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The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
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LETTER FROM THE PRESIDENT



March 2020

Bernhard Trenkle

Dear ISH Members,

The motto of ISH is: Building Bridges of Understanding. For over 40 years now, and since my studies in Heidelberg starting in 1975, I have been interested in ethno-psychiatry and intercultural communication, etc. In the meantime, I have a large library of books by authors such as Edward T. Hall. This interest and commitment to

international communication and cooperation is consistent with the primary focus of ISH, and is one of the reasons I strongly support international projects and appreciate the great diversity of our the ISH board of directors, in which we have colleagues from the Americas, Asia, Europe, Africa and Australia.

But I am starting here with a mental exercise. The event happened almost 40 years ago. At that time, I was studying psychology and already organising hypnosis workshops together with Gunther Schmidt. We invited students of Milton Erickson to Heidelberg to teach for us.

Here is a dialogue I had with one of these teachers:

Teacher: My workshop fee has increased. Last time I taught for 750 a day. Next year my fee will be 1200 a day.

Bernhard: How can this be feasible with our limited numbers of participants and so many student participants in a three-day seminar?

Teacher: Okay, okay. Gunther and you have done a lot to build up the reputation of hypnotherapy and you have laid the foundations for me to teach here. I would like to appreciate that. This is what we do. For two days, you pay me 1200 for one day, and the other I teach for free. I give you this as an appreciation of your commitment.

Bernhard: Great, so 800 a day. That is no problem.

Teacher (with offended voice): Sorry, no, no, my daily fee is 1200.

So where was the cultural misunderstanding here?

Fortunately, the former director of the DAI (German-American Institute) in Heidelberg had already explained it to me before this dialogue. As a former diplomat he had a good training in intercultural differences. He explained the following to me: „As a DAI, unlike a classical America-House, I receive an honorarium to pay for any speakers' fees from a German government fund. The total is simply 500 dollars, regardless of the speaker. Whether it



be student reporting about a trip she or she made to another country, or it is a celebrity like Henry Kissinger. But a speaker from the USA has a fixed price that is linked to his or her reputation. It may be \$5,000, or even \$12,000 or more. That speaker would never speak for \$500. Instead, he or she might donate that \$500 to the library here. There hasn't been a single German speaker who hasn't taken the \$500 – no matter how prominent or famous.”

My mistake toward my workshop teacher was that I did not thank him for this donation of \$1200, but instead talked about 800 a day.

The question now from a 2020 point of view is this. If a colleague from the USA teaches in Europe and has a specific daily fee, should the Europeans follow this rule, or should the USA colleagues adapt to European rules?

Also, from 2020 point of view at least in hypnotherapy field things are not so rigid anymore. We learned from each other and learned to respect the different world views. There are some colleagues who are not at all acting along such cultural stereotypes. Our President-Elect Mark Jensen is for me an example and role model for acting “international” and being very flexible and always in a positive way goal-oriented for the benefit our hypnosis society or whatever project we are working on.

In any case, the first step is to know and appreciate these differences. How we then deal with them is then the creative challenge.

Somewhere I once read that Milton Erickson was asked how to become a good psychotherapist. His recommendation was this: Read anthropology books.

That makes sense. Recognising and taking into account intercultural differences also sharpens our awareness of interindividual differences in our own culture. In a married couple from the same home country, family socialisation in the families of origin can be so different that this is also good for intercultural conflicts.

On the ISH Executive Board, during our international conferences, and on our travels, we value and love the cultural differences. We appreciate the valuable and special features of others. In some respects, of course, we may be typically German, typically Chinese, typically American, or „typically” name of our country of origin. On the other hand, it is useful to be flexible in expanding our repertoire of behaviour through sometimes surprising and often interesting encounters with others, in order to grow together and to co-develop.

We live and experience the recent past worldwide an unexpected tendency towards separatism, egoism, and a turning away from international community projects. The number of divorces has also increased worldwide. I experience the ISH as a counter-model.

Now – Even if you privately wear a T-shirt with the inscription “Don't Marry - Stay Happy”, please consider this as a positive alternative to separatism: motivate your colleagues to join ISH as members. Consider contacting at least one valued colleague, right now, and invite him or her to join. This will help us all to have an inspiring and enriching family environment.

Best regards,
Bernhard Trenkle
Dipl.Psych., Dipl.Wi.-Ing.
President ISH



GEDANKEN DES PRÄSIDENTEN (DE)

Das Motto der ISH ist: Building Bridges of Understanding. Bauen von Brücken des Verständnisses.

Seit meiner Studienzeit in Heidelberg 1975-1982 beschäftige ich mich mit Ethnopsychiatrie, Interkultureller Kommunikation, etc. Dazu habe ich unterdessen auch eine größere Bibliothek von Büchern von Autoren wie Edward T. Hall. Um internationale Projekte zu unterstützen und einem ISH-Vorstand vorzusitzen, in dem Kolleginnen und Kollegen aus Amerika, Asien, Europa, Afrika und Australien sind das Wissen um kulturelle Unterschiede oft hilfreich.

Ich beginne aber hier mit einer Denksport-Aufgabe. Das Geschehnis liegt schon fast 40 Jahre zurück. Damals war ich noch im Studium der Psychologie und organisierte bereits gemeinsam mit Gunther Schmidt Hypnose-Workshops mit Schülern von Milton Erickson in Heidelberg.

Im folgenden ein Dialog mit einem meiner Hypnose-Lehrer:

Referent: Mein Workshophonorar hat sich erhöht. Letztes Mal habe ich für 750 am Tag unterrichtet. Nächstes Jahr ist mein Honorar 1200 am Tag.

Bernhard: Puuh, ob das mit unseren Teilnehmerzahlen und so vielen studentischen Teilnehmern bei einem Dreitages-Seminar machbar ist?

Referent: Ok, Ok. Gunther und Du habt ja viel gemacht, um die Reputation der Hypnotherapie aufzubauen und ihr habt die Grundlagen geschaffen, dass ich hier unterrichten kann. Das möchte ich würdigen. Wir machen das so. Ihr bezahlt mir 2 Tage mit 1200 und einen Tag unterrichte ich kostenlos, das schenke ich Euch als Würdigung Eures Engagements.

Bernhard: Super, also 800 am Tag. Das ist kein Problem.

Referent mit beleidigter Stimme: Sorry, nein, nein, mein Tageshonorar ist 1200.

Wo war hier nun das kulturelle Missverständnis?

Glücklicherweise hatte mir das schon vor diesem Dialog der frühere Direktor des DAI (Deutsch-Amerikanischen Instituts) in Heidelberg erklärt. Er hatte als ehemaliger Diplomat ein gutes Training in interkulturellen Unterschieden. Er legte mir folgendes dar: Als DAI bekomme ich anders als die klassischen Amerika-Häuser zum Beispiel Berlin das Geld für Referenten-Honorare von der deutschen Seite. Und das ist einfach konstant 500 Dollar ganz egal ob ein Student über seine Auslandszeit in den USA berichtet oder ob ich einen Prominenten wie Henry Kissinger als Redner habe. Aber ein amerikanischer Referent hat einen fixen Preis, der mit seiner Reputation verbunden ist. Er kostet 5000 Dollar oder gar 12.000 Dollar. Und er wird nie für \$ 500 sprechen. Ein Amerikaner wird diese 500 Euro für die Bibliothek hier spendieren. Dann hat er noch gesagt: Es gab noch keinen einzigen deutschen Referenten, der die 500 nicht genommen hat – ganz egal wie prominent er war.

Mein Fehler gegenüber unserem Referenten war, dass ich mich nicht für diese Spende von 1200 bedankt habe, sondern von 800 am Tag gesprochen habe. Für mich als Deutscher ist das zwar befremdlich, aber darin liegt der kulturelle Unterschied.

Die Frage im Jahr 2020 nun ist zwar. Wenn die amerikanischen Kollegen aus USA in Europa unterrichten, müssen die Europäer sich nach den amerikanischen Regeln richten oder sollten die amerikanischen Kollegen sich den europäischen Regeln anpassen?



Ebenfalls aus der Sicht von 2020 gilt es festzuhalten, dass die Dinge zumindest im Bereich der Hypnotherapie nicht mehr so starr sind. Wir haben voneinander gelernt und respektieren die verschiedenen Weltansichten. Es gibt einige Kollegen, die überhaupt nicht nach solchen kulturellen Stereotypen handeln. Unser President-Elect Mark Jensen ist für mich ein Beispiel und ein Vorbild dafür in der Art wie er "international" handelt und sehr flexibel und immer zielorientiert zum Wohle unserer Hypnose-Gesellschaft oder an welchem Projekt auch immer arbeitet

Der erste Schritt liegt jedenfalls darin diese Unterschiede zu kennen und zu würdigen. Wie wir dann damit umgehen, ist dann die kreative Herausforderung.

Irgendwo habe ich einmal gelesen, dass Milton Erickson gefragt wurde, wie man ein guter Psychotherapeut werden kann. Seine Empfehlung sei gewesen: Lies Anthropologie-Bücher.

Das macht Sinn. Das Erkennen und Berücksichtigen von interkulturellen Unterschieden schärft auch den Blick für interindividuelle Unterschiede in der eigenen Kultur. Bei einem verheirateten Paar aus demselben Heimatland kann die familiäre Sozialisation in den Herkunftsfamilien so unterschiedlich sein, dass dies auch für einen interkulturellen Konflikt gut ist.

Im ISH-Vorstand und auf unseren internationalen Konferenzen sowie auf unseren Reisen schätzen und lieben wir die kulturellen Unterschiede und wertvollen Besonderheiten der Anderen. Wir sind natürlich in manchem typisch Deutsch oder typisch Chinesisch oder Amerikanisch oder typisch (sie können hier Ihr Heimatland eintragen) Auf der anderen Seite müssen wir wiederum flexibel unser Verhaltensrepertoire über manchmal auch überraschende Begegnungen mit anderen erweitern, um so gemeinsam zu wachsen.

Wir leben und erleben die letzten Jahre weltweit eine unerwartete Tendenz zum Separatismus, Egoismus und Abwenden von Gemeinschaftsprojekten. Auch die Anzahl der Ehe-Scheidungen ist weltweit gestiegen. Die ISH erlebe ich da als Gegenmodell. Selbst wenn Sie privat ein T-Shirt mit der Aufschrift „Don't Marry – Stay Happy“ tragen: Motivieren Sie Ihre Kolleginnen und Kollegen der ISH als Mitglied beizutreten. Vielleicht können Sie in Betracht ziehen gleich jetzt einen Ihrer geschätzten Kollegen zu kontaktieren und ihn zu einer Mitgliedschaft zu motivieren. Das hilft uns allen ein inspirierendes bereicherndes familiäres Umfeld zu haben.

Mit den besten Grüßen
Bernhard Trenkle
Dipl.Psych., Dipl.Wi.-Ing.
Präsident ISH



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LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Chers membres de l'ISH,

La devise de l'ISH est de construire des ponts de compréhension. Depuis plus de 40 ans maintenant, et depuis mes études que j'ai commencé en 1975 à Heidelberg, je m'intéresse à l'ethnopsychiatrie et à la communication interculturelle. Depuis lors j'ai une grande bibliothèque de livres d'auteurs tels qu'Edward T. Hall. Cet intérêt et cet engagement aux communications et à la coopération internationale est cohérent avec l'objectif principal de l'ISH, et est une des raisons pour lesquelles je soutiens des projets internationaux et que je sens une appréciation pour la grande diversité de notre conseil d'administration de l'ISH, dans lequel nous avons des collègues d'Amérique, d'Asie, d'Europe, d'Afrique et d'Australie.

Ici je vais commencer un exercice mental. L'événement s'est passé il y a à peu près 40 ans. À cette époque, j'étudiais la psychologie et organisais déjà des ateliers sur l'hypnose avec Gunther Schmidt. Nous invitons des étudiants de Milton Erickson à Heidelberg pour donner des formations pour nous.

Voici un dialogue que j'ai eu avec l'un de ces formateurs :

Formateur: Les frais de mon atelier ont augmenté. La dernière fois, j'ai donné la formation à 750 USD par jour. L'année prochaine, mes frais seront de 1200 par jour.

