

R: After 60,000 personal sessions and all the different methods you have learned: If you could take with you all the experiences you have had and travel back in time. What would you do differently?

B: I was trained in the old traditional direct suggestion technique. That was part of what you learned in the seminars during that time. Later, of course, I was introduced to the Erickson usage model. It has been proven that both direct and indirect suggestions work. If I could travel back in time, I would advise myself to learn hypnosis from Milton H. Erickson if possible. Not that the training I got was not helpful, it was. Erickson's hypnosis is an extension of traditional hypnosis that I don't want to miss anymore.

What I also discovered for myself and there is a lot of evidence to support this assumption: the most important thing you bring to the therapeutic alliance is yourself. Psychotherapists use a wide range of therapeutic methods in their sessions. However, what always comes up as the most important thing for clients is the therapeutic relationship. That's no wonder, because when you think about it, bonding problems bring many people or couples into therapy. If they didn't have this positive early attachment, it manifests as a problem later in life. So, it's not just about the technical skills of what you do for a therapy with someone. Rather, it is about experiencing this secure bond within the professional framework of the therapeutic relationship. This heals just as much as the technical skills you bring to the therapy. You can be an extremely self-confident technician, but if you don't like people... Often women psychotherapists, even with less technical skills, do a great job because they offer their women clients a safe relationship that some women have never had before.



Susanna Carolusson & Brian Allen dancing on HNG conference evening

R: You mentioned that you were trained in direct suggestion 40 years ago, which is very different from what people are now learning in hypnosis seminars. What have been some surprising



developments in the field of psychotherapy over the last 40 years?

B: One of the things that may not be surprising is that there is a lot of validity in some old ideas and concepts. People sometimes tend to reject something because it was created 40 years ago. My perspective is that you should never reject an idea because it comes from a certain country or was formulated in a certain year. The criterion for a valid idea should be practical experience and evidence. Experts sometimes have this tendency to reject things because it was invented 20 years ago. And yet, if you read old material, you will also find some treasures and wisdom there.

The biggest change over the last 40 years has been the enormous explosion in knowledge about the brain and how it works. At the conference of the International Society of Hypnosis in Paris, the organizers invited researchers for the first time to a preconference to discuss applications of their research in the field of psychotherapy. Mark Jensen even wrote a paper on the subject. That was a great initiative.

At the ISH conference in Montreal, they even surpassed this by inviting another group of researchers and also by inviting a number of experienced psychotherapists. They brought the practitioners together in one room and the researchers together in another room. The practitioners were asked to talk about what are some questions they would like to learn more about in the context of brain and hypnosis. The researchers were asked which research questions they were currently working on. In the second half of the day they brought the two groups together. I think this is a great "wedding" because in the past researchers and practitioners each did their own work with little communication between these two worlds. I think this mutual exchange will lead to some great insights.

I've known for years that some things are clinically true. Because you do it and it works. I helped a client regress to memories he had in his mother's lap. I thought that was nonsense. But research showed that a baby reacts to a soap opera that the mother watched while she was pregnant or to music that the mother heard. A baby couldn't react if it didn't have a memory. Clients told me about things their parents never told them about. As a psychotherapist, you do what works, even if someone says it's impossible. There are two truths, an objective truth and a narrative truth. And what you work with as a psychotherapist is the narrative truth. Does it matter whether little Jimmy was wearing a green shirt or a blue shirt that night? It doesn't matter at all.

The exciting thing is the fact that research is able to improve clinical practices. And I think clinical practice, in turn, will open up some interesting avenues for scientists. There are some fantastic scientists who do great things and there are some wonderful psychotherapists who do great things. Until they start talking to each other, they work separately. A first dialogue was already possible due to the work of Mark Jensen and ISH and Claude Viro, MD the past president of ISH. This is just the beginning of a journey that will be really exciting in the coming years.

R: What are some interesting studies at the moment?

I work a lot with addictions. I started with smokers, now I'm also into heroin, pornography, internet addiction, and pretty much any addiction. I've developed a generic four-session protocol in which we get good results with very little withdrawal symptoms. What has always fascinated me is what happens in the brain when someone stops harmful behavior. It seems that it has very little to do with the amount, number or quality of the substance they are taking. What I consider to be the most important success factor is the clarity of people's intentions.

I worked with people who drank and smoked an incredible amount. One lady smoked 90 cigarettes a day. She was the one who changed my mind



that smoking is not primarily a chemical addiction. I always do my sessions one after the other in three days. When she went out after day one, I thought to myself, "if anyone is going to have withdrawal symptoms, it's her. I didn't tell her that, that's what I thought. She also drank a few bottles of wine every night. When she came to the practice on the second day, she said that she had not drunk alcohol and had not smoked a cigarette. And I asked her, "How are you?" expecting her to say that she was terribly unwell. But she said that she felt good. She said that she hadn't felt so good for 30 days in the morning. She had not smoked a cigarette or had drink, again. I followed her for a few months, and she was fine.

This was a very important part of the trip for me because it changed my view of the nature of addiction. Also, I no longer believe that smoking is primarily a chemical addiction. Rather, it seems to be a psychological addiction with many stimuli and triggers in the environment.

R: If someone wants to know more about this four-session protocol, how or where could he or she do it?

B: My wife, Irina and I travel a lot and like to do the workshop everywhere. One of the problems you face when presenting at conferences and congresses is that you actually need 1-3 days to teach a new skill. In Montreal I had 90 minutes to present the model, here (at the Ego-State conference in Heidelberg) I had 3 hours. Information doesn't change anything. It's the skill you have to learn. In the model there is a certain kind of anamnesis of people and there are processes you have to go through. The only way to do that is to practice in a workshop environment.

R: Before we finish: Is there a question that I haven't asked but that you would like to answer?

The only thing I would emphasize is helping people in psychotherapy education not only to develop technical skills, but to understand the meaning of the therapeutic relationship and help them to become better. I think, to a certain extent, to do that, you also have to clarify a lot of your own issues. The more unsolved problems you have in your own life, the more likely you are to transfer your own problems to the client.

After graduating from university, we gained a lot of self-awareness. One exercise we called a fishbowl. There were 20-30 chairs in a circle and in the middle sat the moderator in this case Jeffrey White, who invited into the circle who wanted to be the therapist. Then he asked who would like to work on their own topic/problem. By the way, these were not role plays, these were essential problems that were being worked on. The therapist then worked with the client, everyone else observed the conversation. In the debriefing the client was then asked to say how he felt and to reflect on the process. The therapist was asked why he had chosen which procedure. Then the group could ask questions or share observations.

I think it was an enormously powerful teaching and learning model. We could experience what it means to sit on one chair as well as the other. It also meant that many of us did a lot of personal work.

I remember that years ago, a nice lady, a trained clinical psychologist, was part of the training program. I talked about what to do with heavy emotions, how to process them. She said to me, "Oh, I never let the client get into heavy emotions. I asked why not, and she said she thought it was disturbing. Obviously, she had no or little self-awareness. I asked her how much personal work she had done on herself, and she said she had never seen a psychologist before.



Brian Allen with his wife, Irina



I think it is extremely difficult to work psychotherapeutically without self-awareness. Learning and personal growth is not something that stops. Change is a process and not an event. Life is a journey and what is important is not so much the goal as being on the road. As a psychotherapist, there will always be personal issues that I should clarify. As a therapist I have to do that myself. And the most important thing is to recognize that.

I can be wrong, because I know that training in Europe is clearly different from training in Australia. In Australia we are increasingly being influenced by manualized therapy. Here is the XYZ manual, sheets on page 1 and do what it says. If you do that, you are not really present with the client. You don't have to meet the client in your own world view, but in the client's world view and be prepared to follow their footsteps. Because if you can't, I don't think you can build a successful therapeutic relationship. If I had wanted to answer a question, it would have been that question: What do you think would be helpful for training young psychotherapists?

R: Thank you very much for your time.

B: It was a real pleasure. When you hear thoughts aloud, you have a chance to change them. One of the things I find enormously useful about the therapeutic process is to get people to appreciate this process of externalization. As long as the thought just circles around in your head, you are helpless. But if you can hear it out loud and hear someone else reflect it, if you can write it down in the form of poetry or proverbs, or if you can edit it through art, clay model. If you externalize it (in whatever form), you have the chance to take a step back and look at the subject objectively, which you can't do as long as it's just in the space between your ears. So, thank you very much for this interview.



MAIN INTERVIEW

This segment in our newsletter interviews a prominent psychologist/psychotherapist that has contributed to the advancement of hypnosis and Ego State Therapy (EST) in their country and abroad.



Paola Brugnoli

BRIEF BIOGRAFICAL NOTES

Maria Paola Brugnoli, MD, PhD, obtained her master's degree in Medicine and Surgery at the University of Verona, Italy in 1985.

