



INTERNATIONAL SOCIETY OF HYPNOSIS

Building Bridges of Understanding

FOUNDED 1973

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Dear members of ISH

Like in the last year, let me give you an overview of the activities of ISH.

For us on the Board, the last year was marked by administrative restructuring. We have evaluated a number of different systems that could make member administration more cost-effective and efficient, and ultimately opted for a platform named „Silkstart“. This system was found and suggested by our secretary/treasurer Enayat Shahidi. The transfer of data from the old to the new system will be completed shortly, and this process was organized by our new (and very capable) administrative director, Shady Tonn. Shady has a Masters in Psychology, and is a member of our congress organizing team in Germany. From her previous work with us, we already knew about her great talent in organizing, as well as her excellent communication skills. All of this helped to combine the experience and knowledge of Suzanne Malik and her husband Jeff in the USA with the new structures of administration. Also, our Past President Julie Linden has been very helpful and supportive to transfer the know-how to Shady Tonn. We are very happy to have Shady Tonn as new chief administrator and new „face“ of ISH. You will meet her in person in future at international events.

22nd Triennial Congress of Hypnosis, Krakow, Poland: 2021



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In the context of creating a new administrative structure, we also opened a Euro bank account in Europe. This will make it easier and more cost effective for the many European members to pay their ISH membership fees in the future.

As it turned out, opening this account was an incredible effort. We had to have the ISH founding certificate from 1973 and the current tax return officially certified by a notary public. We then needed the legal expertise of the German-American Chamber of Industry and Commerce. Whenever we thought that we had everything ready, new bureaucratic requirements emerged. Officially, all these things serve to prevent money laundering and terrorist financing. But as a result, the whole thing took us a full six months. We can only thank the local Rottweiler Volksbank for its great patience and support. In the same way, my brother-in-law, who is a very experienced tax adviser, advised and supported us free of charge. Prof. Wegen from the German-American Chamber of Industry and Commerce supported us as well.

It was helpful that Enayat Shahidi took it upon himself to come to Rottweil in person and sign the account as secretary/treasurer. As a pleasant side effect, this made it possible for him to be present at my large birthday celebration party on the occasion of my 70th birthday. Still, we really would have preferred to invest this precious time that was needed to open a bank account to other projects.

In May, the entire board of ISH, except Xin Fang met for the annual live meeting in Budapest. The atmosphere on the board continues to be excellent. There would be no other explanation for the fact than how these 1-2-day live board meetings have taken place every year since 2009. Almost all BOD members from Europe, America, Africa, Asia and Australia are able



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to participate, and each pays most of the costs of coming to the meetings out of their own pockets.

In Budapest we decided on a budget that would allow us to increase our presence in social media. This part of the work is supervised by our board member Cecilia Fabre from Mexico. She has a great deal of experience in this area, and can organise this for us with her experienced Mexican team at a reasonable cost. Also involved in this project are our managing director Shady Tonn and a young psychologist Raphael Kolic from Germany who has been doing very good work for MEG for several years. In addition, the members of the ISH youth committee are supporting us in this effort with their knowledge and expertise in social media. You are invited to follow the ISH on Facebook ([ishhypnosis](https://www.facebook.com/ishhypnosis)), LinkedIn ([International Society of Hypnosis](https://www.linkedin.com/company/international-society-of-hypnosis)), and Instagram ([@ishhypnosis](https://www.instagram.com/ishhypnosis)). You can support ISH and hypnosis by participating in our social media efforts and by inviting your colleagues to do the same.

The reason we chose Budapest for this meeting was the H-NG conference organized by our BOD member, Kata Varga. Her idea for this conference was to invite young and new colleagues to meet and share new ideas and concepts. It was an excellent congress, which included an opportunity for interaction between young colleagues and members of the ISH BOD. At this meeting, we also learned about interesting and innovative work, such as the work of the Polish Colleague Marta Novak-Kulpa, who is using hypnotherapy to support patients who have received face and organ transplants. This is exciting work, and she will also present her findings at the 13th Congress of Ericksonian Hypnosis and Psychotherapy in Phoenix in December, 2019. (<https://www.ericksoncongress.com/>)

The BOD is working well together with the new editor of the International Journal of Clinical and Experimental Hypnosis (IJCEH), Gary Elkins. In



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addition, a special IJCEH issue on contemporary hypnosis research, edited by BOD member Giuseppe de Benedittis, is being published. You can find an introduction to this issue here:

<https://www.tandfonline.com/doi/full/10.1080/00207144.2019.1649535>

As an ISH individual member, you have access to all of the IJCEH issues published since 1953. This is an unbelievable treasure of knowledge and experience. The Journal is included with a very special low price in your membership fee. One of the next special issues will be bringing papers from the H-NG conference in Budapest edited by Kata Varga.

Another important project in the last year was our support for the first Asian Congress for Hypnosis in October 2019 in Mashhad-Iran. The organisation team for this congress consisted of Prof. Mehdi Fathi, an anesthesiologist at the University of Mashhad, Enayat Shahidi, Bernhard Trenkle and Najmeh Kazemi. The conference was a great success: over 1000 people, including over 100 foreign speakers and participants from a total of 25 countries, participated. After months of uncertainty about the political tensions in the Middle East region, the very good atmosphere and outstanding hospitality of the Iranian colleagues was impressive. This congress was a good example and realization of the ISH motto: Building Bridges of Understanding. A total of 7 travel groups with congress participants before and after the conference toured various parts of Iran. The largest group consisted of more than 20 participants. As at the previous hypnosis conferences in Iran, Najmeh Kazemi did an excellent job of organizing the tourist activities. On her webpage (www.kazemi.tours) and Instagram (@najitrips) account we planned to upload photos of the conference and tours of this historic First Asian Congress. Because of the blocked internet and the political problems in Iran the last week this has not happened yet. We hope you can see more



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soon and also we wish our Iranian friends a peaceful development of their beautiful country.