Bernhard: Comment est-ce que c'est possible avec notre nombre limité de participants et le grand nombre d'étudiants participants à un séminaire de trois jours ?

Formateur: D'accord, d'accord. Gunther et vous avez fait beaucoup pour aider à la réputation de l'hypnothérapie, et vous avez construit les bases de mon enseignement ici. J'aimerais exprimer mon appréciation pour ça. Nous pouvons l'arranger de la façon suivante. Pour deux jours, vous me payez 1200 par journée, et l'autre jour j'enseigne gratuitement. Je vous donne ceci comme une appréciation de votre engagement.

Bernhard: Super, donc 800 par jour. Ce n'est pas un problème.

Formateur visiblement insulté par ma réponse: Désolé, non, non, mon tarif journalier est de 1200... Alors, où était le malentendu culturel ici ?

Heureusement, qu'avant ce dialogue, l'ancien directeur du DAI (Institut germano-américain) à Heidelberg m'avait déjà expliqué des choses. En tant qu'ancien diplomate, il avait une bonne formation dans les différences interculturelles. Il m'a expliqué ce qui suit: "En tant que DAI, différent d'une classique America-House, je reçois des honoraires pour payer les salaires des conférenciers d'un fonds du gouvernement allemand. Le total est tout simplement 500 dollars, quel que soit le locuteur. Que ce soit une étudiante rapportant un voyage, qu'elle a fait dans un autre pays, ou bien une célébrité comme Henry Kissinger. Mais un conférencier des États-Unis a un prix fixe qui est lié à sa réputation. Cela peut être 5000 \$, voire 12 000 \$ ou plus. Ce conférencier ne parlerait jamais pour 500 \$. Au lieu de cela, il ou elle pourrait faire un don de 500 \$ à la bibliothèque locale. Il n'y a pas un seul locuteur allemand qui n'ait pris les 500 \$ - peu importe son importance ou sa réputation."

L'erreur que j'ai commis avec mon professeur de la formation était que je ne l'ai pas remercié pour ce don de 1 200 \$ mais en ai plutôt parlé de 800 par jour. Du point de vue de 2020, la question est la suivante. Quand un collègue des États-Unis enseigne en Europe et a un tarif journalier fixe, la question suivante se pose : est-ce que les Européens devraient-ils suivre cette règle, ou est-ce les collègues américains devraient-ils s'adapter aux règles Européennes ? De plus, du point de vue 2020, à moins dans le domaine de l'hypnothérapie, les choses ne sont plus aussi rigides. Nous



avons appris les uns des autres et acceptons et respectons les différentes visions du monde. Il y a des collègues qui ne suivent pas du tout de tels stéréotypes culturels. Notre président élu Mark Jensen est, pour moi, un exemple et un modèle pour un comportement «international» et est très flexible et toujours orienté vers des objectifs positifs au profit de notre société d'hypnose n'importe sur quel projet nous travaillons.

En tous cas, la première chose est de connaître et d'apprécier ces différences. La façon de gérer les différences est alors un défi créatif. Quelque part, j'ai lu une fois qu'on a demandé à Milton Erickson comment devenir un bon psychothérapeute. Sa recommandation était la suivante : "Lisez des livres d'anthropologie."

Ça a du sens. La reconnaissance et la considération des différences interculturelles augmente aussi notre conscience des différences interindividuelles dans notre propre culture. Dans un couple marié du même pays d'origine, la socialisation familiale dans les familles d'origine peut être si différente que cela provoque aussi des conflits interculturels. Au sein du comité exécutif de l'ISH, lors de nos conférences internationales et lors de nos voyages, nous apprécions et aimons les différences culturelles. Nous apprécions les valeurs et les caractéristiques typiques des autres. À un certain point, nous pouvons être typiquement allemands, typiquement chinois, typiquement américains ou «typiquement» [nom de notre pays d'origine]. D'un autre côté, il est utile d'être flexible dans l'élargissement de notre répertoire de comportements par des rencontres parfois surprenantes et souvent intéressantes avec les autres, afin de grandir ensemble et de co-développer.

Récemment dans le passé et de nos jours nous sommes confrontés à une tendance inattendue au séparatisme, égoïsme et un rejet des projets de la communauté internationale. Le nombre de divorces a également augmenté partout dans le monde. Je vois l'ISH comme un modèle antagoniste. Maintenant - même si vous portez en privé un T-shirt avec l'inscription "Don't Marry - Stay Happy", veuillez considérer ceci comme une alternative positive au séparatisme : motivez vos collègues à rejoindre l'ISH en tant que membres. Envisagez en ce moment de contacter au moins un collègue apprécié et invitez-le à rejoindre l'ISH. Cela nous aidera tous à avoir un environnement familial inspirant et enrichissant.

Meilleures salutations.
Bernhard Trenkle
Dipl.Psych., Dipl.Wi.-Ing.
President ISH





LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Cari colleghi:

Il motto della ISH è: costruire ponti di comprensione. Ormai da oltre 40 anni, e da quando ho iniziato i miei studi a Heidelberg a partire dal 1975, mi sono interessato di etnopsichiatria e di comunicazione interculturale. Da allora ho una vasta biblioteca di libri di autori come Edward T. Hall. Questo interesse e impegno sulla comunicazione e la cooperazione internazionale sono coerenti con l'obiettivo principale della ISH, ed è uno dei motivi per cui supporto fortemente progetti internazionali e apprezzo la grande diversità del nostro Consiglio Direttivo ISH, in cui abbiamo colleghi provenienti da Americhe, Asia, Europa, Africa e Australia.

Inizio ora con un esercizio mentale. L'evento è accaduto quasi 40 anni fa. All'epoca studiavo psicologia e già organizzavo seminari di ipnosi con Gunther Schmidt e a Heidelberg invitavamo come insegnanti allievi di Milton Erickson. Ecco un dialogo che ho avuto con uno di questi insegnanti.

Insegnante: la mia quota del seminario è aumentata. L'ultima volta ho insegnato per 750 al giorno. L'anno prossimo il mio compenso sarà di 1200 al giorno.

Bernhard: come può essere possibile con un numero limitato di partecipanti e con così tanti trainer per un seminario di tre giorni?

Insegnante: Va bene, va bene! Tu e Gunther avete fatto molto per costruire la reputazione della ipnoterapia e tu hai gettato le basi affinché noi insegnassimo qui. Vorrei apprezzarlo. Questo è quello che facciamo. Per due giorni, mi paghi 1200 per un giorno, e l'altro giorno io insegno gratis. Ti do questo come apprezzamento per il tuo impegno.

Bernhard: Fantastico, quindi 800 al giorno. Questo non è un problema.

Insegnante con voce offesa: scusa, no, no, la mia tariffa giornaliera è di 1200.

Dov'è stata l'incomprensione culturale in questo caso?

Fortunatamente, l'ex direttore del DAI (Istituto tedesco-americano) di Heidelberg me l'aveva già spiegato prima di questo dialogo. Come ex diplomatico aveva una buona conoscenza delle differenze interculturali. Mi ha spiegato quanto segue: "Come DAI, a differenza di un classico istituto americano, da un fondo del governo tedesco ricevevo un fisso per pagare qualsiasi oratore. Il totale era semplicemente di 500 dollari, indipendentemente dall'oratore. Che si trattasse di uno studente che parlava di un viaggio compiuto in un altro paese o di una celebrità come Henry Kissinger. Ma un relatore americano aveva un prezzo fisso legato alla sua reputazione. Potrebbe essere \$ 5.000, o anche di \$ 12.000 o più. Quel relatore non avrebbe mai parlato per \$ 500. Questi, invece, avrebbe donato quei \$ 500 alla biblioteca. Non c'è stato un solo relatore tedesco che non abbia preso i \$ 500, non importa quanto importante o famoso."

Il mio errore nei confronti del trainer del workshop è stato di non averlo ringraziato per la sua donazione di \$ 1200; ho invece parlato di 800 al giorno.

La domanda ora, dal punto di vista del 2020, è questa. Se un collega degli Stati Uniti insegna in Europa e ha una tariffa giornaliera specifica, gli europei dovrebbero seguire la sua regola o i colleghi statunitensi dovrebbero adattarsi alle regole europee?

Anche dal punto di vista del 2020, almeno nel campo dell'ipnoterapia, le cose non sono più così rigide. Abbiamo imparato gli uni dagli altri a



rispettare le diverse visioni del mondo. Ci sono alcuni colleghi che non agiscono secondo questi stereotipi culturali. Il nostro President-Elect Mark Jensen è per me un esempio, un modello di comportamento "internazionale": è molto flessibile e sempre orientato in modo positivo agli obiettivi a beneficio della nostra società di ipnosi o di qualsiasi progetto su cui stiamo lavorando.

In ogni caso, il primo passo è conoscere e apprezzare queste differenze. Il modo in cui le affrontiamo è pertanto una sfida creativa.

Da qualche parte ho letto che a Milton Erickson è stato chiesto come diventare un buon psicoterapeuta. La sua raccomandazione è stata questa: leggi libri di antropologia. Ha senso. Riconoscere e tenere conto delle differenze interculturali affina anche la nostra consapevolezza delle differenze inter-individuali nella nostra cultura. In una coppia sposata dello stesso paese di origine, la socializzazione familiare delle famiglie di origine può essere così diversa che questo è utile anche per i conflitti interculturali.

Nel Consiglio Direttivo ISH, durante le nostre conferenze internazionali, e durante i nostri viaggi, apprezziamo e amiamo le differenze culturali. Apprezziamo le caratteristiche preziose e speciali degli altri. Per alcuni aspetti, ovviamente, possiamo essere tipicamente tedeschi, tipicamente cinesi, tipicamente americani o tipicamente italiani. D'altra parte, è utile essere flessibili per espandere il nostro repertorio comportamentale attraverso incontri a volte sorprendenti e spesso interessanti con altri, al fine di crescere insieme e co-svilupparci.

Nel recente passato viviamo e sperimentiamo in tutto il mondo una tendenza inaspettata verso separatismo, egoismo e allontanamento da progetti di comunità internazionale. Anche il numero di divorzi è aumentato in tutto il mondo.

Vivo l'ISH come contro-modello. Ora, anche se indossi una maglietta personale con scritto "Non sposarti-Rimani felice", considera questa un'alternativa positiva al separatismo: motiva i tuoi colleghi a diventare membri della ISH. Contatta almeno un collega che stimi e invitalo a unirsi alla ISH. Questo aiuterà tutti noi ad avere un ambiente familiare stimolante e arricchente.

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



COLUMNA DE LA PRESIDENCIA (ES)

TRADUCIDO POR TERESA ROBLES

Queridos miembros de la ISH,

El lema de la ISH es “Construyendo puentes de entendimiento”. A lo largo de 40 años, desde que empecé mis estudios en Heidelberg en 1975, siempre me interesé en la etnopsiquiatría y la comunicación intercultural. Y a través del tiempo, he ido acumulando una gran biblioteca de autores como Edward T. Hall. Mi interés y compromiso en la comunicación y cooperación internacional es congruente con el foco principal de la ISH y es una de las razones por las que realmente me interesa apoyar proyectos internacionales y por lo que valoro tanto la gran diversidad de nuestra mesa directiva donde tenemos colegas de América, Asia, Europa, África y Australia. Voy a empezar haciendo un ejercicio mental.

Hace 40 años, yo era estudiante de psicología y ya estaba organizando talleres de hipnosis con Gunther Smith. Invitábamos a alumnos de Milton Erickson para enseñarnos.

Transcribo un diálogo que tuve con uno de esos maestros:

Maestro (M): los costos de mis talleres han aumentado. La última vez enseñé por 750 por día pero el próximo año serán 1,200 por día.

Bernhard (B): ¿Cómo va a ser posible pagar un taller de tres días a ese precio con el pequeño número de participantes que tenemos?

M: De acuerdo, Gunther y tú han hecho mucho para construir un reconocimiento de la hipnoterapia y además han puesto las bases para que yo venga a enseñar aquí y quiero reconocérselos. Lo que vamos a hacer es que yo enseñe dos días a 1,200 pesos el día y el tercer día lo ofrezco gratis. Y les ofrezco esto porque valoro su compromiso.