In 1990 she gained the Specialization in Anesthesia, Intensive Care and Pain Therapy at University of Verona. At the same time, from 1985 to 1987, she attended the 2 years' master's in Clinical Hypnosis at the Italian Institute for the study of clinical hypnosis and Psychotherapy H. Bernheim, in Verona. She worked as anesthesiologist and intensive care physician at University of Verona for 15 years. During this time, she used clinical hypnosis as adjuvant technique in anesthesia and with patients cured in the Department of Intensive Care, for pain and anxiety relief. In 1997 she gained a master in Pediatric Anesthesia at the University of Padova.

Since the year 2000 she has improved her studies and knowledge in pain therapy with a 3 years' master in Acupuncture at the University of Milano (2000-2003), and with a master in Pain Therapy and Palliative Care at University of Padova in 2007.

After 15 years of work as anesthesiologist and intensive care physician, she started her collaboration as pain therapist and palliative care physician with some associations for palliative care. From 2012 to 2016 she was PhD fellow at University of Verona, working full time at the Department of Anesthesia and Pain Therapy, and in 2016 she obtained the PhD in Neuroscience, Psychology and Psychiatry. The PhD research was on clinical hypnosis, published and indexed on PubMed: Brugnoli MP, Pesce G, Pasin E, Basile MF, Tamburin S, Polati E. (2018) The role of clinical hypnosis and self-hypnosis to relief pain and anxiety in severe chronic diseases in palliative care: a 2-year long-term follow-up of treatment in a nonrandomized clinical trial. *Ann Palliat Med.* 2018 Jan;7(1):17-31. doi: 10.21037/apm.2017.10.03. Epub 2017 Dec 12. <https://www.ncbi.nlm.nih.gov/pubmed/29307207>

In 2017 from January to July, she was Research Fellow at NIH National Institutes of Health, Clinical Center, Pain and Palliative Care, in Bethesda, USA. She decided to come back to Italy for family reasons: to cure her young sister in law, dying from cancer. In August 2017 she started her collaboration with Pontifical University Regina Apostolorum (UPRA) as coordinator for the International, Interdisciplinary and Interreligious Group on Consciousness Studies at UPRA and Neurobioethics GdN at the UNESCO Chair in Bioethics and Human Rights <http://www.unescobiochair.org/>



In 2018 she gained the master in Neurobioethics at the Pontifical Athenaeum Regina Apostolorum in Roma.

She brings together her experience, studies and emotional knowledge in her integrative research on states of consciousness, clinical hypnosis and pain management. In her work and publications, she presents a new system approach to study the neurophysiological states of consciousness to improve the use of clinical hypnosis and meditative states in pain and suffering' therapy, psychosomatic medicine and palliative care.

Her work explores the fields of clinical hypnosis and meditation as applied to the therapy of suffering and various type of acute and chronic pain, in psychosomatic medicine and in dying patients. Her studies and books are organized in order to present the neuroscientific and neuropsychological theories currently in use regarding various types of pain and suffering, and many different techniques.

She has written 11 books in Italian and English on clinical hypnosis in pain therapy and palliative care and non-pharmacological and non-invasive interventions in pain management. She has also published numerous scientific articles, which can be accessed via PubMed.

Her most important book on clinical hypnosis is indexed on PubMed <https://www.ncbi.nlm.nih.gov/nlmcatalog/101610051> : Maria Paola Brugnoli (2014) Clinical hypnosis in pain therapy and palliative care: A handbook of techniques for improving the patient's physical and psychological well-being. Charles C. Thomas Publisher, IL, USA.



Paola Brugnoli with Dr. Donald Moss

Brugnoli's deep sensitivity is most notable in her attention to the dignity of the person in suffering. She gathers together the techniques for distracting them from the painful present and transporting them to another dimension of consciousness. One can imagine her psychological hand-holding and support as she moves her patients from suffering to relief. In her books and research, she provided numerous scripts to the reader for many hypnosis' inductions. Her books and scientific papers are enriched by medical and hypnotic techniques for pain analgesia as well as hypnotic deepening techniques to activate spiritual awareness. They also indicate when and how to use the techniques with children and adults. With extensive references, her research articles and books offer accessible concepts and practical suggestions to the reader. They highlight the relational and the creative process, encouraging each clinician to find his or her own way of facilitating the mechanisms in the patient to alleviate pain and suffering.

Her research articles and books – all that reflect bioethical issues – are written in Italian and English and are intended for all the professionals working every day with patients who experience pain and suffering.



Dear Paola:

We run a column in the Newsletter of the International Society of Hypnosis. Your contributions to the field are important and influential. In this column we would like to ask the Mentors about their experiences.

You organized an interdisciplinary and interreligious research team for studying consciousness. Can you speak about this? How did the idea for this come about, and what is the aim of this team?

The Interdisciplinary, Interreligious and International Group of Studies in Neurobioethics GdN (Neuroscience and Bioethics), directed by Professor Father Alberto Carrara <http://acarrara.blogspot.com/>, was founded at the Pontifical Athenaeum Regina Apostolorum (UPRA) in Roma, Italy, ten years ago. The GdN is part of the Institute of Science and Faith (APRA) and it is a research section of the UNESCO Chair in Bioethics and Human Rights, Director Professor Alberto Garcia <http://www.unescobiochair.org/> at the University UPRA and the European University of Rome (UER) <https://www.universitaeuropadiroma.it/>.

In 2017 the GdN structured 6 different groups of scientists and researchers in Neurobioethics from various specialties. They include the International, Interdisciplinary and Interreligious Group on Consciousness Studies. The Coordinator of the Consciousness' Group is Dr. Maria Paola Brugnoli, MD, PhD, and includes researchers from all over the world. This group periodically gathers and works in meetings, congresses, and research groups, sharing ideas, values, interests, writing special issues and books on consciousness studies. They adopt an interdisciplinary and interreligious approach on the ethics of neuroscience and consciousness studies. Next year (2020) from 6-10 July, we are organizing the International, Interdisciplinary and Interreligious Summer school on Bioethics and Consciousness, at the beautiful campus of the Pontifical Athenaeum Regina Apostolorum (UPRA) in Roma, Italy <https://www.upra.org/ateneo/chissimo/dove-siamo/>. The title of this event is "Bioethics and Consciousness: Interdisciplinary and interreligious reflections on a human person's essential dimension." This summer school is dedicated to introducing students and researchers on the phenomenon of consciousness as seen from a dynamic and multidisciplinary perspective. It aims to discuss the dynamics of consciousness with a group of leading scientists working on different aspects of the issue. The summer school will be in English language and with simultaneous translations into Italian. Information will be coming soon at the website: <https://www.upra.org/>

Why did you feel important to make it interdisciplinary and interreligious?



Paola Brugnoli

Scientific developments in Neuroscience and in Consciousness studies need an interdisciplinary approach: neuroscience, medicine, psychology, psychiatry, neurosurgery, physics, quantum consciousness, social sciences, bioethics, philosophy, religions, multiculturalism, human ecology, biology, nanotechnology, robo-ethics and many other scientific researches. Both philosophical and interreligious studies are essential to understanding the complex intersection of neuroscientific progress and ethical domains of research, medical and psychological practice, human rights, human well-being and the social impact of these enterprises in different countries, cultures and religions. These questions are foundational to the ethical issues inherent to progress in basic and clinical applications of neuroscience and consciousness studies.



You use hypnosis in palliative care. Are there any specialties of this field from the point of view of application of hypnosis?

Palliative care is provided to all types of patients (including those in the pediatric age) suffering from chronic, degenerative diseases (cancer, genetic, neurological, severe rheumatologic diseases, heart diseases, etc.) with the aim of giving the patient a better quality of life, helping him/her to live his/her condition and the pain it causes in a dignified manner. If we study the primary approach to palliative care suggested by the WHO Definition, we can understand that clinical hypnosis can be applied in the many fields of palliation:

“(WHO) Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. Palliative care:

- provides relief from pain and other distressing symptoms (clinical hypnosis for chemotherapy’s symptoms, pain and anxiety relief)
- affirms life and regards dying as a normal process (hypnosis as psychotherapy at the end of life)
- intends neither to hasten or postpone death (self- introspective hypnosis to improve wellbeing and spiritual consciousness)
- integrates the psychological and spiritual aspects of patient care (hypnosis and deep hypnosis as psycho-spiritual therapy)
- offers a support system to help patients live as actively as possible until death (hypnosis’ groups to enhance social rehabilitation)
- offers a support system to help the family cope during the patients’ illness and in their own bereavement (clinical hypnosis as family therapy)
- uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated (hypnotherapy for traumatic grief)
- will enhance quality of life, and may also positively influence the course of illness (hypnosis to relief depression, hypnosis for physical and psychological rehabilitation and cognitive-behavioral hypnotherapy).

