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The International Society of Hypnosis NEWSLETTER

Building Bridges of Understanding
2020, Volume 44, No. 2

LETTER FROM THE PRESIDENT



June 2020
Bernhard Trenkle

Dear ISH Members:

When I wrote my letter for the first newsletter at the beginning of 2020, I could not imagine how dramatically our world would change in just a few short weeks. When you read this, there will already be millions of people infected and about 400,000 people dead because of Covid-19. Our social life is completely changed: No big conferences,

in many countries not even small workshops, no wedding celebrations, and sometimes we are not even allowed to go to funerals.

Meanwhile, in some countries the situation has stabilized considerably, and life is gradually beginning to normalize within some national borders. Other countries are still in the middle of or only at the beginning of this crisis.

We have worked closely together in the international community of hypnosis therapists. In many countries trances and information for patients, for relatives, for people in quarantine but especially for prophylaxis have been developed. There are now trances for special focused topics as well. For example, our Chinese colleagues have developed a trance for pregnant women during these times, and another trance to address sleeping difficulties during these stressful times. We are in the process of uploading all of these trances in different languages on the ISH website and on the ISH blog.

Over the last months the international cooperation in the field of hypnosis has been excellent; we have really pulled together as a community, building bridges of hope, healing, and understanding across borders and cultures. For example, we have supported our Chinese colleagues in their psychological-hypnotherapeutic work. Woltemade Hartman presented for them an online lecture on trauma, and I was initially in constant, almost daily contact with various colleagues, some of whom were working directly on site and some from the home office.

Our colleague on the board, Xin Fang, was understandably nominated for a government award, which is to go to a person who has rendered outstanding services in overcoming the crisis in Wuhan, China. Xin Fang has told us that she is not likely to receive this award, because of the large number of additional colleagues who have earned great merits on the



ground in Wuhan at the risk of their lives. But we are all happy and congratulate Xin Fang for her nomination. This is a great and important recognition of psychological and hypnotherapeutic approaches in overcoming such a crisis.

Some of the trances have been translated and recorded from the mother tongue into other languages. For example, Prof. Dirk Revenstorf recorded his trance in German, English, and Spanish.

Some trance texts were also internationally peer-reviewed and improved. For example, I developed a trance to support breathing in case of illness with Covid19. I gave this recording to colleagues and friends for testing and asked for feedback. Among them was a colleague who was already among the first patients and who had very severe breathing problems one night. I got very positive feedback but also feedback that caused me to make modifications. Prof. Dr. med. Martin Bohus, one of the world's leading specialists in the treatment of borderline personality disorder also provided me with very valuable feedback. He thought that my trance would be optimal for the breathing difficulties of asthmatics, but that it should be modified for patients with Covid-19 and pneumonia from a medical point of view.

I processed this feedback and then translated the text into English. Then my colleagues on the board, Mark Jensen from the USA and Enayat Shahidi from Iran, also provided me with valuable suggestions for further improvement. I then recorded the final version. You can listen to the voice files or download them using this link:

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

The trance can be listened to or downloaded. You are welcome to forward these recordings to anyone who might benefit from them. With such important topics and such new challenges as the Covid-19 pandemic, it makes sense to follow similar paths for editing trances as one would use for important publications; as with the publication of findings from important research projects, it is common practice to give a first version to colleagues and then to improve one's own work on the review and further ideas.

We all hope and anticipate that with continued international cooperation we will succeed in overcoming this crisis and developing new and better structures worldwide. Unfortunately, international cooperation in recent months has not been optimal in all areas of politics. However, there have also been many great examples of cooperation and helpfulness; we see that us working together, as a hypnosis community, is an important model of healthy cooperation. We will do everything we can to continue this.

Please stay in touch with us and we all hope to meet again healthy and personally in a year's time in Krakow for the next International Congress.

And hopefully we even can hug each other again in June 2021.

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



GEDANKEN DES PRÄSIDENTEN (DE)

Liebe ISH-Mitglieder,

Als ich meinen Brief für den ersten Newsletter Anfang 2020 schrieb konnte ich nicht ahnen wie dramatisch sich unsere Welt in wenigen Wochen und Monaten ändern wird. Millionen von infizierten Menschen und wenn sie das lesen schon rund 400.000 Tote. Unser soziales Leben ist völlig verändert: Keine großen Konferenzen, in vielen Ländern nicht einmal kleine Workshops, keine Hochzeitsfeiern und wir dürfen manchmal nicht einmal zu Beerdigungen von Verstorbenen.

Unterdessen hat sich einigen Ländern die Lage wieder deutlich stabilisiert und das Leben beginnt sich innerhalb der Landesgrenzen allmählich zu normalisieren. Andere Länder sind noch in Mitte oder erst am Beginn dieser Krise.

In der internationalen Gemeinschaft der Hypnose-Therapeuten haben wir eng zusammengearbeitet. In vielen Ländern wurden Trancen und Informationen für Patienten, für Angehörige, für Leute in Quarantäne aber vor allem auch zur Prophylaxe erarbeitet.

Es gibt auch Trancen für spezielle fokussierte Themen. Die chinesischen Kollegen haben zum Beispiel eine Trance für schwangere Frauen in Corona-Zeiten sowie eine andere Trance für Schlafprobleme in diesen schwierigen Zeiten erarbeitet. Wir sind dabei diese Trancen in verschiedenen Sprachen auf der Webpage der ISH und im Blog der ISH hochzuladen.

Über die ganzen letzten Monate war die internationale Zusammenarbeit im Feld der Hypnose hervorragend. Zuerst haben wir die chinesischen Kolleginnen und Kollegen bei ihrer psychologisch-hypnotherapeutischen Arbeit unterstützt. Woltemade Hartman hat eine Online-Vorlesung über Trauma gehalten und ich selbst war anfangs in ständigem beinahe täglichem Kontakt mit verschiedenen Kolleginnen und Kollegen, die teils direkt vor Ort und teils vom Home-Office im Einsatz waren.

Unsere Vorstandskollegin Xin Fang ist überraschend für einen Award der Regierung nominiert, der an eine Person gehen soll, der/die sich in der Bewältigung der Krise in Wuhan besondere Verdienste erworben hat. Xin Fang hat uns gesagt, dass sie mit Sicherheit diesen Award nicht bekommen wird. Weil es gab Kollegen, die sich vor Ort in Wuhan unter Einsatz ihres Lebens große Verdienste erworben haben. Aber wir alle freuen uns und gratulieren Xin Fang für die Nominierung zu diesem Award. Das ist eine große und wichtige Anerkennung von psychologischen und hypnotherapeutischen Ansätzen bei der Bewältigung einer derartigen Krise.

