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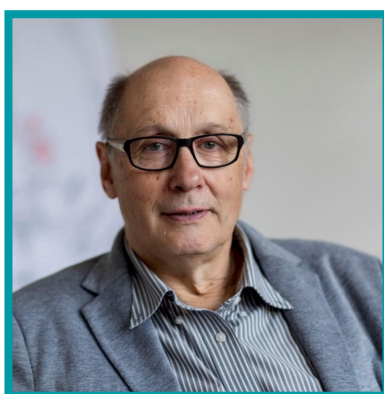
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The International Society of Hypnosis NEWSLETTER

Building Bridges of Understanding
2019, Volume 43, No. 4

LETTER FROM THE PRESIDENT



December 2019
Bernhard Trenkle

Dear Colleague:

Recently I wrote a letter to all ISH members describing in detail the activities of the ISH Board in 2019. You can find this letter on our webpage:

https://www.ishhypnosis.org/wp-content/uploads/2019/12/Letter-to-Members-Nov2019_final_stationary.pdf

In this letter a first short report on the 1st Asian Hypnosis Congress was given in Mashhad, Iran.

The conference was a great success - in terms of both content and atmosphere. At this conference in the new Congress Center of the Medical Faculty of the University of Mashhad there were more than 1000 participants. Among them were 106 international speakers and participants from 24 countries. With the host country we had 25 countries in total.

At this conference the foundation of the Asian Society of Hypnosis was announced. For us as Europeans it was once again clear at this conference what an important role this new society can play. Over the last 150 years we Europeans have learned painfully that it is better to get to know other cultures, to cooperate rather than to wage war against each other. It has not yet been quite clear to me how many positive things have been achieved through town twinning, pupil exchange programmes and encounters between young people in Europe.

There were several misunderstandings and problems at this conference between the Asian colleagues, which required the mediated deployment of ISH Executive Board members with diplomatic tact. In an animated film, for example, in which the Asian countries were put together piece by piece on a map, a misrepresentation of China was shown. A large province was missing. This led to hectic phone calls from Chinese colleagues and I myself was called from China. Conversely, the lecture of an Asian speaker in the plenary hall almost led to a cardiac arrest of the Iranian organizers of the conference. In this lecture excerpts from feature films were shown, which were supposed to illustrate the negative image of hypnosis in some films. Unfortunately, a naked couple was briefly seen in a film clip. In a strictly Muslim country like Iran, this is very dangerous for the organiser of the conference because he is responsible for ensuring that the official rules are observed. The speaker was not at all aware of this and had no knowledge of the social situation in Iran. For me it was interesting to see



that we Europeans usually inform ourselves beforehand or even read books before we become active in other cultures. Many of the Asian countries seem to be more or exclusively centered to themselves.

At times the cooperation and the start of the planned Asian society was somewhat in danger. Our Polish board colleague Kris Klajs is very experienced in coaching top politicians in his home country. His know-how was very valuable in this situation. He was able to convey to his Asian colleagues that an Asian society is so important for them to better understand the countries and cultures.

In the end, we were successful and that was a very good example of the ISH motto: Building Bridges of Understanding. And perhaps a good example of how online conferences can't replace real encounters.

There were many other good moments for Building Bridges of Understanding. Part of the ISH Executive Board (Kris Klajs, Enayat Shahidi, Nicole Ruysschaert, Bernhard Trenkle) plus other speakers plus their family members travelled together for 10 days through Iran. In our travel group was a Jewish colleague from Germany. The Iranian tour guide showed us in her hometown Isfahan that Muslims, Jews and Christians have been living peacefully together there for centuries. We visited a large magnificent Christian cathedral and a Jewish synagogue. The visit to the synagogue happened to be on the high Yom Kippur holiday. The Iranian Jews asked our German colleagues to pray with them. The whole travel group then went into a café house and waited for our Jewish travel member. This was an enormously intense emotional roller-coaster ride, especially for us German travelers. On the one hand, we were deeply touched and surprised by this situation, which did not correspond to our image of Iran. On the other hand, we got the news via internet that there was an attack on a German synagogue in Germany exactly on this Jewish holiday and that the synagogues were under police protection all over Germany.

Since 2016 we had also tried to invite colleagues from Israel. Because of the heated atmosphere we had to postpone this for the safety of these colleagues as well as the Iranian organizers. I still think that a medical conference is a good context to convince even fundamentalist zealots on all sides of the possibilities of cooperation.

The great organizational challenge was that there was no possibility to transfer money to Iran - neither conference fees, nor down payments for the hotels, the travel guides, the buses, etc... The Iranian colleagues had to trust that we really are coming, and we had to trust that when we come there, we really are travel guides with buses and we also have the hotel rooms. Through many contacts the mutual trust has grown. A few months before the conference I was on holiday in Poland with a lot of nature but without internet in my holiday home. I went to a hotel to rent a room. There I negotiated via video conference with the Iranian travel agency and the Iranian team members.

The traditional great hospitality of the Iranians was also helpful. In fact, the Iranian agency has pre-financed everything for a total of 7 tours without having even one cent of us in their hands. On our board tour we were with 21 persons 10 days on the road and partly in the best hotels of the country. We all had the money for congress fees, hotels, etc. in different envelopes with counted cash amounts. Only 2 weeks after the tour the money was in cash at the agency in Isfahan. Our tour alone was about 20.000 Euro. We officially thanked the head of the travel agency for this support in the plenary hall of the conference and brought him on stage.

If you look at the political developments of the international Iran policy of the year 2019, then we were very lucky that this conference could take place so successfully. Personally, I am very grateful to the 100 international colleagues that they supported this project despite the not 100% secure



situation. All those who took part were rewarded with a great congress in terms of both content and atmosphere.

If the political unrest in Iran in November had been only 6 weeks earlier, it would have been the end of this project which had been prepared since 2015 and we would have had to cancel everything at the last moment.

So, we really can be grateful. The 2nd Asian Congress is planned for mid July 2022 in Beijing.

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



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GEDANKEN DES PRÄSIDENTEN (DE)

Liebe Kolleginnen und Kollegen,

Kürzlich habe ich an alle ISH-Mitglieder einen ausführlichen Brief geschrieben, der umfassend die Aktivitäten des Vorstands der ISH im Jahre 2019 schildert hat.

Diesen Brief können Sie auf unsere Webpage finden.

https://www.ishhypnosis.org/wp-content/uploads/2019/12/Letter-to-Members-Nov2019_final_stationary.pdf

In diesem Brief wurde ein erster kurzer Bericht zum 1. Asiatischen Hypnose-Kongress in Mashhad, Iran gegeben.

Die Konferenz war ein großer Erfolg – sowohl inhaltlich wie vor allem auch atmosphärisch. Auf dieser Konferenz im neuen Kongresszentrum der medizinischen Fakultät der Universität Mashhad waren über 1000 Teilnehmer. Darunter waren auch 106 internationale Referenten und Teilnehmer aus 24 Ländern. Mit dem Gastgeberland waren damit 25 Länder vertreten.

Auf dieser Tagung wurde die Gründung der Asiatischen Gesellschaft für Hypnose bekannt gegeben. Für uns als Europäer wurde auf dieser Konferenz noch einmal klar, welche wichtige Rolle diese neue Gesellschaft spielen kann. Wir Europäer haben über die letzten 150 Jahre schmerzlich gelernt, dass es besser ist die anderen Kulturen kennen zu lernen, zu kooperieren anstatt gegeneinander Krieg zu führen. Mir war es bisher noch nicht so ganz klar wieviel Positives über Städtepartnerschaften, Schüleraus-



tausch-Programme, Begegnungen von Jugendlichen in Europa erreicht wurde. Es kam auf dieser Konferenz zwischen den asiatischen Kollegen mehrfach zu Missverständnissen und Problemen, die den vermittelten Einsatz von ISH-Vorstands-Mitgliedern mit diplomatischem Fingerspitzengefühl erforderten. So wurde in einem Trickfilm, in dem eine Hand Stück für Stück die asiatischen Länder auf einer Landkarte zusammensetzt, eine falsche Darstellung von China gewählt. Eine große Provinz fehlte. Das führte zu hektischen Telefonaten von chinesischen Kollegen und ich wurde dann selbst auch aus China angerufen. Umgekehrt führte der Vortrag eines asiatischen Referenten im Plenarsaal beinahe zum Herzstillstand der iranischen Organisatoren der Tagung. Es wurden in diesem Vortrag Ausschnitte aus Kinofilmen gezeigt, die das negative Bild von Hypnose in manchen Filmen illustrieren sollten. Dummerweise war in einem Filmausschnitt kurz ein nacktes Paar zu sehen. Das ist in einem streng muslimischen Land wie dem Iran für den Organisator der Tagung sehr gefährlich, weil er verantwortlich ist, dass die offiziellen Regeln eingehalten werden. Der Vortragende war sich dessen überhaupt nicht bewusst und hatte kein Wissen über die gesellschaftliche Situation des Irans. Für mich war interessant zu sehen, dass wir Europäer in der Regel uns vorher informieren oder sogar Bücher lesen, bevor wir in anderen Kulturen aktiv werden. Viele der asiatischen Länder scheinen da traditionell bisher mehr oder ausschließlich auf ihre Kultur bezogen zu sein.

Zeitweise war die Zusammenarbeit und der Start der geplanten asiatischen Gesellschaft etwas in Gefahr. Unser polnischer Vorstandskollege Kris Klajs ist in seiner Heimat sehr erfahren im Coaching von Top-Politikern. Sein diesbezügliches Know-How war in dieser Situation sehr wertvoll. Er hat den asiatischen Kollegen vermitteln können, dass genau dafür eine asiatische Gesellschaft so wichtig ist, damit sie die Länder und unterschiedlichen Kulturen besser verstehen lernen.

Am Ende waren wir erfolgreich und das war ein sehr gutes Beispiel für das ISH-Motto: Building Bridges of Understanding. Und vielleicht auch ein gutes Beispiel dafür, dass Online-Konferenzen reale Begegnungen nicht ersetzen können.

Für Building Bridges of Understanding gab es noch viele andere gute Momente. Ein Teil des ISH-Vorstandes (Kris Klajs, Enayat Shahidi, Nicole Ruysschaert, Bernhard Trenkle) plus weitere Referenten plus deren Familienangehörige reisten gemeinsam 10 Tage durch den Iran. In unserer Reisegruppe war ein jüdischer Kollege aus Deutschland. Die iranische Reiseleiterin zeigte uns in ihrer Heimatstadt Isfahan, dass dort seit Jahrhunderten Muslime, Juden und Christen friedlich zusammenleben. Wir besuchten eine große prachtvolle christliche Kathedrale und eine jüdische Synagoge. Der Besuch der Synagoge war zufällig am hohen Feiertag Jom Kippur.

Die iranischen Juden forderten unseren deutschen Kollegen auf, mit ihnen zu beten. Die ganze Reisegruppe ging dann in ein Cafe-Haus und wartete auf unser jüdisches Reisemitglied. Dies war vor allem für uns deutsche Reiseteilnehmer ein enorm intensives Wechselbad der Gefühle. Einerseits waren wir tief berührt und überrascht über diese Situation, die nicht unserem Bild vom Iran entsprach. Andererseits bekamen wir gleichzeitig via Internet die Nachricht, dass es in Deutschland genau an diesem jüdischen Feiertag zu einem Anschlag auf eine deutsche Synagoge kam und in ganz Deutschland die Synagogen unter Polizeischutz gestellt wurden.

Seit 2016 hatten wir auch versucht Kollegen aus Israel einzuladen. Wegen der aufgeheizten Stimmung mussten wir das aber zur Sicherheit sowohl dieser Kollegen als auch der iranischen Organisatoren erst einmal zurückstellen. Nach wie vor denke ich, dass eine medizinische Konferenz ein guter Kontext ist, um eventuell auch fundamentalistische Eiferer auf allen Seiten von Möglichkeiten der Zusammenarbeit zu überzeugen.



