



## CONTENT

- 1 -

LETTER FROM  
THE PRESIDENT

- 16 -

NOTES FROM  
THE EDITOR

- 18 -

MEETING  
OUR MENTORS

- 20 -

MAIN INTERVIEW

- 26 -

BUILDING  
BRIDGES OF  
UNDERSTANDING

- 30 -

BOOK REVIEW

- 34 -

IJCEH

- 39 -

FREE STUDENT  
MEMBERSHIP

- 40 -

ISH MEMBERSHIP

- 41 -

NEWS  
FROM AROUND  
THE WORLD

- 47 -

EVENT CALENDAR

- 52 -

LIST OF  
CONTRIBUTORS

## The International Society of Hypnosis

# NEWSLETTER

Building Bridges of Understanding  
2019, Volume 43, No. 3

## LETTER FROM THE PRESIDENT



September 2019  
Bernhard Trenkle

In recent years, I have been contacted a number of times by conference organisers who have questions about how to organize a successful congress. I think it would be useful to pass on some of what I have learned in this process.

As you know, Kris Klajs and the Polish team are preparing the next ISH Congress in Krakow. At the end of August, the main organisers of Bremen 2012 (Andreas Trenkle and Bernhard Trenkle) and the main organisers of Krakow 2021 (Kris Klajs and Kasia Mirska) sat together for many hours to make plans for the next ISH World Congress.

There is, in my view, a fundamental difference between how such international conferences were organized 30-40 years ago and how they are organized today. In ancient times, when I studied 1970-1982, such world conferences were almost always organized by professors and their teams. Even though these professors invested many days, weeks and months of time, their professors' salaries continued. Also, the space, the secretarial assistance, the telephone, and many other things were paid for by the university. The conference rooms were also often free or partly sponsored by the university. Today, however, most conferences are organized by the owners of private institutes. And all equipment, from computers to desks to telephones, are paid for by the institute owner. If the institute owner invests days, weeks and months in such a conference, he or she loses potential earnings. In addition, the conference centers are considerably more expensive than rooms at the university. Either way, however, whether professors or owners of private institutes organize a meeting - it always takes a great deal of energy, idealism and high commitment to organize a successful „family meeting“.

This must also be taken into account when organising an international conference: There is a fundamental difference between having 1000 participants exclusively from your home country and having participants from up to 40-50 countries. The workload is disproportionately much higher. The Polish team will soon invite many speakers from all over the world. I am often asked: How does a programme committee actually develop the programme? How is it decided who is allowed to give lectures and who is not?

The answer to this question is very complex.



On the one hand, the main organiser has to determine who might be best to choose when keeping in mind the interests of participants from his or her home country. As I explained in an earlier presidential letter, the vast majority of participants to conferences always come from the host country. Therefore, an important criterion for 2021 is this: What is interesting and important for our Polish colleagues? Of course, only the Polish organisers will know the answer to this question. Our Polish colleagues and the ISH have an international scientific advisory board which helps them with the selection and checks the quality of the contributions submitted.

The selection criteria include:

It is an international conference, and therefore it is important include diversity in terms of different countries.

Also, there are different health care disciplines in the field of hypnosis, such as psychotherapy, dentistry, anaesthesia, basic research, mental techniques in sports, etc. Here, too, a programme designer will make sure that as many facets of the field as possible are represented.

Then "political" aspects play a role. There are colleagues who have been involved in hypnosis for decades and who may have served on ISH or ESH boards of directors, who are currently or have long been the representatives of their country at ISH. Others are well-known scientists who have conducted important research that everyone in the field knows about. Then there are colleagues who have received awards for their contributions to the field. Thus, it is important that these contributions are taken into account when selecting programme speakers; as a result, some of the speakers are, so to speak, "set".

At the same time, there are programme proposals that can surprise organizers. At the conference in Bremen, for example, I was surprised to receive 4-5 contributions on the topic of "Hypnosis & Unfulfilled Desire to Have Children". In addition, there were contributions from the USA, India and Europe. There were proposals to present both research papers and clinical case studies. I then accepted all contributions on this topic and bundled them into a conference focus.

It is also essential to invite young up-and-coming talented presenters that are recommended by experienced colleagues: "Please include them in the programme, they are a great talent and we should support them".

Also, it is important to remember that some colleagues only get support from the university regarding holidays, visa, reimbursement of travel expenses, etc. if they are actually accepted as speakers and are in the program.

Often the programme maker has to ask his or her colleagues about a proposed presentation, if no one on the programme committee knows the presenter: "A speaker, Carlina xyz has applied. Do you know this colleague?" And then there can be the answer: "Yes, accept the proposal at all costs! She has received important recognition from our society for her research".

Then of course you have to determine from the submitted proposal how long the contributions should be; perhaps lectures of 10 min, 20 min, 30 min and 45 minutes. Or workshops lasting 75-90 min or 3 hours. Or posters.

Perhaps, as some of you may already suspect, taking into account as many as 500 specific proposals, 1500 ideas for topic suggestions, and only 290 program places, organizing this becomes a super Sudoku for advanced players. And perhaps one also suspects that it is not an easy task to have to say „no” to one third or even more of one’s valued colleagues.



The next "Sudoku", however, must be completed when the time schedules are set. Some speakers are available for the entire conference. Others may be available only at the beginning of the conference, and others at the end. For some who will be presenting, the following applies: 2 airplanes are passing each other, and our speaker sits in both - or in other words. There are also situations where speakers say, „I have solidarity with you and the ISH... but I can only present a lecture on Thursday afternoon.” It is „exciting“ for a conference organiser when such news arrives, shortly before the conference begins or especially when you have laboriously put everything together into a coherent whole; and then you have to rebuild the programme again.

Then board meetings plus COR meetings with elections take place during to the meetings. Here, too, you have to make sure that the board members plus representatives of the member companies do not have to presentations to make at these times. It is not yet possible for someone to teach in two halls at the same time; and yet it happens again and again that as a program is organized and reorganized, someone suddenly appears in the program twice at the same time.

Well, given all of this – here is our invitation to you, on behalf of our Polish colleagues:

**Prepare your contributions for Krakow.** Send now your CV and photo to our platform [www.whoISHwho.com](http://www.whoISHwho.com). In the next few weeks, the Polish colleagues will activate on their platform [www.hypnosis2021.com](http://www.hypnosis2021.com), the part with which you can register as a speaker and submit proposals.

We will experience a great conference in the middle of the beautiful old town of Krakow. Register now for the early bird price via [www.hypnosis2021.com](http://www.hypnosis2021.com)

Early in 2020, our Polish colleagues will be able to send an invoice for the conference fee (due to the particularities of Polish tax law).

I am writing all of these three weeks before the 1st Asian Conference, which will take place in Mashhad, Iran. We all hope and wish that our peaceful and constructive cooperation across all national borders will become a model for a good development across the entire Middle East region. The programme for this conference is available at [www.iran2019.com](http://www.iran2019.com)

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

**THE INTERNATIONAL SOCIETY OF HYPNOSIS**

*Follow us*

- International Society of Hypnosis
- International Society of Hypnosis
- ishhypnosis
- [www.ishhypnosis.org](http://www.ishhypnosis.org)



## LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Au cours des dernières années, j'ai été consulté à plusieurs reprises par les organisateurs de conférences qui ont des questions sur leurs congrès.

Et il est utile d'écrire au moins quelques mots sur mon expérience que j'aimerais partager.

Comme vous le savez, Kris Klajs et l'équipe polonaise préparent le prochain congrès de l'ISH à Cracovie. Fin août, les principaux organisateurs de Brême 2012 (Andreas et Bernhard Trenkle) et les principaux organisateurs de Cracovie 2021 (Kris Klajs et Kasia Mirska) se sont réunis pendant plusieurs heures pour planifier le prochain congrès mondial de l'ISH.

À mon avis, il y a une différence fondamentale entre la manière dont de telles réunions internationales ont été organisées il y a 30 ou 40 ans et la manière dont elles sont organisées de nos jours. Il y a longtemps, lorsque j'étudiais en 1970-1982, ces conférences mondiales étaient principalement organisées par des professeurs et leurs équipes. Même si ces professeurs passaient plusieurs jours, semaines et mois de temps de travail dans une conférence, leur salaire de professeur a été maintenu. Le bureau, la secrétaire, le téléphone et bien d'autres choses étaient payés par l'université. Les salles de conférence étaient soit gratuites, soit partiellement financées par l'université. Aujourd'hui, la plupart des conférences d'hypnose sont organisées par les propriétaires d'instituts privés. Et tout le matériel, de l'ordinateur au bureau en passant par le téléphone, est à la charge du propriétaire de l'institut. Si le propriétaire de l'institut investit des jours, des semaines et des mois dans une telle réunion, il perd alors des revenus. De plus, les centres de conférence coûtent beaucoup plus cher que les salles de l'université. Mais qu'il s'agisse de professeurs qui organisent ou des instituts privés, cela demande toujours beaucoup d'énergie, d'idéalisme et d'engagement, pour bien organiser cette grande, complexe « réunion de famille ». Lors de l'organisation d'une conférence internationale on doit aussi tenir compte du suivant: Il y aura une différence fondamentale entre 1000 participants venant exclusivement du pays d'origine et des participants venant de 40 à 50 pays différents. La charge de travail est beaucoup plus élevée.

L'équipe polonaise invitera bientôt de nombreux intervenants du monde entier. Et une question qu'on me demande souvent est : comment un comité de programmation choisit-il le programme ? Comment décider qui accepter à donner des conférences et qui refuser ? La réponse à cette question est complexe.

D'une part, c'est l'organisateur principale qui en première lieu prend cette décision, tenant compte du point de vue de son pays d'origine. Comme je l'ai dit dans une précédente lettre présidentielle, la grande majorité des participants vient toujours du pays hôte. Par conséquent, un critère important pour 2021 est le suivant : qu'est-ce qui est intéressant et essentiel pour les collègues polonais ? Bien entendu, seuls les organisateurs polonais le savent le mieux. Les collègues polonais et l'ISH disposent d'un comité scientifique international chargé de les aider à choisir et à vérifier la qualité des propositions soumises. Les critères de sélection incluent :

Il s'agit d'une conférence internationale qui nécessite une diversité et devrait accepter le plus grand nombre de pays et de collègues avec leurs spécialités.

Il y a plusieurs aspects d'hypnose dans le domaine de soins, tels que la psychothérapie, la dentisterie, l'anesthésie, la recherche fondamentale, les techniques mentales dans le sport, etc. L'organisateur qui compose le pro-





gramme veillera aussi au fait d'offrir le plus grand nombre de facettes du terrain.

Les aspects "politiques" jouent aussi un rôle. Il y a des collègues qui pratiquent l'hypnose depuis des dizaines d'années et qui ont servi le conseil d'administration de l'ISH ou de l'ESH, et qui représentent ou ont représenté leur pays au sein de l'ISH depuis de nombreuses années. D'autres sont des scientifiques réputés qui ont effectué d'importantes recherches que tout le monde connaît. Ensuite, il y a des collègues qui ont reçu un prix pour leurs contributions dans le domaine. Il est clair que ces mérites sont pris en compte dans la sélection du programme et qu'un nombre d'intervenants est "défini", pour ainsi dire.

En plus, il est parfois surprenant de recevoir des propositions auxquelles on ne s'attendait pas. Ainsi pour le congrès de Bremen il y avait quatre ou cinq propositions sur le thème « hypnose & désir inaccompli d'avoir des enfants. » Et il y avait aussi des contributions des États-Unis, de l'Inde et de l'Europe. Il y avait des propositions de recherche et des études de cas cliniques. J'ai alors accepté toutes les contributions à ce sujet et je les ai regroupées dans une conférence focalisée sur ce thème.

Il est aussi essentiel d'inviter des jeunes intervenants talentueux qui ont été recommandés par des collègues experts. "S'il vous plaît, intégrez-le au programme. C'est un grand talent et nous devrions le promouvoir."

Il faut aussi tenir compte du fait que pour certains collègues la condition pour recevoir de l'aide de l'université pour le congé, les visas, les frais de déplacement, etc. est d'être effectivement acceptés comme intervenants et de participer au programme.

Souvent, si le comité ne le sait pas, l'organisateur en charge du programma, doit consulter ses collègues à l'étranger avec des questions comme « une personne Carlina xyz a envoyé une proposition, est-ce que vous la connaissez ? Et puis la réponse qui peut venir : "Oui, absolument, elle a reçu un prix de notre société pour ses recherches"

Ensuite parmi les propositions reçues on doit prendre des décisions sur la durée des contributions, soient: conférences de 10 min, 20 min, 30 min et 45 min. ou des ateliers de 75 à 90 minutes ou 3 heures. Ou des posters.

Comme beaucoup d'entre vous devinent déjà, et en tenant compte du fait d'avoir 500 applications avec peut-être 1500 suggestions de sujets et seulement 290 places de programme, le tout équivaut à un super sudoku pour les joueurs avancés. Et vous pouvez vous réaliser aussi que le fait d'annuler un tiers ou plus de vos collègues respectueux n'est pas une tâche facile non-plus. Et pourtant le prochain "sudoku" doit être complété quand on fait l'horaire. Certains conférenciers sont là tout le temps, d'autres seulement au début de la conférence, d'autres à la fin et pour plusieurs on pourrait dire que: « deux avions se croisent et notre conférencier doit avoir une place dans chacun, ou autrement dit : il y a des situations où des intervenants disent: j'ai un loyauté aussi envers l'ISH et je peux seulement et exclusivement parler jeudi après-midi. C'est un défi pour l'organisateur de conférence si de telles nouvelles arrivent peu de temps avant la réunion ou juste au moment où vous avez laborieusement composé le programme en une ensemble cohérente et vous devez alors reconstruire à nouveau le programme.