Einige der Trancen wurden von der Muttersprache in andere Sprachen übertragen und aufgenommen. So hat Prof. Dirk Revenstorf seine Trance auf deutsch, englisch und spanisch aufgenommen. Einige Trance-Texte wurden auch international in der Peer-Group begutachtet und verbessert. So habe ich selbst eine Trance zur Unterstützung des Atmens im Falle einer Erkrankung an Covid19 entwickelt. Diese Aufnahme habe ich an Fachkollegen und Freunde zum testen geben und nach Feedback gefragt. Darunter war eine Kollegin, die schon unter den ersten Erkrankten war und eine Nacht sehr schwere Atemprobleme hatte.

Ich bekam sehr positive Feedbacks aber auch Rückmeldungen, die mich zu Modifikationen veranlassten. Prof. Dr. med. Martin Bohus, einer der führenden Borderline-Spezialisten in der Welt, gab mir sehr wertvolles Feedback. Er meinte, dass meine Trance für die Atemschwierigkeiten von Asth-



matikern optimal wären, aber für Patienten mit Covid19 und Lungenentzündungen aus medizinischer Sicht modifiziert werden müssen. Diese Feedbacks habe ich verarbeitet und dann den Text ins Englische übertragen. Dann haben die beiden Vorstandskollegen Mark Jensen USA und Enayat Shahidi Iran weitere sehr gute Verbesserungsvorschläge gebracht. Die Endfassung habe ich dann aufgenommen. Diese und viele andere Aufnahmen finden Sie zum anhören oder herunterladen via:

<https://www.ishhypnosis.org/news-events/news/> angehört oder heruntergeladen werden.

Sie können diese Aufnahmen gerne an alle weiterleiten, die davon profitieren können. Bei so wichtigen Themen und so neuen Herausforderungen wie Covid19 macht es Sinn ähnliche Wege einzuschlagen wie bei wichtigen Publikationen. Auch bei wichtigen Forschungsprojekten und deren Publikation ist es üblich eine erste Fassung an Fachkollegen zu geben und dann die eigene Arbeit über die Fachkritik und weitere Ideen zu verbessern.

Wir alle wünschen uns, dass es uns mit weiterhin guter internationaler Zusammenarbeit gelingt diese Krise zu überstehen und daraus weltweit neue und bessere Strukturen zu entwickeln. Leider war die internationale Kooperation die letzten Monate nicht in allen Bereichen optimal. Es gab viele großartige Beispiele von Zusammenarbeit und Hilfsbereitschaft aber auch einige negative von nationalstaatlichen Egoismen und Rücksichtslosigkeiten.

Wir waren in unserem Berufsfeld ein Beispiel für gute internationale Kooperation und wir werden alles tun, um das fortzusetzen. Bleiben Sie uns verbunden und wir alle hoffen, dass wir uns gesund und persönlich in einem Jahr in Krakau zum nächsten Internationalen Kongress wiedersehen.

Und hoffen wir, dass im Juni 2021 sogar Umarmungen wieder möglich sein werden.

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:

Lorsque j'ai écrit ma lettre pour la première newsletter début 2020, je ne pouvais pas m'imaginer à quel point notre monde allait changer pendant à peine quelques semaines.

Lorsque vous lisez ceci, il y aura déjà des millions de personnes infectées et environ 400 000 personnes décédées à cause de Covid-19. Notre vie sociale a complètement changé : pas de grandes conférences, et dans de nombreux pays même pas de petits ateliers, pas de célébrations de mariage, et parfois nous ne sommes même pas autorisés d'assister aux funérailles.

Dans certains pays, la situation s'est déjà considérablement stabilisée et la vie commence progressivement à se normaliser à l'intérieur de certaines frontières nationales. D'autres pays sont toujours au milieu ou seulement au début de cette crise.

Au sein de la communauté internationale des thérapeutes en hypnose nous avons travaillé ensemble dans une collaboration intense. Dans de nombreux pays, des transes et des informations pour les patients, les proches, les personnes en quarantaine ont été développées : certaines étaient surtout focalisées sur la prévention.

Il y a aussi des transes pour des thèmes spécifiques. Par exemple, nos collègues chinois ont développé une transe pour les femmes enceintes pendant ces périodes, et une autre transe pour résoudre les problèmes de sommeil pendant ces périodes stressantes. Nous sommes en train de télécharger toutes ces transes dans différentes langues sur le site Web ISH et sur le blog ISH.

Au cours des derniers mois, la coopération internationale dans le domaine de l'hypnose a été excellente : nous nous sommes vraiment rassemblés en tant que communauté, construisant des ponts d'espoir, de guérison et de compréhension à travers les frontières et les cultures. Par exemple, nous avons accompagné nos collègues chinois dans leur travail psycho-hypnothérapeutique. Woltemade Hartman a présenté une conférence en ligne sur les traumatismes et moi-même j'étais au début régulièrement, presque chaque jour en contact avec plusieurs collègues, dont certains travaillaient directement sur place et d'autres à distance de leur bureau à domicile.

Notre collègue du conseil d'administration, Xin Fang, a été nommé pour un prix du gouvernement, chose compréhensible. Le prix doit être décerné à une personne qui a rendu des services exceptionnels pour surmonter la crise à Wuhan, en Chine. Xin Fang nous a dit qu'elle ne recevrait probablement pas ce prix, parce qu'un grand nombre de d'autres collègues estimables qui travaillaient sur le terrain à Wuhan, risquant leur vie, ont aussi été nommés. Mais nous sommes tous heureux et félicitons Xin Fang pour sa nomination. Il s'agit d'une immense et importante reconnaissance des approches psychologiques et hypno-thérapeutiques pour surmonter une telle crise.

Certaines transes ont été traduites et enregistrées de la langue maternelle dans d'autres langues. Par exemple, le professeur Dirk Revenstorff a enregistré sa transe en allemand, en anglais et en espagnol.

Certains textes de transe ont également été étudiés et améliorés au niveau international. Par exemple, j'ai moi-même développé une transe pour soutenir la respiration en cas de maladie avec Covid19. J'ai donné cet enregistrement à des collègues et amis pour des tests et j'ai demandé des com-



mentaires. Parmi eux, il y avait un collègue qui était déjà parmi les premiers patients et qui souffrait des problèmes respiratoires très graves pendant une nuit. J'ai eu du feedback très positif mais aussi du feedback qui m'a encouragé à faire des modifications.