Palliative Care (and Clinical hypnosis) is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.” (from the WHO Definition for Palliative Care, adapted for clinical hypnosis definition in palliative care). To improve the study of this topic you can download the full text of the following published article:

Brugnoli MP. (2016) Clinical hypnosis for palliative care in severe chronic diseases: a review and the procedures for relieving physical, psychological and spiritual symptoms. *Ann Palliat Med.* 2016 Oct;5(4):280-297., doi: 10.21037/apm.2016.09.04.,

<https://www.ncbi.nlm.nih.gov/pubmed/27806624>

You can also download the special issue organized with many researchers from all the world on clinical hypnosis in palliative care (full texts): Vol 7, No 1 (January 2018): *Annals of Palliative Medicine (Clinical Hypnosis in Palliative Care: neural correlates, clinical, psychological and spiritual therapies)* <http://apm.amegroups.com/issue/view/661>

Please describe your earliest awareness of hypnosis.

I was very lucky. My father Dr. Angelico Brugnoli, family doctor and psychotherapist, in 1965, when I was a child, was one of the members founder of the Italian Institute for the Study of Clinical Hypnosis and Psychotherapy H. Bernheim, in Verona, Italy. I remember his colleagues and friends talking, in our home, about the new frontiers of hypnosis. I had to wait for my master’s degree in medicine in 1985, to be admitted attending their lessons and seminars and the 2-years course of clinical hypnosis.



Please briefly characterize your career and your current work.

In 1985 I graduated in Medicine and Surgery at University of Verona in Italy. In 1990 I gained the Specialization in Anesthesia, Intensive Care and Pain Therapy at University of Verona. At the same time, from 1985 to 1987, I attended the master's in Clinical Hypnosis at the Institute Bernheim in Verona. I worked as anesthesiologist and intensive care physician at University of Verona for 15 years. During this time, I used clinical hypnosis as adjuvant technique of anesthesia and with patients in our department of Intensive Care, for pain and anxiety relief. In 1997 I gained a master in Pediatric Anesthesia at the University of Padova. Since 2000 I have improved my studies and knowledge in pain therapy with a 3 years' master in Acupuncture at the University of Milano (2000-2003), and with a master in Pain Therapy and Palliative Care at University of Padova in 2007. After my work as anesthesiologist and intensive care physician, I started my collaboration as pain therapist and palliative care physician with some associations for palliative care. From 2012 to 2016 I was PhD fellow at University of Verona, working full time at the Department of Anesthesia and Pain Therapy, and in 2016 I obtained my PhD in Neuroscience, Psychology and Psychiatry. My PhD research was on clinical hypnosis, indexed on PubMed: Brugnoli MP, Pesce G, Pasin E, Basile MF, Tamburin S, Polati E. (2018) The role of clinical hypnosis and self-hypnosis to relief pain and anxiety in severe chronic diseases in palliative care: a 2-year long-term follow-up of treatment in a nonrandomized clinical trial. *Ann Palliat Med.* Jan;7(1):17-31. doi: 10.21037/apm.2017.10.03. Epub 2017 Dec 12. <https://www.ncbi.nlm.nih.gov/pubmed/29307207>

In 2017, from January to July, I was Research Fellow at NIH National Institutes of Health, Clinical Center, Pain and Palliative Care, in Bethesda, USA. I decided to come back to Italy for family reasons, to support my young sister-in-law, who was dying from cancer. In August 2017, I started my collaboration with Pontifical University Regina Apostolorum as coordinator for the International, Interdisciplinary and Interreligious Group on Consciousness Studies at UPRA and GdN at the UNESCO Chair in Bioethics and Human Rights. In 2018 I gained the master in Neurobioethics at the Pontifical Athenaeum Regina Apostolorum in Roma.

I have written 11 books in Italian and English on Clinical Hypnosis in Pain Therapy and Palliative Care and non-pharmacological and non-invasive interventions for pain management.

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



Paola Brugnoli

First, I would like to thank all the colleagues from all over the world, that I met in many International congresses, for sharing their interesting lessons and researches in clinical hypnosis.

The mentor most important to me on clinical hypnosis, was my father Dr. Angelico Brugnoli, MD, family doctor, psychotherapist and hypnotherapist. He has written about his experience and studies on clinical hypnosis and states of consciousness in 10 books (all in Italian). In 1972 he attended the International Congress of Hypnosis in Uppsala as faculty with the work: „Clinical Hypnosis and Meditation,” and he is remembered as one of the founders of ISH International Society of Hypnosis, on ISH website: „ ... It was at the congress in Uppsala, another city long associated with hypnosis research, that the society underwent a constitutional and a name change to The International Society of Hypnosis (ISH). Its presenters included Ernest Hilgard, Martin Orne, Ainsley Meares, Josephine Hilgard, Kay Thompson, Herbert Spiegel, John Hartland, Per-Olaf Wikstrom, Brugnoli,



and Erika Fromm to name just a few of the stellar lineup of professionals from around the world.” <https://www.ishhypnosis.org/about-ish/history-of-ish/> . My father Angelico died in 2015 at the age 86. In his books he described his precious work on the hypnosis practice.

Whom do you consider as your student / follower?

In the past years, I was teacher of clinical hypnosis in anesthesiology, psychosomatic medicine, pain therapy and palliative care, for many Italian Schools of Psychotherapy and at the University of Verona in Italy. Since 2019 I have started to train hypnotherapy practitioners throughout Italy, to specialize their knowledge in the practice of clinical hypnosis. There are many young psychologists and physicians who are enthusiastic about learning hypnosis. Soon, we will find a new Italian society, for psychologists, physicians and dentists, to improve the study and research of clinical hypnosis throughout Italian hospitals and universities.

What was and what is your main area of practice with hypnosis?

Anesthesiology, Intensive Care, Pain Therapy, Psychosomatic Medicine, Emergency Medicine, Palliative Care.

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

In 1985, when I started to study hypnosis, many hospitals and universities did not know clinical hypnosis and it was difficult to organize scientific studies. Today many colleagues and researchers are very interested to improve their knowledge and studies on hypnosis in the many fields of medicine and psychology. Today patients know that clinical hypnosis is safe, and they do not have fear anymore to integrate it in their therapies.

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 to your name)?

I think that my most important contributions to the field are not only the books and the scientific research I have published, but the teaching I do based on my 34 years of clinical experience and the 60 years of clinical experience of my father, to young professionals.

What is your favorite professional book?

Of course, it is the book I published in English in USA; it is indexed on Pubmed <https://www.ncbi.nlm.nih.gov/nlmcatalog/101610051> : Maria Paola Brugnoli (2014) Clinical hypnosis in pain therapy and palliative care: A handbook of techniques for improving the patient's physical and psychological well-being. Charles C. Thomas Publisher, IL, USA. It has been reviewed on PubMed by Eric Willmarth (2017) Clinical hypnosis in pain therapy and palliative care: A handbook of techniques for improving the patient's physical and psychological well-being by Brugnoli, Maria Paola. Am J Clin Hypn. 2017 Jan;59(3):318-320. <https://www.ncbi.nlm.nih.gov/pubmed/27982785>

Any recommendations, hints, or advice to the young colleagues?

Yes of course, my recommendation is: you need to practice, practice, practice (with a mentor and with enthusiasm). Young professionals are our future!

Thanks again for the great conversation!

Best Regards,
Maria Paola Brugnoli
paola.brugnoli@libero.it



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...



Yeganeh Farahzadi

PhD student in Cognitive Psychology at Eötvös Loránd University, Budapest, Hungary.

She has received her master's degree in Cognitive Science from the Institute for Cognitive Science Studies, Tehran, Iran. She is interested in hypnosis, social interactions, and in particular EEG-based hyperscanning approach for investigating interpersonal communications.

She currently studies inter-brain synchronization through the hypnotic interaction.

HYPNOTIC INDUCTION MODULATES FUNCTIONAL NETWORKS OF THE BRAIN YEGANEH FARAHZADI

A hypnotic procedure requires two essential components: An introduction to prepare for the subsequent suggestions, and the first suggestion which operates as the induction (Barnier & Nash, 2008). Such a hypnotic procedure alters subjective experiences including perceptual, emotional, cognitive, and ideomotor processings. Although most related studies are limited to behavioral outcomes of hypnotic suggestion, the advent of brain imaging techniques and analytical methods are of great opportunity to study how hypnosis works. These techniques might reveal how hypnosis modulates brain structures and neural functions. This article gives a short summary of neuroimaging findings on network levels; in particular our main goal is to review how hypnotic induction affects our neural system. Before proceeding with this goal, we present a quick introduction to two commonly used brain imaging techniques, EEG and fMRI, as well as explain what functional connectivity and brain functional networks mean.