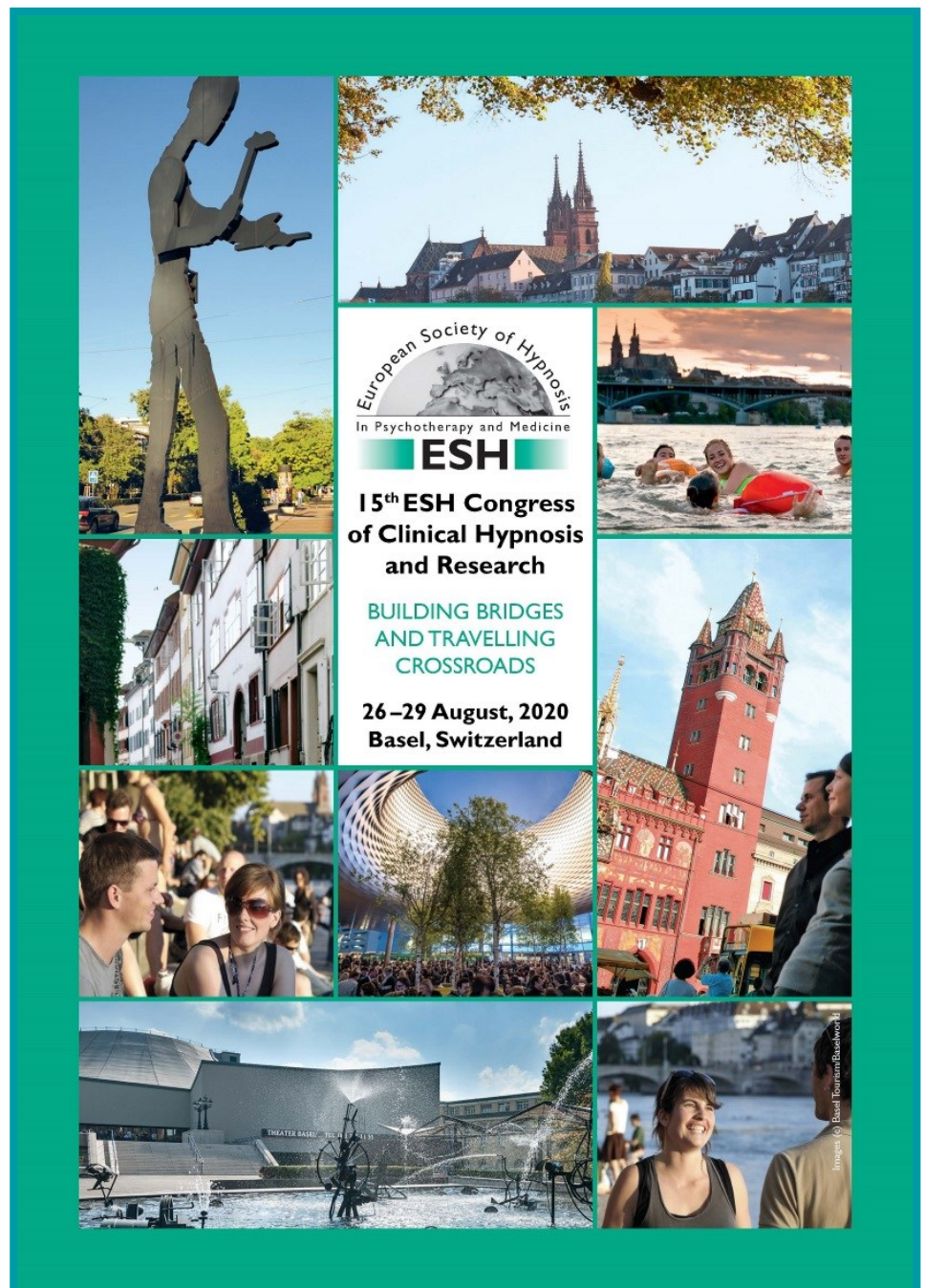
Ensuite, parallèlement aux réunions, des réunions du conseil d'administration et des réunions du CoR avec des élections ont lieu. Il faut également s'assurer que les membres du conseil d'administration ainsi que les représentants des sociétés membres ne sont pas programmés à ce moment-là. Personne ne peut enseigner dans deux salles en même temps et pourtant, cela arrive plusieurs fois, que quelqu'un est soudainement deux fois affiché sur le programme en même temps lors de changements.



Eh bien après tout ça- voici notre invitation à vous, au nom des collègues polonais :

**Préparez vos contributions pour Cracovie.** Envoyez CV et photo sur notre plateforme [www.whoISHwho.com](http://www.whoISHwho.com) Dans les prochaines semaines, nos collègues polonais vont activer sur leur plate-forme [www.hypnosis2021.com](http://www.hypnosis2021.com) la partie où les conférenciers pourront s'inscrire et soumettre leurs propositions. Nous aurons une grande conférence au milieu de la magnifique vieille ville de Cracovie. Inscrivez-vous maintenant au tarif de préinscription sur [www.hypnosis2021.com](http://www.hypnosis2021.com) Ce n'est qu'en 2020 que les collègues polonais pourront envoyer une facture pour les frais de conférence. Cela est dû aux particularités de la loi fiscale polonaise. J'écris tout cela 3 semaines avant le début de la 1ère Conférence asiatique à Mashhad en Iran. Nous espérons et souhaitons tous que notre bonne coopération pacifique et constructive à travers toutes les frontières devienne le modèle de développement satisfaisant dans toute la région du Moyen-Orient. Le programme de cette conférence est disponible sur [www.iran2019.com](http://www.iran2019.com)

Cordialement  
Bernhard Trenkle  
Président ISH





---

## GEDANKEN DES PRÄSIDENTEN (DE)

---

In den letzten Jahren werde ich immer wieder von Tagungsorganisatoren konsultiert, die Fragen zu ihren Kongressen haben.

Und es macht Sinn zumindest einen Teil des Erfahrungswissens aufzuschreiben und weiterzugeben.

Kris Klajs und das polnische Team bereiten den nächsten ISH-Kongress in Krakau vor.

Ende August saßen die Hauptorganisatoren von Bremen 2012 (Andreas und Bernhard Trenkle) sowie die Hauptorganisatoren für Krakau 2021 (Kris Klajs und Kasia Mirska) über viele Stunden zusammen, um den nächsten ISH Weltkongress zu planen.

Es gibt aus meiner Sicht einen grundlegenden Unterschied wie solche internationalen Tagungen vor 30-40 Jahren organisiert wurden und wie sie heute organisiert werden. In alten Zeiten als ich 1970-1982 studierte, wurden solche Weltkonferenzen meistens von Professoren und ihren Teams organisiert. Auch wenn diese Professoren viele Tage, Wochen und Monate an Arbeitszeit in eine Konferenz investierten lief ihr Professorengehalt weiter. Auch der Schreibtisch, Sekretärin, das Telefon und vieles andere wurden von der Uni bezahlt. Auch die Konferenz-Räume waren entweder kostenlos oder teilweise von der Uni gesponsort. Heute werden die meisten Hypnose-Tagungen maßgeblich von Leitern privater Institute organisiert. Und alles Equipment von Computer bis Schreibtisch bis Telefon wird vom Institutsinhaber bezahlt. Wenn der Institutsinhaber Tage, Wochen und Monate in eine solche Tagung investiert hat er in dieser Zeit Verdienstausschlag. Dazu sind die Konferenz-Zentren wesentlich teurer als Räume an der Universität. Aber egal ob es Professoren oder Leiter von privaten Instituten organisieren – es gehört immer sehr viel Energie, Idealismus und hohes Engagement dazu, dieses große komplexe Familientreffen gut zu organisieren.

Was beim Organisieren einer internationalen Tagung auch berücksichtigt werden muss: Es gibt einen grundlegenden Unterschied 1000 Teilnehmer ausschließlich aus dem Heimatland zu haben oder Teilnehmer aus bis zu 40-50 Ländern. Der Arbeitsaufwand ist unverhältnismäßig viel höher.

Das polnische Team wird demnächst viele ReferentInnen weltweit einladen.

Dann werde ich oft gefragt: Wie wählt eine Programm-Kommission eigentlich das Programm aus. Wie wird entschieden, wer referieren darf und wer nicht.

Die Antwort auf diese Frage ist komplex.

Zum einen muss dies hauptsächlich der Hauptorganisator aus Sicht seines Heimatlandes entscheiden. Wie ich in einem früheren Präsidentenbrief darstellte, kommen die ganz große Mehrzahl der TeilnehmerInnen immer aus dem Austragungsland. Von daher ist ein wichtiges Kriterium für 2021: Was ist für die polnischen KollegInnen interessant und wesentlich? Das wissen natürlich nur die polnischen Organisatoren am besten. Die polnischen Kollegen und die ISH haben einen internationalen wissenschaftlichen Beirat, der ihnen bei der Auswahl hilft und die Qualität eingereicherter Beiträge prüft.

Zu den Auswahlkriterien gehören:





Es ist eine internationale Konferenz und es sollen möglichst viele Länder und KollegInnen mit ihren Spezialgebieten berücksichtigt werden.

Es gibt verschiedene Schwerpunkte der Hypnose wie Psychotherapie, Zahnmedizin, Anästhesie, Grundlagenforschung, Mentale Techniken im Sport, etc. . Auch da wird ein Programmgestalter darauf achten, möglichst alle Facetten des Feldes abzubilden.

Dann spielen „politische“ Gesichtspunkte eine Rolle. Es gibt KollegInnen, die sich seit Jahrzehnten für die Hypnose engagieren und vielleicht in Vorständen der ISH oder ESH waren, die aktuell oder seit langem die Repräsentanten ihres Landes in der ISH sind. Andere sind bekannte Wissenschaftler, die wichtige Forschungen gemacht haben, die jeder kennt. Dann gibt es KollegInnen, die wegen ihrer Verdienste mit Awards ausgezeichnet wurden. Es ist klar, dass man diese Verdienste bei der Programmauswahl berücksichtigt und so ist ein Teil der ReferentInnen sozusagen „gesetzt“.

Dann bieten sich manchmal überraschend Programmschwerpunkte an, mit denen man gar nicht gerechnet hat. So wurden z.B. bei der Tagung in Bremen für mich überraschend 4-5 Beiträge zum Thema „Hypnose&Unerfüllter Kinderwunsch“ eingereicht. Dazu kamen die Beiträge aus USA, Indien und Europa. Es waren sowohl Forschungspaper wie therapeutische Berichte dabei. Da habe ich dann alle Beiträge zu diesem Thema akzeptiert und zu einem Tagungsschwerpunkt gebündelt.

Dann werden einem junge Nachwuchstalente von alten erfahrenen KollegInnen ans Herz gelegt: „Bitte nimm die ins Programm, die ist ein großes Talent und wir sollten sie fördern“

Manche Kollegen bekommen nur dann Unterstützung von der Uni in Bezug auf Urlaub, Visum, Reisekostenersatz, etc wenn sie tatsächlich als Referent akzeptiert und im Programm sind.

Oft muss der Programm-Macher bei seinen Kollegen im Ausland nachfragen, wenn das Programm-Komitee nicht helfen kann: „Da hat sich eine Referentin Carlina xyz beworben. Kennt ihr diese Kollegin? Und dann kommt die Antwort: „Ja, unbedingt nehmen, die hat einen Award von unserer Gesellschaft für ihre Forschungen bekommen“

Dann kann man natürlich die eingereichten Beiträge differenzieren wie lange die Beiträge sein sollen: Vorträgen von 10 min, 20 min, 30 min und 45 min. Genauso wie Kurzworkshops von 75-90 min oder 3 Std. und Poster.

Vielleicht ahnen einige jetzt schon, dass bei 500 Bewerbungen mit vielleicht 1500 Themenvorschlägen und nur 290 Programmplätzen das Ganze einem Super-Sudoku für Fortgeschrittene gleichkommt. Und vielleicht ahnt man auch, dass es keine leichte Aufgabe ist, einem Drittel oder mehr Kollegen absagen zu müssen.

Das nächste „Sudoku“ wartet dann jedoch bei der Festlegung der Zeitpunkte. Manche ReferentInnen sind die ganze Zeit da, andere nur am Anfang der Tagung, andere am Ende und für manche gilt: 2 Flugzeuge fliegen aneinander vorbei und in beiden sitzt unser Referent – oder in anderen Worten: es gibt auch Situationen wo ReferentInnen sagen: Ich komme aus Solidarität mit Dir und der ISH, aber ich kann nur und ausschließlich am Donnerstagnachmittag referieren. Begeistert für einen Tagungsorganisator ist es, wenn solche Nachrichten kurz vor der Tagung eintreffen oder gerade dann, wenn man mühsam alles zu einem stimmigen Ganzen zusammengebastelt hat und dann soll man das Programm nochmal umbauen. Dann finden parallel zu den Tagungen Vorstandssitzungen plus COR-Meetings mit Wahlen statt. Auch da muss man darauf achten, dass die Vorstandsmitglieder plus Repräsentanten der





Mitgliedsgesellschaften nicht zu diesen Zeitpunkten referieren müssen. Es kann bisher auch niemand zum selben Zeitpunkt in zwei Sälen unterrichten und doch passiert es immer wieder, dass man beim hin- und herschieben der Veranstaltungen plötzlich doch jemand zweimal zum selben Zeitpunkt im Programm hat.

Nun – unsere Einladung auch im Namen der polnischen KollegInnen:

**Bereiten sie ihre Beiträge für Krakau vor.** Schicken Sie schon jetzt CV und Photo an unsere Plattform [www.whoISHwho.com](http://www.whoISHwho.com). Die polnischen Kolleginnen und Kollegen werden in den nächsten Wochen auf ihre Plattform [www.hypnosis2021.com](http://www.hypnosis2021.com) den Teil freischalten, mit dem man sich als Referent anmelden und Proposals einreichen kann.

Wir werden eine großartige Konferenz in Mitten der wunderschönen Altstadt von Krakau erleben. Anmeldung zum Frühbuchepreis via [www.hypnosis2021.com](http://www.hypnosis2021.com). Erst im Jahr 2020 werden die polnischen Kollegen eine Rechnung über den Tagungsbeitrag schicken können. Dies liegt an Besonderheiten des polnischen Steuerrechts.

Dies alles schreibe ich 3 Wochen bevor die 1. Asiatische Konferenz in Mashhad Iran stattfindet. Wir alle hoffen und wünschen, dass unsere so gute friedliche konstruktiven Zusammenarbeit über alle Ländergrenzen hin weg zum Modell für eine gute Entwicklung in der ganzen Nah-Ost-Region wird. Das Programm dieser Tagung liegt auf [www.iran2019.com](http://www.iran2019.com)

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

XXII  
WORLD CONGRESS  
OF MEDICAL & CLINICAL  
HYPNOSIS



2021  
JUNE 10-13  
KRAKOW,  
POLAND  
JAGIELLONIAN UNIVERSITY  
- AUDITORIUM MAXIMUM





## LETTERA DEL PRESIDENTE (IT)

TRADOTTO DA CONSUELO CASULA

Negli ultimi anni sono stato contattato più volte da organizzatori di conferenze che mi domandano come programmare un congresso di successo. Penso che sarebbe utile trasmettere alcune delle cose che ho imparato su questo tema.

Come sapete, Kris Klajs e il team polacco stanno preparando il prossimo congresso ISH a Cracovia. Alla fine di agosto, i principali organizzatori di Brema 2012 (Andreas Trenkle e Bernhard Trenkle) e i principali organizzatori di Cracovia 2021 (Kris Klajs e Kasia Mirska) si sono seduti insieme per molte ore per pianificare il prossimo Congresso Mondiale ISH.