B: Perfecto!, 800 por día. Sin problema.

M con un tono de voz de ofendido: No, perdón, mi pago diario es 1,200.

¿Y cuál fue el mal entendido cultural?

Afortunadamente, el Director del DAI (Instituto Germano Americana) en Heidelberg, me lo había explicado antes de este diálogo. Como diplomático que era, tenía un buen entrenamiento en diferencias interculturales. Me explicó lo siguiente: “Como trabajador en el DAI, a diferencia de lo que sucede en una institución americana, yo recibo de un fondo del Gobierno Alemán un honorario para pagar a los conferencistas. El total son sólo 500 dólares, sea quien sea el conferencista, ya sea un estudiante que nos va a contar de su viaje a otro país o una celebridad como Henry Kissinger. Pero un conferencista de Estados Unidos tiene un precio fijo que está ligado a su reputación. Pueden ser \$5,000; \$12,000 o más. Este conferencista nunca hablaría por 500 dólares. Incluso donaría esos 500 dólares a la biblioteca. Pero no ha habido ningún conferencista alemán que no haya tomado los 500 dólares, sin importar qué prominente o famoso fuera”.

Mi error con el maestro estadounidense fue no haberle agradecido por su donativo de 1,200 dólares en lugar de haber hablado de pagarle 800 dólares diarios.

Desde la perspectiva del año 2020, me pregunto: Si un colega de Estados Unidos que enseña en Europa tiene un costo específico por día, ¿deberían los europeos seguir su regla? O ¿los colegas de Estados Unidos deberían adaptarse a las reglas europeas?

También desde una perspectiva del 2020 al menos en el campo de la hipnoterapia las cosas ya no son tan rígidas. Hemos aprendido unos de otros y hemos aprendido a respetar las diferentes visiones del mundo. Y ya hay muchos colegas que no siguen esos estereotipos. Nuestro Presidente Electo,



Mark Jensen, es para mi un ejemplo de esa forma de actuar “internacional” siendo muy flexible y siempre con una orientación positiva hacia metas que beneficien nuestra sociedad de hipnosis, o cualquier proyecto en el que trabajemos.

De cualquier modo, el primer paso es conocer y apreciar estas diferencias. Y cómo lidiar con ellas, será después el reto creativo.

En algún lugar leí que una vez preguntaron a Erickson cómo llegar a ser un buen terapeuta. Su recomendación fue: Lean libros de Antropología.

Y esto hace sentido. El reconocer y tomar en cuenta las diferencias interculturales agudiza nuestra consciencia de las diferencias entre individuos dentro de nuestra propia cultura. Puede haber tantas diferencias, por ejemplo, en una pareja, un matrimonio, que vive en la misma casa y país por haber tenido cada quien una diferente socialización en sus familias de origen y eso puede hasta producir conflictos interculturales.

En la mesa Directiva de la ISH, durante nuestras conferencias internacionales, y nuestros viajes, valoramos y amamos las diferencias culturales. Apreciamos y valoramos los rasgos específicos de los demás. De algún modo, por supuesto, unos seremos típicamente alemanes, típicamente chinos, típicamente americanos o “típicamente” (del país que sea). Y siempre es útil ser flexible tratando de ampliar nuestro repertorio de comportamientos a través de encuentros con otros que pueden ser unas veces inesperados y otras interesantes, para crecer y desarrollarnos juntos.

Hemos vivido y resentido recientemente tendencias mundiales hacia el separatismo y el egoísmo, que nos alejan de proyectos internacionales comunitarios. El número de divorcios también se ha incrementado en todo el mundo. Yo vivo a la ISH como un modelo contrario a esto.

Bien, incluso si te pones una camiseta que dice “no te cases. Sé feliz” por favor considera que una alternativa positiva al separatismo es motivar a tus colegas a que se unan a la ISH. Piensa en contactar al menos a un colega que valores, ahora mismo, e invítalo a que se nos una. Esto nos ayudará a todos a tener un medio ambiente familiar inspirador y enriquecedor.

Con mis mejores deseos.
Bernhard Trenkle
Dipl.Psych., Dipl.Wi.-Ing.
President ISH



NOTES FROM THE EDITOR



Katalin Varga

Dear Colleagues,

I send you, with pleasure, the March issue of the Newsletter.

This time the **Main Interview** introduces **Xin Fang** Director and Supervisor of Center for Psychological Counseling and Psychotherapy at Peking University. Apart from her various professional specialties, she is remarkable for all of us, as she and her team were excellent hosts of the Board of Directors of ISH some years ago.

Recently Xin is very active in handling the situation in China in relation to the Corona Virus: supporting not only the patients, but the professionals as well.

We have an excellent and detailed report of the **1st Asian Congress of Hypnosis** by **Nicole Ruyschaert**. The text, just like the photos, leave no doubt that this was a historic event both for the country and for hypnosis. A new continent joined as organizer of a big international event on hypnosis: and immediately with great success: 1000+ participant from 25 countries! The meeting was nominally co-sponsored by ISH, and many members participated and presented at the conference.

In the Building Bridges of Understanding column two young students, **Alexandra Pajer** and **Monika Tolnai** reviewed some papers on the potential usage of hypnosis for the management of back pain and to support spine surgery.

For this issue we got a report from China, describing how the hypnosis experts help the crisis management there with suggestive / hypnotic techniques. I hardly find word to express my admiration that **Gao Jun** did write a report for the Newsletter in spite of being extremely busy for weeks herself.

In the **International Journal of Clinical and Experimental Hypnosis (IJCEH)** report **Gary Elkins** and **Lynae Roberts** not only present the abstracts from the articles published in the most recent issue of the Journal, but also provide a short overview of the new style and formatting rules that will apply to new submissions.

We open a new column: “**Metaphoric picture**” where some pictures are presented that have a special message. As we know, a picture is worth a 1000 words, so we decided to present the pictures without comments, so that everyone may remain free to interpret.

We invite our colleagues to send us new items for this column, naming only the photographer and the location where the photo was taken.



There are some really attractive photos of **Krakow**, the next congress of ISH, that is coming next year. Other international events are also listed in the **event calendar**.

As one can see: the International Society of Hypnosis is really international. When we are preparing the material for a new issue, it is so nice to follow the chain of events: a German letter is translated in Mexico, an Asian conference is reported in Belgium, a Chinese interview is forwarded from Germany, and the text of two Hungarian students is language-checked in the United States. Especially, if we consider that all this is voluntary work, everyone is spending his / her time to support the international hypnosis family – it is really heartwarming.

To add to this international portfolio let me share some pictures as I had the honor to be among the teachers at the graduation ceremony of the colleagues at the Ericksonian Psychotherapy training of Centro Ericksoniano de México, that is also celebrating its 20th anniversary.

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

Katalin Varga
Ph.D., DSc



The graduated students are formulating their personal oaths, highlighting their goals regarding the approach they have learned at the Ericksonian Psychotherapy training. The small candles are lit from the big one, which is a special gift of the oldest student so far, the 83 years old Anna Rosa.



CENTRO ERICKSONIANO
DE MÉXICO, A.C.
un lugar de encuentro...



CENTRO ERICKSONIANO
DE MÉXICO
un lugar de encuentro...

20
ANIVERSARIO

- ACTUALIZACIÓN MAESTROS FEB 2020 -



¡GRACIAS A TI... Seguimos construyendo un mundo mejor!





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.

Interview with Xin Fang
By Kata Varga

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

My earliest understanding of hypnosis was that hypnosis was a type of witchcraft. I don't remember where it came from. After China stated to reform and open up in the 1980s, psychotherapy was introduced from the western countries. Before that period of time, Marxism, Leninism and Mao Zedong thought were used to treat obsessive-compulsive disorder, depression and other psychological disorders. The first Sino-German continuous training program on psychotherapy was held between 1997 and 1999, during which more than 100 colleagues were selected from over 500 applicants nationwide to participate in three groups: psychoanalysis group, behavioral-hypnosis therapy group and family therapy group. I was fortunate enough to participate in behavioral-hypnosis therapy group taught by Professor Dirk Revenstorf. At that time, I had been practicing psychotherapy for 10 years. My understanding of hypnosis at the time was skeptical: How can we modern educated women learn this kind of superstition? However, after experiencing Professor Dirk Revenstorf's wonderful voice of doing hypnosis, I had a deep experience of hypnosis on



Xin Fang

Xin Fang is Director and Supervisor of Center for Psychological Counseling and Psychotherapy at Peking University

Bachelor's Degree and Master's Degree at Psychology Department of Peking University
Studied as doctoral candidate in Heidelberg University and Tuebingen University in Germany (2000-2002)
Country member of International Society of Hypnosis
Founder and President of Chinese Erickson Institute
President of the First Chinese Conference of Clinical Hypnosis
Founding Group Leader of Hypnotherapy Group and Board Member of Psychotherapy and Counseling Committee under Chinese Mental Health Association
Vice Director of CBT Committee and Vice Director of Psychological Counselors' Committee under Chinese Mental Health Association

Founding Group Leader of Couple and Marriage Counseling Group of Clinical and Counseling Committee under Chinese Psychological Society

Vice President of the German-Chinese Academy for Psychotherapy
Member of Advisory Committees of National Education Ministry, Advisory Committees of National Health Commission and Advisory Committees of Beijing Public Security Bureau

Specialty: CBT, Hypnotherapy, Couple therapy, Psycho-trauma Therapy and Crisis Intervention, Ego state therapy



both the mind and body levels. I did feel the healing power of hypnosis as it was an experience of multiple internal information processing processes. I then realized my previous prejudice about hypnosis and began to follow the path of Ericksonian hypnosis.

Please characterize briefly your career and your current work.

I am now the director of the Center of Psychological Counseling and Psychotherapy in Peking University Hospital. I have been working as a psychotherapist for the past 30 years, and as a supervisor, trainer and organizer of international psychotherapy training programs for the last two decades. In addition, I have been committed to introducing advanced psychotherapeutic schools and methods all over the world to my Chinese colleagues, and one of them is Ericksonian hypnosis.

I also serve in several professional organizations. I'm now the board member and the national representative of China in the International Society of Hypnosis. I also serve in two leading Chinese professional organizations, the Chinese Mental Health Association (CMHA), and the Chinese Psychological Society (CPS), including the board member of standing committee of CMHA, the vice chairman of CBT Committee of CMHA, the vice chairman of Psychological Counselor Committee of CMHA, the board member of Counseling for College Students Committee, the board member of Psychological Counseling and Psychotherapy Committee, as well as the founding leader of Hypnotherapy Group of this committee. I'm among the first group of registered supervisors recognized by the Registration System for Professional Organizations and Individual Practitioners in Clinical and Counseling Psychology of CPS and now am a member of Ethics Committee of the registration system of CPS. I founded the couple therapy group under the Psychological Counseling and Psychotherapy and Counseling Special Committee of CPS. Meanwhile, I serve as a specialist for the National Health Commission the Ministry of Education, the Beijing Municipal Public Security Bureau, and the Psychological Service Center for National Civil Servants. I am also the founding president of Chinese Erickson Institute.

Please describe your organization's structure in your country.

From 2000 to 2002, I won the scholarship from German Academic and Cultural Exchange Center (Deutscher Akademischer Austausch Dienst, DAAD) and studied in Germany as a doctoral student jointly trained by Chinese and German supervisors, where I continued to study Ericksonian hypnosis. In 2008, I started to invite international famous trainers, such as Bernhard Trenkle, Camilo Lorio and Consuelo Casula from Italy, Gunther Schmidt from Germany, Mark Jensen from the United States, Woltemade Hartman from South Africa, Kris Klajs from Poland to come to China, as foreign trainers for continued training programs on hypnotherapy. In 2017, I invited all the board members of ISH, as well as the former, current and future presidents, to successfully hold the first Chinese Congress of Clinical Hypnosis. The congress was a big success, with nearly 1,000 participants.

All these years became a very good learning process, which made me clearly aware of the differences between domestic hypnosis and mainstream hypnosis. Hypnosis has been and still is a highly mystified and controversial discipline in China. For this reason, our institute adheres to the following three principles: science, ethics and culture.