Die große organisatorische Herausforderung bestand darin, dass es keine Möglichkeit gab, Geld in den Iran zu überweisen – weder Tagungsgebühren, noch Anzahlungen für die Hotels, die Reiseführer, die Busse, etc. Die iranischen Kollegen mussten vertrauen, dass wir wirklich kommen und wir mussten vertrauen, dass wenn wir kommen dort wirklich Reiseführer mit Bussen stehen und wir auch die Hotelzimmer haben. Über viele Kontakte ist schließlich das gegenseitige Vertrauen gewachsen. Wenige Monate vor der Konferenz war ich in meinem Urlaub in Polen mit viel Natur aber ohne Internet im Ferienhaus. Ich bin in ein Hotel um ein Zimmer zu mieten. Dort habe ich via Videokonferenz mit der iranischen Reiseagentur und den iranischen Team-Mitgliedern verhandelt.

Die traditionell große Gastfreundschaft der Iraner war auch hilfreich. Faktisch hat die iranische Agentur ohne auch nur einen Cent von uns in der Hand zu haben für insgesamt 7 Touren alles vorfinanziert. Auf unserer Vorstandstour waren wir mit 21 Personen 10 Tage unterwegs und teils in den besten Hotels des Landes. Wir alle hatten die Gelder für Kongressgebühren, Hotels, etc. in verschiedenen Umschlägen mit abgezählten Barbeiträgen dabei. Erst 2 Wochen nach der Tour war dann das Geld in bar bei der Agentur in Isfahan. Allein bei unserer Tour ging es da um über 20.000 Euro. Wir haben den Chef der Reiseagentur für diese Unterstützung offiziell im Plenarsaal der Tagung gedankt und ihn auf die Bühne geholt.

Wenn man die politischen Entwicklungen der internationalen Iran-Politik des Jahres 2019 anschaut, dann hatten wir großes Glück, dass diese Konferenz so erfolgreich stattfinden konnte. Ich persönlich bin den 100 internationalen Kolleginnen und Kollegen sehr dankbar, dass sie trotz der nicht 100% sicheren Situation dieses Projekt mitgetragen haben. Alle die dabei waren wurden durch ein inhaltlich wie atmosphärisch großartigen Kongress belohnt.

Wenn die politischen Unruhen im Iran vom November nur 6 Wochen früher gewesen wären, wäre das das Ende dieses seit 2015 vorbereiteten Projektes gewesen und wir hätten alles im letzten Moment absagen müssen.

Von daher können wir wirklich dankbar sein. Der 2. Asiatische Kongress ist für Mitte Juli 2022 in Peking geplant.

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

XXII
WORLD CONGRESS
OF MEDICAL & CLINICAL
HYPNOSIS





LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Chers collègues

Récemment, j'ai écrit une lettre à tous les membres de l'ISH décrivant en détail les activités du conseil de l'ISH en 2019. Vous pouvez trouver cette lettre sur notre page web.

https://www.ishhypnosis.org/wp-content/uploads/2019/12/Letter-to-Members-Nov2019_final_stationary.pdf

Dans cette lettre, un premier court rapport sur le 1er Congrès asiatique sur l'hypnose à Mashhad, Iran a été présenté.

La conférence a été un grand succès - en termes de contenu et d'ambiance. Lors de cette conférence dans le nouveau centre de congrès de la faculté de médecine de l'Université de Mashhad, il y avait plus de 1000 participants. Parmi eux, 106 conférenciers internationaux et des participants de 24 pays. Avec le pays hôte, nous avions au total 25 pays.

Lors de cette conférence, la fondation de la Société asiatique d'hypnose a été annoncée. Pour nous, Européens, il a été une fois de plus clair lors de cette conférence quel rôle important cette nouvelle société peut jouer. Au cours des 150 dernières années, nous, Européens, avons douloureusement appris qu'il valait mieux d'apprendre à connaître d'autres cultures, coopérer plutôt que de se faire la guerre. Pour moi, le nombre de résultats positifs obtenus grâce au jumelage de villes, aux programmes d'échange d'étudiants et aux rencontres entre jeunes en Europe n'a pas encore été clairement établi.

Lors de cette conférence, il y a eu plusieurs malentendus et des problèmes entre les collègues asiatiques, qui ont nécessité des négociations diplomatiques des membres du Conseil exécutif de l'ISH. Dans un film d'animation, par exemple, dans lequel les différents pays asiatiques étaient montrés, l'un après l'autre, formant une totalité, mis ensemble sur une carte, une fausse représentation de la Chine a été montrée. Une grande province manquait. Cela a mené à des appels téléphoniques agités des collègues chinois. Moi-même j'ai été appelé de Chine.

D'autre part, la conférence d'un intervenant asiatique dans la salle plénière a presque amené à un arrêt cardiaque des organisateurs iraniens de la conférence. Dans cette conférence, des extraits d'un film ont été montrés, pour illustrer l'image négative de l'hypnose représenté dans plusieurs films. Malheureusement, dans ce clip un couple nu a été brièvement vu. Dans un pays strictement musulman comme l'Iran, cela est très dangereux pour l'organisateur de la conférence car il est responsable de faire respecter les règles officielles.

L'intervenant n'était pas du tout au courant de cela et n'avait aucune connaissance de la situation sociale en Iran. Pour moi, il était intéressant de voir que nous, Européens, nous nous informons généralement d'avance ou nous lisons même des livres avant de déployer d'activités dans d'autres cultures. Beaucoup de pays asiatiques semblent à présent être plus ou exclusivement centrés sur eux-mêmes.

A certains moments, la coopération et le début prévu de la société asiatique étaient en danger. Notre collègue polonais du conseil d'administration, Kris Klajs, est très expérimenté dans le coaching des meilleurs politiciens de son pays d'origine. Son savoir-faire a été indispensable dans cette situation. Il a pu faire comprendre à ses collègues asiatiques que justement pour cela, une société asiatique est tellement importante pour eux pour mieux comprendre les pays et les différences culturelles.



En fin de compte, nous avons réussi et c'était un très bon exemple de la devise de l'ISH : Bâtir des ponts de compréhension. Et peut-être un bon exemple de la façon dont les conférences en ligne ne peuvent pas remplacer les vraies rencontres.

Il y a eu beaucoup d'autres bons moments pour faire des ponts de compréhension. Une partie du comité exécutif de l'ISH (Kris Klajs, Enayat Shahidi, Nicole Ruysschaert, Bernhard Trenkle) ainsi que d'autres intervenants et les membres de leur famille ont voyagé ensemble pendant 10 jours à travers l'Iran. Dans notre groupe de voyage il y avait un collègue juif d'Allemagne.

Le guide touristique iranien nous a montré dans sa ville natale d'Ispahan que les Musulmans, les juifs et les chrétiens y vivaient paisiblement ensemble depuis des siècles. Nous avons visité une magnifique cathédrale chrétienne et une synagogue juive. La visite de la synagogue s'est passée pendant la haute fête de Yom Kippour. Les Juifs iraniens ont demandé à notre collègue allemand de prier avec eux. L'ensemble du groupe de voyage est ensuite entré dans un café et a attendu notre membre juif du voyage.

Ce fut un tour de « montagnes russes » émotionnellement extrêmement intense, en particulier pour nous, les voyageurs allemands. D'une part, nous avons été profondément touchés et surpris par cette situation qui ne correspondait pas à notre image de l'Iran. D'autre part, nous avons appris par Internet qu'il y avait eu une attaque contre une synagogue allemande en Allemagne exactement lors de cette fête juive et que les synagogues étaient sous protection policière dans toute l'Allemagne.

Depuis 2016, nous avons également tenté d'inviter des collègues d'Israël. En raison de l'atmosphère tendue, nous avons dû reporter cela pour la sécurité autant de ces collègues que des organisateurs iraniens. Je pense toujours qu'une conférence médicale est un bon contexte pour convaincre même les fanatiques fondamentalistes de tous les côtés des possibilités de coopération.

Le grand défi organisationnel était qu'il n'y avait aucune possibilité de transférer de l'argent vers l'Iran - ni les frais de conférence, ni les paiements pour les hôtels, les guides de voyage, les bus, etc. Les collègues iraniens devaient faire confiance que nous arrivions vraiment et nous devions faire confiance qu'à notre arrivé il y avait des guides de voyage et des autobus, et des chambres d'hôtel. Grâce à de nombreux contacts, la confiance mutuelle s'est accrue.

Quelques mois avant la conférence, moi j'étais en vacances dans ma maison de vacances en Pologne en pleine nature mais sans accès internet. Je suis allé dans un hôtel pour louer une chambre. Là, j'ai négocié par vidéoconférence avec l'agence de voyage iranienne et les membres de l'équipe iranienne. La grande hospitalité traditionnelle des Iraniens nous a également aidé. En fait, l'agence iranienne a tout préfinancé pour un total de 7 tours sans même avoir un centime en mains de la part de nous.

Dans notre groupe du Bureau nous étions avec 21 personnes en voyage pendant 10 jours avec logement parfois dans les meilleurs hôtels du pays. Nous avions tous l'argent pour la participation au congrès, les hôtels, etc. dans différentes enveloppes avec les montants d'argent cash. Ce n'était que 2 semaines après le tour, que l'argent cash fut déposé à l'agence d'Ispahan. Pour notre tour c'était environ 20 000 euros. Nous avons remercié le chef de l'agence de voyage officiellement pour ce soutien dans la salle plénière de la conférence et l'avons amené sur scène.

Si vous regardez les développements politiques de la politique internationale de l'Iran de l'année 2019, nous avons eu beaucoup de chance que cette conférence ait pu se dérouler avec autant de succès. Personnellement, je suis très reconnaissant aux 100 collègues internationaux d'avoir soutenu ce projet malgré la situation non sécurisée à 100%. Tous ceux qui



ont participé ont été récompensés par un grand congrès en termes de contenu et d'ambiance.

Si les troubles politiques en Iran en novembre avaient eu lieu 6 semaines plus tôt, cela aurait été la fin de ce projet qui avait été préparé depuis 2015 et nous aurions dû tout annuler au dernier moment.

Nous pouvons donc vraiment être reconnaissants.

Le 2e Congrès asiatique est prévu pour mi-juillet 2022 à Pékin.

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

XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS 2021, JUNE 10-13 KRAKOW, POLAND JAGIELLONIAN UNIVERSITY – AUDITORIUM MAXIMUM



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ERICKSONOWSKIEGO

www.hypnosis2021.com

contact: info@p-i-e.pl



LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Cari colleghi:

Di recente ho scritto una lettera a tutti i membri di ISH descrivendo in dettaglio le attività del Consiglio ISH nel 2019. Puoi trovare questa lettera sulla nostra pagina web. https://www.ishhypnosis.org/wp-content/uploads/2019/12/Letter-to-Members-Nov2019_final_stationary.pdf

In questa lettera presento un primo breve rapporto sul 1° Congresso asiatico sull'ipnosi che si è svolto a Mashhad, Iran. Il congresso ha avuto un grande successo, sia in termini di contenuto che soprattutto di atmosfera. Oltre 1.000 partecipanti hanno partecipato a questo incontro che si è tenuto nel nuovo Centro Congressi della Facoltà di Medicina dell'Università di Mashhad. Tra questi vi erano 106 relatori internazionali e partecipanti provenienti da 24 paesi. Con il paese ospitante abbiamo avuto 25 paesi in totale.

Durante il congresso è stata annunciata la fondazione della Asian Society of Hypnosis. Per noi europei questo congresso ha ancora una volta chiarito quale ruolo importante possa svolgere questa nuova società. Negli ultimi 150 anni noi europei abbiamo imparato dolorosamente che è meglio conoscere altre culture, cooperare piuttosto che fare la guerra l'una contro l'altra. Per me non è ancora del tutto chiaro quante cose positive siano state realizzate attraverso il gemellaggio tra città, i programmi di scambio di allievi e incontri tra giovani in Europa.