C'è, a mio avviso, una differenza fondamentale tra il modo in cui tali conferenze internazionali venivano organizzate 30-40 anni fa e come lo sono oggi. Nei tempi passati, quando studiavo negli anni 1970-1982, tali conferenze mondiali erano quasi sempre organizzate da professori e dai loro team. Anche se questi professori investivano molti giorni, settimane e mesi, continuavano a percepire i loro salari come professori. Anche lo spazio, l'assistenza della segreteria, il telefono e molte altre cose venivano pagate dall'università. Le aule per le conferenze erano spesso gratuite o in parte sponsorizzate dall'università.

Oggi, invece, la maggior parte delle conferenze è organizzata da proprietari di istituti privati: tutte le attrezzature, dai computer alle scrivanie ai telefoni sono a carico del proprietario dell'istituto. Se il proprietario dell'istituto investe giorni, settimane e mesi in tale conferenze perde potenziali guadagni. Inoltre, i centri congressi sono notevolmente più costosi delle aule universitarie. A ogni modo, indipendentemente dal fatto che professori o proprietari di istituti privati organizzino un congresso, ci vuole sempre molta energia, idealismo e grande impegno per organizzare un riuscito "incontro di famiglia".

Questo deve essere preso in considerazione anche quando si organizza una conferenza internazionale: esiste una differenza fondamentale tra avere 1000 partecipanti provenienti esclusivamente dal proprio paese di origine, e averne da 40-50 paesi al massimo. Il carico di lavoro è proporzionalmente molto più elevato.

Il team polacco presto inviterà molti relatori da tutto il mondo.

Mi viene spesso chiesto: in che modo un comitato organizzativo sviluppa effettivamente il programma? Come viene deciso chi è autorizzato a presentare conferenze e chi no?

La risposta a questa domanda è molto complessa.

Da un lato, l'organizzatore principale deve determinare chi potrebbe essere il migliore, tenendo presenti gli interessi dei partecipanti del proprio paese di origine. Come ho spiegato in una precedente lettera presidenziale, la stragrande maggioranza dei partecipanti alle conferenze proviene sempre dal paese ospitante. Pertanto, un criterio importante per il 2021 è questo: cosa è interessante e importante per i nostri colleghi



polacchi? Naturalmente, solo gli organizzatori polacchi conoscono la risposta a questa domanda. I nostri colleghi polacchi e la ISH hanno un comitato consultivo scientifico internazionale che li aiuta nella selezione e nella verifica della qualità dei contributi inviati.

I criteri di selezione includono:

Siccome è una conferenza internazionale è importante includere la diversità in termini dei diversi paesi di provenienza. Peraltro, nel campo dell'ipnosi, esistono diverse discipline sanitarie, come la psicoterapia, l'odontoiatria, l'anestesia, la ricerca di base, le tecniche mentali nello sport, ecc. Anche qui un organizzatore farà in modo che tutte le possibili sfaccettature del campo siano rappresentate.

Inoltre gli aspetti "politici" svolgono un loro ruolo. È possibile che ci siano colleghi coinvolti nell'ipnosi che possono aver fatto parte dei board della ISH o della ESH, che sono attualmente o sono stati a lungo rappresentanti del loro paese presso la ISH. Altri sono scienziati noti che hanno condotto importanti ricerche conosciute nel settore. Ci sono anche colleghi che hanno ricevuto premi per i loro contributi sul campo. Pertanto, è importante che questi contributi vengano presi in considerazione quando si selezionano i relatori da inserire nel programma: perciò, alcuni dei relatori sono, per così dire, "stabiliti".

Allo stesso tempo, ci sono proposte di programmi che possono sorprendere gli organizzatori. Alla conferenza di Brema, per esempio, sono stato sorpreso di ricevere 4-5 contributi sul tema "*Ipnosi e desiderio insoddisfatto di avere figli*". Inoltre, vi sono stati contributi da Stati Uniti, India ed Europa. Ci sono state proposte per presentare sia documenti di ricerca sia casi clinici. Ho quindi accettato tutti i contributi su questo argomento e li ho raggruppati in un panel sul tema.

È anche essenziale invitare i giovani talenti emergenti che sono raccomandati da colleghi esperti: "Per favore, includili nel programma, sono un grande talento e dovremmo supportarli".

È altresì importante ricordare che alcuni colleghi che vengono accettati come relatori e sono stati inseriti nel programma ottengono sostegno dall'università per ciò che riguarda le vacanze, i visti, il rimborso delle spese di viaggio, ecc. Spesso il curatore del programma deve chiedere informazioni ai suoi colleghi su una presentazione proposta, e chiede se qualcuno nel comitato organizzatore conosce il relatore: "Un oratore, Carlina xyz ha fatto domanda. Conosci questa collega?" E poi può esserci la risposta: "Sì, accetta la sua proposta a tutti i costi! Ha ricevuto importanti riconoscimenti dalla nostra società per le sue ricerche".

Infine, naturalmente, si deve determinare la lunghezza della proposta; se offrire lezioni frontali di 10, 20, 30, o 45 minuti. O workshop della durata di 75, 90 minuti o 3 ore. O poster.

Forse alcuni di voi l'hanno già intuito, dobbiamo tener conto di circa 500 proposte specifiche, 1500 idee per suggerimenti di argomenti e solo 290 posti nel programma: organizzare questo diventa un super Sudoku per giocatori esperti. E forse intuite anche che non è facile dover dire "no" a un terzo o anche di più dei nostri stimati colleghi.



Il prossimo "Sudoku", tuttavia, deve essere completato quando vengono definiti gli orari. Alcuni oratori sono disponibili per l'intera conferenza. Altri potrebbero essere disponibili solo all'inizio e altri alla fine della conferenza. Per alcuni che presentano, vale quanto segue: 2 aeroplani si incrociano e il nostro relatore siede in entrambi - o, in altre parole, ci sono anche situazioni in cui i relatori dicono: "Solidarizzo con te e con la ISH ... ma posso presentare una conferenza solo giovedì pomeriggio." È "eccitante" per un organizzatore di conferenze quando tali notizie arrivano poco prima della conferenza o soprattutto dopo che hai faticosamente messo tutto in un insieme coerente; e quindi devi ricostruire nuovamente il programma.

Infine, durante i convegni, bisogna anche inserire le riunioni dei board ESH e ISH, e i CoR meeting per le elezioni dei nuovi membri del board. Anche in questo caso, è necessario assicurarsi che i board e i rappresentanti delle società costituenti non debbano effettuare presentazioni in quegli stessi momenti. Non è ancora possibile che qualcuno sia presente in due sale contemporaneamente! Eppure succede ancora e ancora che quando un programma viene organizzato e riorganizzato, qualcuno appaia improvvisamente nel programma due volte contemporaneamente.

Bene, dato tutto questo - ecco il nostro invito a voi, a nome dei nostri colleghi polacchi:

**Prepara i tuoi contributi per Cracovia.** Invia ora il tuo CV e la tua foto sulla nostra piattaforma [www.whoISHwho.com](http://www.whoISHwho.com) ... Nelle prossime settimane, i colleghi polacchi attiveranno nella loro piattaforma [www.hypnosis2021.com](http://www.hypnosis2021.com) la sezione dove puoi registrarti come relatore e presentare le tue proposte.

Vivremo una grande conferenza nel bellissimo centro storico di Cracovia. Registrati ora per il prezzo early bird via [www.hypnosis2021.com](http://www.hypnosis2021.com). All'inizio del 2020 i nostri colleghi polacchi saranno in grado di inviare una fattura per la quota della conferenza (a causa delle particolarità della legislazione fiscale polacca).

Sto scrivendo tutto questo tre settimane prima della prima conferenza asiatica, che si terrà a Mashhad, in Iran. Tutti speriamo e desideriamo che la nostra cooperazione pacifica e costruttiva attraverso diversi confini nazionali diventerà un modello per un buon sviluppo in tutto il Medio Oriente. Il programma di questa conferenza è disponibile su [www.iran2019.com](http://www.iran2019.com)

Con i migliori saluti  
Bernhard Trenkle  
Dipl.Psych., Dipl.Wi.-Ing.





## COLUMNA DE LA PRESIDENCIA (ES)

TRADUCIDO POR TABI ALONSO

En los últimos años, he estado en contacto con muchos organizadores de congresos que me preguntan cómo organizar un Congreso exitoso. Me gustaría repasar con ustedes algo de lo que he aprendido a lo largo de este proceso.

Como ya saben, Kris Klajs y el equipo polaco están preparando el próximo Congreso de la ISH que se realizará en Cracovia. A finales de agosto, los principales organizadores del Congreso de Bremen, Andreas Trenkle y yo, nos reuniremos con Kris y con Kasia Mirska, para planear el próximo Congreso de la ISH.

Desde mi punto de vista, hay una diferencia fundamental en la forma en que se organizaban congresos internacionales hace 30 – 40 años y cómo se organizan actualmente. Antes, cuando yo era estudiante, entre 1970 y 1982, los profesores y sus alumnos organizaban congresos mundiales. Y aunque estos profesores trabajaran muchos días, semanas y meses organizando el congreso, seguían recibiendo el mismo salario. La universidad pagaba el espacio físico, el apoyo secretarial, los teléfonos y muchas otras cosas. Incluso la sede del congreso era pagada, al menos en parte, por la universidad.

Ahora es diferente, la mayor parte de las conferencias son organizadas por los dueños de institutos privados. Todo el equipo, desde computadoras hasta escritorios y teléfonos son pagados por el dueño del instituto. Si el dueño del Instituto invierte días, semanas y meses en organizar una Conferencia, deja de ganar en otras cosas. Además, los centros de convenciones son mucho más caros que los salones de una Universidad.

Y de todos modos, sea quien sea el organizador de una conferencia, profesores o dueños de institutos, el lograr una “reunión familiar” exitosa implica un gasto enorme de energía, además de idealismo y compromiso.

Es importante tomar esto en cuenta cuando se organiza una conferencia internacional: Es muy diferente tener 1000 participantes de tu país a tenerlos provenientes de 40 – 50 países. El trabajo que hay que realizar es desproporcionalmente más grande.

El equipo polaco invitará muy pronto conferencistas de todo el mundo.

A menudo me preguntan ¿Cómo el comité científico desarrolla el programa?, ¿cómo se decide quién da una conferencia y quién no? La respuesta a estas preguntas es muy compleja. Por un lado, el organizador principal debe decidir las mejores opciones de acuerdo con el interés de los participantes de su país. Como expliqué en una carta del presidente anterior, la gran mayoría de los participantes vienen del país donde se realiza el Congreso. Por lo tanto, para 2021 nos preguntamos: ¿Qué interesa a nuestros colegas polacos? Por supuesto esto sólo lo pueden saber los organizadores polacos. Entre ellos y la ISH tenemos un Comité Científico Internacional que se está ocupando de seleccionar entre los trabajos propuestos y revisar su calidad

Los criterios de selección son, entre otros: Puesto que es una conferencia internacional es importante tener trabajos de diferentes países.

También tener la participación de las diferentes disciplinas de salud que trabajan con hipnosis: psicoterapia, odontología, anestesia, investigación básica, aplicaciones a deportes, etc. El diseñador de un programa así debe estar seguro de que todos los aspectos posibles del campo de la hipnosis estén presentes en el Congreso.



Los aspectos “políticos” también juegan un papel. Hay colegas que han estado trabajando en el campo de la hipnosis por décadas, participando en la ESH o ISH, participando en las mesas directivas o que durante muchos años han representado a su país en la ISH. Otros, son científicos reconocidos que han llevado a cabo investigaciones importantes. Otros más han recibido premios por sus contribuciones al campo. Es importante tomar todo esto en cuenta al seleccionar a los conferencistas, de modo que algunos de ellos estarán ya preseleccionados.

Y también hay proposiciones de programas que podrán sorprender a los organizadores. Por ejemplo, para Bremen me llamó la atención recibir 4 – 5 propuestas del tema: “Hipnosis y la frustración del deseo de tener hijos”. Además, eran propuestas de diferentes países: Estados Unidos, la India y Europa. Hubo propuestas de papeles científicos y de estudios de caso que agrupé alrededor de alguno de los temas del Congreso.

Es importante invitar a jóvenes talentos que están surgiendo y que recomiendan colegas experimentados: “Por favor inclúyelos en el programa, son muy buenos y hay que apoyarlos”.

Es también importante recordar que algunos colegas sólo reciben apoyos de su universidad, vacaciones, visas, reembolso de gastos de viaje, etc., si están formalmente aceptados y aparecen en el programa.

A menudo los creadores del programa deben preguntar a los miembros de una sociedad, cuando no conocen a alguien que propuso un tema. Y la respuesta puede ser: “Es buenísima, acéptala a como de lugar, es muy reconocida en nuestra Sociedad por su investigación”.

Y, por supuesto, luego hay que decidir la extensión de las presentaciones: 10, 20, 30 o 45 minutos. Y para los talleres 75-90 minutos o 3 horas. O posters.

Tal vez algunos de ustedes están pensando que el tomar en cuenta 500 propuestas concretas, 1500 ideas para temas cuando sólo hay 290 espacios en el programa, es un super Sudoku para jugadores avanzados. Y todavía más complicado es decir “no” a la tercera parte o más de los colegas que presentaron propuestas.

Pero el siguiente “Sudoku” quedará listo hasta que se completen los horarios. Algunos conferencistas estarán durante todo el Congreso, pero otros solamente al principio o al final. Entre los que van a presentar, puede haber situaciones por ejemplo en que alguien te diga “quiero ser solidario contigo y con la ISH pero sólo puedo dar una conferencia el jueves en la tarde”. Es “excitante” para el organizador de un Congreso cuando sucede algo así justo antes de que sea la conferencias o cuando ya trabajaste muchísimo para armar un programa coherente y cada cosa está en su lugar, y tienes que rehacer el programa otra vez.

Las reuniones de la Mesa Directiva y de la Asamblea de representantes donde se eligen sus miembros, tienen lugar en los congresos, por lo que hay que asegurarse que ni sus miembros ni sus representantes tengan presentaciones en esos horarios. Y a menudo sucede, ya que el programa está organizado y reorganizado, de repente aparece que alguien tiene dos presentaciones al mismo tiempo en diferentes lugares.

Después de hablar de todo esto, te invitamos a nombre de nuestros colegas polacos:

***A que prepares tu contribución para Cracovia.*** Manda ahora tu CV y foto a nuestra plataforma [www.whoISHwho.com](http://www.whoISHwho.com) . En las próximas semanas nuestros colegas polacos activarán en su plataforma [www.hypnosis2021.com](http://www.hypnosis2021.com) la parte en donde podrás registrarte como speaker y someter tus propuestas.



Viviremos un gran Congreso, en medio del hermoso pueblo antiguo que es Cracovia. Regístrate ahora aprovechando el precio especial a través de [www.hypnosis2021.com](http://www.hypnosis2021.com).

A inicios de 2020, nuestros colegas polacos podrán mandarte un recibo del pago del Congreso (esto, por las particularidades de la ley polaca de impuestos).