Please compare the similarities and differences between mainstream hypnosis and the hypnosis work in your country.

Most of the Chinese folk hypnosis is very similar to shamanism. Before Ericksonian hypnosis came into China, hypnosis practiced in the mental health field was mostly authoritative style or followed a standardized protocol. There were even many stage hypnotists who performed human



bridge ritual or tried to hypnotize chickens. Meanwhile, professionals had little ethical awareness while practicing hypnosis.

The mainstream hypnosis attaches great importance to the research of hypnosis-related neurophysiological mechanism, hypnosis-related cultural issues. The application of hypnosis also goes beyond the mental health field, and reaches out into various fields such as medicine, education, management, public security and justice. Besides, the professional ethics is a very important issue in the mainstream hypnosis. I have learned a lot from academic exchanges with international trainers and researchers, these learning experiences provided me with inspiration about how to develop clinical hypnosis in China.



Please describe your organization's structure in your country. What are your main activities?

As I said, hypnosis is still a highly mystified and controversial discipline in China. Many people would make stage performances on hypnosis or so-called previous life hypnosis, which would create an impression that hypnosis is unscientific and mystical. It makes it difficult for those intellectuals who are well-educated in science and now serve in leading positions in the mental health field to accept the concept of science-based clinical hypnosis. I started to introduce Ericksonian hypnosis to my colleagues after returning to China in 2002, and officially launched the "International Clinical Hypnosis Continuous Training Program" in 2008.

We only invited the best-known teachers in the world and the most qualified colleagues in different provinces and cities in China to join our program. We also invited the best translators in China. Therefore, our program earned a good reputation among some of our best psychotherapy colleagues. Clinical hypnosis has also been developing quickly in China. This is what I'm very proud of. We will continue to develop clinical hypnosis in the mental health field in China within the framework of science, on the track of professional ethics, and with the help of resources from Chinese culture.

What are you most proud of?

What I am most proud of is that in a short period of time Ericksonian hypnosis has developed rapidly in China. Indeed, hypnosis has made great progress at home and abroad in a relatively healthy manner. Clinical hypnosis in China is also being more recognized and accepted by our colleagues.

How would you like to develop?

I hope that clinical hypnosis in China will develop in a healthy and orderly manner. We want to develop steadily and at an appropriate speed. Seven workgroups are set up in Chinese Erickson Institute: Scientific Research Workgroup, Psychological Education Workgroup, Organization Development Workgroup (which is responsible for registration of individual members, and the development of provincial branches of CEI), Standardization Workgroup (which is responsible for establishing the professional practice standards, requirements of training programs, and other standards for clinical hypnotherapists and trainers), Ethnic Workgroup, Cultural Innovation Group (which is responsible for the utilization and innovation of hypnosis-related resources in Chinese culture and traditions), New Media Workgroup (which is responsible for using new



media as a means of service delivery). CEI now has set up basic requirements for our membership.

To get the certificate of “Clinical Hypnotherapist”, one should complete a one-year training program, and pass the theoretical examination and practical examination. The theoretical examination is based on Trancework (4th edition), which is the textbook of our training program. We develop an on-line exam system to conduct the theoretical examination and our pioneering work was highly praised by the president of ISH, Bernhard Trenkle. We have also developed a training and evaluation program for “Chinese Clinical Hypnosis Trainer”. So far, we have trained ten qualified clinical hypnosis trainers, who are active in providing basic clinical hypnosis trainings in various provinces and cities in China.

In general, we now witness a step-by-step developmental trend of clinical hypnosis in China.

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

The first one I would like to mention is Bernhard Trenkle, now the president of International Society of Hypnosis. He has been a mentor for me in all aspects of lives. He helped me to become who I am today! Once he said to me, “I’m willing to hold hands of young people and help them to realize their dreams!”, and this sentence imprinted in my mind. This is how he makes an impact on me and this is also how I hope to influence my students.



In terms of clinical hypnosis, I think he is one of the greatest masters on Ericksonian hypnosis. When I took his classes at the beginning, his low voice and numerous stories with metaphors and a great sense of humor would deeply hypnotize me since there were too many things for me to listen to. Gradually, after I took more of his classes, I began to be able to keep a clearer mind and identify his skills. He could tell stories within stories and sometimes there were five layers of stories at most. In addition to enhancing my professional capacities, Bernhard Trenkle also helped me a lot to develop our own institute in China, to organize domestic and international conferences, and so on. Almost every step of my growth is indebted to his generous help, warm care, and wise advice. In addition, what makes me admire him most is his personality. I’m impressed by his gentleness, calmness, compassion and wisdom. He has many good friends all over the world because of the person he is. Therefore, I think he is a very important mentor in my life! Of course, other foreign trainers and friends, such as Camillo, Kris, Consuelo, Woltemade, also provide me with knowledge and friendship in my life.

Thank you!



FIRST ASIAN CONGRESS 2019, MASSHAD, IRAN

Congress report by Nicole Ruyschaert

AN OVERVIEW OF PREVIOUS CONGRESSES IN IRAN

These congresses were organized by the Iranian Society of Scientific Hypnosis in collaboration with Masshad University and other Iranian medical universities and the very active ISSH Board of directors with Ali Sharifi, Mehdi Fathi, Enayat Shahidi and Fhrad Simab and other ISSH members. The first international congress on clinical hypnosis and related sciences in Iran was held on April 26-28, 2012 in Mashhad. More than 800 specialists participated in this congress and only a few international presenters attended.

The second international congress on clinical hypnosis and related sciences also took place in the Holy City of Masshad, May 2013 as a result of intensive cooperation of ISSCH and Mashhad University of Medical Sciences. The International Society of Hypnosis (ISH) and Razi association of psychosomatic (Germany) offered scientific co-sponsorship: the congress attracted more than 800 attendants, and welcomed 14 lectures from abroad and 70 Iranian lecturers.

The Congress in numbers:

1000+ participant
 106 from foreign countries
 25 countries including Iran
 Number of presentations: 50
 Number of workshops: 28
 Number of extracurricular specialized symposiums: 2
 Number of participants in Sports Hypnosis Symposium: 400 people
 Number of speakers in Sports Hypnosis Symposium: 5 people
 Number of participants in Palliative Care Medicine Symposium: 80 people
 Number of speakers in Palliative Care Medicine Symposium: 7 people
 7 tourist groups travelling

Another accomplishment was achieved again for Iran and the world of hypnosis science in April 2015 with the third congress, this time held in Teheran. There were 700 specialists in different medical fields such as psychology, anaesthesia, psychiatry and consultation attending the congress. This congress was welcomed widely and had 22 international and 42 national lecturers. It was the first congress in Iran I attended. I enjoyed the interest, the warm welcome of the Iranian participants and was surprised by the eagerness of the participants to learn! After the congress I visited Shiraz en Persepolis with Giuseppe De Benedettis and Consuelo Casula, two ISH board members.

The First World Congress on Hypnodontics, organized by the Iranian Scientific Society of Clinical Hypnosis and Dentistry School of the Mashhad University of Medical Sciences, took place 28 – 30th September, 2016. It was another important milestone for exchanging Eastern and Western experiences and knowledge and an opportunity to emphasize the important role and additional value hypnosis can have in dentistry.

The First International Congress on Mental Training 2017, October 26 - 28 at Mashhad University, attracted more than 700 participants. Joining the Swedish group with Lars-Eric Unestahl for a pre-congress tour, perfectly organized by Najmeh Kazemi, I discovered another part of Iran and decided to revisit Iran and present at their congresses whenever possible.

A NEW IDEA WAS BORN... EVERY CHANGE STARTS WITH A DREAM!

At the end of the 3rd International Congress that the Iranian Team of Prof. Mehdi Fathi organized in Teheran, Mehdi Fathi, Enayat Shahidi, Kris Klajs from Poland and Bernhard Trenkle were sitting together and discussing a future congress that would be held in 3 or 4 years. At this meeting, **Kris Klajs** had the brilliant idea to plan the first (ever) Asian Congress of Hypnosis. His motivation was to give colleagues from Asian



countries, which previously were part of a Russian Hypnosis Society such as Armenia, Georgia, Kazakhstan, the opportunity to reconnect with the international field. He noted that many colleagues from these countries are not yet able to afford to travel to Paris or Montreal to attend a congress, but they can afford to come to a neighbouring country like Iran. His idea resonated with each of those there. So they started to plan. Colleagues from China, Japan, India and other Asian countries were included in this process. From the seed of this idea the Iranian team developed the idea to use this Congress to establish an Asian Society of Hypnosis.

2019 - THE FIRST ASIAN CONGRESS, MASSHAD, IRAN

Dr. Farhad Simab in his opening speech nicely compared a hypnotherapist with a jeweller. How is that possible? A jeweller is someone who works with gold and utilizes the malleability of gold. A small amount of gold can be spread and refashioned. The hypnotherapist is the jeweler when conducting hypnosis. He will take hidden mind resources and spread and refashion them.

Another important point to consider are the growing concerns about efficacy and safety of conventional medical treatments in the field of mental health. The effect of psychotropic medications is questioned and one can notice differences in delivering mental services to different economic classes. Lack of mental health services into primary care and other medical subspecialties are a concern. Hypnosis has proven its worth amid such concerns, in enabling individuals to high levels of self-actualizations, promoting awareness of the most inner resources.



Kris Klajs

A hypnotherapist is the impressionist, when viewing the therapist as a co-creator in the art of focus, as the miner when he mines for reserves, the originator when taking hypnosis into the individual means, the farmer when foreshadowing future targets, the utilitarian when he utilizes what

the patient brings, visitor when entering into the patients world, the dreamer when having faith in what the patient can bring about: he elicits rather than he prescribes.



**2019
The First Asian Congress
Masshad, Iran**

And with these words the congress is officially opened and the “Dreamer” Dr. Mehdi Fathi is called on stage. He feels honoured as part of the hosting society to welcome so many participants and proud to have the most active society in Asia with around 7000 participants in 400 workshops nationwide. The congress welcomed 1005 participants, among them 108 coming from abroad. Participants from 25 different countries travelled to Masshad, there was a faculty of 65 faculty members, there were 42 plenary lectures in the main hall with simultaneous translation and 28 workshops, with consecutive translation. On top of that there were 2 additional symposia: a symposium on mental training and a symposium on psycho-oncology and palliative medicine. Looking at the history of hypnosis different names are regularly mentioned, but looking forward to the future history perhaps somewhere,



sometime other names will be added like Bernhard, Enayat, Loriedo and the dreamer, Dr Mehdi Fathi...

For me it is always a pleasure and a discovery to attend and present at congresses organized by ISSH! The technical equipment is excellent and the most advanced applications are working perfectly. There is a helpful and skilled technical team. The way each speaker is introduced is with photographs, videoclips of previous presentations, interviews and music.

In the welcoming there was an introductory documentary “Here is Asia” – movie clips that brought you to different places in Asia. We were welcomed in all languages from the participating countries, with their national flags.

Day 1, October 15th we had 10 keynote lectures and another highlight of the congress: the establishment of the Asian Scientific Society of Hypnosis. Mehdi Fathi invited **Bernhard Trenkle** on stage, naming him “father of hypnosis in the world” “advisor for around the world” and renaming him instead of ‘Bernhard’ ‘Warm - Heart’ . After him also all representatives from Asian countries present were called on stage, coming from India, Indonesia, Armenia, Turkey, Japan, China, Iran, India, Iraq, Pakistan.

It is a memorable moment – a kick-off to spreading and growing the science of hypnosis, joining science and traditional practices of hypnosis in Asia, where there is already a long history among ordinary people. For the future, it was a time to bring together cultural wisdom and experience with science and mind changes through the skills of hypnosis.