In questo congresso vi sono stati diversi fraintendimenti e problemi tra i colleghi asiatici, che ha richiesto la mediazione dei membri del Consiglio Direttivo ISH che hanno fatto da diplomatici. In un film d'animazione, ad esempio, in cui i paesi asiatici sono stati riuniti pezzo per pezzo su una mappa, è stata mostrata una falsa rappresentazione della Cina: mancava una grande provincia. Ciò ha portato a frenetiche telefonate da colleghi cinesi e io stesso sono stato chiamato dalla Cina. Al contrario, la conferenza di un oratore asiatico nella sala plenaria ha quasi provocato un infarto agli organizzatori iraniani. Durante questa conferenza sono stati mostrati estratti di alcuni film che avrebbero dovuto illustrare l'immagine negativa dell'ipnosi nei lungometraggi. Sfortunatamente, in un filmato si è brevemente vista una coppia nuda. In un paese strettamente musulmano come l'Iran, questo è molto pericoloso per l'organizzatore del congresso in quanto è responsabile di garantire il rispetto delle regole ufficiali. L'oratore non ne era affatto consapevole e non era a conoscenza della situazione sociale in Iran. Per me è stato interessante vedere che noi europei di solito ci informiamo in anticipo o addirittura leggiamo libri prima di diventare attivi in altre culture. Molti dei paesi asiatici sembrano essere più o esclusivamente legati alla loro cultura.

A volte la cooperazione e il pianificato avvio della società asiatica sono stati in qualche modo in pericolo. Il nostro collega polacco Kris Klajs è molto esperto nell'assistere i migliori politici nel suo paese d'origine. Il suo know-how è stato molto prezioso in questa situazione. Kris è stato in grado di comunicare ai suoi colleghi asiatici che questo è il motivo per cui una società asiatica è tanto importante, in quanto stimola in loro una maggiore comprensione di paesi e culture diverse.

Alla fine, abbiamo avuto successo e questo è stato un ottimo esempio del motto ISH: *Building Bridges of Understanding*. E forse un buon esempio di come le conferenze online non possano sostituire incontri reali.

Ci sono stati molti altri bei momenti per *Building Bridges of Understanding*. Una parte del comitato esecutivo dell'ISH (Kris Klajs,



Enayat Shahidi, Nicole Ruysschaert, Bernhard Trenkle), e altri oratori coi loro familiari, hanno viaggiato in Iran insieme per 10 giorni. Nel nostro gruppo di viaggio c'era un collega tedesco ebreo. La guida turistica iraniana ha mostrato che nella sua città Isfahan musulmani, ebrei e cristiani vivono insieme pacificamente da secoli. Abbiamo visitato una grande magnifica cattedrale cristiana e una sinagoga ebraica. La visita alla sinagoga è avvenuta durante la festa di Yom Kippur. Gli ebrei iraniani hanno chiesto ai nostri colleghi tedeschi di pregare con loro. L'intero gruppo di viaggio è andato in una caffetteria e ha aspettato il nostro compagno di viaggio ebreo. Questa è stata un'emozionante e intensa corsa sulle montagne russe, specialmente per noi tedeschi. Da un lato, siamo rimasti profondamente toccati e sorpresi da questa situazione, che non corrispondeva alla nostra immagine dell'Iran. D'altra parte abbiamo avuto la notizia via internet che in Germania c'era stato un attacco a una sinagoga tedesca proprio durante questa festa ebraica e che in tutta la Germania le sinagoghe erano sotto la protezione della polizia.

Dal 2016 abbiamo anche cercato di invitare colleghi israeliani. A causa della calda atmosfera, abbiamo dovuto rimandarlo per la sicurezza di questi colleghi e degli organizzatori iraniani. Penso che un congresso medico sia un buon contesto per convincere anche i fanatici fondamentalisti di tutte le possibili opportunità di cooperazione.

La grande sfida organizzativa era che non vi era alcuna possibilità di trasferire denaro in Iran - né le spese per il congresso, né gli acconti per gli hotel, le guide, gli autobus, ecc. I colleghi iraniani dovevano fidarsi che saremmo davvero arrivati e noi dovevamo fidarci che una volta arrivati lì avremmo davvero trovato guide con autobus e anche le camere d'albergo. Attraverso molti contatti è cresciuta la fiducia reciproca. Qualche mese prima del congresso ero nella mia casa vacanza in Polonia nella natura ma senza internet. Sono perciò andato in una camera di un hotel. Lì ho negoziato in una videoconferenza con l'agenzia di viaggi iraniana e i membri del team iraniano. Anche la tradizionale grande ospitalità degli iraniani è stata utile. In effetti, l'agenzia iraniana ha prefinanziato tutto per un totale di 7 tour senza avere nemmeno un nostro centesimo nelle loro mani. Durante il nostro tour a bordo per 10 giorni di viaggio eravamo 21 persone alcune delle quali nei migliori hotel del paese. Avevamo tutti i soldi per le tasse congressuali, gli hotel, ecc. in diverse buste con importi contati in contanti. Solo 2 settimane dopo il tour i soldi erano in contanti presso l'agenzia di Isfahan. Il nostro tour da solo valeva circa 20.000 Euro. Nella sala plenaria del congresso abbiamo invitato sul palco il capo dell'agenzia di viaggi per ufficialmente ringraziarlo per questo supporto.

Se osserviamo gli sviluppi politici della politica internazionale dell'Iran del 2019, siamo stati molto fortunati che questo congresso abbia potuto aver luogo con successo. Personalmente, sono molto grato ai 100 colleghi internazionali per aver supportato questo progetto nonostante la situazione non fosse sicura al 100%. Tutti coloro che vi hanno preso parte sono stati premiati con un grande congresso in termini di contenuti e di atmosfera.

Se i disordini politici di novembre in Iran fossero stati solo 6 settimane prima, sarebbe stata la fine di questo progetto che era stato preparato dal 2015 e avremmo dovuto cancellare tutto all'ultimo momento.

Quindi possiamo davvero essere grati. Il 2° Congresso asiatico è previsto per metà luglio 2022 a Pechino.

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



COLUMNA DE LA PRESIDENCIA (ES)

TRADUCIDO POR TERESA ROBLES

Querido colega,

Hace poco escribí una carta a todos los miembros de la ISH describiendo con detalle las actividades de la Mesa Directiva durante 2019. Puedes encontrarla en nuestra página web.

https://www.ishhypnosis.org/wp-content/uploads/2019/12/Letter-to-Members-Nov2019_final_stationary.pdf

En esta carta hay un primer reporte del Primer Congreso Asiático de Hipnosis realizado en Mashhad, Irán. Esta conferencia tuvo mucho éxito, tanto en términos de su contenido como de la atmósfera en que se realizó. Tuvo lugar en el nuevo Centro de Congresos de la Facultad de Medicina de la Universidad de Mashaad con más de 1000 participantes. Entre ellos, 106 conferencistas internacionales provenientes de 24 países, 25 en total incluyendo al país huésped.

Durante el Congreso, se anunció la creación de la Sociedad Asiática de Hipnosis. Y a los europeos nos quedó claro el papel tan importante que puede jugar esta nueva sociedad. Durante los últimos 150 años, los europeos hemos aprendido dolorosamente que es mejor conocer otras culturas y colaborar con ellas que hacerles la guerra. Y a mí todavía no me quedan claras todas las cosas positivas que se han logrado, al hermanar pueblos, intercambiar programas de estudios y los encuentros con jóvenes en Europa.

Durante el Congreso, hubo varios malos entendidos y problemas entre los colegas asiáticos que requirieron el apoyo, tacto y diplomacia de los miembros de la Mesa Directiva de la ISH. Por ejemplo, en un video animado en que iban apareciendo uno por uno los países asiáticos en un mapa, China estaba mal. Faltaba una provincia muy grande. Esto desencadenó llamadas frenéticas de colegas chinos muy molestos, que incluso me llamaron desde China.

Por otro lado, la presentación plenaria de un conferencista asiático casi produce un paro cardíaco en los organizadores del congreso. En la conferencia se presentaron trozos de películas donde supuestamente se ilustraba la imagen negativa de la hipnosis en algunas películas. Desafortunadamente en uno de ellos aparece una pareja desnuda. En un país musulmán ortodoxo como Irán, esto es muy peligroso para los organizadores del congreso que son los responsables de que se cumplan las normas oficiales religiosas. El conferencista no tenía idea de esto ni de la situación social en Irán.

Para mí fue interesante darme cuenta de que los europeos generalmente nos informamos de boca en boca o leyendo libros antes de actuar en otras culturas. Pero, por el contrario, muchos de los países asiáticos parecen estar más o completamente centrados en ellos mismos.

En algunos momentos la cooperación y el inicio de la Sociedad Asiática que se estaba planeando estuvo en riesgo. Nuestro colega polaco de la Mesa Directiva, Kris Klajs tiene mucha experiencia trabajando como consejero de políticos de alto nivel en su país. Su experiencia fue muy valiosa en esta situación. Acabó convenciendo a sus colegas asiáticos de que era muy importante tener una Sociedad Asiática para que los distintos países y culturas de ese continente se entendieran mejor.

Al final, todo acabó bien, con éxito y fue un muy buen ejemplo del lema de la ISH "Construyendo Puentes de Comprensión". Y tal vez un buen ejemplo de cómo las conferencias OnLine no pueden reemplazar los encuentros presenciales.



Hubo muchos otros buenos momentos para seguir construyendo puentes para la comprensión y el entendimiento. Parte de la Mesa Directiva de la ISH (Kris Klajs, Enayat Shahidi, Nicole Ruysschaert, Bernhard Trenkle) con otros conferencistas y sus familias viajamos juntos durante 10 días a través de Irán. En nuestro grupo había un colega judío de Alemania. La guía iraní de nuestro tour, nos mostró cómo en su ciudad natal, Isfahan, musulmanes, judíos y cristianos habían convivido en paz durante siglos.

Visitamos una maravillosa Catedral cristiana y una Sinagoga judía. La visita a la sinagoga coincidió con el principal momento de la fiesta de Yom Kippur. Los judíos iraníes invitaron a nuestro colega alemán a rezar con ellos. Mientras, el resto del grupo fuimos a tomar un café y esperamos a nuestro compañero judío. Para todos, pero especialmente para los alemanes fue como una intensa montaña rusa emocional. Por un lado, esta situación nos tocaba intensamente y nos sorprendía porque no correspondía a nuestra imagen de Irán. Por el otro, nos llegaron noticias por internet del ataque a una sinagoga en Alemania exactamente en este día festivo y que todas las sinagogas en Alemania estaban protegidas por el ejército.

Desde 2016, tratamos de invitar colegas de Israel a este congreso. Pero debido a la atmósfera álgida en la región, tuvimos que posponer su participación por la seguridad de ellos y de los organizadores iraníes. Pero yo sigo pensando que un Congreso médico es un buen contexto para lograr la cooperación de hasta los más fundamentalistas de los dos bandos.

Pero el mayor desafío para la organización de este Congreso fue que no hay posibilidad de transferir dinero a Irán; ni inscripciones a congreso, ni pagos a hoteles, guías turísticas, autobuses, etc. Los colegas iraníes tuvieron que confiar en que realmente iríamos y nosotros tuvimos que confiar en que cuando llegáramos tendríamos cuartos de hotel, autobuses y guías. A medida que se fueron dando cada vez más comunicaciones, la confianza creció. Unos meses antes del Congreso, estaba de vacaciones en Polonia en medio de la Naturaleza, pero sin internet en mi casa de campo. Tuve que irme a un hotel y rentar un cuarto para poder negociar con la agencia de viajes y el equipo iraní. La tradicional gran hospitalidad de los iraníes fue muy valiosa. De hecho, la agencia iraní pre financió 7 tours completos sin tener un centavo nuestro en sus manos. Simplemente en el tour de la Mesa Directiva éramos 21 personas viajando durante 10 días por carretera en los mejores hoteles del país. Todos teníamos nuestro dinero en efectivo separado en sobres, pero la agencia lo recibió hasta dos semanas después del tour, en Isfahan. Y cada tour representaba alrededor de 20,000 euros. Agradecemos oficialmente al jefe de la agencia por este apoyo cuando estábamos reunidos en una plenaria e incluso lo hicimos subir al presidio.