Estamos tres semanas antes del Primer Congreso Asiático que se realizará en Mashad, Irán. Todos deseamos y esperamos que nuestra colaboración pacífica y constructiva a través de las fronteras, sea un modelo que ayude al buen desarrollo de las relaciones en toda la región del Medio Oriente. Pueden consultar el programa de este Congreso en [www.iran2019.com](http://www.iran2019.com).

Con mis mejores deseos  
Bernhard Trenkle

**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  
ipnosi@gmail.com – [www.societaipnosi.it](http://www.societaipnosi.it)

**EARLY REGISTRATION AND CALL FOR PAPERS**



## NOTES FROM THE EDITOR



Katalin Varga

June.

We introduce **Lars-Eric Uneståhl** in the column of “**Meeting our Mentors**”. Nicole Ruysschaert asked Lars-Eric Unestahl – who worked in the ISH board for some years. I remember sharply as I met Unestahl in person in Budapest, 1996, at the Eurohypnosis Conference. Since then I have taken every opportunity to learn from him at his lectures and workshops – as these slightly blurred photos demonstrate. I like his very practical, effective and productive approach.

In the **Main Interview** you can meet three of our Hungarian colleagues, **Imre Boros, Károly Ludwigh and Katalin Varga S.** They were kind enough to provide a written version of their round-table discussion on “**Working with Altered States of Consciousness in an Organizational Environment**” – presented live at Hypnosis: New Generation Conference, Budapest.

The October 2019 issue of the **International Journal of Clinical and Experimental Hypnosis (IJCEH)** will be publishing a special issue on Contemporary Research with Dr. Giuseppe De Benedittis – BoD member of ISH - as guest editor. This issue features papers by some leaders in the field who participated in the ISH 2018 Pre-Congress Scientific Meeting at the 21<sup>st</sup> World Congress of Medical and Clinical Hypnosis in Montreal. The meeting aimed to bridge the gap between clinicians and researchers. The IJCEH also calls for paper on: **Evidence-Based Clinical Case Studies**. We have an interesting “behind the scenes story” of the item presented in **Building Bridges of Understanding**. Two of my students, Csenge Szabadhegyi and Zsófi Buris summarize the topic of “plagiarism”, that can be useful both for clinicians and researchers. Unfortunately, modern technology makes it too easy to “copy and paste” others’ intellectual property. Good to know more about it.

Nicole also contributes with a summary on UtiliSEAsation XXIX ... 2019, 24-30 August – Wigry, Poland. A very creative initiative, a continuation of an east/west project, which Bernhard and Kris Klajs started and organize. UtiliSEAsation ... is not a spelling mistake... as you will SEA ☺

Mark Jensen’s book “**Hypnotic Techniques for Chronic Pain Management: Favorite Methods of Master Clinicians**” is reviewed by **Balázs Nyíri**, a young hypnotherapist. Again, a special candidate to evaluate a book full of chapters of highly experts.

Waiting for your inputs, contributions, comments and ideas -

Katalin Varga  
Ph.D., DSc





**Blurred photos of a sharp memory:**

**Volunteering for a demonstration of Lars-Eric Uneståhl on the importance of imagination for the suggestions to work.**

**Arm catalepsy suggestion – empowered by the “Swedish steel bar” imagination.**



THE INTERNATIONAL  
SOCIETY OF HYPNOSIS

*Follow us*



International Society of Hypnosis



International Society of Hypnosis



ishypnosis



[www.ishypnosis.org](http://www.ishypnosis.org)



## 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.**



Interview with Lars-Eric Uneståhl  
By Nicole Ruysschaert

<https://www.unestahl.com>

Hagalundsvägen 4  
SE-702 30 Örebro  
Sweden

+46 (0)19-33 22 33  
[info@unestahl.com](mailto:info@unestahl.com)

Lars-Eric Uneståhl, Ph. D. is the founder of SIU, a private Scandinavian University, specialized in finding, teaching and training "Roads to Life Excellence".  
Some of the main methods are Mental, Cognitive and Emotional Training, Developmental Hypnosis and Coaching.

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

A stage performance 1952 when I was 14 years old...

**NR: Please characterize briefly your career, and your current work.**

10 years of research about Hypnosis, Self-hypnosis, and about Mental Training (which is based on hypnosis) during the 1960's including a dissertation ("Hypnosis and Posthypnotic suggestions")

- Cofounder of the Swedish Society of Hypnosis 1965
- Founding chair of the department of clinical and experimental hypnosis at Uppsala University 1966
- Organized 5 world congresses in Hypnosis, Mental Training and Sport Psychology. The first was the VI International Congress in Hypnosis and Psychosomatic Medicine at Uppsala University, 1973
- Arthur Shapiro's prize for the best book about hypnosis 1975 (Hypnosis in the seventies).
- Written many reports and 21 books and book chapters about Hypnosis, Self-hypnosis, Mental Training and Sport Psychology ("HypnoSport") and have served as a visiting professor in a number of countries teaching in the same areas.
- The same in Sweden first at Uppsala University (1960's), Örebro University (1980-90's) and from 1990 the founding President for the private Scandinavian International University.
- Served in the board for many organizations like ISH, ESH, ISSP, ISMTE, etc.

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

Started hypnosis in Sweden 1960 due to Ernest Hilgard (Stanford) and got quickly coworkers like Basil Finer and P. O. Wikström.

**NR: Whom do you consider as your student / follower?**

Besides the students at the universities, P. O. Wikström and I had hypnosis courses for thousands of Dentists, Psychologists and Medical doctors between 1967 and 1980.



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

Finding new practice areas and developing and evaluating new practice methods.

**NR: During your career what kind of changes did you observe in the application of hypnosis (in general and/or in your own practice)? What kind of changes did you make yourself?**

A number of studies together with the university hospitals in Uppsala, Örebro and Gothenburg showing the effects on asthma, cancer, chronic pain, sleep, surgery and tinnitus. Professional and Personal development on many areas due to Mental Training, Mindfulness and Self-hypnosis.

**NR: 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)?**

The attempt to introduce Self-hypnosis/Mental training to as many people and as many countries as possible and to introduce the developmental hypnosis concept as an important complement to the clinical hypnosis field.

**NR: What do you regret?**

Choosing the wrong time for the last world congress (Mind Training for Excellence in Sport and Life) at Gavle university, Sweden June 12-16 2019, which effected the number of participants.

**NR: What is your favorite professional book?**

Just now the last one: Joseph O'Connor: Training the brain:

**NR: Any recommendations, hints, or advice to the young colleagues?**

To combine all hypnosis work with teaching the clients to use Self-hypnosis.

**NR: What are your goals for the next 7 years? 7x2 years? 7x3 years? And so on?**

Reaching half of the world population by translating the basic mental training programs (which include self-hypnosis) to the seven most common languages before 2021 and reaching everyone before 2037.

Thank you very much for this interview!

Nicole



## MAIN INTERVIEW

**This segment in our newsletter interviews a prominent psychologist/psychotherapist that has contributed to the advancement of hypnosis in their country and abroad.**

### **Working with Altered States of Consciousness in an Organizational Environment Katalin Varga S., Károly Ludvigh, Imre Boros**



**Katalin Varga S.**

**Katalin Varga S.** is an economist, clinical psychologist, hypnotherapist, psycho-dramatist. She wrote her doctoral dissertation on the subject of hypnosis, exploring a unique aspect of the relationship experience, visual alignment. She has been working in the organizational / business world for over 20 years, primarily in leadership development. She considers her profession as a psychotherapist, working in private practice with adults who are mostly seeking help for anxiety symptoms, psychosomatic illnesses, self-esteem issues, relationship difficulties, grief and loss.



**Károly Ludvigh**

**Károly Ludvigh, MD** is a psychiatrist, hypnotherapist with multiple other psychotherapy studies and experience. He spent years working in Mental Hospitals and Crisis Departments as well. After changing careers, going into business and so stepping out of institutional health care, attending various postgraduate management studies, for example MBA and gaining practice as an employer in multinational companies, now he is working for more than 25 years both as a psychotherapist and as a trainer / consultant / coach in multinational, family and SME organizational settings (topics are organizational development, leadership, team-cooperation, change and crisis, work-life-balance, stress management and so on).



**Imre Boros**

**Imre Boros** has a private practice as a psychologist, hypnotherapist and works for organizations mainly in business environments as a trainer, coach, team-coach. Usual organizational development issues are leadership development, conflict and stress management, and various topics in management cooperation development. In this field, he works together with his clients mapping how things in their lives are going at the moment and helps to find better ways, how they would like to change and so to follow up.





With an educational background in economics, I have always felt like an alien in the world of psychology. Both fields gave to me, as well as took away, something. Over the years, I have undergone different trainings. As a psychologist, altered consciousness and connectivity, or rather the combination of the two, have always been the focus of my work.

At the end of May, within the framework of the “*Hypnosis: New Generation. Here and Now!*” conference, I had the opportunity to organize an interactive workshop under the title “*Working with Altered States of Consciousness in an Organizational Environment*”. To my great pleasure, two of my hypnotherapist colleagues, Károly Ludvig and Imre Boros, have accepted my invitation to participate in the workshop as guests. This allowed us and other colleagues interested in the workshop to think about and discuss together how we see the role of altered state of consciousness in the business world.

The program took place in an interactive format. Following a planned structure, we addressed individual questions and opinions. This workshop summary seeks to follow the interactive nature of the said workshop. Similarly, to an interview round, the three of us individually answer questions regarding the topic of altered state of consciousness in the framework of organizational environment. Many of these questions arose during the workshop as the result of our joint work.

### **1. Who are we? What are our backgrounds? What is our approach to the business world?**

KL: I have a degree in psychiatry and have undergone training in various psychotherapeutic methods. I am a hypnotherapist with practical experience in psychiatric and crisis intervention institutions. Leaving my field of expertise, I have worked in creative, managerial and sales positions in large enterprise and multinational – market based – environments. I have also worked as a journalist. Moreover, I have participated in a number of additional postgraduate trainings (MBA, Change and Crisis Management, method-specific trainings, coach training, meditation etc.). My qualifications and experiences in the fields of psychology and business are simultaneously present in my work as a counsellor and developer in the business world.

IB: According to my first diploma, I am a molecular biologist researcher. I have also undergone additional training in pharmacology at medical university. At my first workplace, I did preclinical studies of anxiolytic drugs. Ever since high school, I have been interested in hypnosis, and, after becoming a psychologist, especially in cognitive-behavioral hypnotherapy. I also represent this approach in the business world, including leadership trainings, stress management trainings and coaching sessions.

KVS: Perhaps it all started with Mátyás Sándor, and then later came General Obi-Wan Kenobi’s “*these aren’t the droids we’re looking for*”. As a child, hypnosis attracted me because of magic; as an adult, I am looking for this magic through connectivity. I am grateful to my clients and patients for allowing me to experience the power of this via the processes, be it therapy or coaching/training in an organizational environment. During my studies in economics, I dealt with social communication; looking back, this career change seems logical now. I applied to university, and from that point on my profession became psychology. I believe that my economic way of thinking is primarily reflected in being practical: I seem to understand the language of the business world, as well as its results-orientation. Over the course of my professional career I have been introduced to different methods (psychodrama, autogenic training, hypnosis, systemic constellations, fairy tale therapy). I also wrote my dissertation from my two passions: hypnosis and connectivity. Later, I have turned to a more clinical direction and started to study psychotherapy. At the moment, when working in an organizational environment, I feel that this psychotherapeutic approach is the most prevailing.



## 2. How do we see the business world? What are the principal characteristics we encounter? What characterizes the organizational environment?

KL: Performance and time constraints are now of such magnitude that employees increasingly feel like it is “unbearable”. This is often accompanied by the feeling of being restrained or helpless. We are therefore dealing with a frustrated and stressful environment. In parallel to this, the psychological aspect, such as the importance of work-life balance, stress management, well-being and productivity, as well as a humanistic way of management (coaching), has also been gaining momentum. What I can see is that while pressure and constraints are the norm – and steadily growing–, the compensatory developments are less organized, and sometimes they are a little showcase-like, rather reactive, and thus weaker in their entirety. Shorter-term performance constraints are “secretly” often more important than longer-term sustainability. This raises issues of credibility, creates uncertainties of confidence and consequent polarization, and results in limited open dialogues within the organizations. People become more cautious, and in some cases even more paranoid.

IB: It is characterized by the constraining effects of performance as well as the tension accompanying organizational operation. The people I meet want to get more out of themselves and their organization. Improving performance as well as the tensions performance may cause are in the focus.

KVS: People working in the business sector are under constant pressure. Time, profitability and optimization all appear as stressors. They are caught between more than two fires. There are the managers, owners, colleagues, subordinates, legal regulations, competitors, and last but not least, there is the problematic question of work-life balance. The isolation and loneliness of managers become apparent from their psychological blockages. And all this is happening in an ever-changing system. The current market characterized by constant instability requires employees to be flexible and able to adjust to unpredictability. We know from the cultural comparative studies of Geert Hofstede that Hungarian experience novelty as a threat. Everything is uncertain, everything is complex, everything can be interpreted in different ways. And yet, I am optimistic about the future. Over the past few years, I have come across humanity, attentiveness, and a real need for creating value in the business world. More and more solutions are being born where the employee, as an individual, matters, and the system as well as the environment surrounding us are important. I see this shift in attitudes in work organization (e.g. home-office), cultural change (e.g. agility, increasing need for coaching), selection (how the chosen person fits into the organization), leadership development (e.g. conscious work through life stages, long-term career management).

## 3. What topics do we encounter? How do people find us? What are their needs?

KL: The main topics cover: leadership, developmental leadership, development of internal co-operation within and between organizational units, raising trust levels, maintaining trust (which often means conflict management). Topics regarding stress. Change management, crisis management at the workplace. Preparation: preparing the organization, employees for change. Methods of working in the midst of constant change, more effective management of frustration and stress, and exploring the opportunities for effective and trust-based collaboration within the organization. At the individual level, peer-to-peer coaching includes, among others, the issue of personality integration related to lobbying within an organization (fear of “loosing face”), leadership, responsibility and psychological stress related to career steps.

IB: They are looking for skills development (e.g. leadership, stress and conflict management) trainings, collaborative workshops, team and individual coaching processes. Expectations are rising, as are tensions, and there is a growing need for creative ways of resolving situations.



KVS: By now, I only work on longer processes that usually last for years, therefore, requests come mainly from within a given organization. It is just like a marriage, only it is not between two people. I am in a relationship with a whole system, and like every relationship, it involves development, looking back and looking forward, conflicts, the past, the present, the future. The symptoms with which people find me come mostly from psychological blockages. Crisis, the current value search of an individual or a group. Uncertainty. Fatigue. Alienation. Nervousness. Feeling tied down. In many cases, only the feeling becomes explicit that there is something wrong. Something does not work the same way as it once did or as we all expected. Occasionally, the symptom explodes within the organization, but in many cases, the crisis appears in the private life of the employee. Crisis = opportunity, we aim to exploit this opportunity by working together.