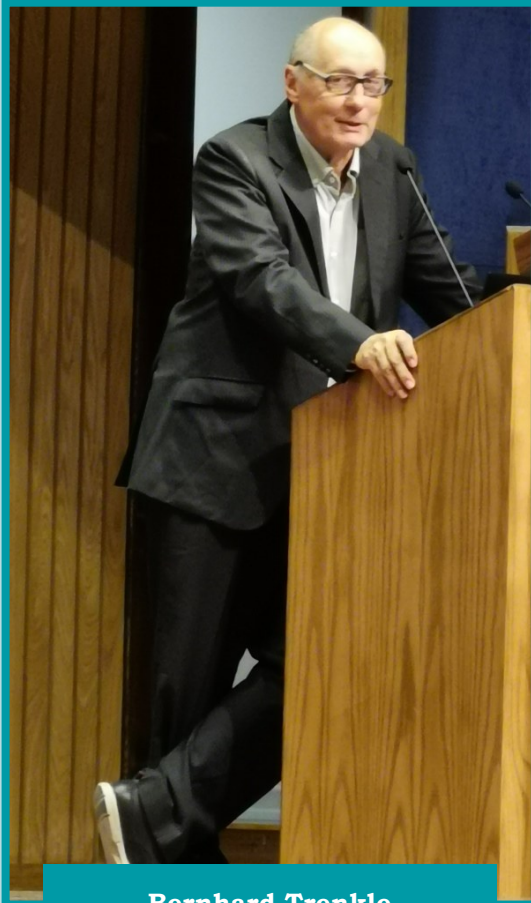
The Iranian society, as the most active society in Asia, is happy to know other societies from Asia and to be the host for them now, in Iran.

Another important accomplishment was the creation of an “**International Flag of Hypnosis**”. It was designed in Iran with input and feedback from other countries and colleagues in the field from all over the world. The result of this common endeavor was were several

components: A lovely soft, silk tissue mainly white colored as a symbol of **PURITY**, an important goal of treatment where science and hypnosis come together in a joint venture. A **GLOBE** to show it is worldwide, encompassing the whole globe without borders, inclusive for every country, society, university and telling that all of them can use it. The Eyes, not as misleading representation of fixation induction but to emphasize the **VISION** or the way we perceive the world. The BLUE colour represents **CALMNESS** and the GREEN represents **GROWTH** and highlighting the green means to highlight **DYNAMISM** the main goal of hypnosis

The Flag for the Asian Society of Hypnosis, is different and also has some yellow in it to represent the sunrise and the colour of Asia. All lectures of the congress program were in the morning in a beautiful large congress hall.

On day 2 the congress and tour organizers expressed their special thank you to a very important person who in some way made it possible to have all these people from abroad coming and having hotel and other reservations in advance paid. As you probably know or heard, it is not possible to transfer money to Iran and on the other hand payments needed to be done in advance.



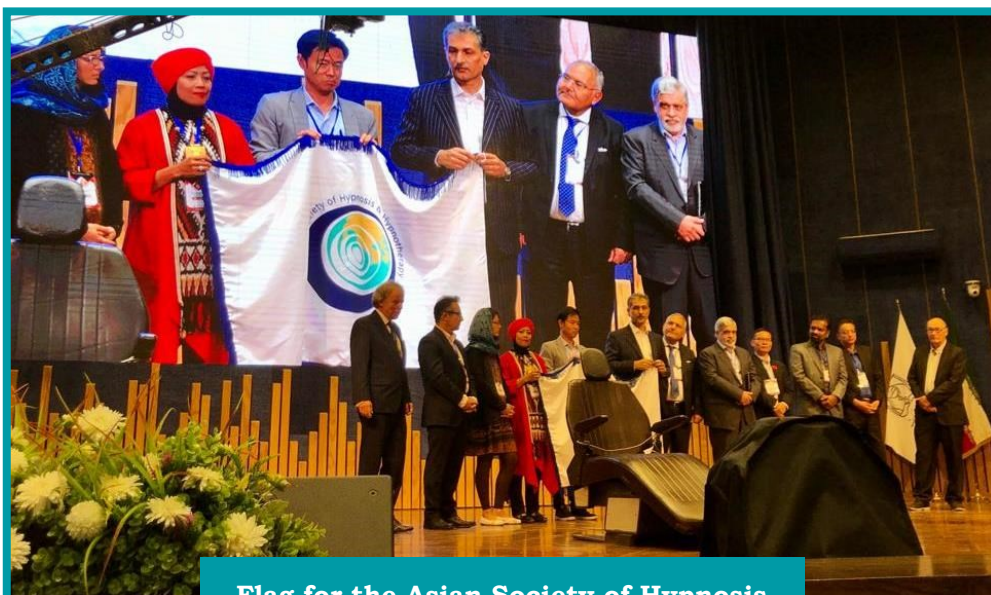
Bernhard Trenkle



Asian Hypnosis Society



International HypnoFamily Flag



Flag for the Asian Society of Hypnosis



After a video conference of Bernhard Trenkle with **Najmeh** Kazimi and Enayat Shahidi an Iranian generous man took the full risk of prepayment for all of us. He said he was happy to have us in Iran, a land of peace and love – and that “our hands are open to have you and your family again in Iran.” **(See Kazimi’s article in this issue).**

Workshops took place in the afternoon. They were clearly announced at the entrance – no way to miss the room where you are expected to present! And you were translated by a nice skilled translator volunteering to do this work.

TOURIST EXPERIENCE AND CONGRESS EXPERIENCES FROM PARTICIPANTS / FACULTY

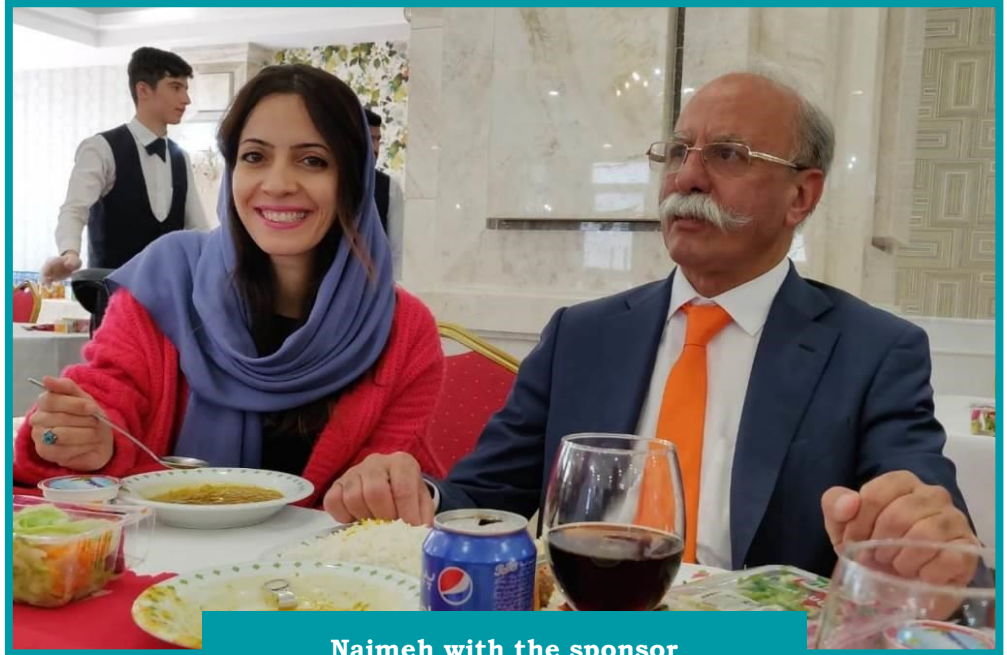


Lecture Hall, Mashhad Congress

For myself it was great to join the PRL pre-congress long tour with the German/Swiss group. Our Iranian tour guide Najmeh Kazemi, (Tourism Manager, master of tourism sciences, Italy – www.kazemi.tours) put together an exciting program. Visiting Iran for the third time it was nice to re-visit places like Esfahan, Shiraz, Persepolis and also to discover new places, new experiences, as Iran has so many things to offer and to enjoy.

While we had this wonderful pre-congress tour, other groups from our international hypnosis group travelled as well pre- and or post-congress. One evening we met with another group traveling in the other direction. And knowing there were many different groups on their way, looking forward to be joined with them increased the expectations to finally reach Mashhad where we were welcomed with roses! And afterwards we all stayed in touch with this great, enlarged “hypno-family”.

I only can conclude by saying that sorry for those who could not attend and missed this wonderful experience! The format of the congress was highly satisfying for the faculty and the presenters and for the many participants as well. Travelling in Iran is a unique experience, particularly with the highly professional and personalized organized of our tour guide Najmeh Kazimi who took care of every single participant as a good mother would! Thank you again for the meticulous preparation and excellent organization.



Najmeh with the sponsor



Nicole Ruyschaert



Tour in Nain



Congress feedback

Coming to Iran and the Mashhad International Congress was a once-in-a-lifetime experience and also one of the most impressive professional events I ever attended. Beginning a conference with a prayer felt strange, wearing a headscarf all the time felt strange, but feeling the compassion and openness of the audience deeply touched my heart. Every single speaker was welcomed with warm applause, listened to with interest, and honoured with further questions after their talks. Iranian colleagues were eager to share their knowledge and also to be photographed together with us. Seeing and listening to the international faculty gave me a strong feeling of belonging. The organizing team was very caring, Mehdi Fathi and all the young assistants made us feel at home. This was sometimes not so easy because an important religious festival took place at the same time with hundreds of thousands of pilgrims walking the streets and visiting the holy shrine of Imam Reza.

It is impossible to write about the journey before the conference and all the visits of so many cultural sites, all of them highlights to me, like the grave of Hafiz -the 14th century poet- the graves of the Zoroaster's on top of hills and towers and all the beautiful gardens, palaces and mosques, some of them hundreds of years old. My senses were so overwhelmed, because I could not stop listening, watching, feeling and touching all the beauty.

And I am deeply grateful for the feeling of being at home that our Iranian colleagues gave us. Of course, we could feel some of the tensions in the society, but what counted for me was the personal contacts and openness and the ability to connect and feel that we all were united in our wish for peace.

Susanne Leutner

Congress feedback

It was a great honour for me to be a member of the 1st. Asian Hypnosis Congress in Mashhad in October 2019. It was amazing to feel a warm welcome on our arrival at the airport in Mashhad, by students of the congress who gave each of us a red rose and made us thus feel meaningful and so appreciated. Everything was very well organized. It was amazing to realize that 1000 participants gathered in the main hall and at the congress opening, standing up for the national anthem and waiting for lectures and workshops taking place every day from 8.30 am until 7pm. It was the first time, that I attended a congress with short lectures, each of them lasting 30 minutes. So I could get a really inspiring range of different hypnotic approaches in different fields of medicine and psychotherapy from different countries in the world.

Dr. Medhi Fahti formed, together with his team a family of all of us. It was this great hospitality, friendliness and interest that opened my heart and made this congress an extraordinary experience. Despite a lot of



Gala Dinner

worldwide conflicts, the atmosphere of the Congress gave hope, that people share the wish for cooperation, mutual respect, curiosity and warmth for each other. I wish, we can continue our way the spread the spirit of Mashhad to other congresses.

Elfie Cronauer
Psychologische Psychotherapeutin



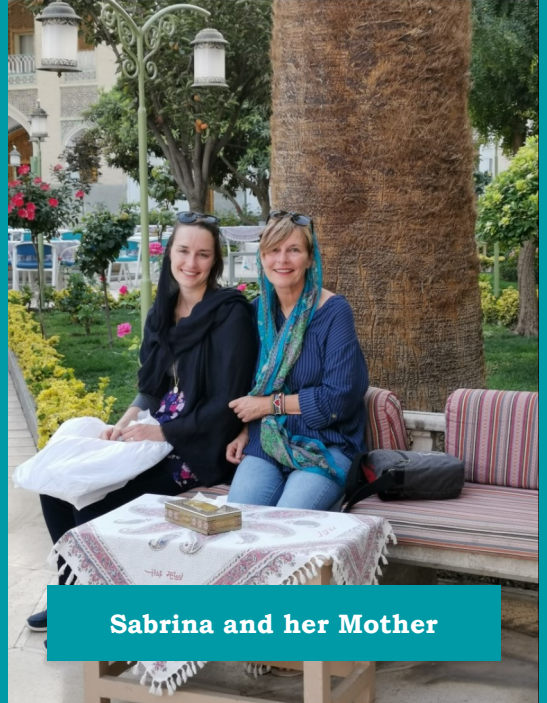
Congress feedback

Already the second time I was allowed to travel to Iran last year. The organisation of the visa, especially the first time, took a lot of energy, but it was worth it in all respects. Once you are in the country, you are surprised daily with hospitality like I have never experienced before. The people are curious, friendly and very helpful.