Si observamos los cambios que se dieron en la política internacional de Irán durante 2019, realmente tuvimos suerte de haber podido realizar esta conferencia exitosamente. Yo, personalmente, estoy sumamente agradecido a los 100 colegas internacionales que apoyaron esta conferencia a pesar de no tener una situación 100% segura. Todos los que participaron fueron premiados con un gran congreso tanto por su contenido como por su atmósfera.

Si los disturbios políticos ocurridos en Irán en noviembre pasado se hubieran dado seis semanas antes, hubieran terminado con este proyecto preparado desde 2015 y hubiéramos tenido que cancelar todo en el último momento.

Así que podemos estar realmente agradecidos. El Segundo Congreso Asiático está planeado para mediados de julio del 2022 en Beijing.

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



NOTES FROM THE EDITOR



Katalin Varga

Dear Colleagues:

Let's see what we have in this issue that closes the year 2019.

In the **Main Paper Gao Jun** reviews, with commentaries, Chinese Hypnosis Research in the 21st Century. I had the fortune to meet Gao personally, and be impressed not only by her perfect English, but also her energy, charming personality and very good humor. I repeatedly hear from my colleagues who are teaching in China that Gao is an excellent interpreter, and provides a secure and relaxed atmosphere for

the teacher if Gao is on his or her side. Now she leads us to the extremely rich world of Chinese hypnosis research, that is flourishing in the past couple of years.

In the **"Meeting our Masters"** I interview **Dan Short**, PhD. I am happy to learn so many interesting things about him. He is currently the director of the Milton H. Erickson Institute of Phoenix and has served as Assistant Director for the Milton H. Erickson Foundation, and was formerly the Executive Editor of the *Milton H. Erickson Foundation Newsletter*. I enjoyed and found very useful his books on Ericksonian hypnosis, but now – meeting him in Turin, Italy – I also got acquainted with the "real person" behind these titles.

In our section: **Clinical Relevance of Research Findings** we would like to connect the research fields of hypnosis and hypnotherapy. In this issue **Bianka Gönye** reviews hypnosis in medical treatment of children. Bianka is a very talented doctoral student at our university, working with children in the "Lendület" Research team, investigating their adaptation to new institutions (kindergarten). No wonder that she found it useful to learn some hypnotic / suggestive techniques that are working so well with children.

Apart from the usual report of the *International Journal of Clinical and Experimental Hypnosis* by **Gary Elkins** and **Lyane Roberts**, this time we also post an excerpt from the *Introduction* to the Special Issue of the *International Journal of Clinical and Experimental Hypnosis* (vol. 67-4, 2019) by the Guest Editor : **Giuseppe De Benedittis**. This issue provides a comprehensive State of Art of research in this field. This very valuable collection of leading researchers will certainly advance our knowledge of basic and clinical research.

This issue we open a new column : **Favorite quotations**. It starts with the choice of **Orsolya Rácz**, GP, quoting *Virginia Woolf: On being ill*.

We are also updating our readers on the ESH Conference to be held in **Basel, 2020**, and – of course – "our" triennial conference **2021 Krakow**.

Let me end my letter with a personal note. The Hungarian Association of Hypnosis planted a tree for the memory of founding president, **Prof. István Mészáros** in the garden of Annamária Zseni.



Now this tree is already growing saplings, and Ani “distributed” some saplings to the members of HAH.

Here we are planting 2 small trees in our garden, with our middle son, Gergely.

I was so moved on this transgenerational chain – I invite you to enjoy this moment with me by these photos

Let me repeat my invitation to all members: please do contact me with your ideas, suggestions for topics, questions, or new columns – and of course your feedback on this issue.

Your comments continue to improve our newsletter.

Katalin Varga
Ph.D., DSc



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.

GAO Jun PhD

Department of Psychology
the School of Social Development
and Social Policy
Fudan University
Room 1101
the Arts Building
Fudan University
Shanghai, PRC.

Tel: 86-21-55665473
Email: gaojun82@fudan.edu.cn



GAO Jun PhD. is currently an associate professor in the Department of Psychology, School of Social Development and Social Policy in Fudan University and a licensed psychological counselor of Chinese Psychological Society (NO. X-12-007).

She received her bachelor's degree in psychology from the Department of Psychology, Peking University in 2005 and her PhD degree in clinical psychology from the Department of Psychology, Peking University in 2010.

She has published 43 papers in peer-reviewed domestic and international journals, including 5 papers in SSCI journals and 18 papers in CSSCI journals as either the first author or the corresponding author. She has published one book, co-authored 3 books, and translated 9 books in the field of psychology. She is a member of several professional societies home and abroad, including the International Society of Hypnosis, Chinese Psychological Society, Chinese Mental Health Association and American Psychological Association.

Her major research interests include: a) the experience & the regulation of self-conscious emotions; b) emotion regulation of emotions and its implications in mental health; c) empathy and its applications in professional helpers; d) clinical efficacy, professional ethnics, and the social-cultural aspects of hypnosis and hypnotherapy.

As a clinician, she received training in psychodynamic approaches, CBT and Ericksonian hypnotherapy.

She now practices psychological counseling in individual, couple and group settings.



Chinese Hypnosis Research in the 21st Century: A Brief Literature Review and Commentary

Gao Jun Ph. D, Department of Psychology,
SSDPP, Fudan University
Chinese Ericksonian Institute

As a healing practice discovered and re-discovered throughout the human history, hypnosis and variations of its practice have also been a part of Chinese history. In China, as in other ancient cultures, hypnotic elements and practices are argued to be found in Shamanism and witchcrafts. According to Ling Li (2000), a prestigious Chinese historian and archeologist, the word “巫” (Wu) already appeared in oracle inscriptions unearthed in Yin Dynasty ruins, which is dated back from 1319 B.C. to 1046 B.C., and since then different forms of Shamanism and witchcrafts were regularly practiced all over China.

Despite the fact that Chinese ancient ancestors used hypnotic techniques in healing rituals and enjoyed the benefits of them, it was not until the 1990s when hypnosis as a therapeutic practice was first formally introduced into China. In her preface to the Chinese version of *Trancework* (4th edition) by Michael D. Yapko (2012), Xin Fang, who is the founding president of Chinese Erickson Institute and one of the new board members of ISH, regarded the First Sino-German Continuous Training Program for Psychotherapy in 1997 as the stage for modern hypnosis to be introduced into China. As a participant in the behavioral therapy and hypnotherapy training group, she vividly remembered how Dirk Revenstorf, a professor in the department of psychology in Thüringen University, taught a group of Chinese psychologists, psychiatrists and medical doctors how to use hypnosis as a psychotherapeutic tool. She also described how she was fascinated by hypnosis and determined to learn more about it. In 2008, with the help from Bernhard Trenkle, who is now the president of ISH and



has always been keen on promoting hypnosis all around the world, Xin Fang started to organize the Sino-German Continuous Training Program for Hypnotherapy. Since then, 12 training programs were completed and more than 500 Chinese professionals were trained in Ericksonian clinical hypnosis, most of whom are psychologists and psychiatrists. Several ISH presidents and board members were also invited to teach in this training program, including Camillo Loriedo, Consuelo Casula, Enayat Shahidi, Krzysztof Klajs, Mark Jensen, Nicole Ruysschaert and Woltemade Hartman.

As more Chinese clinicians in the mental health field were trained in hypnotherapy, it seemed that the time for establishing a professional organization in China was ripe. In 2014, Chinese Hypnosis Workgroup was founded under the Chinese Mental Health Association, one of the two umbrella professional societies in the mental health field¹. One major task of this workshop was to promote scientific research on hypnosis. In the same year, a popular Chinese suspense movie named “The Great Hypnotist” became a hit in the Chinese market. It kindled the interest of the general public in hypnosis. Unfortunately, this movie also further mystified hypnosis.

¹ | Later in 2017, based on this workgroup, an independent professional organization was founded and was renamed as Chinese Erickson Institute, which is now recognized by ISH as the country member society in mainland China.



As a member of this workgroup, and probably also due to the anxiety of being a hypnotherapist when one's professional identity became a spotlight in the business of entertainment, I started to do a literature review on Chinese literature about formal publications related to hypnosis from 2005 to 2014. This effort became an academic paper itself, which was published in the *Chinese Journal of Clinical Psychology* (Qu & Gao, 2016). The original goals of this literature review were mainly two: a) to have a general picture about the empirical research topics on hypnosis in Chinese literature; b) to examine how hypnosis was defined and what misperceptions about hypnosis could be found in the literature.

In this article, one part of the result was therefore based on major results from the published paper. Another part of article was based on a new literature review, which used a slightly different review strategy and targeted Chinese literature from January 2015 to June 2019. As for the new literature review, the focus was mainly on the latest empirical research topics on hypnosis in Chinese literature. Together with two review efforts, I tried to describe the general trend of empirical research on hypnosis in China and how it might be related to chances and challenges for Chinese professionals in the field.

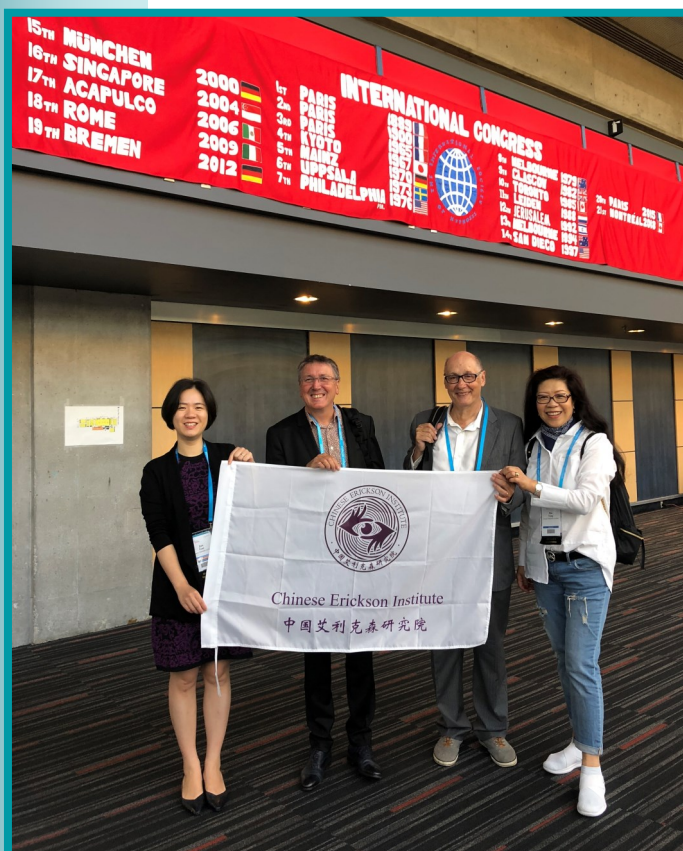
METHODS OF REVIEW

This paper uses two review strategies. In the first strategy, the systemic review was conducted in the psychology databank of www.cnki.net, the most comprehensive academic database in China, by using “hypnosis” as keyword and “theme” as search domain from January 1st, 2005 to December 31st, 2014. In the second strategy, the systemic review was conducted in all databanks in www.cnki.net and Wangfang Data by using “hypnosis” as keyword, “theme” as research domain from January 1st, 2015 to July 31st, 2019. The reason to include other databanks than psychology databank in the second review was to include possible literatures on hypnosis outside the field of psychology.

Inclusion and exclusion criteria were the same in both strategies. Inclusion criteria was: 1) hypnosis (defined by authors) were used or reviewed. Exclusion criteria were: 1) hypnosis induced by a pharmacological agent; 2) if the same study or review was published on multiple sources (e.g. both as a dissertation and a journal article), only one publication was selected (e.g. journal article was selected); 3) book reviews, training or conference announcements were excluded.

In the first strategies, titles and abstracts of articles were first retrieved and read by two reviewers (QWX and GJ) to exclude articles not meeting eligibility criteria. The full-text of remaining articles were then examined by the same reviewers to reach the final decision. In the first strategies, titles and abstracts of articles were first retrieved and read by one reviewer (GJ) to exclude articles not meeting eligibility criteria. The full-text of remaining articles were then examined by the same reviewer to reach the final decision.