**4. What methods do we work with? What are the main differences between individual and group processes? Where and how do we use hypnosis? For what needs is hypnosis most appropriate? In what situations do we combine the methods we know?**

KL: In my own practice, I choose the method that best fits the situation/the client/the given topic. This also means that, to some extent, I freely choose between the methods and regularly combine them as needed or when it seems appropriate. I rarely use hypnosis or “hypno-coaching” directly but choosing from the arsenal of NLP and Gestalt tools, “random” quick hypnosis often appears during sessions. Suggestions, fantasies, dream-images, cognitive-linguistic association paths are present in the work as an almost continuous “ordinary trans” opportunity.

IB: I like to use cognitive-behavioral methods and positive suggestions at skill development trainings and team coaching sessions. Individual coaching offers good opportunities for using various forms of hypnosis, so far, I have been mainly working on a cognitive basis, but I am also getting familiar with the psychodynamic approach. In my coaching practice, I use hypnosis most often to overcome blockages and improve performance.

KVS: Suggestive communication, the use of hypnotic language, being one with it, are all already part of my existence. Many times, it is the client who points out that in formulation, as we think of a process, as we put its elements together, there is an induction of a modified state of consciousness. In groups I use the label “hypnosis” mostly in relaxation situations. Sometimes I combine it with fairy tale therapy or systemic constellation elements, if the process requires it. In individual coaching processes, conscious work with altered state of consciousness is part of forming a connection. It is a tool for retention, it strengthens the security already experienced, promotes the multisensory integration of experiences, provides opportunities to try new situations, to practice new solutions, and to be reinforced in the future.

**5. What are the commissions about? What is our role in the organization and where does our job end? Where are the boundaries? Who is the client?**

KL: The commissions are about development. Employees receive support from the Organization for their daily work. The Organization asks me to perform tasks for which he or she – usually the senior manager representing the organization – has no time or energy left. There are time-limited framework contracts for maintaining ongoing development processes, and there are project-like commissions to achieve a certain goal. Lifelong learning: changes became so permanent and individual change processes are overlapping each other to the extent that corporate life became like a family home: it is never finished. New situations, new challenges, new changes, new directions. Therefore, our role in the organization can be practically continuous. It lasts until the counsellor is professionally and/or psychologically exhausted or there is a situation within the organization which he/she does not have the knowledge or skills to handle. This raises ques-



tions about the lifelong learning of the counsellor and, on the other hand, his/her level of exhaustion, burnout, mental hygiene, as well as mental and professional balance. The Client is “dual”: there is the employer, and the person(s) who is(/are) actually involved in the development process. I prioritize the needs of the latter as I work with them. However, I always tell this to the Employer as well, so it is ensured that the development needs are determined “three-sided”, that is, by the joint agreement of the Employer, the person involved in the development and the counsellor (myself). This way, the process is fair and transparent, and eliminates the element of surprise.

IB: Bigger, better, quicker, cheaper, easier. Objectively speaking, our role is defined by what is written in our contracts. In reality, it is not that simple. Our job is what we make of it. Our job is most clear when the person/organization with whom the contract is signed knows what he/she or the organization needs. In coaching, sometimes there are two clients: the company/the manager of the company/HR and the coachee/team leader of a given group (the individuals the team coaching, or training is directed at).

KVS: Something does not work. We face barriers. New conflicts appear every day, even though we thought we have been through this. Commissions from within the organization are dominantly about developmental or collaborative trainings or individual coaching processes. Contrary to the needs of the group, in the case of individual work, the client is often waiting for a tipping point when all of a sudden things start working well. This tipping point, or inflection point, appears in the processes, but it is soft, hardly noticeable to the environment. It matters and basically determines the process whether the client and the participant are the same or not. If they are not the same, the initial harmonization of expectations is the responsibility of the counsellor. Working with changing motivation within the process is also the responsibility of the coach or trainer. Continuous monitoring, achievable goals instead of ideas, feedback at multiple points about where we are, retaining, and – I know I am creating a debate with this but – healing presence, being together. Keeping boundaries and borders in this approach is even more cardinal. I believe our responsibilities extend far beyond our commission. Changing one element of a system affects other elements of that system as well. This effect works in three directions. It has a horizontal effect on other elements of the organization. It acts vertically, at depth, and induces a change in the participant’s private life. And it has an impact over time: a relationship-focused process can help to reassess the past, repaint the priorities of the present and influence future choices.

#### **6. Does pathology appear within the organization? How does the spectrum look like?**

KL: Of course, it does. On the one hand, the spectrum is complete; on the other hand, it is filtered and biased in comparison to global statistics. So, everything can be found, but in a slightly different proportion. Understandably, (counter-)selection mechanisms have something to do with this. A certain level of hypo-morality or “roguery” can “come in handy” in many jobs and industries and may be even the norm in a given circle. In some places, compulsiveness can be “useful” (and can even serve as selection criteria, only they do not call it “obsessive-compulsive”), elsewhere, paranoia can be an advantage. And of course, at many jobs perfectionist colleagues or managers are “worth their weight in gold”. Of course, stress and overload – for example, the Process Communication Model is a system specifically dealing with this aspect – can degrade performance and can easily transpose pathologic features that are still tolerated (or to some extent desirable) to a destructive level.

IB: Organizations are also made up of individuals who are represented in the psychopathological statistics, that is, the general population. In my subjective opinion, the higher the performance pressure is and the higher we go in the organizational hierarchy, the greater the potential for mental disorders to appear.





KVS: Humans will be humans, no matter where or at which position they work. Of the colorful palette of pathologies, perhaps three features would be more strongly associated with the business world. Such are the adaptive narcissistic traits that propel people forward through many setbacks, when a shield is required to endure. Secondly, repression comes to my mind as in “if I cannot take it, I do not look at it”, and this is when things go wrong. The third is related to this as well, when there is no limit as in “I love it, I do it, I love it, I do it, I do not love it anymore, but I do it, I do it, I do it”. When passion takes over and control is lost.

### 7. What ethical dilemmas arise in this “grey area”?

KL: In my opinion, the main ethical issue is outlined in relation to the Client and the subject matter and expected result of the commission; I have already talked about this in point 5. The other big issue is confidentiality and trust, which is linked to the previous one. As a counsellor/trainer/coach, when I “betray” my Client, the person I work with, I start a nasty process: 1. My client loses confidence in me. 2. This can lead to a point where I am no longer welcome to work in the organization. But it is not the worst part. 3. The Client also loses confidence in his Leader, his Organization on the grounds that his/her Leader dared to use such tools. And there is more: 4. They lose confidence in the development method itself. They will think that coaches learn things and then disclose personal information. So the next counsellor is going to be in trouble, and he/she will encounter resistance that he/she does not know the source of, and he/she will not be able to gain trust because he/she is already presumed, on the basis of prejudices from past experience, to disclose confidential information. Many times, the difficulty of my work was due to the weakness of the previous counsellor and the latent presence of unclear and non-transparent contract points. Therefore, it is important for the Employer to accept that my primary Client is the person I specifically work with; if we want to work together, we need to find a work method (see, for example, “three-sided”!) that is acceptable to all actors without the risk of losing confidence. “Laymen” have a hard time believing this, but the great news is that this contract framework – in my practice – has so far been accepted by all Employer-Employers in the most natural way, and we have been able to work together according to this.

IB: In my experience, much of the ethical dilemma is about wanting to use the process for something other than what we contract for or trying to get some “personal information” that is incompatible with the psychologist’s oath, ethics or personality rights.

KVS: In the first step of the process, we agree with the employer that my actual client is the participant in the process, the employer is just the name on the bottom of the contract. Although it is deeper in complexity, mostly due to material reasons and the sustainability of the process, an explicitly defined framework provides a strong point for secrecy, focusing and the management of the entire process. From that point of view, I do not literally face a dilemma because I am on the client’s side, he/she is the one who is important, I just refer back to the contract in every new situation. The dilemma appears in me as a tension when both roads (or neither) can be right. Many times, in these situations I feel like my heart is pulling in one direction and my brain is pulling in the other direction. Often the needs of the organization and the system are contrary to or slightly different from the values of the individual. At this point, I have to make a responsible decision with the knowledge that a momentary flicker of the face, a little longer-lasting eye contact, a faint but pronounced suggestion, works in multiple directions and have an impact there and then, as well as in the long run.



# 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...**



Zsófia Buris

I am a third-year psychology student at Eötvös Loránd University. Early on I made up my mind, that in the “adult life” I’d like to work as a psychologist, so when graduated from high school I had no doubt about which faculty I would apply for. Since then, this intuition only got stronger, as I’m about to start my MSC education next year, I’m quite interested in clinical psychology, therefore I also find hypnosis an exciting field of research.

Csenge Szabadhegyi

I am also a third-year student of psychology at Eötvös Loránd University. I realized that I wanted to pursue a career in psychology after graduation which I have not regretted. At the moment, I am mostly interested in the psychology of sexuality, but I feel that attending a hypnosis conference last spring has opened up many new, very exciting opportunities for me. Next September I would like to continue my studies in a master program, still within ELTE.





The essence of our task was to present one or, more ethically objectionable cases, that are in connection with any fields of hypnosis. This assignment touches us on a personal level. As second year psychology students, we accidentally faced one form of plagiarism. Of course, we would have never imagined that we would make this kind of mistake in the way we completed our task. As we found out afterwards, we apparently risked a lot. Our case ended instructively; it was an eye-opening experience about how easy it is to find oneself in an ethically objectionable situation. As we fell into our own trap, we realized approaching this topic would be worthwhile, so we attempted to find the most relevant, previously publicized articles. Searching for sources came with a rather interesting result. Although we ran searches in many data bases (Google Scholar, Akademia.edu, Mendeley, PubMed Central, Science.gov), using search terms such as “plagiarism in hypnosis”, we didn’t really find any important essays. These so-called search terms mostly provide results separately: both “plagiarism” and “hypnosis” terms present articles including important data, nevertheless, they are not mentioned together. Of course, this is a rejoicing outcome, as it means the plagiarizing rate is pretty low in this area of research and publicizing (based on our research results).

The following text attempts to represent that plagiarism is not only a problem that affects “greenhorn” university students, but accomplished members of the profession as well.

**ARNOLD M. LUDWIG: AN HISTORICAL SURVEY OF THE EARLY ROOTS OF MESMERISM**

This article summarizes the views and methods of Franz Anton Mesmer, especially focusing on its roots. Concerning most of Mesmer’s methods, the writer claims they lack originality. Instead, he used healing techniques from different cultures, based on their different believes. The fact itself however is inevitable, that Mesmer’s views had a huge impact on the development of hypnosis.

“The scene is a darkened room in Paris during the 1780’s. Seated around a large oaken tub filled with water, powdered glass, and iron filings is a group of patients, each clasping a jointed iron rod coming from the tub or baquet. Except for the strains of music emanating from the pianoforte, the air is filled with the heavy silence of anxious expectation. The tension mounts, then suddenly a large man of imposing appearance, wearing a pale lilac silk robe, enters the room, fixes his gaze on each patient, makes certain mystical passes over the patient’s body with his hands or touches him with his iron wand. The patient writhes or convulses, and soon the whole group is in a state of frenzied agitation.” (Ludwig, 1964, p.205) This is how the writer pictures a session of Mesmer, full of theatrical motives, dramatic scenes and tension.

According to many sources, Mesmer has a lion’s share of laying the basics of modern psychotherapy, the author claims the importance of investigating the origin of his healing process, which roots to medieval beliefs in magic, demonology or astrology.

One of the most relevant sources is shamanism. The shaman himself (considered to be a healer, wizard or magician) practices the usage of spells, direct suggestions, “cupping” and “sucking”. By using these techniques, he frees the patient from suffering. On the other and, the shaman often relies upon verbal actions, such as traditional chants, ritual dances or rhythmical sound generating (ex.: drums). Not surprisingly, these methods caught Mesmer’s interest.

Ancient Egypt and its healing culture were also an important source. It is





interesting to mention, that this was the first place, where written evidences had been found about using hypnosis as a healing technique. Their main profile was using stones (considered to have magnetic power), just like amulets or talismans.

*Mazdejesnan*, the Persian healer who was called “victor of sickness” also had a large impact on Mesmer’s work. He was trying to cope with sickness by using magic words. Alike *Mazdejesnan*, *Albertus Magnus (1206-1280)*, famous theologian and philosopher, was dealing with illnesses with the help of words. Their techniques amazed Mesmer, he definitely preferred to use such methods.

The “healing touch” (with roots back to Jesus Christ) has played an incredibly important role in Mesmer’s way of curing. Centuries later (middle ages) many kings of England adopted this treatment, among many others, *Edward the Confessor* or *Charles II*.

Most of us associate the definition *magnetism* with the name of Mesmer, whereas this idea of him also can be found in the works of many others. Speaking of magnetism, the first scientist dealing with this phenomenon was *Phillipus Aureolus Theophrastus Bombast von Hohenheim*, aka *Paracelsus*, in the late XV century. Later, English physician *William Maxwell* was taking the question under review, by studying the utility of magnetism in medical fields. He even publicized his theories in his dissertation, titled *De Medicina Magnetica*.

Former chaplain of Oxford Church, *Robert Burton (1577-1640)* was possibly one of the most important inspirations not only for Mesmer, but also for Sigmund Freud.

One of the most astonishing pieces of information about Mesmer was investigated by *Pattie (1956)*. He claimed, that Mesmer plagiarized a significant part of his thesis for a doctor’s degree from *Richard Mead’s* study, titled *De Imperio Solis et Lunae in Corpora Humnu* (The Power of the Sun and Moon on the Human Body, 1704.).

Regarding this information, it is a crucial question whether Mesmer’s life’s work should be considered relevant and epoch-making or not. Why do we still think that he established the future of hypnosis and hypnotherapy? According to the author the answer lies in his catchy personality. He believed that he could have a positive effect on his patients with the helping hand of his sparkling persona, and this was the key that made him an incredibly celebrated healer. In this case Mesmer’s exceptional popularity was the indicator that founded the enquiry towards hypnosis. In this aspect we can claim that the science of hypnosis owes a lot to the genius of the XVIII century.

The following paragraph contains a slightly more recent example. The *International Journal of Clinical and Experimental Hypnosis* presents a case of two renowned Korean psychologists, *Yun Joo Kim* and *Young Don Pyun*. While reading the article, we easily find out that they published a study on hypnotherapy that later revealed the data of a newly graduated student, *Gracia Del Rosario*, without any reference thereto. The study was published in 2001, however the original author discovered fraud in 2010, almost ten years after the plagiarized publication. Later on, we read about the author’s struggle for intellectual property and how he tried to penalize publishers, which turned out not to be easy even with convincing evidence. Although the article itself doesn’t mention the consequences of the plagiarism committed by the two mentioned above, their names listed by this important, highly professional journal can be seen as a quite heavy retortion.