Le prof. Dr. med. Martin Bohus, l'un des plus grands spécialistes mondiaux du traitement des troubles de la personnalité limite, m'a également fourni des commentaires très précieux. Il pensait que ma transe serait optimale pour les difficultés respiratoires des asthmatiques, mais qu'elle devrait être modifiée pour les patients atteints de Covid-19 et de pneumonie d'un point de vue médical. J'ai adapté le texte tenant compte de ces commentaires et ensuite traduit le texte en anglais. Ensuite, mes collègues du conseil d'administration, Mark Jensen des États-Unis et Enayat Shahidi de l'Iran, m'ont également donné de précieuses suggestions d'amélioration. J'ai ensuite enregistré la version finale. Vous pouvez écouter les enregistrements audio ou les télécharger en utilisant ce lien: <https://www.ishhypnosis.org/news-events/news/>

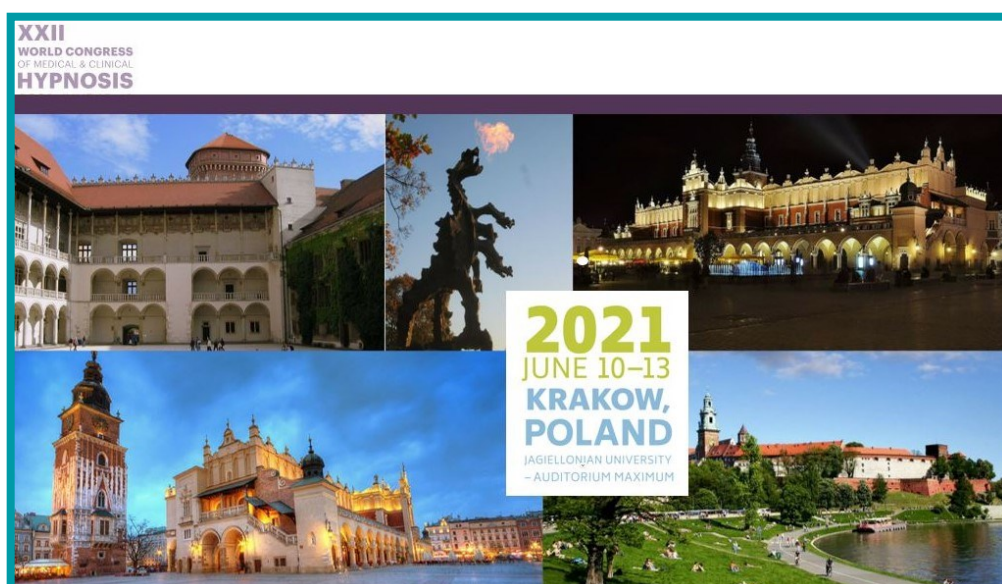
Vous êtes invités à partager ces enregistrements à toute personne qui pourrait en bénéficier. Avec des sujets aussi importants et de nouveaux défis tels que la pandémie de Covid-19, il est logique de suivre des routes similaires pour l'édition des transes comme on le ferait pour des publications importantes ; comme pour la publication des résultats d'importants projets de recherche, il est courant de donner une première version à des collègues, puis d'améliorer son propre travail à base des commentaires et d'autres idées.

Nous espérons et prévoyons tous qu'avec une coopération internationale continue, nous réussirons à surmonter cette crise et à développer de nouvelles et meilleures structures partout dans le monde. Malheureusement, les derniers mois, dans les domaines de la politique, la coopération internationale n'a pas toujours été optimale. Cependant, il existe également de nombreux exemples de coopération et de disponibilité à aider ; nous considérons notre collaboration en tant que communauté d'hypnose comme un modèle important de coopération saine. Nous ferons tout notre possible pour continuer.

Veuillez rester en contact avec nous et nous espérons tous nous retrouver à nouveau en bonne santé et personnellement dans un an à Cracovie pour le prochain Congrès international.

Et j'espère que nous pourrions même nous embrasser à nouveau en juin 2021.

Bernhard Trenkle
(Traduction Nicole Ruysschaert)





LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Cari ISH membri:

Quando ho scritto la lettera per la prima newsletter all'inizio del 2020, non potevo certo immaginare quanto il mondo sarebbe cambiato in modo drammatico in poche settimane. Quando leggi questa lettera, ci saranno già milioni di persone infette e circa 400.000 persone morte a causa del Covid-19. La nostra vita sociale è completamente cambiata: nessuna grande conferenza, in molti paesi nemmeno piccoli seminari, nessuna celebrazione dei matrimoni, e talvolta non ci è stato nemmeno permesso di partecipare ai funerali.

Nel frattempo, in alcuni paesi la situazione si è notevolmente stabilizzata e la vita sta gradualmente iniziando a normalizzarsi all'interno di alcuni confini nazionali. Altri paesi sono ancora nel mezzo o solo all'inizio di questa crisi.

Nella comunità internazionale di psicoterapisti ipnotici abbiamo lavorato a stretto contatto. In molti paesi sono state sviluppate trance e informazioni per pazienti, parenti, persone in quarantena e soprattutto per la profilassi.

Ci sono ora trance anche su argomenti specifici. Per esempio, i nostri colleghi cinesi hanno sviluppato una trance per donne in gravidanza ai tempi del Corona Virus e un'altra per affrontare difficoltà nel sonno durante questi periodi stressanti.

Stiamo caricando tutte queste trance in diverse lingue sul sito web ISH e sul blog ISH. Negli ultimi mesi, la cooperazione internazionale nel campo dell'ipnosi è stata eccellente: ci siamo davvero uniti come una comunità, costruendo ponti di speranza, cura e comprensione oltre i confini e le culture. Ad esempio, abbiamo supportato i nostri colleghi cinesi nel loro lavoro psicologico-ipnoterapeutico. Woltemade Hartman ha tenuto per loro una lezione online sul trauma, io stesso inizialmente ero in costante contatto, quasi quotidiano, con diversi colleghi, alcuni dei quali lavoravano direttamente sul posto e altri da casa.

La nostra collega del board, Xin Fang, è stata meritoriamente nominata per un premio del governo Cinese destinato a una persona che ha contribuito in modo eccezionale alla gestione della crisi a Wuhan. Xin Fang ci ha detto che probabilmente non riceverà questo premio, a causa del gran numero di colleghi che hanno guadagnato grandi meriti sul campo a Wuhan a rischio della propria vita. Ma siamo tutti felici e ci congratuliamo con Xin Fang per la sua nomina. Questo è un grande e importante riconoscimento dato agli approcci psicologici e ipnoterapeutici nel far fronte a una simile crisi.