In the first review, 161 valid articles were found (Qu & Gao, 2016). In the second review, 165 valid articles were found. Same classification strategies were used in both reviews: 1) all valid





articles were divided into two groups based on targeted readers of the publication. If the publication targeted the non-professional as readers, an article in that publication was classified as non-academic journal article. These articles were mainly case stories and introductory articles on hypnosis or bibliographies of hypnotists. If the publication targeted professional as their readers, an article in that publication was classified as academic journal articles. 2) Academic journal articles were further classified based on the nature of research (basic topics vs. clinical topics) and methodologies (empirical studies vs. case studies vs. reviews & commentaries). For basic studies, they included empirical studies and reviews on physiological-psychological-social mechanisms of hypnosis and the related phenomenon, such as the phenomenology of trance phenomena, the neurophysiological bases of hypnosis, the individual differences in hypnotizability, how hypnosis affects individual's specific cognitive, emotional and behavioral processes, as well as attitudes and other social-cultural issues related to hypnosis. For clinical studies, they included empirical studies, case studies and reviews on therapeutic practices and efficacy of hypnosis or hypnotherapy as an intervention for psychological disorders/concerns, psychological/mental trainings, physical disorders/concerns and medical procedures. In this category, articles on professional training and education of hypnosis, such as ethical issues in hypnotherapy were also included. 3) Finally, academic journal articles were analyzed by their research themes. For example, clinical studies examined the efficacy of hypnosis on a specific psychological disorder/concern or medical procedure were grouped together.

RESULTS

As seen in figure 1, the number of annual publications of hypnosis-related articles in China has remained low but also shown a slow increase, especially in academic journals. Meanwhile, the number of articles published in non-academic publications shrank rapidly in the past five years. It should be noted that figures from 2005-2014 were based on Qu & Gao (2016), whereas figures from 2015 onwards were based on the second review, in which a different review strategy was used. Since the second review used more databanks, the number of publications per year also shown a significant increase.

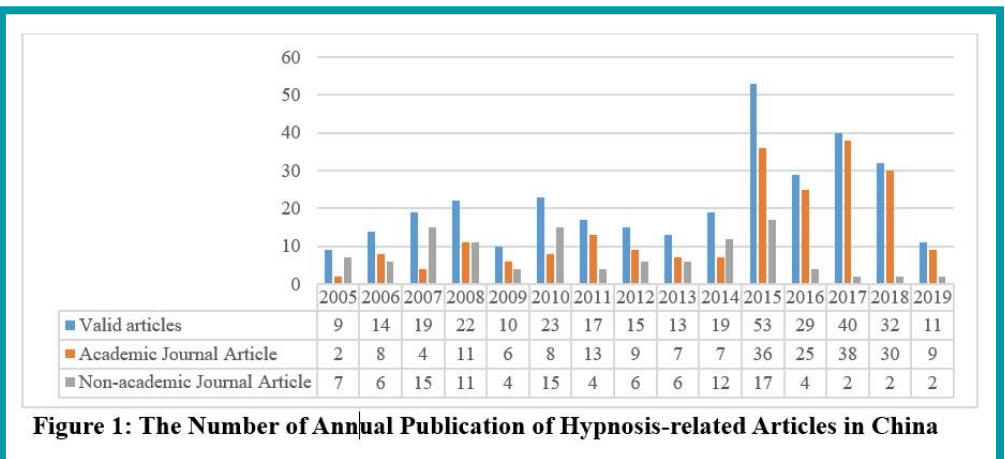
If the number of annual publication was broken into four categories, namely basic empirical studies, clinical empirical studies, clinical case reports and literature reviews (seen in figure 2), a visible trend emerged: as the number of annual publication of other three categories remained low (especially for basic empirical studies), the number of annual publication on clinical empirical studies seemed to show a rapid rise in the past five years. As mentioned before that the second review (2015-2019) also included databanks outside of psychology, a further analysis found that the rise of the number of publication was partially due to the number of empirical studies on physical concern/medical procedures, which were not normally published in journals of psychology database (seen in figure 3).

As for research themes, the two most popular themes among basic studies was either about the revision of hypnotizability scales ($N=6$) or using hypnosis as a research tool to explore certain cognitive processes, such as executive control ($N=6$). For clinical studies, hypnosis was used in a wide range of psychological disorders and concerns, from depression and anxiety to stress management and improvement of academic abilities. Among these issues, sleeping difficulties, anxiety disorders, and depression were the most explored issues. The majority of these studies reported favorable results for hypnosis, although few of them was RCT trials and no meta-analysis using Chinese samples was published.

On the other hand, hypnosis as an intervention for various medical conditions and procedures seemed to get popular in Chinese publications. Besides pain management, researchers examined the potential benefits of hypnosis for gastroenterological disorders, cancers, surgical procedures, dental practices, as well as in the field of obstetrics and gynecology. Among these issues, a comparatively large number of studies explored how hypno-



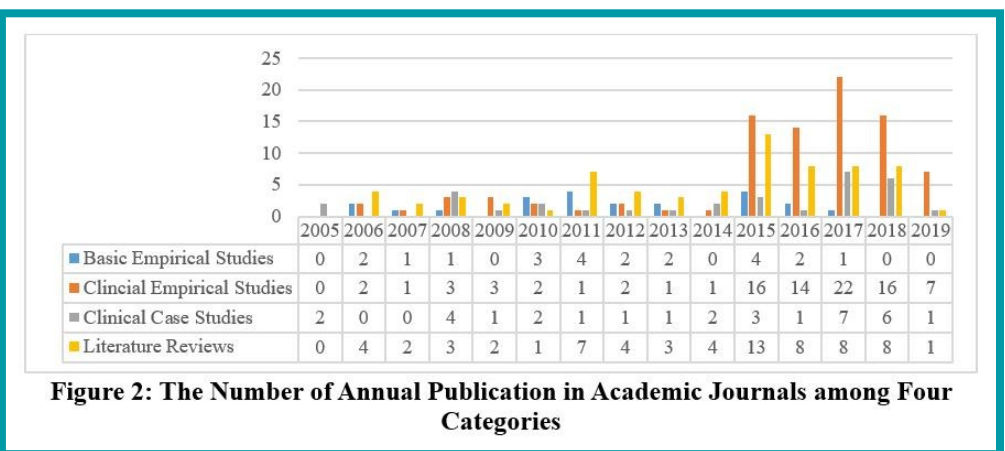
sis could be used to improve the medical result of childbirth (such as decreasing pains and complications) and gastroenterological disorders. Interestingly, the majority of clinical studies on medical conditions and procedures were claimed to be RCT trials.



Finally, a number of case studies, reviews and commentaries on applications of hypnosis in non-clinical areas were also published, such as in forensic, or educational settings. However, so far, no publications on hypnosis in sports setting was found.

DISCUSSIONS AND COMMENTARY

As the title suggested, this article could only present a sketch on hypnosis research in China in the last two decades. Nevertheless, this sampling effort still produced certain interesting perspectives on how hypnosis was received and practiced in mainland China. As mentioned before, the mod-



ern hypnosis was only introduced into China in the late 1990s, and the Chinese professional community did not even exist 10 years ago. The annual number of publications on hypnosis in the past two decades also reflected this development: the number of academic publications has been low over the years but shown a gradual increase. Moreover, studies on clinical applications of hypnosis clearly outnumbered basic studies of hypnosis in Chinese publications, especially for efficacy studies of hypnosis on medical conditions and procedures. For the majority of efficacy studies, hypnosis was not used alone but combined with other methods (such as CBT, medicine, and Traditional Chinese Medicine, TCM).

The popularity of using hypnosis for medical conditions and procedures seemed to be an international trend. Recently, I searched the meta-

² | Notice: figures of physical concerns and medical procedures from 2005 to 2014 were not actually zero but not available since the first review strategy did not include non-psychology database.



analysis studies on hypnosis from January 1st, 2009 to June 30th, 2019 in Elsevier database and found 12 studies. Two of them concerned basic studies on hypnosis: one was about the brain correlates of hypnosis (Landrya, Lifshitz & Raz, 2017) and one was about fMRI studies of using hypnosis to explore pain perception in brain (Casale et.al., 2015). The rest of them were meta-analysis studies on clinical efficacy of hypnosis, with three studies on pain management (Provençal et.al., 2018; Thompson et.al., 2018; Scheffler et.al., 2018), two studies on psychosomatic conditions (i.e. insomnia, Lam et.al., 2015; and obesity, Milling, Gover, and Moriarty, 2018), two studies on surgical procedures (Holger et.al, 2012; Tefikow et.al., 2013), one on IBS (Laird et.al., 2017), one on childbirth (Hosseini et.al., 2017), and one on dental procedures (Burghardt, 2018).

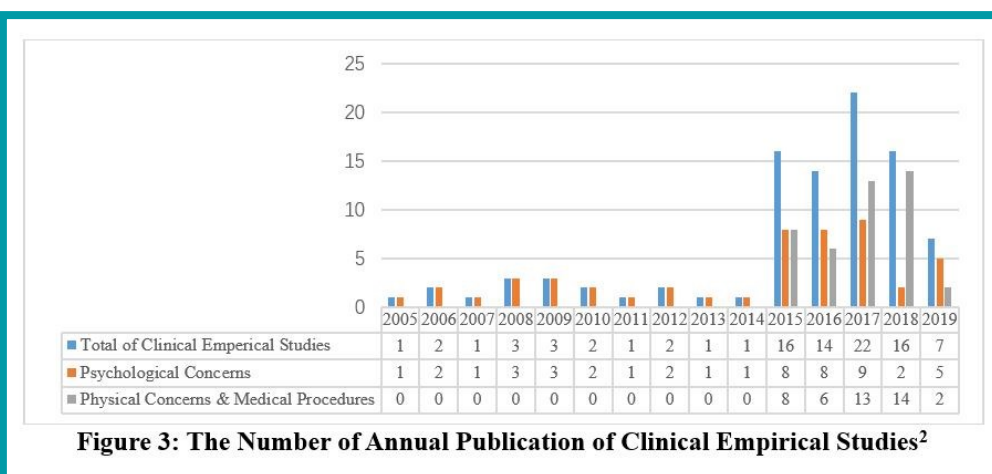


Figure 3: The Number of Annual Publication of Clinical Empirical Studies²

The above trend highlights the very nature of hypnosis itself, as an interpersonal-psychological-somatic phenomenon. While it can be seen as an expansion of application for hypnosis as a valuable clinical tool for the general well-being of mankind, it also can be interpreted as a potential challenge for Chinese mental health professionals who practice hypnosis. Hypnosis has not yet established as an evidence-based psychotherapeutic practice in the Chinese professional circle, since few high-quality efficacy studies of hypnosis on any psychological disorders or concerns were published in the past two decades. Although their interests in getting trained and practicing hypnosis remained high, Chinese clinicians seemed to lack interest in doing decent research on hypnosis. For instance, in a recent online survey of members of Chinese Erickson Institute, 194 out of 527 members answered this survey about their practice of hypnosis in the last one year, and only 17 reported they did or were doing research on hypnosis. On the other hand, despite the majority of efficacy studies on medical conditions and procedures reviewed in this article were claimed to be RCT trials, these studies were usually published in “low-impact” Chinese journals. These studies often lacked any description of how hypnosis & hypnotherapy was performed, nor reported the qualification of those who provided the intervention. Meanwhile, they typically reported large samples and very positive results. Although these seemingly excellent results contrasted the bleak picture of those efficacy studies on psychological disorders/difficulties, the lack of details to check their qualities overshadowed their values and reflected perhaps the awkwardness of the hypnosis practice: the more training one received, the more modesty one maintained about his/her practice in hypnosis. While this modesty was a virtue valued in Chinese culture and a good practice for individual clinicians, it might not be an advantage for the profession itself.