Brain Imaging

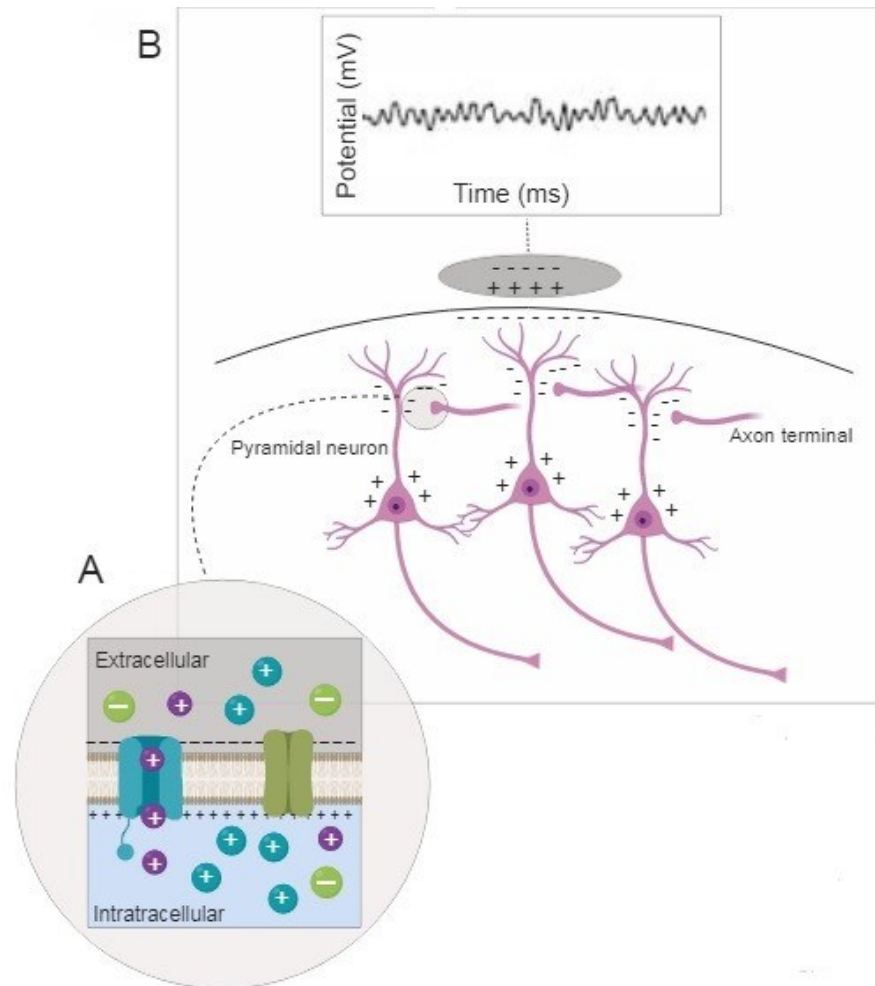
Electroencephalography (EEG) was one of the earliest non-intrusive techniques used to record brain activities. In 1929, Hans Berger, a German psychiatrist, demonstrated that by placing an electrode on the scalp and then amplifying the recorded signals, it is possible to plot the voltage changes of brain activity over time (Luck, 2014). These electrical fluctuations recorded by EEG technique, have origins in cellular activities of the brain. In fact, EEG records the extracellular fields formed by excitable membranes that allow ions to flow inward and outward (see Buzsáki et al., 2012). Among all the transmembrane processes in the brain, the synaptic activities which facilitate neural communications make the main contribution to this measured field. When neurotransmitters are released from the presynaptic neuron of a synapse and stick to the postsynaptic receptors, the ionic channels will open and let the cations inside; this inwardly flow of ions cause the membrane potential to move toward the threshold potential. All these synaptic events add to the measured extracellular field. Finally, the aggregated activities of several neurons over the area of 10 [cm]² are measured from the surface of scalp with EEG electrodes (figure 1). Specifically, directions of postsynaptic activities in cortical pyramidal neurons are aligned together so they add up and make a measurable magnitude from the surface of the scalp. Thus, EEG only records neural activities in the cortical surfaces of the brain, not the activities of deep brain structures (Buzsáki et al., 2012).

Additionally, it is difficult to find the exact origin of the electrical signals, because the voltage field of each neuron propagates spatially before reaching the surface of the scalp, causing a low spatial resolution for this technique. However, despite this poor spatial resolution, signals reach the scalp with the speed of light and this makes EEG a very fast method. It records neural activities within a millisecond. This makes EEG an obviously appropriate tool to answer questions that need high temporal resolution (Luck, 2014).

To achieve high spatial resolution, other neuroimaging techniques like functional magnetic resonance imaging (fMRI) are developed. fMRI detects alterations of blood flow. The technique relies on that fact that a neuron requires oxygen to process information and increased oxygenation level in blood flow of a brain region indicates greater neuronal activities in that area. This change in blood is called hemodynamic response and is a relatively slow measure, hence the temporal resolution of fMRI is limited. However, to overcome this limitation, combination of EEG and fMRI is of special interest, since it gives researchers the best of both worlds: temporal and spatial precisions. This combined technique allows us to gain insights into capturing how brain areas communicate to each other (Menon, 2010), and helps us understand the neural underpinnings of cognition, in particular when one is experiencing altered state of consciousness.

Networks in the Brain

Our neural system is composed of several networks that connect brain regions together. These neural connections are materialized in three different shapes: structural, functional, and effective connectivities (Fornito et al., 2016). A Structural connectivity is in fact an anatomical route between brain regions – e.g. white matters that change through the learning process. However, this learning process is slow and does not explain fast cognitive processes. Consequently, the concept of functional connectivity has been introduced; functional connectivity refers to the temporal correlations or dependencies of neurophysiological events that occur in different parts of the brain (Fingelkurts et al., 2005) Correlated brain activities in distant regions might imply a transference of information between them. Although this happens in the absence of a direct anatomical connection, this functional interaction is constrained by the physical links in



the neural system. Moreover, having limitations of correlations in mind, effective connectivity is directed and based on a model of causal interactions between different components of our neural system (Fornito et al., 2016).

Accordingly, functional neural networks are defined based upon the concepts of functional and effective connectivities reviewed above: they are distinct neural regions that are synchronized when we are at rest or we perform a particular task (i.e. tend to activate or deactivate in concert due to internal or external events). Each network is assumed to be associated with particular aspects of the cognition. This assumption comes from this fact that performing different cognitive functions modulates the neuronal activities in different functional networks (Sylvester et al., 2012). For example, when people are freely thinking and the brain is not engaged in a task, a certain **set brain region**¹ show activities that are correlated to each other, therefore they seem to be functionally connected. These brain regions are form a network that is commonly called **default mode network** (DMN) (Buckner et al., 2008). DMN not only shows higher levels of activation during rest, but also during other activities like social simulation, i.e., when considering others' thought, and self-referencing, i.e., when we remember our own past experiences and predict the future (Buckner et al., 2008).

Figure 1.

The origin of EEG.

(A) Excitatory neurotransmitters are released from presynaptic neurons, causing a flow of positive ions to the postsynaptic neurons that changes the electrical potential of synaptic space and makes it more negative compared to the intracellular potential.

(B) When a group of pyramidal neurons are stimulated, the aggregated change in extracellular field are recorded by the EEG electrodes on the surface of scalp.



In addition to the DMN, the other two main functional networks are the **central executive network**² (CEN) and the **salience network**³ (SN). CEN is engaged when we perform an attention-demanding task (Fox et al., 2006). This network is associated with planning and getting prepared to choose an appropriate response to a stimulus (Vincent et al., 2010). The SN, on the other hand, is involved in detecting salient stimuli as well as integrating emotional, sensory, and interoceptive signals from the body (Menon, 2015). As indicated by the name of the SN, its response represents the degree of saliency of an object which is the quality that make the object distinct and easily detectable compared to its neighbors (Goulden et al., 2014).

In general, CEN activates when one's attention is directed toward outside events and the DMN activates when the attention is internally oriented. Moreover, the SN acts as a mediator or a switch to select either CEN or DMN; it is responsible for orienting the attention to the most relevant external or internal event (Bressler and Menon, 2010; Goulden et al., 2014). To gain more insight into these three main functional networks, imagine that our brain has three offices inside: the one that handles internal affairs (DMN), the one that controls external affairs (CEN), and a manager (SN). By default, the first system, i.e., internal affairs, is activated unless it is required to switch attention to an external event to receive more information. The system of external affairs, however, cannot compete with this dominant default system by itself; it needs a mediator to give it the necessary control. This is when the salient network plays the role of a manager and decide which network must take the control of attention. With this metaphor, let's see how these three neural networks work together during hypnosis induction.