The trip before the congress was organized by Najmeh Kazemi like two years ago and was a complete success. At any time I felt safe, amazed by the beauty and diversity of this country and touched by the people.

The congress was a great highlight for me personally. As one of the youngest speakers, I was able to present to this large and appreciative audience and was overwhelmed. It was a great honour for me to be there with all these wonderful people and to be part of this great hypnofamily.

Sabrina Mattle



Sabrina and her Mother

Congress feedback

We really succeeded in realizing our ISH motto: “Building Bridges of Understanding”.

And we can only hope that the atmosphere of our congress will spread around in politics. Let’s hope that the atmosphere of this congress will permeate important politics.

For Iranian colleagues it was important to show that in Isfahan and in other cities Muslims, Christian and Jewish people live together in peace since hundreds of years.

This time we also visit a Fire Temple – as the original religion in Iran that may have originated as early as 4000 years ago, prior to Muslim times was Zoroastrianism. The day of Yom Kippur celebration we visited a synagogue and a Jewish participant from Germany decided to pray with the Iranian religious group while the others waited in a coffee shop.

Bernhard Trenkle



Zoroastrian



Tour



Congress feedback

It was a real pleasure for me having met all the fantastic faculties and hypnosis professionals in Iran.

This congress has finally given me the real possibility of entering this wonderful world of clinical Hypnosis. Somehow, I felt the need to complete my professional activity with this valuable tool.

Even more, a long time ago, I felt that I was missing something about this and it was not only knowing about Hypnosis but that hypnosis would pass through me.

Since that time my private and professional life has changed completely. And I like to share some of the special moments I lived there with very talented people.

Marcello Romei



Mehdi Fathi and Marcello



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...



Alexandra Pájer

Alexandra Pájer is a psychologist at Fejér Megyei St. George's University Teaching Hospital Department of Psychiatry and Department of Musculoskeletal Rehabilitation.

She often works with people after spine surgery or spine injury.

She is also a PhD student at the Doctoral School of Psychology, Eötvös Loránd University.

Her research is connected to alexithymia and hypnosis.



Mónika Tolnai

Mónika Tolnai is a psychology MA student in Clinical and Health Psychology at Eötvös Loránd University in Budapest.

She did her BA also in Eötvös Loránd University.

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Her future plan is to work as a neuropsychologist in a hospital.



THE ROLE OF HYPNOSIS IN BACK PAIN AND SPINE SURGERY

ALEXANDRA PÁJER & MÓNICA TOLNAI

What Is Hypnosis?

The healing of physical and mental diseases by hypnosis has a long history. In a sense, this is the oldest cure for mankind, since in rituals of ancient cultures there are healing motifs characteristic of hypnosis. We can now say for sure that hypnosis with clinical high standards is a highly effective method proven by science in the treatment of problems of thinking, perception (e.g. pain), emotions and behaviour.

There are several definitions that attempt to determine the exact procedure. Mark Jensen, a world-famous hypnotherapist, puts it, "one person (the subject) is guided by another person (the hypnotist) to respond to suggestions for changes in subjective experience, alterations in perception, sensation, emotion, thought or behavior." (Jensen, 2011; pp. 33) During hypnosis, the clinician makes a variety of suggestions to the patient (e.g. relax) to which the hypnotized reacts, focusing his attention on the specific instruction, his own feeling. The purpose of treatment is not only to make the patient feel comfortable during hypnosis, but to create a long-term change in the way he thinks about the pain or the way he perceives pain.

In a 2010, Dillworth and Jensen drew attention to the diversity of suggestions used in pain treatment. In their review, they addressed the differences in the content of hypnotic suggestions, including pain management suggestions, non-pain related suggestions and posthypnotic suggestions. In the present work, we are now only writing about pain-related suggestions. The pain management suggestions are much more effective than different control groups to influence pain-related outcomes, although pain improvement may be lost over time. In fact, only two studies have been concluded, but hypnosis can have some advantage over other active treatments, even though there is no pain-specific suggestion in hypnotic conditions. In addition, if non-pain-related recommendations are used in the state of hypnosis, it can also have an additive effect if hypnosis is combined with EEG bio feedback (Dillworth & Jensen, 2010).

Effect of hypnosis on the spinal cord

We also find evidence that hypnosis can affect the activity of the nerves of the spinal cord. In patients who have been given pain-reducing suggestions for hypnosis, the intensity of spinal reflexes changed. Since these reflexes are not under the control of the brain, but directly controlled by the spinal cord, the results show that in hypnosis we are able to change how much pain the spinal cord reacts to. (Jensen, 2011)

One of the most widespread applications of hypnosis is for analgesia, the effectiveness of which has been proven by hundreds of scientific studies. It can be used in both acute pain relief (emergency patient care), surgical anesthesia, dental interventions and in the treatment of persistent pain. (Jensen & Patterson, 2014)

Hypnosis and pain treatment

Several controlled trials have shown that hypnosis is an efficacious treatment for chronic pain. In these trials, the standard primary analysis compares a group of mean differences in pain reduction between patients receiving treatment and patients with alternative treatments (e.g., relaxation training, standard care, attention).

One of these trials of chronic pain has been studied in elderly patients (Ardigo et al., 2016). Fifty-three patients were included (mean age: 80.6 ±



8.2- 14 men) in a two-arm parallel group design. The groups were a hypnosis and a massage. The average pain measured by the short pain index during hospitalization showed a greater decrease in the hypnosis group compared to the massage group. This was confirmed by measuring the intensity of pain before each session, which only decreased over time in the hypnosis group ($P = 0.008$). Depressive scores improved significantly only in the hypnosis group over time ($P = 0.049$). The study produced exciting results from hypnosis in the treatment of pain in people in need of hospitalisation. It has been demonstrated that hypnosis can be successfully applied among these people. Chronic pain decreased significantly after the sessions, and hypnosis had a longer analgesic effect compared to massage throughout the hospital stay. They also found that hypnosis had a positive effect on mood; this was not the case with massage. It is assumed that hypnosis allows patients to focus on their abilities and resources, which leads to better monitoring of their own symptoms.

In another trial, chronic lower back pain (CLBP) has been studied (Tan et al., 2015). CLBP is very common and represents significant costs for individuals, families and society. In the study, 100 veterans participated with CLBP in a randomised four group design study. The groups were an eight-session self-hypnosis training intervention without audio recordings for home practice; an eight-session self-hypnosis training intervention with recordings; a two-session self-hypnosis training intervention with recordings and brief weekly reminder telephone calls; and an eight-session active (biofeedback) control intervention. They didn't find significant difference among the three hypnosis conditions. According to the results, more than half of the participants who received hypnosis were clinically significant ($\geq 30\%$) for pain intensity and maintained these benefits for at least 6 months after treatment. Findings also suggest that effective self-hypnosis training can be a valuable treatment along with hypnosis audio recordings for home practice.

We also find several case studies on the relationship between pain treatment and hypnosis. We would like to briefly introduce one of these. In this case study, we know about a 28-year old male with spinal cord injury, quadriplegia, and chronic pain with neuropathic characteristics. They were aimed at reducing the intensity of pain in young men by hypnosis with suggestions. The treatment included eight sessions. Sessions 1-4 were held once a week, sessions 5-8 were about once a month. He could also benefit from the treatment for his special situation of being on a respirator and paralyzed from his chin down. Posthypnotic suggestions have also been made to encourage the patient to use self-hypnosis every time he found it useful, e.g., "Practicing more rather than less will likely provide more reinforcement for what we are teaching, you might find it useful to consider listening to the recordings at least once per day. . . . It is completely up to you to decide the frequency that works best for you" (de la Vega et al., 2019, pp. 398).

The purpose of the intervention was

- to increase the tolerance of uncertainty about the importance of pain
- to encourage control of pain and its effects,
- to automate the processes of cognitive reorganisation and
- to increase hope, feeling of control over pain and control over the effects of pain by imagining a better future and integrating the hope and self-efficacy beliefs into the present.

It empowers patients by teaching them effective strategies to combat pain and its effects without compromising them with the appearance of negative side effects. Firstly, the practice was based on a standardized hypnotic cognitive therapy protocol developed for a randomized controlled trial. Secondly, the man had to practice self-hypnosis with a recorder. A number of measuring devices were used to measure the average pain intensity and worst pain intensity, pain interference, pain catastrophizing, pain acceptance, sleep disturbance and depression symptoms. Most of the results



tested showed clinically significant improvements maintained (or increased) during follow-up. The biggest change in pain acceptance and pain catastrophizing was found, while the slightest change was in symptoms of depression (de la Vega et al., 2019).

Based on the findings from these few studies, hypnosis is effective for reducing chronic pain intensity on average but there is also substantial individual variation in outcome.

Hypnosis can be also very effective in the treatment of acute pain. Stoelb, Tackett & Jensen (2009) found that hypnosis can reduce acute pain associated with spinal cord injury (SCI). They described one case, where they treated a 27-year-old male, who suffered a gunshot and had a high-level SCI. He had severe pain problems, that obstructed him from taking part in his rehabilitation and physical care. Learning self-hypnosis in ten session over five weeks was enough help for him to cope with these problems and reduce pain intensity. In this treatment, five specific pain reduction suggestions (imagined anesthesia, decreased pain unpleasantness, relaxation, direct diminution of pain, replacement of pain with other non-painful sensations) were given. CD's (audio recordings) were also made for the patient and they encouraged him to practice self-hypnosis with these recordings between sessions. This study demonstrated that self-hypnotic analgesic suggestions can be very effective in the treatment of SCI-related pain problems.

Before the spine surgery therapists can use hypnosis with special suggestion techniques in order to prepare the patient for the surgery. These techniques can be progressive relaxation, breathing techniques, and cognitive-behavioural techniques, which includes cognitive restructuring, rescripting and suggestions to manage bleeding, vital functions and wound healing. With the use of these suggestions, we can reduce anxiety from the spine surgery, encourage relaxation, and mobilise inner safety experiences. Hypnosis and specific suggestions can also promote wound healing after spine surgery.

Some positive suggestions for the treatment of anxiety:

1. "Great doctors and modern equipment are helping my healing and monitoring my safety. My body is strong enough to cope with the surgery." (Stoll et al., 2017, pp. 59)

Some autosuggestion possibilities for clinical practice:

2. "I have power to do things for my healing."

3. "I can reduce my pain with these things..."

4. "I have solved many difficult situations; I can handle this surgery, too."

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A SHORT REPORT FROM CHINESE ERICKSON INSTITUTE TO INTERNATIONAL SOCIETY OF HYPNOSIS: CHINESE MENTAL HEALTH PROFESSIONALS AND CLINICAL HYPNOSIS IN-ACTION

JUN GAO PH.D.,
ASSOCIATE PROFESSOR, FUDAN UNIVERSITY, SHANGHAI, CHINA
CHINESE ERICKSON INSTITUTE

Report by Gao Jun

The beginning of the second decade in the 21st century has proven to be a huge challenge for China. According to the official data on Feb. 17th, the outbreak of coronavirus disease (COVID-19) has already infected 70,644 people and claimed 1,772 lives in China. As a public health crisis, the COVID-19 outbreak does not only threaten people's physical health, but their mental health and wellbeing as well.

In facing the outbreak of coronavirus disease (COVID-19) in China, the Chinese mental health professionals have been working very hard along with other medical professionals in this special battle. Although most of them are not working at the frontline, in the last 30 days, they are working via hotlines and internet to provide crisis interventions, psychological first aid and psychological education for people in need, from patients, to medical staff to the general public.

Colleagues from the Chinese Erickson Institute (CEI), led by Xin Fang, the director of CEI and an ISH BOD member, have been making their own contributions to minimize the negative psychological consequences of this

outbreak. Together with their own specialties, they also work with knowledge and skills of clinical hypnosis.