A final comment of this article was concerning the (future) contributions of Chinese cultures to hypnosis. In the past two decades, insights of traditional Chinese cultures also met with modern hypnosis and produced at least one form of Chinese style of hypnosis: Techniques of “Yi-Kong” (i.e. techniques of transforming symptom-images into nothingness), which was developed by Tianjun Liu, a professor of Qi-Gong in Beijing University of Traditional Chinese Medicine. He is also one of the Chinese faculty in Chi-



nese Erickson Institute. Due to the limited scope of this article, it is impossible to even give a brief introduction of Techniques of “Yi-Kong”. However, to my knowledge, his book on Techniques of “Yi-Kong” is now being translated into English. In this book, Bernhard Trenkle also contributed one chapter on how he learned and practiced techniques of “Yi-Kong”. It might be interesting to note that, in his training of Chinese professional, Trenkle also included the teaching of these techniques, and he named them as “techniques of boxes”. It remains to be seen what we Chinese professionals can gain from boxes of modern hypnosis, and what we can offer to transform them.

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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 Dan Short
By Katalin Varga

Dan Short, PhD, is director of the Milton H. Erickson Institute of Phoenix. He has served as Assistant Director for the Milton H. Erickson Foundation, and was formerly the Executive Editor of the Milton H. Erickson Foundation Newsletter. Short is the lead author of *Hope and Resiliency*, in co-authorship with Betty Alice Erickson and Roxanna Erickson Klein. His most recent book is *William James & Milton Erickson: The Care of Human Consciousness*. He is also the author of *Transformational Relationships* and has defined Ericksonian Psychotherapy in the *SAGE Encyclopedia of Counselling and Theory*. Currently teaching clinical hypnosis at the Southwest College of Naturopathic Medicine, Short also works with patients in private practice, conducts consultation groups for professionals in Phoenix, as well as presenting seminars and workshops as visiting faculty at institutes around the world.

Please describe your first contact with hypnosis.

My training began in childhood. Children are naturally curious and like to test the power of words. Using a more juvenile vocabulary, my friends and I would suggest catatonic immobility, arm levitation, and so on. There was also a lot of fun with reverse psychology, such as depriving an opponent of any sense of power by retorting, “I wanted you to do that! So, just keep on doing it!” Under these conditions, the aggression becomes impotent. But when I felt that I was in serious danger, I would use the power of imagery and instinctual emotional responses to achieve the desired outcomes. For example, as a six-year-old, after being approached by a much larger child who threatened to beat me up, I fictitiously declared, “I have diarrhea” (i.e., an instinctual defense against predators that I transferred to the psychological realm). After receiving this indirect suggestion, for visual and olfactory hallucinations, the child cringed and would not touch me.

As a curious adolescent, I began to experiment with self-hypnosis for ego-strengthening, pain control, and sleep management. I also conducted placebo drug experiments on my friends, with astounding results. Later as a college student, I was thrilled to learn that it is possible to earn a living doing these types of things. All that was lacking was confidence in my ability to handle the responsibility of caring for another individual in a time of great need. Then, as I began to mature and learn more about healthy relationships, I came to realize that this responsibility is constant and that we are all in need of socio-hypnotic encouragement and support. Shortly



after graduating from college, I went to Betty Alice Erickson, who is the daughter of Milton Erickson. She explained hypnosis to me this way, “It is what happens when a child comes to his mother with a hurt knee, and she says, ‘Your knee is hurt, so I will kiss it three times, and then you will feel better. ... And after those three kisses, the child does start to feel better!’” Not surprisingly, after leaving my therapy session with Betty Alice, I felt much better!

Please characterize briefly your career and your current work.

Because I find so much enjoyment in what I do, it does not feel correct to say that I work. I have been given the opportunity to spend most of my time and energy learning more about human health and wellbeing. This learning comes through three distinct channels: clinical practice as a psychologist, writing, and teaching. I do not believe that I could be as competent in one area without the others. I learn so much from my clients, while relishing the opportunity to emotionally share in their achievements. I also learn a great deal while teaching, which offers me the opportunity to dialogue with dedicated practitioners from around the world. And finally, writing is my moment of reflection and my passion. It is when my ideas are placed under a microscope and closely examined.

As the Director of the Milton H. Erickson Institute of Phoenix: what is your mission?

The efforts of our institute are modest and focused primarily on providing support for local practitioners of Ericksonian therapy. A pool of extremely talented practitioners will meet for a couple hours each month to discuss clinical case work and to practice specific skills. And, four times a year, we use video conferencing to connect with other institutes from across the globe. Also included in this educational effort are young medical students who want to better understand the practice of hypnosis and the care of human consciousness. The institute does not collect any money, so these resources are easily accessible to local professionals who wish to engage in ongoing education and deliberate practice.

How do you see the role of hypnosis in medicine?

Reading the history of medicine, it quickly becomes apparent that the greatest medical innovators did not divorce the mind from the body. For example, both Hypocrites (father of medicine) and Paracelsus (father of psychiatry) spoke of the importance of imagination and attitudes in healing. The modern dualistic approach to medicine is dehumanizing. It forces doctors and patients to discuss “the body” as if it were a detached, mechanistic object. Hypnosis corrects this problem. It helps us recognize that competency in medicine involves caring for the mind and body as one.

You collaborated with Roxanne Erickson-Klein to define Ericksonian Psychotherapy in the SAGE Encyclopedia of Counseling and Theory. Can you tell us about this work? How would you differentiate Ericksonian Psychotherapy and Ericksonian Hypnosis?

You ask a really good question, one that potentially has many different answers. My thinking, at this time, is that Ericksonian therapy acts as the most fitting vehicle for the delivery of Ericksonian hypnosis. There is a certain fidelity that is achieved when the overarching therapeutic paradigm is perfectly in sync with the type of hypnosis that is being applied. This is not to say that a cognitive behavioral therapist cannot use Ericksonian hypnosis. But the hypnotic experience is not as likely to be so richly interwoven with every other aspect of the therapy.

The thing that makes Ericksonian therapy unique from other humanistic and experiential therapies is the way it positions the dynamic interaction between the conscious and unconscious mind at the center of the problem-solving endeavor. While it is true that psychoanalysis also did this, Freud’s approach to psychological care was rejected by Erickson as an overly



negative perspective on depth psychology—one that treated the unconscious mind as a savage that must somehow be subjugated (i.e., an artifact of the colonial value system that was inseparable from Victorian thought). Furthermore, Freud had a vendetta against hypnosis, which he sought to eliminate from the psychotherapeutic endeavor. Ericksonian therapy is the exact opposite. It is founded on positive depth psychology (i.e., the unconscious mind is something to be utilized as a vital resource for human problem solving) and it integrates hypnosis, in one form or another, into all aspects of the therapeutic endeavor. This may involve the formal use of a traditional hypnotic protocol, following the use of an induction technique. Or, the use of direct suggestion outside of trance (i.e., a friendly greeting with the a priori suggestion that things will improve after “we do hypnosis,” which may consist of nothing more than an exercise in relaxation). Or, the use of trance without suggestion (i.e., undisturbed meditation and self-reflection, which is amplified by having the therapist in close proximity, as a witness). Or, the use of conversational hypnosis to convey therapeutic ideas using stories or metaphors without the use of direct suggestion or any indication of when hypnosis begins or ends). As you can see, this is different from the classical approach to hypnosis, which is to treat the procedure as a useful adjunct but not a complete or sufficient form of therapy in and of itself.

Who was (is?) your personal master(s)?

The person whom I consider the greatest master of psychological thought is William James. My favorite master of clinical practice is Milton Erickson. And, my greatest source of spiritual inspiration is Viktor Frankl. The Buda and Jesus Christ certainly have their place in history, but Frankl unites the disciplines of science and self-reflection better than any other I know. I also have immense respect for the work of Pierre Janet. Unfortunately, I have not yet dedicated myself to a serious study of his pioneering work. My dream is to some day write a book about all four of these inspiring individuals.

Peter Bloom used a metaphor of a marble ball regarding professionals. If it is smooth, it will roll straight. If it has a defect, it will wobble. That is why we need to know our imperfections. What are your imperfections?

I’m trying really hard to become better at humility. It is such an admirable quality, yet one that is so difficult to master (unfortunately, even if you do master it, you cannot tell anybody). I would also like to become more skillful in my use of humor. Currently, most people do not know when I am joking, so it is like the sound of one hand clapping.

What do you see as your most important contribution to the field?

When I was 17, I began to seriously study Socrates, via Plato. I was told that he was one of the most brilliant intellectuals to walk the planet, so I wanted to see what he had to say. I was struck by the fact that Socrates referred to himself as a human gadfly, something that bits you and is annoying. I also noticed that he was killed by the conservative establishment, literally. Another favorite of mine is John Stuart Mill and then William James after him. Each of these was a critical thinker who ventured outside the box while using their various systems of thought to make human consciousness more expansive. I hope to



Dan Short, PhD — in action



do the same with hypnosis and the care of human consciousness, in general. While I do not expect to become historically famous, like these great intellectuals, I do like to challenge conservative, doctrinal thought. I like to invite people to look over the edge of their comfortable box and see what else might be out there. As a result, I have been told that some influential individuals, after listening to my lectures, have labeled me as being “dangerous.” I have had theoretical papers rejected because my line of reasoning is “hopelessly beyond repair.”

My position is that the moment something stops growing, it begins to wither, and will eventually die. I believe hypnosis is one of the most important tools yet formulated for healing and growth. So, I would like to help it continue to grow. This is what I sought to achieve with my latest book, “William James & Milton Erickson: The Care of Human Consciousness”. This book is now available in Italian (FrancoAngeli) and soon French (SATAS). Hopefully, a German version will also be released. More than anything else I have written; this book encourages us to be expansive in our thinking and to have an eye toward the future evolution of this important social construct.

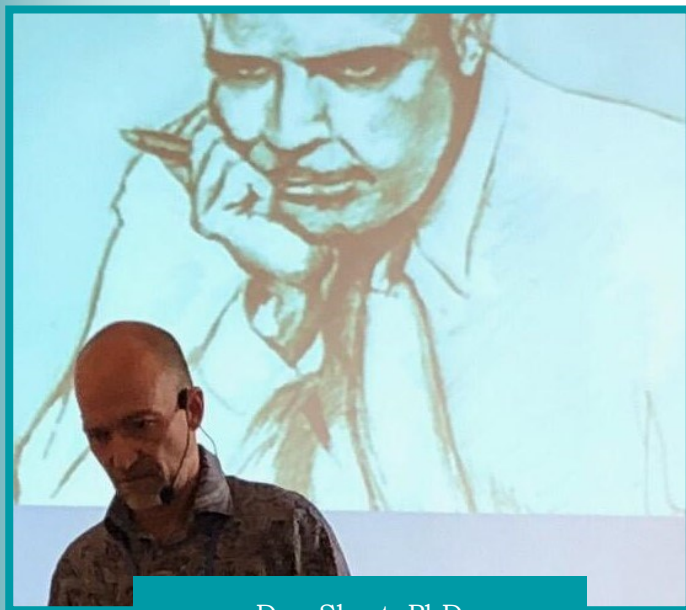
You believe that hypnosis is a social construct? How so?

Hypnosis is not an object, like a rock. It is something that exists only in interactions between people. Objects have physical properties that remain unchanged across thousand of years. But social constructs are constantly redefined by those who use them. That is why our field, after 200 years, still cannot agree on a single definition for hypnosis. It really depends on who you ask and where it is being practiced. The same is true of justice. Justice is a powerful reality, but it does not exist in the natural world.

Furthermore, what justice is depends on where it is being practiced. Justice in Europe is very different from justice within the Zulu tribal nation, which is different from justice in China, etc. The same can be said of hypnosis.

Having defined hypnosis in this way, can you offer a single-word expression for summarizing the essence of “hypnosis/hypnotherapy”?

“Extraordinary”. Hypnosis must be an “extra” (i.e., outside of) ordinary experience, otherwise it devolves into conventional mechanisms of social influence. As Erickson once explained, profound change sometimes requires a mystical experience. William James had also argued this same point in his celebrated book, *Varieties of Religious Experience*.



Dan Short, PhD

Any advice to our young colleagues for conducting therapy?