Brain networks and hypnosis induction

Individuals who are under the hypnosis induction, report a feeling of relaxation and absorption as well as the lack of self-consciousness and volition. This modified feeling has a corresponding neuronal marker and may associate with the level of activities in the three main functional networks discussed above. For this reason, these networks and respective nodal regions have been of interest in several neuroimaging studies of hypnosis. In general, during the hypnosis induction, the DMN shows decreased activity while both CEN and SN seem to be less active (Landry et al., 2017). Additionally, following the induction phase, intra-network interactions of the SN and the CEN are increased, but only in highly hypnotizable people (Jiang et al., 2014).

Having our metaphor from the previous section in the mind, the manager (SN) seems to vote in favor of the external executor (CEN) during hypnotic induction which leads the brain to attend more to the sensory inputs and process this exogenous information. Indeed, this external information is the words that hypnotist uses to keep the person focused and ask him to ignore the distractions. Thus, neural activity in the SN is enhanced to highlight the most relevant signals and ignore irrelevant information. The stronger connectivity between the SN and CEN in susceptible individuals (Deeley et al., 2012) also reveals that the managing network (SN) gives the control of the brain to CEN, so susceptible individuals become more efficient at maintaining attentional resources to the relevant targets, i.e., instructions provided by the hypnotist.

Conversely, deactivation of DMN during induction suggests decreased mind-wandering and increased engagement to a task during hypnotic procedure (Landry et al., 2017). The overall activity of this internally-aware network is reduced when people perform a task that needs oriented atten-

¹ Posterior cingulate cortex and ventromedial prefrontal cortex

² Comprises the dorsolateral prefrontal cortex and posterior parietal cortex

³ Includes anterior insula and anterior cingulate cortex



tion, suggesting hypnotic induction requires a more focused attention. This interpretation is supported by the findings of two studies that reveal the level of hypnotic depth is negatively correlated with the neural activity in anterior nodes of the DMN, possibly promoted by the increased connectivity between these anterior nodes (Deeley et al., 2012; McGeown et al., 2015). Additionally, the anterior nodes of the DMN are engaged in self-related processes, and decreased activity in these regions may pertain to the lack of self-awareness during hypnosis (Andrews-Hanna, 2012).

Overall, neuroimaging studies investigate neural signatures of the hypnotic induction. They demonstrate specific neural patterns during hypnotic induction from deactivation of anterior parts of the default mode network to increased activity in frontal regions of both the central executive network and the salience network. These modulations of the brain networks are in line with the subjective experience of absorption and distortion throughout the hypnosis procedure. In sum, neural markers of hypnotic induction reflect that hypnotic induction alters attention and prepares the subject to receive further suggestions. All these findings cumulate to highlight the importance of the induction during hypnosis.

REFERENCES:

- Andrews-Hanna, J. R. (2012). The brain's default network and its adaptive role in internal mentation. *The Neuroscientist*, 18(3), 251-270.
- Barnier, A. J., & Nash, M. R. (2008). Introduction: A roadmap for explanation, a working definition. In *The Oxford handbook of hypnosis*.
- Buckner, R. L., Andrews-Hanna, J. R., & Schacter, D. L. (2008). The brain's default network. *Annals of the New York Academy of Sciences*, 1124(1), 1-38.
- Buzsáki, G., Anastassiou, C. A., & Koch, C. (2012). The origin of extracellular fields and currents—EEG, ECoG, LFP and spikes. *Nature reviews neuroscience*, 13(6), 407.
- Bressler, S. L., & Menon, V. (2010). Large-scale brain networks in cognition: emerging methods and principles. *Trends in cognitive sciences*, 14(6), 277-290.
- Deeley, Q., Oakley, D. A., Toone, B., Giampietro, V., Brammer, M. J., Williams, S. C., & Halligan, P. W. (2012). Modulating the default mode network using hypnosis. *International Journal of Clinical and Experimental Hypnosis*, 60(2), 206-228.
- Fingelkurts, A. A., Fingelkurts, A. A., & Kähkönen, S. (2005). Functional connectivity in the brain—is it an elusive concept?. *Neuroscience & Biobehavioral Reviews*, 28(8), 827-836.
- Fornito, A., Zalesky, A., & Bullmore, E. (2016). *Fundamentals of brain network analysis*. Academic Press.
- Fox, M. D., Corbetta, M., Snyder, A. Z., Vincent, J. L., & Raichle, M. E. (2006). Spontaneous neuronal activity distinguishes human dorsal and ventral attention systems. *Proceedings of the National Academy of Sciences*, 103(26), 10046-10051.
- Goulden, N., Khusnulina, A., Davis, N. J., Bracewell, R. M., Bokde, A. L., McNulty, J. P., & Mullins, P. G. (2014). The salience network is responsible for switching between the default mode network and the central executive network: replication from DCM. *Neuroimage*, 99, 180-190.
- Jiang, H., White, M. P., Greicius, M. D., Waelde, L. C., & Spiegel, D. (2017). Brain activity and functional connectivity associated with hypnosis. *Cerebral cortex*, 27(8), 4083-4093.
- Landry, M., Lifshitz, M., & Raz, A. (2017). Brain correlates of hypnosis: A systematic review and meta-analytic exploration. *Neuroscience & Biobehavioral Reviews*, 81, 75-98.
- Luck, S. J. (2014). *An Introduction to the Event-Related Potential Technique*. MIT Press.
- McGeown, W. J., Mazzoni, G., Vannucci, M., & Venneri, A. (2015). Structural and functional correlates of hypnotic Depth and suggesti-



bility. *Psychiatry Research: Neuroimaging*, 231(2), 151-159.

- Menon, V. (2010). Large-scale brain networks in cognition: Emerging principles. *Analysis and function of large-scale brain networks*, 43-54.
- Menon, V. (2015). Salience network. In: Toga, A.W. (Ed.), *Brain Mapping*. Academic Press, Waltham, 597-611.
- Sylvester, C. M., Corbetta, M., Raichle, M. E., Rodebaugh, T. L., Schlaggar, B. L., Sheline, Y. I., ... & Lenze, E. J. (2012). Functional network dysfunction in anxiety and anxiety disorders. *Trends in neurosciences*, 35(9), 527-535.
- Vincent, J. L., Kahn, I., Snyder, A. Z., Raichle, M. E., & Buckner, R. L. (2008). Evidence for a frontoparietal control system revealed by intrinsic functional connectivity. *Journal of neurophysiology*.

The 13th International CONGRESS

ON ERICKSONIAN APPROACHES TO HYPNOSIS & PSYCHOTHERAPY

Featuring Keynote Speakers:

- YAPKO
- ERICKSON-KLEIN
- LANKTON
- O'HANLON
- MILLER
- DILTS
- GILLIGAN

Intellectual heirs of Milton Erickson will demonstrate how clients can adapt and overcome through hypnosis-derived techniques.

Join us December 12th - 15th in Phoenix, Arizona for 7 keynotes, 96 workshops, and 22 clinical demonstrations with 102 developers of Ericksonian methods.

Plus, earn up to 43 CE credits!

Pre-Conference: *Law and Ethics • Self-Hypnosis: Experiences from Two Cultural Viewpoints • Introduction to Ericksonian Hypnosis*

Post-Conference: *Master Class in Brief Ericksonian Psychotherapy*

Get \$50 off the main conference with discount code: ISH50

Register at www.EricksonCongress.com



IJCEH

INTERNATIONAL JOURNAL
OF CLINICAL AND EXPERIMENTAL HYPNOSIS

It's been an exciting year at the journal. On May 1st, 2019, our **ScholarOne** website for submission and peer review successfully went live. We took our time developing the site and are so glad to see that it's been well-received.

If you have a paper to submit, just go to mc.manuscriptcentral.com/ijceh and create a username. Everything you submit will be conveniently available for you to view on the online system. Unlike so many websites, ScholarOne makes it easy to reset your password, so don't worry if you forget!

ScholarOne also streamlines the peer review process.

We are proud to use double-blind reviews to reduce bias, and the online system helps us do that more reliably.

We have a very special issue on Contemporary Research coming up at the end of the year with Dr. Giuseppe De Benedittis as guest editor. This issue will feature papers by some leaders in the field who participated in the historic Pre-Congress Scientific Meeting at the 21st World Congress of Medical and Clinical Hypnosis in Montreal last year. The meeting aimed to build bridges of understanding between clinicians and researchers. The articles chosen for the upcoming special issue highlight insights and challenges for the field, addressing theory, practice, and research.



Gary R. Elkins, PhD
Editor-in-chief

Professor in the Department of Psychology & Neuroscience and the Director of the Mind-Body Medicine Research Laboratory at Baylor University in Waco, Texas, USA.