Alcune delle trance sono state registrate nella madrelingua e tradotte in altre lingue. Ad esempio, il Prof. Dirk Revenstorff ha registrato la sua trance in tedesco, inglese e spagnolo.

Alcuni testi di trance sono stati inoltre sottoposti a peer review internazionali e migliorati. Per esempio, io stesso ho sviluppato una trance per sostenere la respirazione in caso di malattia con Covid19. Ho dato la registrazione a colleghi e amici per testarla e darmi un feedback. Tra loro c'è un collega che era già tra i primi pazienti e una notte aveva



avuto problemi respiratori molto gravi. Ho ricevuto un feedback molto positivo, che mi ha anche stimolato delle modifiche. Anche il prof. Dr. med. Martin Bohus, uno dei maggiori specialisti mondiali nel trattamento del disturbo borderline di personalità, mi ha fornito un feedback molto prezioso. Ha detto che la mia trance sarebbe stata ottimale per le difficoltà respiratorie degli asmatici, ma che, da un punto di vista medico, avrebbe dovuto essere modificata per i pazienti con Covid-19 e polmonite. Ho utilizzato questi feedback e poi ho tradotto il testo in inglese. Dopo di ciò, i colleghi del board, l'americano Mark Jensen e l'iraniano Enayat Shahidi, mi hanno fornito preziosi suggerimenti per ulteriori miglioramenti. Ho quindi registrato la versione finale. Potete ascoltare le registrazioni o scaricarle usando il link: <https://www.ishhypnosis.org/news-events/news/>

Siete invitati a condividere queste registrazioni con chiunque ne possa beneficiare. Con argomenti così importanti e nuove sfide come la pandemia Covid-19, per preparare trance ha senso seguire percorsi simili a quelli delle pubblicazioni importanti: anche per la pubblicazione dei risultati di importanti progetti di ricerca, è consuetudine fornire una prima versione a colleghi e poi migliorare il proprio lavoro sulla base della revisione ricevuta e di altre idee.

Tutti speriamo e ci aspettiamo che con la continua cooperazione internazionale riusciremo a superare questa crisi e a sviluppare nuove e migliori strutture in tutto il mondo. Sfortunatamente, negli ultimi mesi, la cooperazione internazionale non è stata ottimale in tutte le aree della politica. Tuttavia, ci sono stati anche molti esempi di cooperazione e aiuto reciproco; consideriamo la nostra collaborazione internazionale di comunità ipnotica come un importante modello di sana cooperazione internazionale. Faremo tutto il possibile per continuare.

Rimanete in contatto con noi e speriamo tutti di incontrarci di nuovo sani e di persona tra un anno a Cracovia per il prossimo Congresso Internazionale.

Speriamo anche di poterci abbracciare nuovamente nel giugno 2021.

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:

Cuando escribí mi carta para la primera Newsletter, a principios del 2020, no podía imaginar cómo iba a cambiar dramáticamente nuestro mundo en sólo unas cuantas semanas.

Y cuando estés leyendo esta carta, habrá ya millones de personas infectadas y alrededor de 400,000 muertes por el Covid-19. Nuestra vida social ha cambiado completamente: No hay grandes Congresos, en muchos países ni pequeños seminarios o talleres, no hay fiestas de bodas y algunas veces ni siquiera podemos asistir a los funerales.

En algunos países, la situación se ha estabilizado y la vida vuelve poco a poco a la normalidad dentro de sus fronteras. Otros países se encuentran en medio de la crisis o al inicio.

En la comunidad internacional de terapeutas que utilizamos hipnosis, en muchos países, hemos trabajado mucho en conjunto desarrollando y ofreciendo trances e informaciones para pacientes, sus familiares, personas en cuarentena, pero especialmente para realizar profilaxis.

Tenemos trances enfocados en temas específicos también. Por ejemplo, nuestros colegas chinos crearon un ejercicio para mujeres embarazadas durante estos tiempos, y otro para trabajar las dificultades para dormir en estos tiempos estresantes.

Actualmente estamos subiendo todos esos trances en diferentes idiomas a la página web y al blog de la ISH.

Durante los últimos meses, la cooperación internacional en el campo de la hipnosis ha sido excelente. Realmente hemos funcionado como una comunidad, construyendo puentes de esperanza, sanación y entendimiento a través de fronteras y culturas. Por ejemplo, apoyamos a nuestros colegas chinos en su trabajo psicológico e hipnoterapéutico. Woltemade Hartman les ofreció una conferencia On Line sobre trauma y yo estuve, sobre todo al inicio, en contacto continuo, casi diario, con varios colegas, algunos de los cuales, estaban trabajando en el campo y otros desde su casa.

Nuestra colega de la Mesa Directiva Xin Fang fue nominada a un reconocimiento gubernamental dirigido a personas que han realizado acciones sobresalientes para ayudar a superar la crisis en Wuhan, China. Xin Fang nos informó que no creía recibirlo porque había un gran número de colegas que también podrían ganarlo por sus enormes méritos trabajando en el campo en Wuhan, arriesgando sus vidas. De todos modos, felicitamos a Xin Fang por su nominación. Es un gran e importante reconocimiento a lo que los enfoques psicológicos e hipnoterapéuticos pueden aportar para superar una crisis.

Algunos de los trances se tradujeron y grabaron en la lengua original y en otras lenguas. Por ejemplo, Dirk Revenstorf grabó su trance en alemán, inglés y español.

Algunos de los textos de los trances fueron revisados por colegas de otros países y mejorados. Por ejemplo, yo hice un trance para apoyar la respiración en pacientes con Covid-19. Pasé la grabación a colegas y amigos para que lo probaran y me dieran retroalimentación. Uno de ellos había sido uno de los primeros pacientes y había tenido serios problemas de respiración una noche. Recibí comentarios positivos, pero también otros que me hicie-



ron hacer modificaciones. Entre los que me retroalimentaron estaba el Profesor, Dr. Martin Bohus, uno de los principales especialistas a nivel mundial en desórdenes limítrofes de personalidad. Me comentó que pensaba que mi trance podría ser excelente para personas asmáticas con dificultades para respirar, pero que, desde su punto de vista médico, debía modificarse para los pacientes con Covid-19 y neumonía. Tomé en cuenta la retroalimentación y después traduje el texto al inglés. Lo envié a mis colegas de la Mesa Directiva, Mark Jensen de Estados Unidos y Enayat Shahidi de Irán, quienes también me hicieron comentarios muy valiosos para seguirlo mejorando. Y finalmente grabé la última versión. Puedes escucharlo en la página entre los archivos de voz o bajarlo con este link: <https://www.ishhypnosis.org/news-events/news/>

El trance puede escucharse o descargarse. Por favor reenvía estas grabaciones a las personas que los puedan necesitar. Con los temas tan importantes y los grandes desafíos que nos presenta esta pandemia, un trance debe ser editado con el mismo cuidado que utilizamos para realizar publicaciones o publicar los resultados de proyectos de investigación importantes. En estos casos, se acostumbra a dar a revisar una primera versión a los colegas y mejorar el trabajo con el fruto de esas revisiones.