I have asked many master therapists this same question. These highly creative individuals, who seem so effective in their work, ironically respond with some variation of, “quiet your mind and just be present with the patient.” I experience this state of mind as a sort of surrender, moving away from effortful consciousness towards something uniquely collaborative and organic—it grows on its own. Conversely, as soon as you start to think about what you must do, or should do, spontaneity and creativity evaporate.

Thank you!
Kata



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...



Bianka GÖNYE

Bianka is a PhD student at the Doctoral School of Psychology, Eötvös Loránd University, Budapest, Hungary.

Her PhD research is focusing on emotions and social interactions in childhood.

She is a member of MTA-ELTE Lendület Adaptation Research Group.

She has a Master's degree in Developmental and Clinical Child Psychology.

HYPNOSIS IN MEDICAL TREATMENT OF CHILDREN

BIANKA GÖNYE

In the course titled Medical Aspects of Suggestive Effects our task was to write a literature overview about clinical and experimental hypnosis. My master's degree is Developmental and Clinical Child Psychology and my PhD topic is also related to child psychology, so I was interested in the topic of using hypnosis in childhood. During my MA studies I had completed another course about hypnosis (titled: Hypnosis research), where we needed to present an article about hypnosis. Mine was a paper about using hypnosis in dentistry with children. Now my purpose is to have a more detailed insight into the use of hypnosis in the field of child clinical treatments.

The aim of this short summary is to highlight how hypnosis can be used in different pediatric fields.

Reducing pain can be one of the most important goals in medical treatment. There is a current systematic meta-review (Hawkins, 2001) which aims to identify whether hypnosis can be applied as an empirically supported treatment for pain. As reported in the review there were no quality



differences either with year of publication or the type of conclusion. Based on the results it can be concluded that hypnosis is able to be used effectively in pain treatment. In this meta-analysis the author does not distinguish between children and adult studies. Although there is an interesting concern: the most frequently reported studies about pain relating to cancer or invasive medical procedures of cancer were with children.

Accardi and Milling's (2009) methodological review is also about effectiveness of hypnosis on pain. Their comprehensive, methodologically informed review is focused on reducing procedure-related pain in children and adolescents. Thirteen studies were analyzed and consistently found that hypnosis compared to control conditions was more effective for alleviating discomfort in such medical procedures as bone marrow aspirations, lumbar punctures, voiding cystourethrograms, the Nuss Procedure and post-surgical pain.

Another literature review (Santos, Gleiser and Ardenghi, 2019) is about using hypnosis in pediatric dentistry for controlling pain and anxiety with papers from 1994 to 2018. The conclusions of the review were that hypnosis has positive benefits such as increased cooperation of the children and decreased resistance during painful dental treatments. In the article there is an awareness about the infrequency of applying hypnosis in pediatric dentistry. Possible reasons are specified as to why hypnosis is so seldom applied in this pediatric area. Not only the advantages are reported here, but also the main limitations, too. Another interesting result is that there is no agreement on the ideal age for use of hypnosis in pediatric dentistry.

A randomized controlled trial study (Chester et al., 2018) focuses on the efficacy of hypnosis on pain. Moreover, this article presents results about the efficacy of hypnosis on wound healing, anxiety and stress. Sixty-four children (4-16 years) with acute burn injuries were randomized into two groups (experimental group with 35 children and control group with 27 children). In the study there were measured primary outcomes (pain intensity, wound-healing) and also secondary outcomes (procedural anxiety, posttraumatic stress symptoms, parent satisfaction, biochemical stress markers, hypnotic responsiveness, demographic and clinical information, burn depth). In the results on pain intensity there was no significant difference in self-reported intensity, but there was significant difference in self-reported preprocedural pain scores (lower in the hypnosis group at dressing change 2) and also there was significant difference in parent-reported predressing application pain intensity scores (lower in the hypnosis group at dressing change 3). Hypnosis had no significant effect on wound-healing. In the results of the secondary outcomes there were significant differences in procedural anxiety (lower in hypnosis group), post-traumatic stress symptoms (more symptoms in hypnosis group), parent satisfaction (higher in the hypnosis group), heart rate (lower before dressing removal in the hypnosis group).

The role of hypnosis on reducing distress and the duration of an invasive medical procedure was studied with 44 children who got a radiologic procedure (Butler, Symons, Henderson, Shortliffe, & Spiegel, 2005). The patients were randomized in two groups: hypnosis group (21 children) and routine care group (23 children). Children from the hypnosis group received one-hour training session about self-hypnotic visual imagery and were instructed to practice it at home. The routine care group (control group) had the opportunity to take part in a recreation therapy program which included such parts as a demonstration of the procedure with dolls, relaxation and breath work training. In the study there were outcomes of parent and child reports on distress, observational ratings of distress, ease of conducting the procedure, and total time of procedure. Based on the results hypnosis had significant benefits in the voiding cystourethrography (VCUG). According to the parents' reports, the procedure was significantly less traumatic for the children in the hypnosis group. The results of analyzing observational rating point is that the distress level in the hypnosis group was significantly lower. In the results about the procedure



they also found significant differences: in the hypnosis group there were less difficulties during the VCUG and the procedural time was shorter.

The effect of hypnotherapy in a pulmonary center (Pediatric Pulmonary Center in Syracuse, NY) was studied (Anbar, 2002) with 303 patients (average age of the 243 pediatric patients: 12.2 years, range: 5-20). In this study, after the initial hypnosis session most patients received the hypnosis in their regular medical follow-up visits. Moreover, they could use a daily, few minutes self-hypnosis at home. According to the results there was an improvement of 81 % of patients in the symptoms (for example asthma, chest pain, chest tightness, hyperventilation, habit cough or shortness of breath) following the hypnosis: in some cases, immediately after the first occasion of hypnotherapy, in other cases this improvement appeared after a few weeks. There were no cases with worsened symptoms or with new symptoms following the hypnotherapy. The author highlights the importance of hypnotherapy in this pediatric work because in many cases the improvement of the symptoms cannot happen without hypnosis.

Riquin and colleagues (Riquin et al., 2017) expounded that hypnosis can be applied in surgeries for resection of brain tumors with awake children. In this clinical study 7 patients' (8-16 years) results are presented. The children got hypnosis conditioning three weeks and one week before surgery. The hypnosis conditioning was for anesthetic induction and preoperative awakening. In the preoperative phase, in addition to hypnosis, the children could meet the team and post-operative children. Moreover, they could get a feeling about the operation with pictures and videos and visiting the surgical room. Based on the results it was concluded that this procedure for operating can be used without particular worries.

In the topic of using hypnosis with children diagnosed with cancer here will be described a novel study (Grégoire, Chantrain, Faymonville, Marini, and Bragard, 2019). It is a pilot study about using hypnosis-based group intervention for children with cancer and their parents. The six session intervention group aimed to improve the quality of life of the patients and their parents. The goal of this paper was to explore the acceptability and feasibility of this intervention. There were two groups: one for children with cancer (9 children) and other one for their parents (13 parents, mostly mothers). Positive benefits have been reported in the children's group (for example: respect themselves, be more assertive) and also in the parents' group (for example: feeling satisfaction because of being able to help their child). Based on the results the authors conclude that both acceptability and feasibility was proper. To have results on the efficiency of hypnosis-based group intervention further research is needed.

Clinical hypnosis is able to be used in paediatric cardiology. Amedro and colleagues (Amedro et al., 2019) was the first who described the use of clinical hypnosis in transesophageal echocardiography (TEE). In this novel study they focused on the feasibility of this new procedure with using a non-randomized, cross-sectional design. Hypnosis session, in which the theme of speech was fit to the children's age and interest, was applied during TEE. There were 16 children (11-18 years) who underwent this novel procedure. The newly applied protocol had the following parts: First only the hypnotherapist is with the child until achieving the hypnotic state. Then the other healthcare members come into the room and do the examination without any sedative drugs, in silence. After it is over, again only the hypnotherapist stays with the child and brings back the patient from the 'safe place', from the hypnotic state. Based on the experiences of the examinations, the use of clinical hypnosis in TEE seems to be simple and safe. Although it was feasible and effective further studies are needed.

Hypnosis can be applied also in pediatric palliative care. A current practice is described in an article (Friedrichsdorf and Kohen, 2017) which is about how hypnosis is integrated into pediatric palliative care. The article also contains case reports describing the benefits of hypnosis in the cases of three children living with a life-limiting condition. In these case reports it



can be seen how important hypnosis is in reducing, managing or eliminating the fear of loss of control. Further benefits of hypnosis were to support children in many ways, for example to deal with loss, to decrease suffering or to live fully until death.

At the end of my short overview about hypnosis in pediatrics, I would like to describe in brief a practical guide article (Pendergrast, 2017) whose topic was how hypnosis can be incorporated into pediatric clinical encounters. It contains useful descriptions (for example using hypnotic language in several healthcare situations with example sentences) for those who have been trained to apply hypnosis in pediatric.

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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.

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- Shariq S. Hasan, James S. Pearson, Julie Morris & Peter J. Whorwell: Skype Hypnotherapy for Irritable Bowel Syndrome: Effectiveness and Comparison with Face-to-Face Treatment

Two articles have been made Open Access until January 2020

- Keara E. Valentine, Leonard S. Milling, Lauren J. Clark & Caitlin L. Moriarty: The Efficacy of Hypnosis as a Treatment for Anxiety: A Meta-Analysis
- Gary R. Elkins, Arreed F. Barabasz, James R. Council & David Spiegel: Advancing Research and Practice: The Revised APA Division 30 Definition of Hypnosis

LAYOUT UPDATE

Beginning with the first issue of 2020, the printed journal articles and online PDF pages will have a new layout. This layout is the result of survey market research by the Taylor & Francis Group and is designed to streamline the typesetting process, speed up publication time, enhance author information, and offer better readability.

PUBLISHING AHEAD OF PRINT

We have moved to an online first workflow for future issues, meaning that once articles are accepted, they can be copy edited and sent to the production team on a rolling basis. As opposed to having an entire issue at once, this new workflow allows for articles to be published online first ahead of issue publication, unless noted as a part of a special issue. Some benefits of this workflow include expected increases in author satisfaction and a more frequent flow of new content available online, helping to maintain a year-round presence. This workflow is more ideal for accommodating journal growth and increased submissions.

GLOBAL REACH

The *IJCEH* continues to have worldwide participation and a global reach. The articles published in 2019 represent authors from 16 countries, across 4 continents (7 from Europe, 2 from Asia, 5 from the North America, 1 from Australia, and 4 collaborations between writers in more than one country). Article downloads and citations primarily come from North America and Europe, but individuals on every populated continent have accessed *IJCEH* papers.

PAPERS

The *IJCEH* accepts many **types of papers**, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material. **Topics** can include: Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindful-



ness, contemplative practices, & consciousness).

If you have a paper to submit: just go to mc.manuscriptcentral.com/ijceh and create a username. Everything you submit will be conveniently available for you to view on the online system.

Follow us on Twitter

The journal's page can be found at www.twitter.com/ijceh. We share recent article alerts, real time information, and the latest news! Follow the editor at www.twitter.com/ElkinsGary for more discussion and hypnosis research information.