The outbreak marked its first peak when Wuhan, the capital city of Hubei Province, also the city hit hardest by the outbreak, was locked-down by the city government on Jan. 23rd, just two days before the Chinese New Year. On Jan. 26, Xin Fang produced a 27-minute hypnosis audio track,



named "Wake up Your Inner Energy of Life". The audio was specially designed for medical professionals who were fighting day and night at the frontline, with the goal of helping them to achieve relaxation and tension reduction under poor working conditions, and to elicit internal resources and personal strengths. The audio was originally published on the official WeChat account of CEI and then spread rapidly among users. Within 2 days, over 170,000 people had listened to the track. Several well-known institutes and online mental service providers also recommended the track to their users. The track has received very positive feedback from both medical professionals and the general public.

As an expert in the field of crisis intervention and the treatment of complex traumas in the past 20 years, Xin Fang has been working almost



non-stop for the past three weeks. Just to give a glimpse of her work within the first 10 days, which may serve as the epitome of first-line mental health professionals in China and how they fight this battle: On Jan. 27th, she gave a special training on crisis intervention model (SAFER-R model), to a group of around 300 mental health professionals at Wuhan to help them initiate a hotline for this outbreak. On Jan. 28th, she gave this training to a second group of mental health professionals to help them prepare for a national hotline for this outbreak, sponsored by Beijing Normal University. On Jan. 29th, she accepted the invitation from the Chinese Mental Health Association (CMHA), one of two national umbrella organizations in the mental health field and wrote a chapter for a self-help psychological intervention book on the outbreak. On Jan. 30th, she gave

the SAFER-R model training to a group of psychological counselors who worked at universities in Wuhan. On Feb. 4th, she accepted an invitation from Wuhan Mental Health Center to give an online lecture for helping medical professionals and their family members to decrease their stress and increase their resilience. According to the estimate of the sponsor, more than 68,000 people

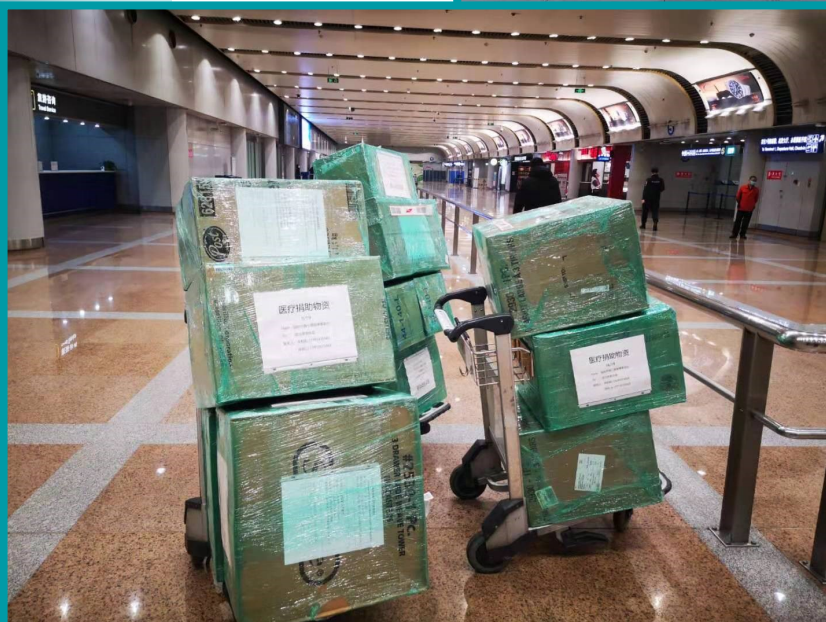


participated in the lecture. All the work listed above and other work done by Xin Fang, as well as work done by the other 500 members of CEI, are all for free. Just as the title of the second audio track produced by Xin Fang, “A Beautiful Country in a Special Battle”, as well as the audio track produced by Ting Wang, the general secretary of CEI, “A Gift for Women in Pregnancy at This Special Time”, as the third audio within the series of clinical hypnosis audio tracks specially designed and produced by CEI, suggest, the Chinese mental health colleagues are indeed trying their best to fight for their countrymen, and to safeguard their beautiful motherland.

And, we are not alone. From the beginning, CEI has received support from ISH and its board members, especially the ISH president, Bernhard Trenkle. Several current and former board members, including Woltemade Hartman and Consuela Casula, also sent their warmest support to the Chinese team.

Currently, the core team of CEI is organizing a series of online lectures for helping mental health professionals to provide better psychological intervention service during and after the outbreak. The series, titled “online lecture for 10,000 people” will take place every Saturday night via Zoom platform from Feb. 15 till the end of April. The core team of CEI also plans to invite several well-known ISH members to give such lectures, to highlight how clinical hypnosis can help to facilitate the psychological recovery and to promote personal wellbeing in a public health crisis like the COVID-19 outbreak.

Today, a virus outbreak from one city has the potential to spread quickly within 1 month to the entire world. It may serve the best (or the worst) example of John Donne’s famous poem, “No man is an island entire of itself; every man is a piece of the continent, a part of the main”. Although at this moment, billions of people’s lives are connected by one type of tiny virus, whose origin is yet to be found, we do hope (and believe), that part of the cure is through the connection of understanding, dedication, and love among all citizens living on this same planet.





NOTES FROM BERNHARD TRENKLE

This report from our Chinese colleagues is the first of its kind.

The first trance produced by Xin Fang, also mentioned in the report from Gallant Gao, was heard already 250.000 times on February 19th. A production of Beijing University TV was also seen by 4 million people. Some colleagues are working with people in quarantine and living together with such groups of more than 100 people.

Gallant Gao is the strategic master mind in the background. She did not mention her own part in all of these activities, but she is playing a major role. I was in contact with our Chinese colleagues almost on a daily basis trying to help to develop strategies and hypnotic suggestions. They transformed all the ideas into Chinese style hypnotic language and the feedback of patients as well as health professionals seems to be excellent.

It will be very interesting in Krakow 2021 to hear about the experiences of our Chinese colleagues, and others from around the world, and how hypnosis training helped them to support patients and health professionals.





IJCEH

INTERNATIONAL JOURNAL
OF CLINICAL AND EXPERIMENTAL HYPNOSIS

New Journal Layout

Beginning with the January 2020 issue, printed journal articles and online PDF pages have a new layout. If you receive the journal in the mail, you'll see that it's now bigger!

This layout allows us to fit more great content on each page. It 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.

Style and Formatting Update

As of February 27, 2020, the journal's style guidelines will change slightly with the new 7th edition of the Publication Manual of the American Psychological Association (APA-7).

APA-7 style and formatting rules will apply to new submissions.

The good news is the changes are fairly minor and most previous rules are now simplified! Some of the changes include:



Gary R. Elkins, PhD
Editor-in-chief

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	NEW rule (APA 7th edition)	OLD rule (APA 6th edition)
<i>In-text citations</i>	Include the surname of the first author followed by “et al.” in citations of references with 3 or more authors	Include all surnames in the first citation of references with three, four, or five authors and the surname of the first author followed by “et al.” in subsequent citations.
<i>Author list length</i>	Shorten author lists in references with 21 or more authors by including the names of the first 19, then, an ellipsis and the name of the final author.	Shorten author lists in references with eight or more authors by including the names of the first six, then, an ellipsis and the name of the final author.
<i>DOI numbers</i>	When available, add DOI at the end of an entry in International DOI Foundation format: “https://doi.org/...”	When available, add DOI at the end of an entry in “doi:xxxxxx” format.
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Upcoming Special Issue on Contemplative Practices: Available online and in print April 2020

In recent years, contemplative practices like mindfulness have become increasingly popular, and there has been increased interest in the relationship of hypnosis to mindfulness-based practices and other contemplative practices including meditation, music, and spirituality.

There are common features among these practices, but what distinguishes them? What is the role of suggestion, images, and intentions in various practices? Can hypnosis be integrated with other customs and techniques for beneficial effects? These and other questions are addressed in this special issue that will include 8 articles providing insights and empirical research into contemplative practices and hypnosis. This issue will include thought provoking perspectives, topics for further research, and new avenues for clinical practice.

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



areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

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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.

WE ARE PLEASED TO SHARE ABSTRACTS FROM THE ARTICLES PUBLISHED IN THE MOST RECENT ISSUE OF THE INTERNATIONAL JOURNAL OF CLINICAL AND EXPERIMENTAL HYPNOSIS

ABSTRACTS FROM THE JANUARY 2020 ISSUE

MECHANISMS OF HYPNOTIC ANALGESIA EXPLAINED BY FUNCTIONAL MAGNETIC RESONANCE (fMRI)

EDOARDO CASIGLIA, FRANCESCO FINATTI, VALÉRIE TIKHONOFF, MARIA R. STABILE, MICAELA MITOLO, FEDERICA ALBERTINI, FEDERICA GASPAROTTI, ENRICO FACCO, ANTONIO M. LAPENTA, & ANNALENA VENNERI

Hypnotic-focused analgesia (HFA) was produced in 20 highly hypnotizable subjects receiving nociceptive stimulations while undergoing functional magnetic resonance imaging (fMRI). The fMRI pattern in brain cortex activation while receiving a painful stimulus was recorded both during non-hypnosis and during HFA. The scanning protocol included the acquisition of a T1-weighted structural scan, 4 functional scans, a T2-weighted axial scan, and a fluid attenuated inversion recovery (FLAIR) scan. Total imaging time, including localization and structural image acquisitions, was approximately 60 minutes.

Without HFA, the subjects reported subjective presence of pain, and the cortex primary sensory areas S1, S2, and S3 were activated. During HFA, the subjects reported complete absence of subjective pain and S1, S2, and S3 were deactivated. The findings suggest that HFA may prevent painful stimuli from reaching the sensory brain cortex, possibly through a gate-control mechanism.

PEDIATRIC HYPNOSIS: TREATMENT THAT ADDS RARELY SUBTRACTS
LEORA KUTTNER

Pediatric hypnosis emerged during 1960s and 1970s with pioneers Franz Baumann, Josephine Hilgard, Karen Olness, and Gail Gardner. Forty years later, it's matured as a separate, distinct field within hypnosis. Informed by childhood development, this treatment approach is child-centred, imaginatively focused, fundamentally optimistic, and inclusive of parent, family, and other systems in children's lives.

Using hypnosis with younger children requires an active, flexible approach. Pediatric hypnosis values creative playful participation in which the clinician sometimes leads and at other times paces with the child's lead. Pediatric researchers and clinicians have added considerably to the body of hypnosis literature and training. Annual pediatric hypnosis workshops occurred through the Society for Developmental and Behavioral Pediatrics (1987–2009), which the National Pediatric Hypnosis Training Institute (established 2009) successfully continues. This article sketches the history and philosophical underpinnings of pediatric hypnosis, indicating how it adds therapeutic capacity for practitioners.



HYPNOTIZABILITY-RELATED FAAH C385A POLYMORPHISM: POSSIBLE ENDOCANNABINOID CONTRIBUTION TO SUGGESTION-INDUCED ANALGESIA
SILVANO PRESCIUTTINI, GIANCARLO CARLI, & ENRICA L. SANTARCANGELO

Fatty acid amide hydrolase (FAAH) degrades the endogenous endocannabinoid (eCB) anandamide and might be involved in the response to suggestions of analgesia in subjects with high hypnotizability scores (highs). Since the A allele of the FAAH C385A polymorphism (rs324420) is associated with lower FAAH activity, it was studied in 21 highs, 66 low hypnotizable individuals (lows), and 172 individuals not selected for hypnotizability (controls) representing the general population.

No significant difference was observed among groups, but the A allele frequency showed a significant trend to increase from lows to controls and from controls to highs. Since eCB small differences can be amplified by eCB interactions with other neurotransmitters, a contribution of the FAAH polymorphism to the highs' analgesia should not be excluded.

HYPNOTIC RESPONSIVENESS AND NONHYPNOTIC SUGGESTIBILITY: DISPARATE, SIMILAR, OR THE SAME?