Todos esperamos y anticipamos que, si cooperamos internacionalmente, tendremos éxito para superar esta crisis y desarrollar estructuras nuevas y mejores en todo el mundo. Desafortunadamente, en los últimos meses la cooperación internacional ha dejado qué desear en algunas áreas de la política. Sin embargo, también ha habido muchos grandes ejemplos de cooperación y ayuda; entre ellos, el trabajo conjunto en nuestra comunidad de hipnosis que puede verse como un modelo de cooperación saludable. Haremos todo lo que sea necesario para continuar así.

Por favor manténganse en contacto con nosotros y esperamos encontrarnos de nuevo personalmente y con salud dentro de un año en Cracovia, en el próximo Congreso Internacional.

Y espero que incluso podamos abrazarnos otra vez en junio 2021.

Bernhard Trenkle

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



NOTES FROM THE EDITOR



Katalin Varga

Dear Colleagues,

In the past month we all have faced difficult times due to the pandemic worldwide. ISH very quickly reacted by sharing various materials to support people in this situation to reduce stress, support the immune system, and cope with the isolation: <https://www.ishhypnosis.org/blog>. The slogan of ISH "Building Bridges of Understanding" (see the interview with Peter Bloom in [2015 March, Volume 39, No. 1](#) issue) enriched its meaning again.

In this issue various materials address this topic: **Xin Fang** shares her suggestive text

"Inner vitality" that reached extremely high clicks and downloads in China from the very beginning of the pandemic. She also reports how she and her team at the Center for Psychological Counseling and Psychotherapy at Peking University utilized the method of hypnosis and suggestions for fighting COVID-19.

Many colleagues were coerced to run their practices online. It is a key question both theoretically, and from practical point of view: can we do hypnosis online. **Mariann Ziss** and **Éva Bányai** (Eötvös Loránd University, Budapest) are summarizing their thoughts on this.

In the current issue, Lauren Simicich, in the column "**Main Interview**", introduces **Olafur Palsson**, a clinical psychologist and a medical researcher. Oli is not only famous for his treatment protocol for gastrointestinal diseases but is currently one of the leading figures of the Hypnosis Efficacy Standards Task Force.

The topic of "Psycho-oncology: hypnosis as a pathway between mind and the immune system" is summarized by **Noémi Németh**, providing a review of the potential of our method in this field.

We continue our report on the First Asian Hypnosis Congress which was held in Mashhad, Iran 15-18 October 2019. This time **Najmeh Kazami**, the organizer of the touristic part of this congress shares the highlights of the meeting with some very special photo.

The report of IJCEH by **Gary Elkins**, editor in chief, and the managing editor, **Lynae Roberts**, summarizes the changes of the submission, just like the abstracts of the Journal.

As always, we are informing our members in the **News** of the various events. This time an obituary tributes the memory of Irmtraud Teschner.

During the days of editing this issue came the sad news that Wilma Trasarti Sponti passed away. Wilma was an enduring figure in Camillo Loriedo's team from Italy. Let me personally express my feelings by sharing some photos that were taken some years before in Mexico. We had an extremely exciting and remarkable tour with a small group of therapists from various countries. As you can see Wilma was an always smiling, nice member of the tour... We keep her memory in our heart.

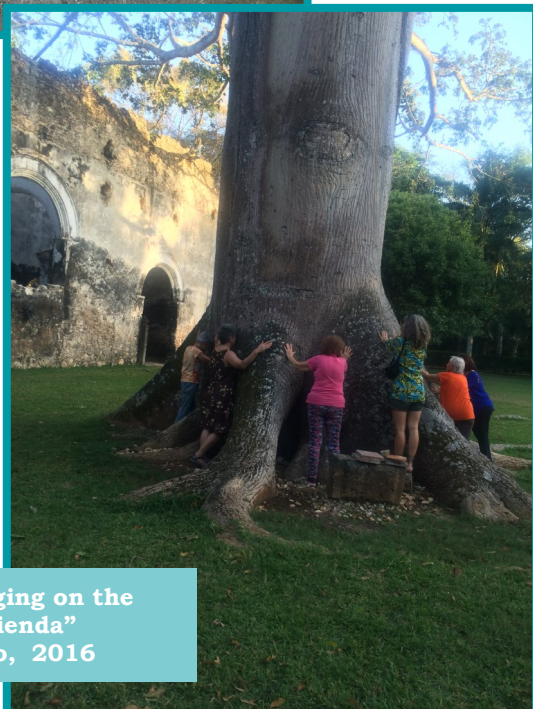
Katalin Varga, Dipl. Psych. Ph.D., DSC.