As it is written above, plagiarism doesn’t only occur by accident, it also can be an outcome of a deliberate decision. Our opinion about the topic is this: in these cases, the personal desires, the craving for fame overwrite the in-





terests of science. Mesmer's example confirms the statement. During his career he trespassed with the intellectual property of other scientists. These days this act is unacceptable, and requires serious consequences. Our own, or Mesmer's example brings up an open question, regarding whether he misused both ancestor and contemporary papers, without his career being sabotaged. This got us wondering- Is it hard to tell if we commit plagiarism? Are we aware at all if we do so? To answer these questions, we have to take a brief tour in the world of plagiarism.

First of all, let's define the word plagiarism itself. Plagiarism is the process or practice of using another person's ideas or work and pretending that it is your own (Cambridge Dictionary <https://dictionary.cambridge.org>). Usually, we differ 11 forms, which are the following:

1. "Find-replace" plagiarism: working with other students, each student hands in an essay with changed words (this happened in our case).
2. "Ctrl+C" plagiarism: part of the text is a copy, without listing the source.
3. "Clone" plagiarism: there are no alterations in the text.
4. "Collusion" plagiarism: kind of a group work, everyone hands in the same document.
5. "Splitter" plagiarism: someone publicizes data in different studies to seem more prolific.
6. "Recycle" plagiarism: borrowing data without one's permission.
7. "Self-plagiarism": someone publicizes his/ her work over and over again.
8. "Paper Mills" plagiarism: buying previous essays.
9. "Ghostwriting" plagiarism: hiring a person to write one's essay.
10. "Code" plagiarism: stealing data from another programmer.
11. "Open source" plagiarism: copying from an open source, such as publications appearing on the internet.

Of course, this brief summary is useful itself, still, it doesn't really take us closer to answering our questions. Luckily there are many webpages, that helps us verify whether we committed plagiarism against anyone. This can be further explored at the most popular websites:

- <https://www.grammarly.com/plagiarism-checker>
- <https://smallseotools.com/plagiarism-checker/>
- <https://www.quetext.com/>
- <https://www.duplichecker.com/>

Regarding this topic we certainly can state: becoming a victim of plagiarism isn't too hard, whether involuntary or willful. With the help of these websites, it is easy to avoid.

We try to encourage everyone to use this opportunity, we obviously will do so in the future, having learned from our own mistake.

#### SOURCES:

- Arnold M. Ludwig (1964) *An historical survey of the early roots of mesmerism*, *International Journal of Clinical and Experimental Hypnosis*, 12:4, 205-217, DOI: 10.1080/00207146408409107
- Singleton, P., & Ricksen, M. (2019). *Your guide to recognizing various forms of plagiarism and gaining insights from technology*.
- Adam M. (2011). *You will not plagiarise. You will not plagiarise. You will not...but if you do, hypnosis journal will retract* URL: <https://retractionwatch.com/2011/10/19/you-will-not-plagiarise-you-will-not-plagiarise-you-will-not-but-if-you-do-hypnosis-journal-will-retract/> (8. September 2019)



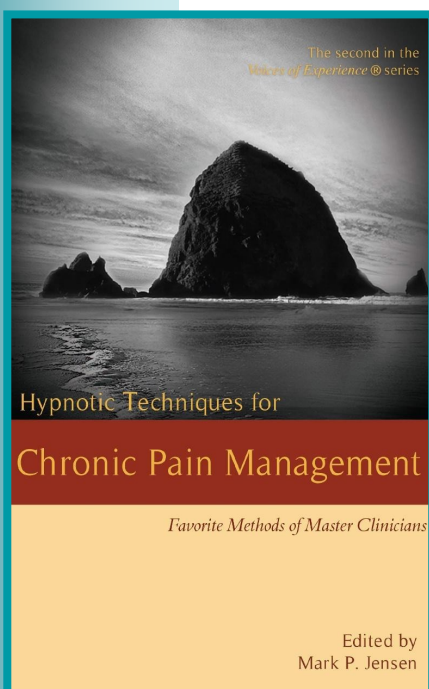
## BOOK REVIEW

“HYPNOTIC TECHNIQUES FOR CHRONIC PAIN MANAGEMENT: FAVORITE METHODS OF MASTER CLINICIANS”

(SHORT: HTFCPM)

REVIEW BY BALAZS NYIRI

As someone who is relatively new to hypnosis, I got very excited when I had the possibility to read *Hypnotic Techniques for Chronic Pain Management*, edited by Mark P. Jensen. This book is the second in the “Voices of Experience” (VoE) series. Let us see, what this series and this book has to offer.



Over time, professionals in the field of hypnosis get better and better in using various hypnotic methods; many create the methods and techniques. Although these experienced master clinicians share their knowledge in conferences and workshops in their home countries, they do not always travel around the world. As a result, many of us do not have the possibility to learn from them directly. The main goal of the VoE series is to create a platform for these master clinicians to share their experiences and methods with anybody who wants to learn from the best of the best in hypnosis. The first book in the VoE series was *The Art and Practice of Hypnotic Induction: Favorite Methods of Master Clinicians*. The second is *Hypnosis for Acute and Procedural Pain Management: Favorite Methods of Master Clinicians* (HTFCPM). This review focuses on this second book.

While these chapters are not live workshops, they do a very good job in sharing knowledge in a workshop-like written format. Each master clinician usually starts with describing the basics of their ideas or the foundations of the given topic. Even if you are completely new to a certain field, you will be able to understand the key concepts underlying the technique(s) described. After this introduction the authors introduce their own methods or tips, which is followed by actual scripts, along with their commentary. Just as in the case of workshops, the theoretical portion often makes up only a smaller part of the chapters, leaving a lot of space for practice. To make this experience complete, you can also find the contacts of these master clinicians, so that you can ask them any questions or share your experiences, just like during a workshop.

HTFCPM showcases an Introduction about chronic pain and 13 different subtopics (by 13 different authors), all related to chronic pain management. According to the Introduction, 37% of individuals in developed countries and 41% in the developing countries report having had chronic pain in the last 12 months, which justifies the relevance and importance of HTFCPM. Research has demonstrated the positive effects of hypnosis and self-hypnosis for reducing pain and dealing with the problems attached to it.

The first chapter after the Introduction (chapter 2) described the multifactorial biopsychosocial nature of pain. David R. Patterson emphasizes the importance of having an assessment of the patients from this perspective, to identify therapy goals and remind us that pain reduction is not always the most important goal. Dr. Patterson, describes a treatment approach based on Ericksonian strategies including use of a non-linear induction,



confusion, truisms, indirect suggestions, metaphors, creating a “yes set” and patient choice. These all are described in an easily understandable way with clear examples. Then we can see the whole structure of this induction, which is followed by a hypnosis script and a proposal for audio recording these inductions for patients. The script contains also a story of a friend of the clinician who had an accident which comes out of the blue and makes this induction really non-linear. This was the first time I saw such an induction and it serves really as a great example.

Chapter 3 talks about chronic back pain and about its background and possible root causes. We learn that fear of movement often plays a key role. Alan O. Szmelszkyj provides an example of an induction that uses imagery, age regression and age progression. To help the patient understand motor imagery, Dr. Szmelszkyj uses a metaphor of an athlete who uses mental training in addition to physical training to achieve the best results. I found this metaphor very useful; it is one that can be applied to many other problems and topics as well. In the script, we regress back to childhood to find fun and carefree movement experiences and also similar ones in the future to create a comfortable present. This combined approach looks very robust.

In chapter 4, Giuseppe De Benedittis reviews the field of fibromyalgia syndrome (FMS) and notes that while there is not a clear consensus on what the best treatment could be for fibromyalgia, inclusion of cognitive behavioral therapy is often recommended. Hypnosis also appears to be a promising approach for FMS. This chapter provides a hypnotic treatment protocol for fibromyalgia, and includes two scripts as examples. Professor De Benedittis uses going down a staircase for deepening, which was a great addition to my deepening techniques toolkit. I found Professor De Benedittis’s use of swimming in a magic swimming pool which has healing capacities very refreshing; just reading it felt very calming. The second script utilizes age regression to recover inner resources by going back in time in a magical spaceship.

The fifth chapter is authored by Olafur S. Palsson. Dr. Palsson notes that chronic pain is very common in gastrointestinal (GI) conditions. There is also growing body of research showing the efficacy of hypnosis in the treatment of this type of pain. Dr. Palsson presents a model of such a hypnotic treatment and provides an example script too. The model targets all four components of GI pain: attentional, perceptual, emotional and physiological. This can be beautifully seen in the script.

In chapter 6, Stella C. Nkenke describes how hypnosis can improve the lives of those living with complex regional pain syndrome (CRPS). Dr Nkenke describes the diagnostic criteria for CRPS and shows us an example treatment protocol. She also shows the way how the negative label of CRPS can be changed to a much more positive one by altering it to “Create (your) Personal Solution”. Changing the associations for the name of the condition is a great idea, which I had never heard of before. By emphasizing the wholeness of the body (the integration of the effected body part is a key element of CRPS treatment) Dr Nkenke uses a very creative shell imagery which surrounds the patient and then it is filled with a substance – both the shell and the substance are chosen by the patient. Also, please let me quote a part of this chapter which I found very eye-opening: *„Patients often have the idea that they have to do something in order for the trance to work. Giving them permission to do nothing is often helpful”* (p. 108).

Mark P. Jensen discusses important facts and strategies for creating more comfort to patients. In chapter 7 he describes that pain is a result of a complex interaction of activity in the different parts of the body and brain, and is an experience created by the brain – pain is not a „sensation”. This is followed by five strategies that can be used to enhance treatment outcome when using hypnosis. After this review Professor Jensen provides examples of six evidence-based approaches which can help patients experience a greater level of comfort. One of these approaches is a metaphor for



pain, which uses the image of leaves floating down the stream and then drifting farther and farther away. These images and feelings are then put into a box, then another box and yet another one and sending the boxes far far away. I found this as a complex (how many ways it affects the pain and comfort) yet simple (how easily and naturally these are incorporated) and very creative approach.

In chapter 8, Shigeru Matsuki emphasizes the importance of tailoring treatment to each patient's goals and needs in order to optimize efficacy. He shows how verbal and non-verbal communication can be listened to and incorporated into treatment. In his script he uses a fist induction with open eyes, as it is important for the patient to see his hand during the process and be fully aware of the experience. This was the first time I have ever heard of such an induction. I had the chance to use the main elements of his method in two cases which were not related to pain. Both times it created very profound positive effects very quickly. I plan to continue to use this new technique in my practice.

In chapter 9, Burkhard Peter describes two hypnotic techniques which can help transform the overall gestalt and experience of chronic pain. The first one is used in cases where pain does not have a functional role for the patient; the second one is used when it has such role or when the pain is diffuse. As a first step before using either of these two strategies, consulting the „unconscious mind” before treatment begins if the modification of the symptom is appropriate or is not necessary. Using ideomotor signaling for deciding such questions was very new to me and opens a whole new way of approaching hypnotic treatment.

Milton H. Erickson's daughter Roxana Erickson-Klein presents strategies used by her father that can be applied to chronic pain. In chapter 10 she provides scripts from her father and also a case study of her own. She also talks about how important the „interactive give and take of an initial session” of the first session was to her father to build rapport and relationship with the patients. When it comes to therapy, she herself likes to use suggestive monologues, where patients can select and choose what to attend to.

In chapter 11, Miyuki Mizutani summarizes the hypnotic approach she has developed for use in the context of multidisciplinary pain treatment. She presents two transcripts of sessions that illustrate her approach. She talks about two phases of this program: (1) in-session analgesia and (2) out-of-session analgesia. Having whole transcripts of sessions with commentary here gives readers great insights and also a structure and guide for creating their own therapeutic sessions. In the first transcript it is very enlightening to see how Dr. Mizutani works with the patient to find a position of comfort. This leads her to eventually create a hypnotic experience that the patient can use when the patient is standing. This process can teach a lot about really connecting with a patient.

In chapter 12, Hansjörg Ebell talks about the importance of the relationship between the patient and clinician. He calls this „Resonance based medicine” which refers to communicating with the patient in resonance. In this chapter, Dr. Ebell presents a case study with a transcript about a patient called Mrs. T. Ebell uses here a „What instead?” question: What would be an alternative sensation instead of the current one? I really liked this question, as it opens up a path for creating a positive future. In another part of the transcript, Dr. Ebell talks about memories as archives. Some are ready to be accessed any time and others are to be sealed. And there is a wise archivist who knows which is which. This is really a fantastic way for creating amnesia for memories which are better not remembered and those which are helpful for the patient.

Leora Kuttner's key message is that a pain is only „chronic until it changes, then it is not”. In chapter 13 she talks about the many dis-encouraging messages received by the patients from healthcare providers, and the im-





portance of providing state-of-the-science information about pain. This creative and light-hearted approach she uses in doing so is quite beautiful. She also describes the so-called „pain switch” technique which is an elegant and powerful way for helping even very young patients to cope with pain.

In chapter 14, Daniel P. Kohen emphasizes the importance of rapport and how this can be enhanced. He showcases how he helps patients to learn changing their „negative words” for more optimal ones, like changing „nothing has helped” to „nothing has helped *yet*”; or, „it really hurts” to „it really bothers you”. This attention to words and transforming the patients’ language can have a huge impact. As he says: “How *we talk is how we think. How we think is how we feel inside. How we feel is how we act/ behave*” (p. 280). Kohen also talks about the importance of the “How we are going to get there?” question. “How” a therapeutic goal can be achieved can be as important as the goal itself.

As you should be clear, HTFCCPM provides a great breadth and depth of knowledge regarding the hypnotic treatment of chronic pain. It gives professionals a huge variety of tools and a guiding hand. On the other hand, it is a very “heavy read” for a beginner in this field; it contains many different views on how to approach pain which is enriching but at the same time can be a bit overwhelming. Also, the structure of the book was not easy to follow, as it changes from general topics about pain to very specific issues. Chapters also differs in the way that some talk generally about chronic pain, some talk about a certain body part and others about concrete illnesses.

## CONCLUSION

[Hypnotic Techniques for Chronic Pain Management: Favorite Methods of Master Clinicians](#) is a great source of theoretical and practical information for therapists in the field of using hypnosis for chronic pain. Although there are some minor ways how it could be further improved, it contains invaluable tips, strategies and concrete scripts of masters of this field. A must have for hypnotherapists.



---

# IJCEH

INTERNATIONAL JOURNAL  
OF CLINICAL AND EXPERIMENTAL HYPNOSIS

---

## CALL FOR PAPERS

### Evidence-Based Clinical Case Studies

As hypnosis has many applications in medical, dental, and psychological practice, I am issuing an invitation for authors to submit relevant and innovative Evidence-Based Clinical Case Studies for consideration for possible publication in the International Journal of Clinical and Experimental Hypnosis. Well-conducted and empirically reported case studies can provide very useful information for clinicians and researchers.