ANTHONY F. TASSO, NICOLE A. PÉREZ, MARK MOORE, ROBERT GRIFFO & MICHAEL R. NASH

This study examined if participants respond to different types of suggestions, including hypnosis, uniquely or similarly. This study used 9 suggestibility measures and hypothesized a 3-factor model. It was hypothesized that hypnosis, Chevreul's pendulum, and body-sway would load on the first factor; the odor test, progressive weights, and placebo on the second factor; and conformity, persuasibility, and interrogative suggestibility would load on the third factor. The study comprised 110 college students. Factor analyses failed to result in three factors. Additional attempts at two and three-factor models were also rejected.

Hypnosis had no strong relationship with the various suggestibility measures. Thus, no clearly delineated factor structure of suggestibility emerged, indicating that the domain of suggestibility seems to be neither a single attribute, trait, or group of related abilities. Implications are discussed.

PSYCHOLOGICAL MINDEDNESS, ATTITUDES TOWARD HYPNOSIS, AND EXPECTANCY AS CORRELATES OF HYPNOTIZABILITY

LAUREN L. KOEP, MATTIE L. BIGGS, JOSHUA R. RHODES & GARY R. ELKINS

This study aimed to understand how psychological mindedness, attitudes toward hypnosis, and expectancy of hypnotizability are related to hypnotizability. Ninety-one undergraduate students were given measures pertaining to attitudes toward hypnosis, psychological mindedness, and self-ratings of expectancy of hypnotizability. The subjects were then administered the Elkins Hypnotizability Scale (EHS). Results demonstrated a significant correlation between participant scores on the EHS and the Attitudes Toward Hypnosis Scale ($r = .401, p < .01$) and self-ratings of expectancy of hypnotizability ($r = .391, p < .01$).

The results of this study did not reveal any statistically significant correlations between psychological mindedness and hypnotizability ($r = .113, p > .29$) or expectancy of hypnotizability ($r = .175, p > .10$). Additional research is needed to fully understand the relationship between psychological mindedness and hypnotizability.

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

DAVID A. OAKLEY, EAMONN WALSH, ANN-MARI LILLELOKKEN, PETER W. HAL-
LIGAN, MITUL A. MEHTA, & QUINTON DEELEY

The Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A), is widely used as a measure of suggestibility to screen participants for research purposes. To date, there have been a number of normative studies of the HGSHS:A, the majority of which originate from Western countries. The outcomes of these Western studies are summarized, and variations in methodologies are described and discussed. Also reported are the psychometric properties of the HGSHS:A in a large contemporary United Kingdom (UK) sample. Overall, these UK results are consistent with the earlier Western norms studies in terms of response distribution and item difficulty, with only minor differences. The continued use of HGSHS:A as a screening procedure is supported, particularly if corrected for response subjectivity/involuntariness and with revised amnesia scoring. The HGSHS:A is also important as a potential measure of the broader trait of direct verbal suggestibility.

Open Access Article:

HYPNOTIC SUGGESTIONS GIVEN BEFORE NIGHTTIME SLEEP EXTEND SLOW-WAVE SLEEP AS COMPARED TO A CONTROL TEXT IN HIGHLY HYPNOTIZABLE SUBJECTS

MAREN JASMIN CORDI, LAURENT ROSSIER, & BJÖRN RASCH

While slow-wave sleep (SWS) is fundamental for maintaining health and well-being, it is typically reduced with stress or age. The authors have previously reported that hypnotic suggestions before sleep increased SWS duration and slow-wave activity (SWA) during a midday nap in hypnotizable younger and older women. To test generalizability, they investigated this effect across 8 hours nighttime sleep in 43 healthy young French-speaking subjects (19 males) of high and low hypnotizability. In accordance with their previous results, listening to hypnotic suggestions before sleep was followed by higher amounts of SWS in highly hypnotizable subjects and higher SWA power compared to a control condition. The effects were most pronounced at the beginning of the night. Further studies are needed to examine whether hypnotic suggestions can deepen sleep also above non-intervention nights. The findings provide a basis for the examination and potential application of hypnosis to improve sleep in clinical populations.

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

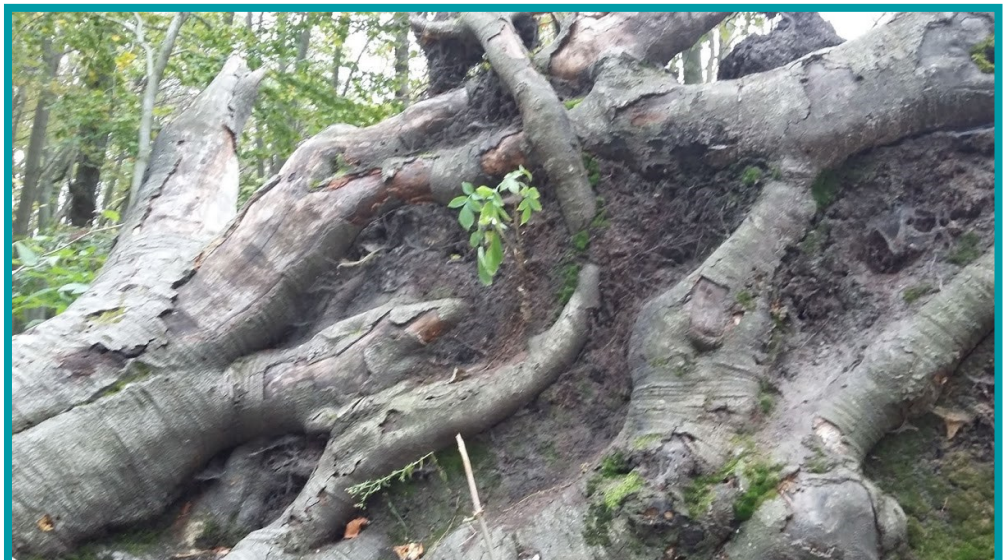


“METAPHORIC PICTURE”



As we know, a picture is worth a 1000 words, so we decided to present the pictures without comments, so that everyone may remain free to interpret.

Pictures: Kata Varga
Location: Hungary



KRAKOW



XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS
COOPERATION IN HYPNOSIS. CHALLENGES & BENEFITS
10-13 JUNE, 2021 KRAKOW, POLAND

www.hypnosis2021.com
info@p-i-e.pl

WHAT

XXII World Congress of Medical & Clinical Hypnosis:
"Cooperation in Hypnosis. Challenges & Benefits"

WHEN

June 10-13, 2021

WHERE

Krakow, Poland, Conference Center of Jagiellonian University

Dear Colleagues around the world,

We are both happy and proud to invite you to the XXII. World Congress of Medical & Clinical Hypnosis **Cooperation in hypnosis. Challenges & Benefits** that will take place in Krakow, Poland on 10-13th of June, 2021.



Auditorium Maximum, Krakow

Krakow is one of the most recognizable cities in that part of Europe visited by about 13 million visitors annually attracted by beautiful landscapes of the city, attractive streets, squares and the largest historical complex, unique on global scale. Main Market Square, Wawel Royal Castle, Kazimierz district, "Wieliczka" Salt Mine and many more unique works of art, with traces of history representing nearly all architectural styles.

The Congress will take place in The Conference Center of Jagiellonian University - one of the oldest institutions of higher education in Central Europe, which students have included Mikołaj Kopernik (Nicolas Copernicus) and Pope John Paul II. It is located in the Old Town which will make our Congress an exceptional and inspiring experience.

The congress will take place on 10-13th of June, 2021.

The pre-congress workshops are planned for 9th of June, 2021.

The topic of the meeting is **Cooperation in hypnosis. Challenges & Benefits.**

The idea of it is to promote different aspects of cooperation, between the clinician and the patient, between unconscious and conscious, between person and the system etc. Our special goal is to focus on cooperation between:

- more experienced and young generation and
- between different cultures and different countries.



Auditorium Maximum, Krakow



We encourage you to participate and to present at the Congress. For more information visit our website: <https://www.hypnosis2021.com/en> or contact us by email: fundacja@p-i-e.pl or info@p-i-e.pl

Also follow us on Facebook ([@XXII World Congress of Medical & Clinical Hypnosis](https://www.facebook.com/XXIIWorldCongressofMedicalandClinicalHypnosis)) to see the latest news!

Warm greetings,
Kris Klaajs & The Congress Team



Pixabay, Krakow



Pixabay, Krakow



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

**SPREAD
THE
WORD!**

FREE MEMBERSHIP OFFER FOR STUDENTS

ISH is offering free non-voting membership to master level and above students in Dentistry, Medicine and Psychology while they are full time students. Students must either be members of a constituent society of ISH or submit a recommendation from an ISH member. The **free membership** is offered as an incentive to students to learn about ISH and to be connected to the worldwide hypnosis community, and does not give the right to practice clinical hypnosis.

This **free membership** allows students to receive reduced fees for the ISH World Congresses as well as other member benefits such as the newsletter, membership directory and video library. Interested students may also purchase a one-year online access to the International Journal of Clinical and Experimental Hypnosis (IJCEH) at the cost of \$35.

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

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



**EARLY BIRD REGISTRATION DEADLINE
12TH APRIL 2020**

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 FAYMONVILLE, BE & Dr. Audrey van HAUDENHUYSE, BE
Recent insight: how neuroscientific approach helps clinicians

Prof. Mark P. JENSEN, USA

Brain oscillations and hypnosis: Implications for enhancing outcome efficacy

Dr. Veit MESSMER, DE

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

lic. phil. Susy SIGNER-FISCHER, CH

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

Dipl.-Psych. Bernhard TRENKLE, DE

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



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INDIVIDUAL ISH MEMBERSHIP

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

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

FOR A CS MEMBER TO BECOME A MEMBER OF ISH:

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

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

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



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

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

NEW CONSTITUENT SOCIETY MEMBERSHIP

If you would like to become

a **NEW INTERNATIONAL SOCIETY OF HYPNOSIS (ISH)** Constituent Society Member, you can:

- [Apply online](#) by completing the **online form**.
- Complete [this pdf](#) and email the form to info@ISHHypnosis.org
- OR mail to ISH, PO Box 602, Berwyn, PA 19312, USA. Please include complete credit card billing information.



VHYP SOCIETIES NEWS

February 15th we had our annual "New Year's Brunch" and invited Christine Watremez and Fabienne Roelants from UCLouvain Brussels to give a lecture "Rapid Hypnotic Techniques for Medical and Psychological Distressing Encounters" at the university hospital in Antwerp.

In their inspiring lecture completed with video material they let see how to proceed from the patient's arrival at the hospital until his departure. How to be in the right conditions to succeed with hypnosis for surgery (how to build a therapeutic alliance with the patient and an alliance with the healthcare team). Different techniques of induction of hypnosis were presented, as well as how to maintain hypnosis during all the surgery, how to react when the patient is uncomfortable and finally how to complete the work with interesting posthypnotic suggestions in the context of surgery. Participants welcomed the lecture and were touched by the very caring approach and how their work made even an invasive or traumatizing surgical procedure can be experienced as something nice where care promotes cure and contributes to recovery.



At the entrance I showed the International Hypnosis Flag to inform and make people aware of our international connections!



February 7th we started with a new training on "Hypnotic Communication In Medical Settings". Since 2012 we started this training in the University Hospital in Antwerp with growing success and interest. So far 255 participants for this 5 days training: Medical Doctors, Pediatricians, Anesthesiologists, Nurses, Midwives, Psychologists working in medical settings take this classes. They come from different university and general hospitals from all places in Flanders. They spread the word in a way this approach is getting more and more known and integrated in medical settings.

Dr. Nicole Ruysschaert
Past-President VHYP and ESH



EVENT CALENDAR

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



THE INTERNATIONAL
SOCIETY OF HYPNOSIS

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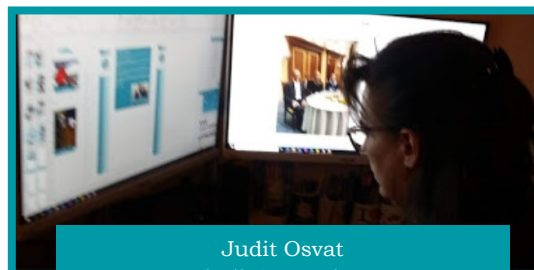
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