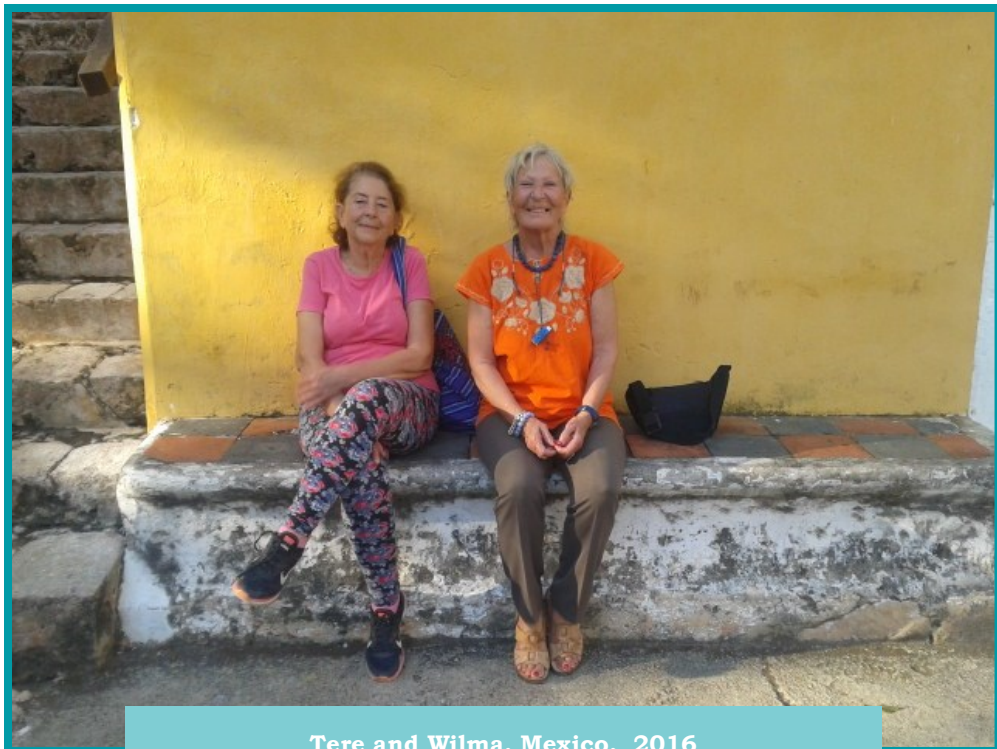
Wilma in Mexico, 2016



Wilma in Mexico, 2016



Tree hugging on the
"hacienda"
Mexico, 2016



Tere and Wilma, Mexico, 2016



Wilma and the group in Dzibilchaltun, Mexico, 2016



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.

An Interview with Dr. Olafur Palsson
By Lauren Simicich

Tell me a little bit about yourself and your work.

I'm originally from Iceland. I moved to the U.S. about thirty years ago to study psychology. I'm a clinical psychologist and a medical researcher. Ever since graduate school, my primary professional interest has been the mind-body connection: How that connection plays a role in health problems and how it can be used to restore health. I specialized in behavioral medicine, and I was fortunate enough to get a two-year post-doctoral fellowship with Dr. William Whitehead at UNC-Chapel Hill back in 1994. He was at that time one of the world's leading experts in irritable bowel syndrome (IBS), and I soon realized that in many ways IBS is the perfect model for a mind-body disorder, due to the complex and powerful biopsychosocial influences in that health problem. And I have been studying that disorder and related gastrointestinal health problems -- the so-called functional GI disorders -- ever since, and it's endlessly fascinating. I practiced behavioral medicine clinically for a number of years along with my research, but I eventually became so heavily involved in GI research that I found it necessary to devote myself to it full-time. I've therefore been a full-time researcher for many years now. I've largely focused on GI research, including working on developing highly reliable hypnosis treatments for gastrointestinal problems. However, alongside that I have done other work unrelated to the digestive tract, like inventing and testing several mind-body technologies with colleagues at NASA Langley Research Center, collaborating on multiple headache trials with integrative medicine researchers at UNC, and developing new psychological measures.



Dr. Olafur S. Palsson

Dr. Olafur S. Palsson is a clinical psychologist and Professor of Medicine at the University of North Carolina at Chapel Hill, where he has conducted research on IBS and other gastrointestinal disorders for twenty years.

He was previously Director of Behavioral Medicine and Assistant professor of Psychiatry and Family Medicine at Eastern Virginia Medical School in Norfolk, Virginia. Much of Dr. Palsson's work has focused on the biopsychosocial and epidemiological aspects of functional gastrointestinal disorders, as well as their treatment with psychological methods.

He is widely known for developing the fully scripted North Carolina hypnosis treatment protocol for IBS, which has been tested and found efficacious in seven published studies. The protocol is used in clinical practice by hundreds of hypnosis-trained health professional in the U.S. and world-wide.

Dr. Palsson has authored more than 130 published papers in psychology and medicine, as well as numerous book chapters in edited books.



What initially appealed to you about the study of hypnosis?

I gravitated toward hypnosis early because it seemed to me to be most direct tool that psychology offers to influence the body and physical perception. Biofeedback is also great for that purpose where it can be applied, and I used that as well clinically and in research for a while. But its scope of applications is just so much more limited. Hypnosis can be applied for an amazing range of mind-body purposes, and there really is no other psychological intervention that comes close to it in terms of its direct body impact and how specific and circumscribed its effects can be if you apply it skillfully. You really don't have any other psychological method that can induce local anesthesia, remove warts, reduce bleeding in oral surgery, increase or decrease gastric acid secretion at will, speed up the emptying of the stomach, etc. Not to mention the powerful effects hypnosis intervention can have on pain, which is where hypnosis really excels as a clinical tool more than for anything else. It is literally the best bridge we have to cross the mind-body gap. As a mind-body clinical researcher, I never cease to be surprised that some colleagues in that field are plain not interested in hypnosis. There is nothing else like it.

What part of your current work do you personally find most satisfying?

In the past three years, my research has branched out in a new direction that is very intriguing and satisfying to me to work on, and it's taking on a life of its own. I have become deeply interested in studying individual differences in how much people's consciousness and non-conscious mental functions interact and communicate. This is a fundamental human dimension that is closely related to hypnotizability, but much broader. I call it subconscious connectedness. I believe it is a super-trait that is the psychological equivalent to, and a direct reflection of, what neuroscientists are now calling global functional connectivity in the brain. I recognized years ago that no comprehensive measure existed to quantify this super-trait, and it was frustrating to me.

I finally came to the conclusion in 2017 that if I wanted to seriously study this phenomenon in my career, I would have to build my own tool to do that. So I spent a couple of years developing and validating a questionnaire for that purpose. I was not even sure it was possible to capture that trait in a broad and valid way with a questionnaire, but I just had to try. And to my great relief it seems to have turned out even better than I had hoped for. One of the main reasons I developed this new questionnaire, which I named the Thought Impact Scale, was to see if it could predict who is likely to have a good therapeutic response in hypnotherapy. It seems very promising for that purpose based on the validation data, but I'm now doing further research to confirm that.

However, this phenomenon of subconscious connectedness has other important consequences in regard to people's subjective life experiences, behavior and wellbeing, especially when it is unusually high. And having a reliable and valid tool now to measure it, this is leading me in very novel directions where I did not expect to go in my research. I am finding myself compelled to do research on creativity, for example, because this super-trait seems to directly drive people's creative activities to a substantial extent. High levels of this trait are – somewhat like high hypnotizability – also associated with increased mental and physical health vulnerabilities, and my research that is currently in progress seems to be revealing that in rather dramatic ways. I'm working with investigators at multiple research centers to try to better understand this super-trait and its various implications.