Clinical case study research can identify new theoretical ideas and show the potential of combining hypnosis with other therapies. Such studies can also reveal innovative applications of hypnosis and potential feasibility. Rich clinical data helps to bridge the gap between empirical research and clinical practice, as thoroughly described interventions provide clinical methods for further research and replication.

The aim of Evidence-Based Case Studies will be to review relevant literature, offer verbatim hypnosis transcripts, and provide empirical outcome data, discussion, and recommendations. Authors must provide scientific justification for the intervention, clearly identify the rationale, describe the intervention, and provide objective outcome data. The following guidelines should be followed by those that are interested in submitting an Evidence-



**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



Based Clinical Case Study for peer review and consideration for publication in the IJCEH.

Evidence Based Clinical Case Studies should include the following components:

- Cover page and Abstract of 140 words or less.
- Comprehensive and relevant review of previous research.
- Appropriate informed consent must be obtained before any measures are administered.
- Description of case(s) with well-substantiated clinical diagnosis or symptom presence.
- Patient's history, referral source, and relevant details.
- At least two standardized assessment measures (completed by the patient or an independent rater) of the target symptom, problem, and/or global rating.
- Measures should be administered at least twice – at baseline and end of treatment and may also be reported at long-term follow-up.
- Details of the hypnotic induction used, procedures used, specific suggestions.
- Data analysis of results/outcomes.
- Discussion of findings (successful or unsuccessful).
- Discussion of study limitations, implications for clinical practice, and future research recommendations.

Additional components recommended for clinical case studies:

- Assessment of hypnotizability is strongly encouraged as well as measures of treatment expectancy.
- Use of both self-report and objective (e.g. physiological) data, if available.
- Clinical transcripts and vignettes should be included to illustrate the intervention and provide enough detail to allow for clinical use or for potential replication by other investigators. Hypnosis intervention transcripts may be included as an appendix.

#### SCHOLARONE WEBSITE

In October 2019, we will be publishing a very special issue on Contemporary Research with Dr. Giuseppe De Benedittis as guest editor. This issue will feature papers by some leaders in the field who participated in the historic 2018 Pre-Congress Scientific Meeting at the 21st World Congress of Medical and Clinical Hypnosis in Montreal. The meeting aimed to bridge the gap between clinicians and researchers. Articles chosen for the special issue highlight insights and challenges for the field, addressing theory, practice, and research.

Our new [ScholarOne website](https://mc.manuscriptcentral.com/ijceh) has helped streamline the submission and peer review processes. 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 <https://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!

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, psy-



chotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

Follow us at [www.twitter.com/ijceh](http://www.twitter.com/ijceh)

## LATEST NEWS ABSTRACTS FROM THE JULY 2019 ISSUE

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

### **THE LAURS OF HYPNOTIC COMMUNICATION AND THE “LIVED IN IMAGINATION” TECHNIQUE IN MEDICAL PRACTICE**

**ALLAN M. CYNA**

This article describes two common hypnotic communication techniques that can be used in anesthesiology and more generally for a variety of medical applications. First, the LAURS (listening, acceptance, utilization, re-framing, suggestion) hypnotic communication structure is detailed. This technique allows clinicians to rapidly build patient rapport and maximize the chance of a suggestion being realized. Second, the “Lived in Imagination” technique can be used to supplement a less than perfect local anesthesia technique or help provide analgesia or sedation to support a patient undergoing minor or even major surgical procedures. These techniques may allow for an adjunctive, seamless integration during standard clinical care.

### **THE EFFECT OF HYPNOSIS ON INTRAOPERATIVE HEMORRHAGE AND POSTOPERATIVE PAIN IN RHINOPLASTY**

**SEYDA EFSUN OZGUNAY, SUAY OZMEN, DERYA KARASU, CANAN YILMAZ & IBRAHIM TAYMUR**

This prospective, randomized study investigated the effects of preoperative hypnosis on hemorrhage and pain in open septorhinoplasty (SRP). Twenty-two patients undergoing SRP under general anesthesia were included and equally divided into two groups. Patients in the hypnosis group (HG) received a total of three sessions of hypnotic induction. The first two sessions occurred 3 days and 1 day prior to surgery, respectively, and the last session was in the hospital the day of surgery. The other 11 patients constituted the control group (CG). Compared with the CG, the HG's intraoperative use of total remifentanyl and the visual analog scale scores at the 2nd and 3rd postoperative hours were significantly lower ( $p < .05$ ). Hypnosis did not affect the quality of the surgical field. However, preoperative use of hypnosis decreased intraoperative remifentanyl requirements and postoperative pain.

### **A REVIEW OF HYPNOTHERAPY FOR OVERACTIVE BLADDER**

**LISA A. OSBORNE & PHIL REED**

This review examines the effectiveness of hypnotherapy for the relief of overactive bladder (OAB) symptoms. Ten studies examining outcomes of hypnotherapy for OAB were located from searches of electronic databases. Most reports were case studies or observational, but there were two randomized, controlled trials. Hypnotherapeutic treatment regimens were idiosyncratic and tailored to individual patients. All studies suggested benefits from hypnotherapy as an adjunct treatment for OAB, especially in terms of subjective reports of symptoms and increasing self-efficacy. These benefits suggest hypnotherapy increases patients' abilities to engage in relaxation, reduces condition-associated anxiety, and improves patients' perceptions





of their symptom-coping abilities. Although strong objective evidence of improvement in OAB symptoms is lacking, these subjective improvements, combined with increasing use and acceptance of hypnotherapy in obstetric and gynecological settings, suggest the utility of hypnotherapy as a psychological adjunctive procedure in the treatment of OAB.

### **CLINICAL HYPNOSIS IN POSTOPERATIVE, ADULT-ONSET DYSPHAGIA: A 2-YEAR EMPIRICAL CASE STUDY**

**MICHAEL T. M. FINN & LINDSEY C. MCKERNAN**

Dysphagia, the perceived impediment to swallowing food, is a common postsurgical symptom that can have debilitating consequences. This study presents the successful treatment of severe esophageal dysphagia with a problem-focused and patient-centered approach to hypnosis, informed by long-term empirical follow-up. The authors describe a case history involving significant and persistent difficulty swallowing for which no medical or surgical treatment could be found. Over the course of 10 sessions, the patient was assessed, treated with imaginal exposure, and instructed in self-hypnosis. Outcomes were measured at treatment conclusion, and 6-, 9-, and 18-month follow-ups. Following hypnosis, the patient exhibited significant and reliable change (RC) in visceral hypersensitivity (RC = -3.16,  $p = .002$ ), emotional distress (RC = -2.21,  $p = .03$ ), subjective well-being (RC = 4.14,  $p < .0001$ ), and posttraumatic symptoms (RC = -3.33,  $p = .001$ ). Gains were maintained at 18-month follow-up.

### **EFFECT OF AN ONLINE HYPNOSIS INTERVENTION IN REDUCING MIGRAINE SYMPTOMS: A RANDOMIZED CONTROLLED TRIAL**

**NIAMH FLYNN**

This study examined the development and effect of an online hypnosis program for the treatment of migraines. Forty-three participants were randomly assigned to a wait-list control or a treatment group. The treatment group received hypnosis mp3s developed for the study. Pain catastrophizing (PCS), headache disability (HDI), migraine frequency, duration, severity, and medication usage were measured. There was a 48% reduction in mean HDI score in the treatment group and 2% reduction in the control group. There was a 60% reduction in mean PCS score in the treatment group. There were no significant between-group differences in the proportion of subjects experiencing decreased frequency or severity of migraines. There was a significant between-group difference in the change in migraine duration. This study demonstrated that a hypnosis intervention delivered online was effective in reducing headache symptoms in migraine sufferers.

**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

**Congress Secretariat**  
No 402, Razi Street, Razi Medical Building, Mashhad, Iran  
Tel: +98 (91) 38 55 34 27  
+98 (912) 367 42 47  
Telegram: @Asianhypnosis  
Email: Asianhypnosiscongress2019@gmail.com  
Asianhypnosiscongress@gmail.com

<http://www.iran2019.com>



## **THE EFFICACY OF HYPNOSIS AS A TREATMENT FOR ANXIETY: A META-ANALYSIS**

**KEARA E. VALENTINE, LEONARD S. MILLING, LAUREN J. CLARK & CAITLIN L. MORIARTY**

This meta-analysis quantifies the effectiveness of hypnosis in treating anxiety. Included studies were required to utilize a between-subjects or mixed-model design in which a hypnosis intervention was compared with a control condition in alleviating the symptoms of anxiety. Of 399 records screened, 15 studies incorporating 17 trials of hypnosis met the inclusion criteria. At the end of active treatment, 17 trials produced a mean weighted effect size of 0.79 ( $p \leq .001$ ), indicating the average participant receiving hypnosis reduced anxiety more than about 79% of control participants. At the longest follow-up, seven trials yielded a mean weighted effect size of 0.99 ( $p \leq .001$ ), demonstrating the average participant treated with hypnosis improved more than about 84% of control participants. Hypnosis was more effective in reducing anxiety when combined with other psychological interventions than when used as a stand-alone treatment.

## **QUANTITATIVE SENSORY TESTING (QST) ESTIMATION OF REGIONAL CUTANEOUS THERMAL SENSITIVITY DURING WAKING STATE, NEUTRAL HYPNOSIS, AND TEMPERATURE SPECIFIC SUGGESTIONS**

**GIANLUCA CONVERSA, ENRICO FACCO, MATTEO LUIGI GIUSEPPE LEONI, MICHELANGELO BUONOCORE, ROSA BAGNASCO, LUCIA ANGELINI, LAURA DEMARTINI & DAVID SPIEGEL**

This study aimed to determine the effects of neutral hypnosis and hypnotic temperature suggestions in thermal and pain thresholds compared to resting state. Sixteen healthy medium or high hypnotizable volunteers were enrolled. Hypnotizability was assessed with the Hypnotic Induction Profile (HIP); QST was checked in resting state, in neutral hypnosis, after suggestions of heat and cold, and after deinduction. A significant increase in heat threshold was recorded during hypnosis with both cold and heat suggestions compared to neutral hypnosis. HIP induction score showed a linear correlation with changes of temperature thresholds after heat and cold suggestions. Thermal suggestions may result in a significant increase of heat perception thresholds with respect to neutral hypnosis. HIP score is related to thermal threshold changes. QST is a valuable and manageable tool to measure temperature threshold change during hypnosis.



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 THIS link to submit your online application.](#)

[Please click to see the award recipients](#)



Past, present and future presidents gather at the Gala in Montreal.







## 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](mailto: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](mailto: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.





## NEWS FROM AROUND THE WORLD

### UTILISEASATION XXIX 2019, 24-30 AUGUST – WIGRY, POLAND

A highly successful initiative, a continuation of an east/west project, which Bernhard and Kris Klajs started and continue to organize. UtiliSEAsation ... a spelling mistake or rather this... Sea stays for “der See” German word for lake and utilization tells you that all environmental aspects of this place are integrated in the learning and developmental processes of participants.



As mind body processes are an important part of therapy, I particularly like the congress theme, being “Movements in all walks of life”. Body movements, eye-movements, hand movements, Yoga, energetic dancing, singing in a choir.... And of course, all these contribute to psychological changes as changing perspectives, integrating experiences, creating some distance from daily life, within the natural environment of the Wigry Convent, nearby a huge lake.

After a mindful meditation session, early morning by Stefan Weiss, participants have choices between 4 workshops or supervision sessions of 4 hours. From introduction in Ericksonian Hypnosis by Bernhard Trenkle, to advanced themes like Hypnorefreshers, where Cornelia Schweizer introduced the structured manual for anxiety disorders which is used for a MEG clinical study on hypnosis: the effect of waiting control group is compared to 8-12 hypnosis sessions. Claudia Reinicke, talked about developing resilience in cancer, introducing the KIKOS

model and the importance of having a compass or direction for your life – where to go, how to work in a goal-oriented way? The Tapping technique looks helpful to reach a desired state and improve your positive self-image, an important part of wellbeing. In my own workshop “Hand-work” or the play with hands, I introduce different methods where hand movements initiate and accompany inner processes, stimulate curiosity and contribute to



spontaneous changes in (psychological) experiences while improving mind/body dialogue. After giving an overview on different hypnosis methods for pain control, Bernhard Trenkle gave another nice example of integrating a multitude of suggestions, brought together by the creativity of participants to help a volunteer with a nasty cancer in a live demonstration session.

Afternoon participants have free time and can choose between sailing, rowing, kayaking, cycling, walking around. I particularly enjoyed the 4.30 pm Energetic Dancing, a dynamic flow method with Burhild Januszewski. It combines a story, an imag-

ination, something the dance teacher tells, (on Wednesday we “made an imaginary pumpkin soup” for 90 people for our friends to surprise them, after they came back from their kayak-tour). With different music pieces, all steps of the process are expressed in exaggerated movements, like buying choosing the biggest pumpkins, carrying the heavy weight, waiting for



a bus, missing the bus, cutting, smashing, serving, and afterwards, doing the cleaning of the kitchen....all fun in these daily tasks when they are the base of dancing. Perhaps it can be something to make boring household tasks funny?

To get or utilize the best out of nature, interested participants could discover “Land Art” or “Earth Art”, where the relation between a person and the environment is worked out, resulting in nice pieces of art. It can result in architectural designs, but also in small pieces of art. Participants walk around, and find the ‘ingredients’ for their work in nature – berries, branches, pinecones, seeds...and so on, to make – this year – a mandala. A meditative activity that integrates all senses.

Twice we enjoyed a bonfire... Under a star full of stars, sitting together and chatting, singing guided by our musicians and a textbook the evening lasted till the early hours as no one felt like leaving the place of warmth and togetherness. Nice banjo tones from Laurence Sugarman enriched the experience.



On Wednesday evening all participants could come on stage for a karaoke event.

On Thursday we travelled around the world of music with Bernhard as our guide to discover the Lithuanian Song Festival, performances of Philip Glass and as you can expect, also funny pieces of music to make you laugh and much more!

The last evening ended with a whole program. It started with a performance of the choir – all week long interested participants spent 2 hours to prepare for this and present this unique singing performance in the church where we enjoyed the unique sound quality. An exhibition of the Land Art and a real show of the group that learned to do magic! Great ending of a lovely inspirational German/Polish congress.

Nicole Ruysschaert  
2019 September 2<sup>nd</sup>.



CONFERENCE REPORT  
RAPHAEL KOLIC  
RAPHAEL@NO-RIGHT-NO-WRONG.COM

"Where is room 203?" I asked the lady at the reception of the Psychological Institute of the University of Budapest. "Second, second," she replied, gesticulating to a man that he should come to us.

The air smelled a bit bitter, and I was immediately taken back to my school days. I had to smile about how quickly smells put me in memory trances.