UPCOMING JOURNAL ISSUES

A Special Issue on Contemplative Practices is coming in April 2020. This issue will include thought provoking topics for further research and new avenues for clinical practice. We're pleased to announce titles of the included articles:

- Michael D. Yapko: Contemplating... The Obvious: What You Focus On, You Amplify
- Alisa J. Johnson & Gary R. Elkins: Effects of Music and Relaxation Suggestions on Experimental Pain
- Abigail Williams, Megan C. Haggard, & Matthew M. Breuninger: Feasibility of Attachment-focused Self-hypnosis to Change Insecure God Attachment
- Simona Stefan & Daniel David: Mindfulness in Therapy: A Critical Analysis
- Ian E. Wickramasekera II: Hypnotic-Like Aspects of the Tibetan Tradition of Dzogchen Meditation
- Nicholas Olendzki, Gary R. Elkins, Elizabeth E. Slonena, Julia Hung, & Joshua R. Rhodes: Mindful Hypnotherapy to Reduce Stress and Increase Mindfulness: A Randomized Controlled Pilot Study
- Michael Lifshitz, Joshua Brahinsky, & T.M. Luhrmann: The Understudied Side of Contemplation: Words, Images and Intentions in a Syncretic Spiritual Practice
- Sayyed Mohsen Fatemi: Langerian Mindfulness and its Implications for Clinical Hypnosis

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

ABSTRACTS FROM OCTOBER 2019 SPECIAL ISSUE ON CONTEMPORARY RESEARCH GUEST EDITOR: GIUSEPPE DE BENEDITTIS

FEATURING PAPERS BY PARTICIPANTS IN THE HISTORIC 2018 PRE-CONGRESS SCIENTIFIC MEETING AT THE 21ST WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS IN MONTREAL

RESPONDING TO SENSORIMOTOR SUGGESTIONS: FROM ENDOTHELIAL NITRIC OXIDE TO THE FUNCTIONAL EQUIVALENCE BETWEEN IMAGERY AND PERCEPTION ENRICA L. SANTARCANGELO & ELIANA SCATTINA

The reduced cerebellar gray matter (GM) volume observed in highly hypnotizable individuals (highs) is likely due to the excessive release of endothelial nitric oxide in the brain and could account for their behavioral (postural and visuomotor control) and physiological (paradoxical pain control after cerebellar anodal stimulation) characteristics. Reduced cerebellar GM can



induce low inhibition of the cerebral cortex, thus stronger functional equivalence (FE) between imagery and perception and greater proneness to respond to sensorimotor suggestions. In fact, stronger FE suggested in highs by behavioral studies has been confirmed by topological data analysis of EEG signals recorded during sensorimotor and imagery tasks. The authors' hypothesis cannot be applied to obstructive suggestions likely sustained by mechanisms related to socio-cognitive factors, i.e., oxytocin availability.

HYPNOTIC GLOVE ANESTHESIA INDUCES SKIN TEMPERATURE CHANGES IN ADULT VOLUNTEERS: A PROSPECTIVE CONTROLLED PILOT STUDY
XAVIER PAQUERON, HERVÉ MUSELLEC, CLAUDE VIROT & EMMANUEL BOSELLI

This study assessed whether a focal glove hypnotic hand anesthesia induced thermal changes within the area of hypnotic protection. Skin temperature of hands, wrists, and forearms was continuously recorded bilaterally using infrared thermography in 30 volunteers. Thermal recordings were obtained prior to, after glove building, and after its withdrawal, with the contralateral upper limb serving as control side. Analgesic glove induced a statistically significant difference in temperature variation within the hand, wrist, and distal forearm on the glove side, compared with proximal forearm and control side. Hypnotic glove analgesia provides significant changes in skin temperature within protected areas. Further research is required to determine the mechanisms of these objective changes induced by hypnosis.

A NATIONAL SURVEY OF CLINICAL HYPNOSIS VIEWS AND EXPERIENCES OF THE ADULT POPULATION IN THE UNITED STATES
OLAFUR PALSSON, STEFANIE TWIST & MARCIA WALKER

A nationwide, demographically balanced Internet survey of 1000 adults (500 females, 500 males, mean age 49.5, range 18–88 years) was conducted to assess views and experiences of clinical hypnosis in the United States population. Participants were unaware when enrolling in the survey that hypnosis was the subject matter. Key findings included that most reported a positive (38.6%) or neutral (48.4%) view of clinical hypnosis, with only 12.8% expressing a negative view; 7.6% of respondents had undergone hypnosis treatment, and 63.1% reported some resulting benefit; 54.9% of individuals who had never undergone hypnosis treatment indicated that they would consider seeking such treatment; 45.6% of all respondents thought there was moderate or strong scientific evidence supporting hypnosis as a real phenomenon; 77.8% identified one or more areas where they thought clinical hypnosis had substantial practical utility, and 44.8% estimated themselves to be at least moderately hypnotizable.

FUNCTIONAL CHANGES IN BRAIN ACTIVITY AFTER HYPNOSIS: NEUROBIOLOGICAL MECHANISMS AND APPLICATION TO PATIENTS WITH A SPECIFIC PHOBIA—LIMITATIONS AND FUTURE DIRECTIONS
ULRIKE HALSBAND & THOMAS GERHARD WOLF

Studies of brain-plasticity changes in hypnosis using functional magnetic resonance imaging (fMRI), positron-emission-tomography (PET) and electroencephalography (EEG) were reviewed. The authors found evidence in those studies that hypnosis is a powerful and successful method for inhibiting the reaction of the fear circuitry structures. Limitations of the studies were critically discussed, and implications for future research were made. The authors are currently using a portable fNIRS apparatus to integrate the scanning device into real life situations in medical practice. Their aim is to disentangle the neuronal mechanisms and physiological correlates in patients with severe fear of medical treatments when directly confronted with anxiety-provoking stimuli and to assess the effects of a brief hypnosis. Drawing on evidence from several technological modalities, neuroimaging and physiological studies pave the road to a better scientific understanding of neural mechanisms of hypnosis.



HYPNOSIS, HYPNOTIC PHENOMENA, AND HYPNOTIC RESPONSIVENESS: CLINICAL AND RESEARCH FOUNDATIONS—A 40-YEAR PERSPECTIVE

STEVEN JAY LYNN, JOSEPH P. GREEN, CRAIG P. POLIZZI, STACY ELLENBERG, ASHWIN GAUTAM & DAMLA AKSEN

The authors summarize research findings, their clinical implications, and directions for future research derived from 40 years of study of hypnosis, hypnotic phenomena, and hypnotic responsiveness at Steven Jay Lynn's Laboratory of Consciousness, Cognition, and Psychopathology and Joseph P. Green's Laboratory of Hypnosis. We discuss (a) the accumulating body of evidence that hypnosis can be used to advantage in psychotherapy; (b) the fact that hypnosis can facilitate a broad array of subjective experiences and suggestions; (c) the failure to find a reliable marker of a trance or radically altered state of consciousness and reservations about conceptualizing hypnosis in such terms; (d) determinants of hypnotic responsiveness, including attitudes and beliefs, personality traits, expectancies, motivation, and rapport; (e) efforts to modify hypnotic suggestibility; and (f) the need to further examine attentional abilities and the role of adopting a readiness response set that the authors argue is key in maximizing hypnotic responsiveness.

HYPNOTIC AUTOMATICITY IN THE BRAIN AT REST: AN ARTERIAL SPIN LABELING STUDY

PIERRE RAINVILLE, ANOUK STREFF, JEN-I CHEN, BÉRENGÈRE HOUZÉ, CAROLANE DESMARTEAUX & MATHIEU PICHÉ

The feeling of automaticity reported by individuals undergoing a hypnotic procedure is an essential dimension of hypnosis phenomenology. In the present study, healthy participants rated their subjective experience of automaticity and resting-state arterial spin labelling (ASL) scans were acquired before and after a standard hypnotic induction (i.e., "neutral hypnosis"). The increase in perceived automaticity was positively associated with activity in the parietal operculum (PO) and seed-based coactivation analysis revealed additional associations in the anterior part of the supracallosal cingulate cortex (aMCC). This is consistent with the role of these regions in perceived self-agency and volition and demonstrates that these effects can be evidenced at rest, in the absence of overt motor challenges. Future studies should further examine if/how these changes in brain activity associated with automaticity might facilitate the responses to suggestions and contribute to clinical benefits of hypnosis.

XXII World Congress of Medical & Clinical Hypnosis.

We are very pleased to invite you to the XXII WORLD CONGRESS OF MEDICAL AND CLINICAL HYPNOSIS organized by the Polski Instytut Ericksonowski and the International Society of Hypnosis (ISH).

Congress will take place in Krakow, Poland on 10-13th of June, 2021.

It will be a great opportunity to bring together professionals and share knowledge and experience between qualified people who use hypnosis worldwide.

XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS

COOPERATION IN HYPNOSIS. CHALLENGES & BENEFITS.

10-13.06.2021 Krakow, Poland

REGISTRATION



FAVORITE QUOTATIONS

DR. ORSOLYA RÁCZ, GP

„Illness is a part of every human being's experience. It enhances our perceptions and reduces self-consciousness. It is the great confessional; things are said, truths are blurted out which health conceals.”

„...in health the genial pretence must be kept up and the effort renewed – to communicate, to civilise, to share, to cultivate the desert, educate the native, to work by day together and by night to sport. In illness this make-believe ceases. (...) We cease to be soldiers in the army of the upright; we become deserters. They march to battle. We float with the sticks on the stream; helter-skelter with the dead leaves on the lawn, irresponsible and disinterested and able, perhaps for the first time for years, to look round, to look up—to look, for example, at the sky.” „Now, (...) lying recumbent, staring straight up, the sky is discovered to be something so different (...) that really it is a little shocking.”

„In illness words seem to possess a mystic quality. We grasp what is beyond their surface meaning, gather instinctively this, that, and the other – a sound, a colour, here a stress, there a pause (...)”

„In health, meaning has encroached upon sound. Our intelligence domineers over our senses. But in illness, with the police off duty, (...) the words give out their scent, and ripple like leaves, and chequer us with light and shadow, and then, if at last we grasp the meaning, it is all the richer for having travelled slowly up with all the bloom upon its wings.”

*Virginia Woolf: On being ill;
The New Criterion, January 1926 pp. 32-45.*



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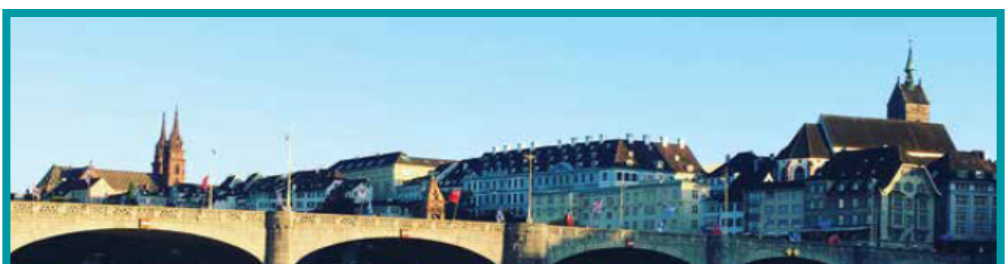
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ISH is offering free non-voting membership to master level and above students in Dentistry, Medicine and Psychology while they are full time students. Students must either be members of a constituent society of ISH or submit a recommendation from an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

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NOW CALL FOR ABSTRACTS!

15th 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 FAYMON-
VILLE, BE & Dr. Audrey van
HAUDENHUYSE, BE**
Recent insight: how neuroscientific
approach helps clinicians

Prof. Mark P. JENSEN, USA

Brain oscillations and hypnosis: Implica-
tions 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



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ISH World Headquarters

Post Office Box 602

Berwyn, Pennsylvania USA 19312

T: +1 (800) 550-ISH1

E: Contact@ISHHypnosis.org

W: <http://www.ISHHypnosis.org>

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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.



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- OR mail to ISH, PO Box 602, Berwyn, PA 19312, USA. Please include complete credit card billing information.



EVENT CALENDAR

2020

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

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

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



EVENT CALENDAR

2020

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



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.	DPH-Geschaeftsstelle@t-online.de

2021



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

Dear Colleagues:

Thank you for following us through the events and articles all this year.
We wish you a merry and happy holiday season.

Meet you in the New Year!

Editors of the ISH News Letter





LIST OF CONTRIBUTORS

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

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

LIST OF CONTRIBUTORS

Consuelo Casula
consuelocasula@gmail.com

Gary Elkins
Gary_Elkins@baylor.edu

Bianka Gönye
gonyebianka@gmail.com

Gao Jun
gaojun82@fudan.edu.cn

Julie Linden
julie@drjulielinden.com

Lynae Roberts
Lynae_Roberts@baylor.edu

Orsolya Rácz
racors@gmail.com

Teresa Robles
tere@grupocem.edu.mx

Nicole Ruysschaert
nicole.ruysschaert@skynet.be

Dan Short
dan@iamdrshort.com

Shady Tonn
shady.tonn@gmail.com

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

Judit Osvat
judit@osvat.hu
LAYOUT EDITOR