He is the Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis.



Lynae Roberts, MA
Managing Editor

MA is a doctoral student in the Department of Psychology & Neuroscience at Baylor University in Waco, Texas, USA.

She is the Managing Editor of the International Journal of Clinical and Experimental Hypnosis.

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS



The IJCEH accepts many **types of papers**, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material.

Topics can include: Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

Website www.ijceh.com is a great tool for prospective authors seeking more information, with links to the journal publisher's site (www.tandfonline.com/nhyp) for more detailed instructions and information about subscribing.

 Follow us at www.twitter.com/ijceh

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

ABSTRACTS FROM THE APRIL 2019 ISSUE

A HYPNOSIS-BASED GROUP INTERVENTION TO IMPROVE QUALITY OF LIFE IN CHILDREN WITH CANCER AND THEIR PARENTS

Charlotte Grégoire, Christophe Chantrain, Marie-Elisabeth Faymonville, Jennifer Marini & Isabelle Bragard

Many children with cancer and their parents suffer from distress, fatigue, and relational difficulties. Hypnosis is often used to decrease children's procedure-related pain and distress in pediatric oncology and to improve the well-being of adults with cancer. This article describes a pilot study assessing the acceptability and feasibility of a group intervention combining self-care and hypnosis for children with cancer and their parents, and a quasi-experimental protocol aimed at assessing the efficacy of this intervention to improve quality of life, distress, fatigue, and coping. The pilot study showed that the intervention was feasible and perceived positively. Future research is needed to test the efficacy of group interventions combining self-care and hypnosis to improve quality of life for children with cancer and their families.

TAIWANESE NORMS FOR THE HARVARD GROUP SCALE OF HYPNOTIC SUSCEPTIBILITY, FORM A

Mei-Jing Lin & Erik Chihhung Chang

Hypnotic susceptibility is a fundamental individual characteristic to consider in studies examining hypnosis. Although there is no existing normative data of group hypnotic susceptibility tests for the Mandarin-speaking Chinese population, the current study administered the Mandarin Chinese translation of the Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A) to 242 subjects (137 females and 105 males). The results indicate that the normative properties—including the score distribution, item pass rates, and reliability—are comparable to 15 reference samples. In general, the Mandarin Chinese version of the HGSHS:A can be used as a viable and reliable instrument for prescreening subjects' hypnotizability in the Mandarin Chinese-speaking population in Taiwan.

RECALLED PARENTAL REARING STYLE AND DIMENSIONS OF HYPNOTIC RESPONSE

András Költő, Emese Józsa & Éva I. Bányai

So far, only a few studies have investigated how memories of parental rearing style are associated with hypnotic response, and these were either qualitative or confined to the behavioral aspect of hypnotizability. The present study aims to employ standardized, quantitative measures to investigate the associations between recalled parental rearing style and the be-



havioral, phenomenological, and emotional dimensions of hypnotic response. Two samples of healthy adult subjects (N = 438) completed a questionnaire on their parents' behavior and participated in a standard group hypnosis session in which their hypnotizability score, hypnotic experiences, and archaic involvement were assessed. Memories of cold and punishing parental behavior were associated with negative experiences related to the hypnotic state and negative emotions toward the hypnotist. The authors conclude that assessing parental behavior may be important in planning hypnotherapeutic interventions.

THE EFFECTS OF HYPNOSIS AND HYPNOTIC SUGGESTIONS ON THE MISMATCH NEGATIVITY IN HIGHLY HYPNOTIZABLE SUBJECTS

Seppo Hiltunen, Maarit Virta, Sakari Kallio & Petri Paavilainen

The neural mechanisms associated with hypnosis were investigated in a group of 9 high hypnotizable subjects by measuring the mismatch negativity (MMN) component of the auditory event-related potential (ERP). ERPs were recorded using a passive oddball paradigm to sinusoidal standard and deviant tone stimuli of 500 and 520 Hz, respectively, in four conditions: prehypnosis, neutral hypnosis, hypnotic suggestion for altering the tone perception, and posthypnotic conditions. Earlier studies have indicated that hypnosis and hypnotic suggestions might have an effect on MMN, but the results of our study contradict these results: No statistically significant differences were found between the conditions in the MMN amplitudes.

PRERECORDED HYPNOTIC PERI-SURGICAL INTERVENTION TO ALLEVIATE RISK OF CHRONIC POSTSURGICAL PAIN IN TOTAL KNEE REPLACEMENT: A RANDOMIZED CONTROLLED PILOT STUDY

Ji Kwan Lee, J. O. Zubaidah, I. Siti Irma Fadhillah, I. Normala & Mark P. Jensen

This pilot study evaluated the effect sizes associated with prerecorded hypnotic interventions provided during the perisurgical period for reducing risk factors associated with chronic postsurgical pain, including acute postsurgical pain, anxiety, depression, and pain catastrophizing. A total of 25 participants (N = 25) were randomly assigned to receive a hypnotic intervention (n = 8), minimal-effect treatment (n = 8), or treatment as usual (n = 9) during their hospital stay for total knee replacement (TKR). Participants were followed for 6 months after hospital discharge. Results indicate that prerecorded hypnotic intervention exerted medium effects for reducing acute postsurgical pain and large effects for reducing perisurgical anxiety and pain catastrophizing. The findings indicate that a fully powered clinical trial to evaluate the beneficial effects of prerecorded hypnosis to manage pain and psychological distress in patients undergoing TKR is warranted.

The 13th International
CONGRESS

ON ERICKSONIAN APPROACHES
TO HYPNOSIS & PSYCHOTHERAPY

Hyatt Regency | Phoenix, Arizona

Register at www.EricksonCongress.com

Intellectual heirs of Milton Erickson will demonstrate how clients can adapt and overcome through hypnosis-derived techniques.

Join us December 12th - 15th for 7 keynotes, 96 workshops, and 22 clinical demonstrations with 102 developers of Ericksonian methods.

Plus, earn up to 43 CE credits! Get \$50 off the main conference with discount code: ISH50

Featuring
Keynote
Speakers:



YAPKO



ERICKSON-KLEIN



LANKTON



O'HANLON



MILLER



DILTS



GILLIGAN



PHOTO GALLERY

H:NG WORLD CAFÉ MEETING

The International Society of Hypnosis Board of Directors invited the students to meet and talk with the board members. This was a great opportunity to meet with some of the world's leading hypnosis experts and talk about how one can become more involved in the premier international hypnosis society. The meeting was held at the Eötvös Loránd University Faculty of Education and Psychology.





The International Society of Hypnosis Board of Directors
invites you to meet and talk with the board members on

Wednesday, 29 May
1730 - 1830

This is your opportunity to meet with some of the world's leading hypnosis experts, and talk about how you can become more involved in the premier international hypnosis society.

The meeting will be held in room 213 of the Eötvös Loránd University Faculty of Education and Psychology (Eötvös Loránd Tudományegyetem Pedagógiai és Pszichológiai Kar) main building, Kazinczy u. 23-27, Budapest.

SEE YOU THERE!

BUDAPEST, HUNGARY | MAY 30 - JUNE 1, 2019
WWW.HYPNOSISNEWGENERATION.COM

BOARD OF DIRECTORS

PRESIDENT
Bernhard Tremke, Dipl. Psych. (Germany)

SECRETARY-TREASURER
Enayatollah Shahidi, MD (Iran)

PRESIDENT-ELECT
Mark P. Jensen, PhD (USA)

IMMEDIATE PAST PRESIDENT
Claude Viret, MD (France)

MEMBERS-AT-LARGE
Cecilia Fabre, MA (Mexico)
Xin Fang, MA (China)
Kris Klajs, Dipl. Psych. (Poland)
Katalin Varga, PhD (Hungary)

COUNCIL OF REPRESENTATIVES
CHAIRPERSON
Woltemade Hartman, PhD (South Africa)

VICE CHAIRPERSON
Giuseppe DeBenedittis, MD, PhD (Italy)

SECRETARY
Brian Allen, B. Psych. B.Sc. (Australia)





PROFESSORS,
WORKSHOP
TRAINERS,
COLLEAGUES,
CS PRESIDENTS
AND
FULL TIME
STUDENTS
MAY
**JOIN ISH
FOR FREE.**

**SPREAD
THE
WORD!**

FREE MEMBERSHIP OFFER FOR STUDENTS

ISH is offering free non-voting membership to master level and above students in Dentistry, Medicine and Psychology while they are full time students. Students must either be members of a constituent society of ISH or submit a recommendation from an ISH member.

The **free membership** is offered as an incentive to students to learn about ISH and to be connected to the worldwide hypnosis community, and does not give the right to practice clinical hypnosis.

This **free membership** allows students to receive reduced fees for the ISH World Congresses as well as other member benefits such as the newsletter, membership directory and video library.