"How can I help you," the man asked me, and I repeated my question. "It's in the second floor, just go upstairs and to your right."  
"Köszönöm", I replied in the only Hungarian word I knew.

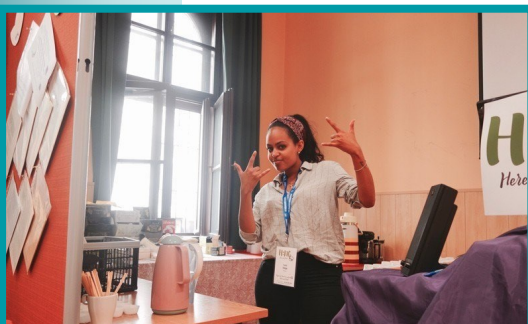


**IMAGE 1:**  
Marc Jensen researcher and hypnotherapist on  
"automatic" self-suggestions.

In room 203 I saw some familiar faces. A lot of other faces I saw for the first time, many of them I would get to know in the next days.

In total there were probably not much more than 100 participants at the conference (not counting the staff). The size of H:NG made it very easy to get in touch with other participants and lecturers. Experts in their field such as Eva Bányai (the mother of the Hungarian Hypnosis Society), Katalin Varga, Brian Allen, Marc Jensen, Linda Thompson, Gabor Filo mingled with the participants during the breaks and were open for conversations and questions.

In general, there was a very open and creative atmosphere. Bachelor students, new psychologists, young scientists and even the older, more experienced generation met in workshops, paper sessions and breaks in the "teahouse" (a room in which the organisers took care of the physical well-being with coffee, tea, biscuits and comfortable seating).



**IMAGE 2:**  
In the teahouse, students in the organising team ensured an endless flow of tea, coffee and good vibes. ☺

A central element of the congress were paper sessions: In each of these sessions scientists and professionals presented their work on and with hypnosis. "I can't believe how many papers there are on the subject of hypnosis," Lisa told me in one of these paper sessions, and I nodded. Among other things, we learned about the different generations of hypnosis researchers, a study on hypnosis in emergency units, a case study on the first face transplant under hypnosis, and much more. A complete overview of all 35 sessions can be found in the congress program. <http://www.hypnosisnewgeneration.com>

In the workshops, instructors shared hands-on skills, insights and attitudes with participants. To be honest,

I expected little from the Congress on this aspect. Since I had been only to hypnosis congresses in Germany so far, I didn't know most of the lecturers. In addition, the congress was aimed at young professionals who are not yet as experienced as their older colleagues.





This is why I supposed that the workshops will be on a very basic level.

But my expectations were far exceeded: There was a wide range of offers on various topics: "Deep Trance", "Creating Healing Stories", "Rapid Inductions", to name just a few titles that appealed to me personally.

The workshops I attended were exciting and didactically well structured. I left each workshop with specific methods or insights. In the workshop with Gabor Filo, for example, we learned different ways to quickly induce a deep trance and tried them out on ourselves.



**IMAGE 4 & 5:**  
"Take my hand... ..and go into a deep trance."

what I found interesting was that the first workshops started at 08:00 o'clock in the morning.

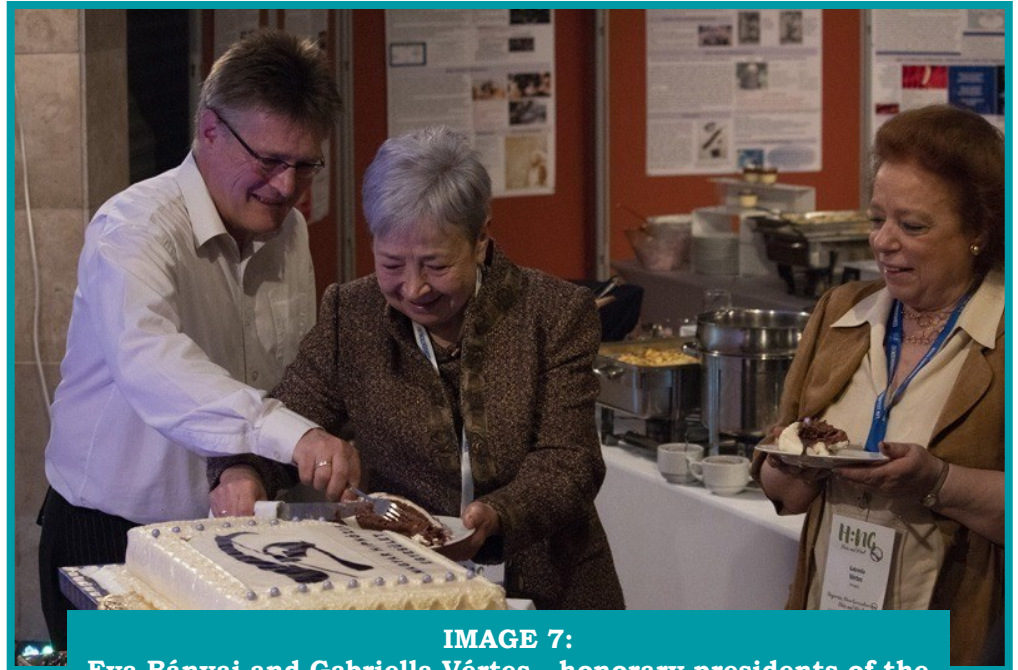
"Are they serious?" I asked Shady in wonder as I read the program. That presented me with a daily inner conflict: ruin pub or 08:00 workshop?

The social program was also beautifully designed: There were speed dating sessions in which experts sat in the conference hall and you could ask them anything you wanted to know for three minutes. There was also an intercultural evening where the participants shared their national sweets, biscuits, candies. Chili sweets from Mexico twisted some facial expressions and you could get to know everybody and network a little better over a glass of wine.

**IMAGE 6:**  
Shortly before the first tasting of the chili sweets.







**IMAGE 7:**  
**Eva Bányai and Gabriella Vértés - honorary presidents of the Hungarian Association of Hypnosis - cut the birthday cake.**

At the conference party on Friday evening there was delicious food and a birthday cake for the Hungarian Hypnosis Society, which turned 30 this year.

What is my conclusion about Hypnosis: New Generation?

Even before the conference, I was enthusiastic about the idea of bringing together young professionals in the field of hypnosis. And my expectations were even exceeded. The conference had a wonderful family-like character, there were many opportunities to exchange ideas, improve one's own skills and the enthusiasm for hypnotherapy and hypnosis was highly contagious. Hypnosis: New Generation was my first international hypnosis conference and certainly not my last.

If you have now become curious and want to participate in a hypnotherapy conference on an international level, there will be two more congresses in Europe in the next two years:

Basel 2020, organised by the European Society for Hypnosis.

<https://www.esh2020.ch/frontend/index.php>

Krakow 2021, organized by the International Society for Hypnosis.

<https://www.hypnosis2021.com/en>



**IMAGE 3:**  
**Lioudmila Karnatovskaia from the USA on hypnosis in emergency rooms.**



## TASK FORCE ON EFFICACY STANDARDS FOR APPLICATIONS OF HYPNOSIS REPORT BY DONALD MOSS, PHD, SCEH PRESIDENT

Hypnosis has a rich basis in pure and applied research, with thousands of published studies. Nevertheless, the outcomes literature on applying hypnosis to clinical disorders in medicine and mental health is often inconsistent with many methodological lapses. The emphasis in healthcare today is on the use of Evidence-Based interventions, and the methodological standards in outcomes research have advanced dramatically, with expectations of randomized controlled trials, pre-registration of research protocols, and samples of adequate power to support significant results.

In 2018, President Donald Moss reached out to representatives of ASCH, APA Division 30, the Milton Erickson Foundation, the National Pediatric Hypnosis Training Institute, and the International Society for Hypnosis, and proposed an international Task Force on Efficacy Standards for Applications of Hypnosis. All of the professional groups agreed on the need for such a Task Force.

Zoltan Kekecs and Donald Moss agreed to co-convene the Task Force, nine researchers from the US, Belgium, Great Britain, Hungary, Italy, and Belgium committed to participate in the Task Force discussions. The participants are: Giuseppe DeBenedettis, Gary Elkins, Marie Faymonville, Olafur Palsson, Phil Shenefelt, Eric Spiegel, Devin Terhune, Katalin Varga, and Peter Whorwell.

In addition, five additional researchers agreed to serve as consultants to the Task Force: Walter Bongartz, Mark Jensen, Krjis Klajs, Elvira Lang, and David Patterson. The Task Force began its work in February 2019 and continues to meet on a monthly basis.

The Task Force has formulated initial recommendations on research standards for rating the efficacy of the various application areas in hypnosis. Those standards are currently under review by the consultants to the Efficacy Task Force. During its next phase of deliberation, the Task Force will formulate additional recommendations for future research on efficacy of hypnosis applications.

An interim report on the Task Force conclusions will be distributed in Autumn 2019, and a final report will be published in 2020.



# EVENT CALENDAR

## 2019

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](http://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](http://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

Location 38. Jahreskongress der SSMH

Date 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@ssmh.ch](mailto:info@ssmh.ch)

# The 13th International CONGRESS

## ON ERICKSONIAN APPROACHES TO HYPNOSIS & PSYCHOTHERAPY

Hyatt Regency | Phoenix, Arizona

Register at [www.EricksonCongress.com](http://www.EricksonCongress.com)

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

*Join us December 12<sup>th</sup> - 15<sup>th</sup> 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





## 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](http://www.societaipnosi.it); [camillo.lorio@gmail.com](mailto: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](http://www.dgh-hypnose.de/jahreskongress)

Further info [DGH-Geschaeftsstelle@t-online.de](mailto: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](http://www.hypnoses.com/congres-cancun-2019) ; [www.grupocem.edu.mx](http://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](mailto: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](mailto: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.

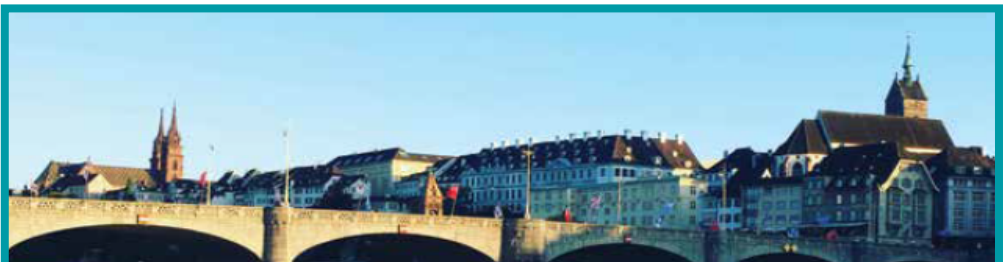
**Location** Phoenix, AZ

**Date** December 12-15, 2019

**Organizer(s)** Milton Erickson Foundation

**Contact, website, FB, etc.** [www.erickson-foundation.com](http://www.erickson-foundation.com)

**Further info**



**NOW CALL FOR ABSTRACTS!**

## 15<sup>th</sup> ESH Congress of Clinical Hypnosis and Research

BUILDING BRIDGES AND TRAVELLING CROSSROADS

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

#### PRE-CONGRESS WORKSHOP SPEAKERS

**Prof. Eric BONVIN, CH**  
**Tony ROUSMANIERE, PhD, USA**  
**Prof. Bruce WAMPOLD, USA**  
 Clinician Matters: How expectations created in interpersonal interactions affect health

**Dr. Philip J. ZINDEL, CH**

#### CONGRESS KEYNOTE SPEAKERS

**Dipl.-Psych. Consuelo C. CASULA, IT**  
 Building bridges and traveling crossroads is what we do when we tell metaphors: let's go deeper and deeper

**Dr. Régis DUMAS, FR**  
 An activated hypnotic relation: a bridge between patient, therapist and life

**Prof. Marie-Elisabeth FAYMONVILLE, BE & Dr. Audrey van HAUDENHUYSE, BE**  
 Recent insight: how neuroscientific approach helps clinicians

#### Prof. Mark P. JENSEN, USA

Brain oscillations and hypnosis: Implications for enhancing outcome efficacy

#### Dr. Veit MESSMER, DE

Building bridges in dentistry: From where to whom? A vision beyond drilling, techniques and chemistry

#### lic. phil. Susy SIGNER-FISCHER, CH

Mental Empowering – how hypnosis helps you to gain impact on your own life and your context

#### Dipl.-Psych. Bernhard TRENKLE, DE

What I am saying before I do hypnosis, tell a story or give homework assignments. Preparing interventions strategically



[WWW.ESH2020.CH](http://WWW.ESH2020.CH)




---

## 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.	<a href="https://www.asch.net/Education/2020AnnualMeeting/2020AnnualMeetingInfo.aspx">https://www.asch.net/Education/2020AnnualMeeting/2020AnnualMeetingInfo.aspx</a>
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.	<a href="http://www.meg-tagung.de">www.meg-tagung.de</a>
Further info	MEGcampus 30 students* of psychology, medicine and dentistry as well as PiAs and PJs can apply for a <b>sponsorship</b> at MEGcampus: conference ticket + 2 special MEGcampus workshops + free admission to the conference festival. Information & registration: <a href="http://www.MEG-Tagung.de">www.MEG-Tagung.de</a>

---

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.	<a href="mailto:info@meisa.co.za">info@meisa.co.za</a> <a href="http://www.meisa.biz/meisa-congress-april-2020.php">http://www.meisa.biz/meisa-congress-april-2020.php</a>
Further info	Congress sessions and workshops in English and German



---

## EVENT CALENDAR

---

### 2020


Name / title 15<sup>th</sup> European Hypnosis Congress  
Location Basel, Switzerland  
Date August 26-29, 2020  
Organizer(s) ESH  
Contact, website, FB, etc. [www.esh2020.ch](http://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](mailto:DGH-Geschaefsstelle@t-online.de)  
Further info

---



### 2021

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



---

# 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

Imre Boros  
imre\_boros@yahoo.com

Paola Brugnoli  
paola.brugnoli@libero.it

Zsofi Buris  
zsofiburis19@gmail.com

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

Károly Ludvigh  
ludvigh.karoly@stratego.hu

Donald Moss  
dmoss@saybrook.edu

Balázs Nyiri  
basileushungary@yahoo.com

Lynae Roberts  
Lynae\_Roberts@baylor.edu

Teresa Robles  
tere@grupocem.edu.mx

Nicole Ruysschaert  
nicole.ruysschaert@skynet.be

Csenge Szabadhegyi  
cs.szabadhegyi@gmail.com

Shady Tonn  
shady.tonn@googlemail.com

Lars-Eric Uneståhl  
lars-eric@unestahl.com

Katalin Varga S.  
vargaskatalin@gmail.com

**For more information, contact ISH headquarters at  
[info@ishhypnosis.org](mailto:info@ishhypnosis.org)**

Judit Osvat  
judit@osvat.hu  
LAYOUT EDITOR