Where this will lead me I cannot tell. But it's the most exciting part of my research right now, and I have a feeling that it will keep me very busy throughout my remaining years as a researcher, along with my continued GI and hypnosis research.



You and your colleagues recently published an article in IJCEH that received a lot of interest and attention entitled “A National Survey of Clinical Hypnosis Views and Experiences of the Adult Population in the United States.” Could you briefly describe what this study sought to explore?

Through the years, I have repeatedly heard people, especially in the medical and research settings where I work, express concerns about clinical hypnosis being something that many in the general public have misgivings about. I was curious what the research evidence said about that, so I searched the literature and discovered that there were really no published studies that could give us a good idea at all about what the public thinks about clinical hypnosis overall. I felt, as I sometimes do when I get really curious about something, that I had to get answers. It just seemed like something we absolutely ought to have better information on, for it affects all of us who work with hypnosis in any way. Fortunately, at that time I was needing to test my new questionnaire on subconscious connectedness in a large population sample as a part of validating it, so I decided to do two studies in one, and also survey people in that same population sample in detail about their views and attitudes toward clinical hypnosis. This quickly gave us answers from a very nice large demographically balanced sample of 1000 adults nationwide in the U.S.

What were the results of this investigation?

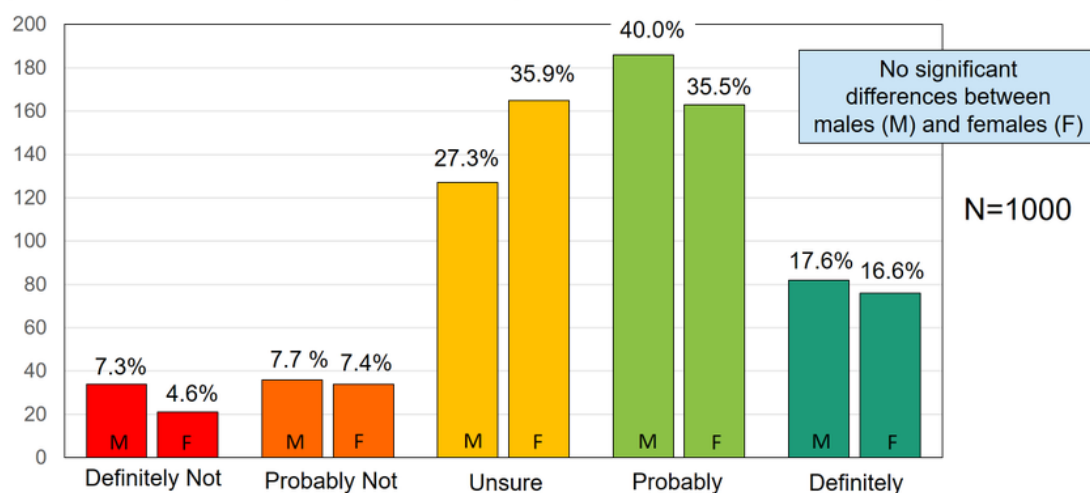
Interestingly, what we found was all relatively positive for clinical and experimental hypnosis. Even though a lot of people in our national survey reported having a neutral stance on clinical hypnosis, probably because they don't know much about it, only 13 percent expressed negative views of it while three times as many reported having distinctly positive overall views of clinical hypnosis. About 55 percent of the respondents indicated that they would probably or definitely consider hypnosis treatment themselves if they needed it. It indicates that at least half of the U.S. adult population -- and it was about equal for different age groups and both sexes -- sees hypnosis as potentially something of value for themselves. I found that impressive. Moreover, four out of every five people in our survey identified one or more major areas of application where they thought hypnosis was substantially useful. Also, only 23% considered hypnosis to be more than minimally dangerous, which I don't think is too bad.

I believe these results are a credible snapshot of U.S. public opinions of hypnosis. The participants were unaware that the topic of the a survey

Willingness Among U.S. Adults to Consider Seeking Hypnotherapy

Findings of a National Population-based Survey (Palsson et al. Int J Clin Exp Hypn. 2019, 67(4):428-448).

“If you had a physical or psychological health problem that was known to be often improved by hypnosis treatment, would you consider seeking such treatment if it was available to you?”





was hypnosis when they agreed to be surveyed, so there was no self-selection bias in opinions, and they knew they were anonymous to the investigators so they were unlikely to be shy about expressing their honest opinion if unfavorable.

What do you hope readers take away from this article?

I think the overarching message one gets from our findings is that the field of clinical hypnosis actually seems to be in fairly good standing and well-respected among the general public. The great majority of the population, at least in the U.S., thinks that hypnosis has some very useful practical applications to offer, and there is a lot of interest in making use of those services.

I see that you are an active member of the Twitter community. What is your favorite thing about this social media platform?

In my experience, Twitter is a fantastic tool for networking with colleagues, getting to know people in your professional field with whom you otherwise would not have a chance to interact, and for keeping up with what they are doing right now. Lively exchanges about research that has just been published and interactive live-tweeting by groups of attendees from scientific meetings transform scientific conversations and makes them more interesting and more personable. Twitter is also an invaluable medium for sharing personal news and information about your own research so that others can know what you are doing as it happens.

A key trick to making it a positive and personally valuable experience, though, is to learn to totally ignore all the other nonsense on that platform, like manufactured scandals, pointless bickering between people of different social groups, and personal outrages and inappropriate tweets of extreme people. It is definitely a great way to exercise your mental filtering skills on a daily basis.

Where can people find out more about you and your work?

The best ways to stay informed about what I'm doing is to follow me on Twitter (@DrPalssonUNC) and to visit my ResearchGate profile page: https://www.researchgate.net/profile/Olafur_Palsson2

Thank you!

Interview by
Lauren Simicich
MSCP
Clinical Psychology
Doctoral Student
Department of Psychology & Neuroscience
Baylor University





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...



Noémi Eszter Németh

Noémi Eszter Németh was born in 1997, Budapest. She graduated from Kőrösi Csoma Sándor Primary and Secondary Grammar School in the XVII. district of Budapest in 2017. She has always been interested in helping people in need.

She found her true vocation in clinical psychology at an early age, but her application to Eötvös Loránd University Faculty of Education and Psychology was not accepted for the first time. Thus, after graduation she started to study special needs education at Eötvös Loránd University Bárczi Gusztáv Faculty of Special Needs Education in Budapest where she finished two semesters. She decided to reapply to psychology major as she got a language certification in English and retook Biology entrance examination. Her application was successful that second time and currently she is doing her second semester in Psychology BA. She is also planning to do a professional Yoga instructor training. During her university years, she had various students' jobs including working in a travel agency and taking care of children.