Interested students may also purchase a one-year online access to the International Journal of Clinical and Experimental Hypnosis (IJCEH) at the cost of \$35.

Once the graduate studies are completed, the ISH invites these former students to apply for membership in the ISH with the full benefits of membership.

[Please visit the following link to submit your online application.](#)





INDIVIDUAL ISH MEMBERSHIP

New membership in the **International Society of Hypnosis (ISH)** is automatic for active (dues are paid) full members of a Constituent Society (CS) of ISH.

A full list of those constituent societies can be seen [here](#).

FOR A CS MEMBER TO BECOME A MEMBER OF ISH:

Please complete the New Constituent Society Member Form [online](#) OR, download a [new member application form](#) (pdf) email (info@ISHHypnosis.org) or mail the form to ISH, PO Box 602, Berwyn, PA 19312, USA.

Please include complete credit card billing information. Once the credentials committee has verified your membership in the CS, we will process your payment.

OR, if you prefer not to send your credit card information, complete the form without the credit card information, and send to us via fax, email or mail (see above addresses) and once the credentials committee has verified your membership in the CS, we will contact you to direct you to the online payment option.



IF YOU ARE NOT A MEMBER OF A CS AND WISH TO JOIN ISH:

- You can complete your membership application online [here](#)
- OR Please complete the [non-CS new member application form](#) and follow the above instructions to send to ISH along with the requested documentation. Once the credentials committee has reviewed your application, ISH will notify you.

NEW CONSTITUENT SOCIETY MEMBERSHIP

If you would like to become a **NEW INTERNATIONAL SOCIETY OF HYPNOSIS (ISH)** Constituent Society Member, you can:

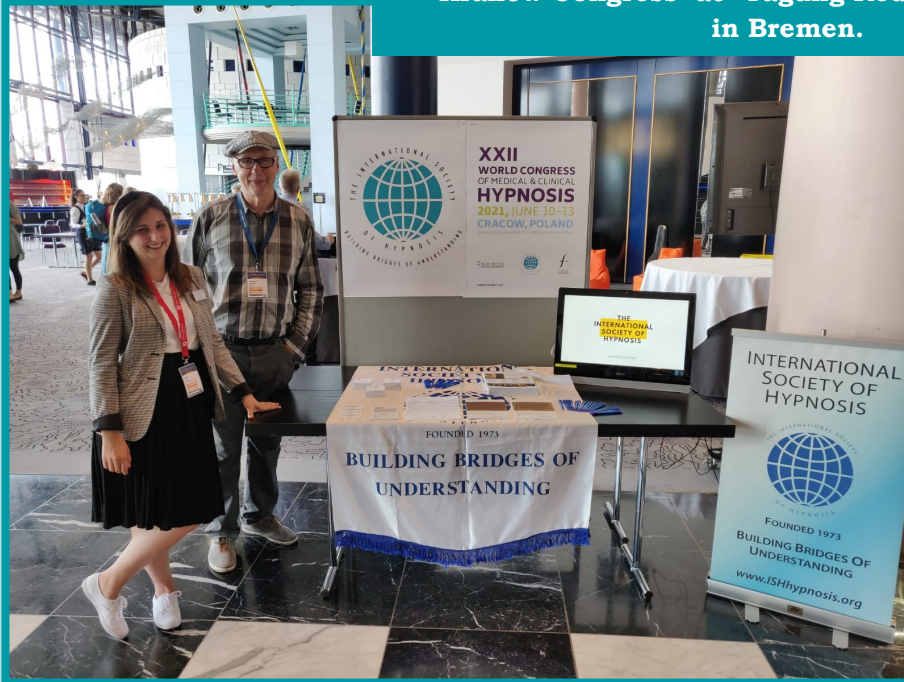
- [Apply online](#) by completing the **online form**.
- Complete [this pdf](#) and email the form to info@ISHhypnosis.org
- OR mail to ISH, PO Box 602,

Berwyn, PA 19312, USA. Please include complete credit card billing information.

- After completing your application, please select the option below to submit your New Application Processing Fee of \$150 USD. We will contact you to let you know of your approval status.
- After your application has been approved, you will receive an invoice for the remainder of your dues. Return to this site to submit the remainder of your new constituent society fees (which is the total fee less the application fee) via the appropriate drop-down box below.



Bernhard and Shady are promoting the Mashhad and the Krakow Congress at "Tagung Reden Reicht Nicht" in Bremen.



twitter® news Jun 16 @ijceh
The 4 Americans at the "Hypnosis: New Generation" conference in Budapest a couple of weeks ago.
Left to right: Lynae Roberts (IJCEH managing editor), Dr. Linda Thomson, Dr. Eric Willmarth, & Dr. Mark Jensen.



**Society for Clinical and Experimental Hypnosis (SCEH)
Welcome Our Newly Elected Officers (2019)
Left to right: Ciara Christensen, PhD, Zoltan Kekecs, PhD and Barbara
McCann, PhD**

Founded in 1949, the **Society for Clinical and Experimental Hypnosis (SCEH)** is an international organization of psychologists, psychiatrists, social workers, nurses, dentists and physicians who are dedicated to the highest level of scientific inquiry and the conscientious application of hypnosis in the clinical setting.

The membership represents a rare union of some of the finest academicians, researchers and clinicians whose collaboration is designed to support and inform the clinical work and research of its members and other professionals.

2019 Election Results: Welcome Our Newly Elected Officers

Thank you to all the members who voted in our recent election. As a membership organization, your input and support is what helps to keep the Society going.

A special thanks to all the candidates for running for an elected office. Running for office speaks highly of each candidate's commitment to the Society and its goals.

Our 2019 election results are as follows:

- President-Elect: Ciara Christensen, PhD
- Treasurer: Zoltan Kekecs, PhD
- Secretary: Barbara McCann, PhD

Please join us in congratulating our new leadership team.

Our newly elected leaders will take office following our annual Awards Banquet in October during our Annual Conference and serve a two year term that runs through October 2021.

They will join elected Executive Committee members Janna Henning, JD, PsyD, who will begin her term as President, and Don Moss, PhD who will transition to Immediate Past President.



EVENT CALENDAR

2019

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, FB www.wigry.de

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

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

Name / title 2019 SCEH Annual Conference, 70th Annual Workshops & Scientific Program: Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship
 Location Ace Hotel, New Orleans, LA
 Date October 16-20, 2019
 Organizer(s) Society for Clinical & Experimental Hypnosis (SCEH)
 Contact, website, FB www.sceh.us/2019-new-orleans
 Further info Introductory, Skills and Advanced Workshops plus Scientific Program.

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, FB www.kindertagung.de
 Further info Hypnotherapeutic and systemic concepts for working with children and adolescent. Focus topic: Family Cultures in Transition.

Name / title 38th Annual Congress of the SSMH
 38. Jahreskongress der SSMH
 Location Balsthal, Switzerland
 Date November (6) 7 - 9, 2019
 Organizer(s) Société Médicale Suisse d'Hypnose (SSMH)
 Contact, website, FB <https://www.ssmh.ch/jahreskongress-smsh-2019/>
 Further info Tel.: 041 281 17 45
 Fax: 041 280 30 36
 E-mail: info@smsh.ch



EVENT CALENDAR

2019

Name / title XIII Congresso Nazionale della Società Italiana di Ipnosi (XIII National Congress of the Italian Hypnosis Society) - RAPPORT La relazione ipnotica: una relazione speciale che cura; Responsività, reciprocità e sincronismo nella psicoterapia naturalistica ericksoniana (RAPPORT The hypnotic relationship: a special relationship that cures; Responsiveness, reciprocity and synchronism in ericksonian nature psychotherapy)

Location Torino Hotel Golden Palace

Date November 7-10, 2019

Organizer(s) Camillo Lorio

Contact, website, FB, etc. www.societaipnosi.it; camillo.lorio@gmail.com

Further info Invited Speaker: Katalin Varga

Name / title DGH Jahreskongress in Bad Lippspringe, HYPNOSE - Schmerz, lass nach! (HYPNOSIS - Pain, ease!)