In addition, at this First Asian conference, the foundation of an Asian Hypnosis Society was promoted. I will write more about this in the next ISH newsletter.

Woltemade Hartman, as Chair of the COR, has been in contact with the constituent societies via a questionnaire. It is his ambition to have answers from all countries. This is part of the project to develop international standards for training in hypnosis and hypnotherapy. At the time of this writing, we are missing responses from only 5 societies. The results of this survey will be very interesting. ISH is now a truly international society and no longer consists of members mostly from just a few countries. All of this has led to more diversity. The different rules and laws about hypnosis in different countries is making things more complex and difficult in creating standards that are appropriate for all continents and countries.

Kris Klajs and the Polish team are preparing for the next international conference in August of 2021 in Krakow. A special conference awaits us in the heart of the Old Town of one of the most beautiful European cities. Due to the peculiarities of Polish tax law, payments for this conference cannot be made until January 2020. This means that registration is possible at any time (including right now), but payments for the registration cannot be made until the beginning of 2020 without creating big problems for the hosting society of our Polish colleagues.

Our next in-person board meeting of the whole board will be in Krakow in June 2020. There we will visit the conference rooms in the new beautiful conference center of Cracow University exactly one year before our next big family reunion at the 22nd ISH Conference.



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However, some members of the Executive Board have been meeting on the fringes of conferences for a long time. Several board members were in Mashhad-Iran and afterwards again at the child hypnosis conference in Würzburg, Germany, which was organized by my Rottweil team.

A few days ago Enayat Shahidi from Tehran and Mark Jensen from the USA visited me in Rottweil. Together with our managing director Shady Tonn we worked a weekend on important ISH projects and promote them.

Sometimes, as with the incredibly tough opening of the euro account, we lose motivation and consider consulting with our psychiatrists in the BOD specialized in treating depression, like Claude Virost or Camillo Loredano. But the personal friendships and the high motivation of all our board members always quickly restores a good mood.

In addition to all of our ISH activities, all of the BOD members are involved in their own individual projects. Claude Virost, Kris Klajs, Woltemade Hartman, Ceci Fabre, and Xin Fang have their own institutes with trainings, and are organizing their own national congresses with international faculty. This is also true for me. My team, including my son and Daniel Bass, Marc Stelling, and others who organized the 2012 Bremen congress, are organizing 1-2 big congresses in Germany every year, with more than 1000 participants each. Mark Jensen and Kata Varga are involved in their duties as university professors: teaching, conducting research, publishing their findings, and editing books. The same is true for Giuseppe de Benedittis, who is also continuing to work on getting a higher recognition of hypnosis in WHO. Other BOD Members like Xin Fang are supporting Giuseppe with their contacts to WHO. Enayat Shahidi and Nicole Ruyschaert are working in their offices with clients and also teach internationally. Some are very active in international teaching activities, such as like Woltemade Hartman. With their knowledge of Russian, Brian Allan and his wife Irina were able to help



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us in locating Russian colleagues and hypnosis colleagues in former Soviet Republics which are now independent countries. We are happy to have so many active colleagues who are masters of multi-tasking in our ISH BOD.

You can find many of the international activities in our event calendar either in our excellent newsletter. We are more than happy to have such an excellent newsletter editor like Kata Varga with support of Julie Linden and Nicole Ruyschaert.

<https://www.ishhypnosis.org/events/>

There you will find such special events such as the first Franco Mexican congress of Ericksonian hypnosis in Cancun-Mexico, November 20-24, 2019. Two ISH BOD Members, the president of the Emergences Institute in France, Dr. Claude Virot, and the Director of the Centro Ericksoniano de México (Ericksonian Center of Mexico) Mtra. Cecilia Fabre, decided to organize a meeting of two cultures in the world of hypnosis, in a special place in Mexico, the Mayan region, where science and amplified states of consciousness have had a special place in the interest of its inhabitants. This will be a congress where the best proponents of hypnosis from France and Mexico will gather. But please check the event calendar and you will find many more interesting events in the world of hypnosis around the globe.

We have written to all CSs inviting them to send bids for the 2024 ISH Congress. You can send a bid or you can consult with BOD members on how to structure a bid. On request, we can also send you a sample bid. Please consider hosting the 2024 Congress and submitting a bid.

The deadline for sending us the bids is June 10, 2020. Our first in-depth evaluation of the bids will occur during the planned in-person BOD Meeting in Cracow in June 2020. At the COR Meeting during the ESH Congress in



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Basel, the bids will be presented so we can decide early and have sufficient time to work on the 2024 congress.

Please also continue to support your society and motivate your colleagues to become ISH members.

Now that many administrative tasks have been settled, I now have the time to continue working on the WhoISHWho.com project. All ISH members should be represented there. So please send your CV/Bio and Photo to: contact@whoishwho.com or upload this directly to www.whoishwho.com

Now I would like to ask you some important questions:

- 1. What are your ideas about ISH and where we should be focusing our efforts in the years ahead?*
- 2. What are your suggestions about the work and tasks of ISH?*
- 3. What do you expect from the BOD? What more can we do for our members, including you?*
- 4. What ideas do you have about how you can contribute to ISH projects?*

Please send your answers to these questions to us at info@ishhypnosis.org

With many warm greetings, and in the name of the BOD who helped me to write this letter,

Bernhard Trenkle,

President of the International Society of Hypnosis