Location Bad Lippspringe, Germany

Date November 14-17, 2019

Organizer(s) Deutsche Gesellschaft für Hypnose und Hypnotherapie e.V. (DGH)

Contact, website, FB, etc. www.dgh-hypnose.de/jahreskongress

Further info DGH-Geschaeftsstelle@t-online.de

Name / title 1st Franco-Mexican Congress of Hypnosis

Location Hotel Emporio Cancún, Cancun, Riviera Maya, México

Date Pre-congress: November 19, 2019; Main-congress: November 20-23, 2019

Organizer(s) Centro Ericksoniano de México y Emergences

Contact, website, FB, etc. www.hypnoses.com/congres-cancun-2019 ; www.grupocem.edu.mx

Further info Dr. Claude Virot, Director of Emergences and Mrs. Teresa Robles, Director of the Ericksonian Centre in Mexico City, join forces to offer you. During 4 days, 6 Mexican and 10 French speakers followed one another during conferences and workshops, translated into both languages. Price from 25 January to 14 June 2019: 340 €; From 15 June 2019: €390

Name / title IX Conference AAHEA (IX Jornadas AAHEA)

Location Castellón (Valencia), SPAIN

Date November 22-23, 2019

Organizer(s) Asociación para el Avance de la Hipnosis Experimental y Aplicada (AAHEA)

Contact, website, FB, etc. <https://jornadas.aahea.net/>

Further info Hypnosis: Research advances and clinical applications. With participation of Giuliana Mazzoni, Ph.D, Professor at the University and Professor Emeritus of the University of Hull (United Kingdom) and professor at the University of Rome La Sapienza (Italy)

Name / title The 35th Annual Congress of the Japan Institute of Hypnosis - Hypnosis as Psychosomatic Therapy Problems in Clinical Hypnosis

Location Sakae Gas Building, Nagoya, Japan

Date November 26-27, 2019

Organizer(s) Hitoshi Ishihara

Contact, website, FB, etc. info@ishihara-clinic.jp

Further info



EVENT CALENDAR

2019

Name / title	The 20th Annual Conference of the Japanese Society of Clinical Hypnosis (日本臨床催眠学会第20回学術大会)
Location	2-6-1 Hodokubo, Hino-shi, Tokyo 191-8506, Meisei University, Japan
Date	November 30 - December 1, 2019
Organizer(s)	Japanese Society of Clinical Hypnosis
Contact, website, FB, etc.	http://www.hypnosis.jp jsch-post@bunken.co.jp
Further info	Re-exploring healing mechanisms of hypnosis (催眠療法の治癒機制再考)

◆

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)	Milton Erickson Foundation
Contact, website, FB, etc.	www.erickson-foundation.com
Further info	

Board meeting 2019, Budapest



29 05 2019



EVENT CALENDAR

2020

Name / title	2020 ASCH-ERF: Annual Scientific Meeting and Workshops Igniting the Fire - Nuances of Creativity and Flow in Hypnotic Applications Research. Education. Application.
Location	Nugget Casino Resort, 1100 Nugget Avenue, Sparks, Nevada 89431
Date	March 19-22, 2020
Organizer(s)	American Society of Clinical Hypnosis (ASCH)
Contact, website, FB, etc.	https://www.asch.net/Education/2020AnnualMeeting/2020AnnualMeetingInfo.aspx
Further info	ABOUT THE PROGRAM: Every hypnosis practitioner has ways of tapping into his or her own creativity to adapt to the changing flow of patients and their presenting concerns. This endeavor is a dynamic process of building artistry and presence to create and utilize a corresponding flow of creativity in our patients. The 2020 Annual Meeting venue in Lake Tahoe/Reno, Nevada sits in a beautiful high desert river valley at the foot of the Sierra Nevada mountain range and promises to be a fertile backdrop for helping attendees discover new information about hypnosis, themselves and their ways of practicing their craft.

Name / title	MEG Jahrestagung; Die Geister, die ich rief: Bewusstsein und Beziehung im digitalen Zeitalter (MEG Annual Conference; The spirits I called: Consciousness and Relationship in the Digital Age)
Location	Bad Kissingen, Germany
Date	March 19 - 22, 2020
Organizer(s)	Milton Erickson Society (MEG)
Contact, website, FB, etc.	www.meg-tagung.de
Further info	MEGcampus 30 students* of psychology, medicine and dentistry as well as PiAs and PJs can apply for a sponsorship at MEGcampus: conference ticket + 2 special MEGampus workshops + free admission to the conference festival. Information & registration: www.MEG-Tagung.de

Name / title	The Milton H. Erickson Institutes of South Africa Congress 2020: Trance, Treasures, Trauma, Touch and Transformation Including: The 7th World Congress on Ego State Therapy
Location	Main Congress: Cape Town, Western Cape Province, South Africa Post Congress: Mabula Safari Lodge, Limpopo Province, South Africa
Date	Pre Congress Workshops: 21 April 2020 Main Congress: 23-25 April 2020 Post Congress: 27-30 April 2020
Organizer(s)	Dr. Woltemade Hartman & Hanlé Marais
Contact, website, FB, etc.	info@meisa.co.za http://www.meisa.biz/meisa-congress-april-2020.php
Further info	Congress sessions and workshops in English and German



EVENT CALENDAR

2020

Name / title 15th European Hypnosis Congress
Location Basel, Switzerland
Date August 26-29, 2020
Organizer(s) ESH
Contact, website, FB, etc. www.esh2020.ch
Further info



Name / title DGH Jahreskongress in Bad Lippspringe, HYPNOSE - kreativer Dialog mit dem Unbewussten (Creative Dialogue with the Unconscious)
Location Bad Lippspringe, Germany
Date November 19-22, 2020
Organizer(s) Deutsche Gesellschaft für Hypnose und Hypnotherapie e.V. (DGH)
Contact, website, FB, etc. DGH-Geschaefsstelle@t-online.de
Further info



2021

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

Board meeting 2019, Budapest





**Mashhad
Iran
15-18 OCT 2019**

**The First Asian
Hypnosis Congress**
Mashhad, Iran
15-18 Oct 2019

Congress Topics
History of Hypnosis
Hypnosis Theories & Applications
Hypnosis in Psychotherapy
Hypnosis in Medicine and Dentistry
Hypnotic Anesthesia and Analgesia
Cultural Aspects of Hypnosis
Neuropsychophysiology of Hypnosis
Neuroscience, Perception, Cognition & Models of
Brain Mapping
Hypnosis and Technology (e.g., Brain Stimulation,
Neurofeedback)
Hypnosis and Philosophy of Mind
<http://www.Iran2019.com>

Congress Secretariat
No. 402, 2nd Street, 2nd Medical Building, Mashhad, Iran
Tel: +98 51 38 38 42 47
+98 915 247 42 47
Email:
@iranhypnosis
iranhypnosis@gmail.com
katalin.varga@ipnos.it
iranhypnosis@ipnos.it

**XIII Congresso Nazionale
della Società Italiana di Ipnosi**

RAPPORT

LA RELAZIONE IPNOTICA

UNA RELAZIONE SPECIALE CHE CURA
*Responsività, reciprocità e sincronismo
nella psicoterapia naturalistica ericksoniana*

Torino Hotel Golden Palace
7-10 Novembre 2019

INVITED SPEAKER
KATALIN VARGA

MTA-ELTE Lendület Adaptation Research Group,
Direttore, Institute of Psychology, ELTE Eötvös Loránd University di Budapest
ISH Jay Haley Award

Pre-Congress Workshop
Techniques of rapport management

Keynote Address
Interactional synchrony – is this the key to rapport?

♦

Società Italiana di Ipnosi
Corso Trieste, 146 - 00198, Rome, Italy
TEL & FAX 06 8548205 CELL. 392 9944240
ipnosii@gmail.com – www.societaipnosi.it

EARLY REGISTRATION AND CALL FOR PAPERS



European Society of Hypnosis
In Psychotherapy and Medicine
ESH

**15th ESH Congress
of Clinical Hypnosis
and Research**

**BUILDING BRIDGES
AND TRAVELLING
CROSSROADS**

**26–29 August, 2020
Basel, Switzerland**

XXII
WORLD CONGRESS
OF MEDICAL & CLINICAL
HYPNOSIS

2021
JUNE 10–13
**KRAKOW,
POLAND**
JAGIELLONIAN UNIVERSITY
– AUDITORIUM MAXIMUM



LIST OF CONTRIBUTORS

Katalin Varga
varga.katalin@ppk.elte.hu
EDITOR

Bernhard Trenkle
mail@bernhard-trenkle.de
PRESIDENT, ISH

LIST OF CONTRIBUTORS

Tabi Alonso
tabi.alonso@gmail.com

Paola Brugnoli
paola.bugnoli@libero.it

Consuelo Casula
consuelocasula@gmail.com

Gary Elkins
Gary_Elkins@baylor.edu

Mark P. Jensen
mjensen@uw.edu

Raphael Kolic
raphael@no-right-no-wrong.com

Julie Linden
julie@drjulielinden.com

Lynae Roberts
Lynae_Roberts@baylor.edu

Nicole Ruysschaert
nicole.ruysschaert@skynet.be

Shady Tonn
shady.tonn@googlemail.com

**For more information, contact ISH headquarters at
info@ishhypnosis.org**

Judit Osvat
judit@osvat.hu
LAYOUT EDITOR