PSYCHO-ONCOLOGY: HYPNOSIS AS A PATHWAY BETWEEN MIND AND THE IMMUNE SYSTEM

By Noémi Eszter Németh

The connection between mind and body has always been popular in history, and still, is an emerging topic in applied sciences. Despite this, in practice, cognitive and emotional factors are rarely considered in the recovery from diseases (Hall, 1982). In fact, medicine and psychology may be two sides of the same coin and being so should be simultaneously examined in order to give effective and holistic manner of help for patients dealing with not only immune malfunctions but various health problems.

The relatively young umbrella term psychoneuroimmunology made by Ader in 1981 refers to the study of interactions among the central nervous system and immunity functions. In other words, it aims to meet the field of psychology, neurology and immunology as these are connected together in many ways (Ader, 1981, cited by Hall, 1982). Thus, psychoneuroimmunology contests all the challenges of its three components. However, scientifically appropriate evidence has been accumulated since Ader first used the word.

The purpose of this essay is to give insight about hypnosis applied in therapy of immunological downregulations by introducing the underlying mechanisms, presenting techniques that are currently thought to be effective and also summarizing the methodological difficulties they are dealing with at the same time. Being a life-threatening, yet unfortunately, frequent diagnosis, cancer earned a prominent place in the studies, which motivated me to choose psycho-oncological results as a topic of my review.

Furthermore, cancer as a diagnosis fulfils the criteria of Millen and Cohen (2001) who assume that in



order to really get to know the effect of hypnosis on the immune system, the research process should involve patients who are exposed to both psychological and biological stress.

The main challenge of bringing together psychology and biology clearly stems from the elusiveness of the mind, as stress reactions and the immune system are similar in terms of complexity (Gruzelier, 2002). Assuming that assessing all aspects of immune reactions in one research study is not plausible, most researchers attempt to measure relevant immune outcomes. One of these is related to the direct number of immune markers, called enumerative, measures white blood cells (involving granulocytes, monocytes, lymphocytes, natural killer cells, B-lymphocytes, and T-lymphocytes) and antibody populations (for instance immunoglobulins A, G and M in the blood serum and secretory immunoglobulin A in saliva.)

Another measurement type is functional. It assays how effectively the enumerative factors work including how many lymphocytes divide or how effective neutrophils adhere (Miller & Cohen, 2001). I would like to note that according to the systematic review of mind-body medicine (that mentions various types of relaxations and also hypnosis) by Wahbeh and colleagues (2012), only IgA showed strong evidence for being affected by mind-body medicine which may not be ideal for every patient group (Wahbeh, Haywood, Kaufman, Harling, & Zwickey, 2009). However, it is hard to decide which type of marker is unequivocally exposed to mental factors and it may depend on the characteristics of the disease itself. Nonetheless, using mind and body connection for immune boosting would be beneficial for prevention in healthy people, especially if they prove to be sensitive based on their medical history. What makes it more difficult to find immune enhancement is that the body is homeostatic (Kiecolt-Glaser & Glaser, 1992). Thus, it would prevent any over-activation. Miller and Cohen (2001) also submit that a patient must be exposed to an immune-dysregulating stressor to have immune impairment.

I would like to list immunological diseases that have been researched in connection with hypnosis as an illustration of how many human conditions are thought to be affected by emotional factors. Hall refers to the topic as “the psychology of healing” (Hall, 1982 p.101) in which he collected many results attempting to use hypnotic treatment in allergy symptoms associated with asthma and hay fever (Mason & Black, 1958, cited by Hall, 1982), allergy to cats, weeds and candy (Kroger, 1964, cited by Hall, 1982) and dog dander (Perloff & Spiegelman, 1973, cited by Hall, 1982). The skin is also affected in immunological processes. In addition to being the first barrier against external insults, it is strongly exposed to internal mechanisms like tumor formation, inflammation, autoimmunity and allergy (Richmond & Harris, 2014). In terms of immune mediated dermatological conditions, Hall mentions the clinical studies of chronic urticaria conducted by Kaneko and Takaishi (1963, cited by Hall, 1982) and the research of Sinclair-Gieben and Chalmers (1959, cited by Hall, 1982) who tested hypnosis as a treatment of bilateral warts. According to Hall, the results of the above-mentioned research are questionable because they do not meet the criteria of proper research methodology. However, I assume that these early studies incited the formation of a scientific paradigm shift towards considering psychology in immunology of more severe conditions.

In terms of subsequent studies, Gruzelier and colleagues (2002) found that a six-week long self-hypnosis training reduced the recurrence of genital herpes by 40% in HSV-2 patients. Additionally, the beneficial effect on the immune functions coincided with alleviation of depression which can be attributed to the liberation of the unpleasant symptoms. Another important result of this research is that the hypnotizability of the patients was accompanied by functional enhancement in natural killer cell activity and other up-regulation of immune functions. According to Gruzelier, improvements in health and well-being were not restricted to high hypnotizables and the impact of personality differences was also significant (Gruzelier et al., 2001). Moreover, Gruzelier and colleagues noted another



study in which they found that fewer medical students reported illnesses during exam period in the group receiving targeted immune imagery hypnosis, than in the relaxation and non-intervention control groups. Further investigations (Wood et al., 2011, Naito et al., 2003, Whitehouse et al., 1996) also found hypnosis to be effective in enhancing immune functions.

The general principles of the mind-body connection is based on stress mechanisms. Sympathetic fibres are directly connected to the brain and the primary and secondary lymphoid tissues, (Hudacek, 2007) and so their neurotransmitters serve as a mediator that can translate subjective stress perception into biological reactions. There also exist neuropeptides that bond to receptors of cells in the central nervous system and immune cell receptors as well (Bakke, Purtzer, & Newton, 2002, cited by Hudacek, 2007). In addition, hormones are also affected in stress mechanisms as stress activates the hypothalamic-pituitary-adrenal-axis, sympathetic-adrenal-medullary axis, and hypothalamic-pituitary-gonadal axis. These pathways induce hormone releasing (in particularly adrenocorticotrophic hormone and cortisol) if the body is exposed to stress and eventually these hormones can influence leukocytes (Miller & Cohen, 2001). Knowing that the nature of stress is contingent and somehow idiosyncratic, I assume that if the person frames the situation as stressful, it is enough for the body to initiate stress reaction. Thus, our perceptions, (either conscious or unconscious) themselves can serve as a pathway between mind and the immune system.

As the well-functioning immune surveillance is constantly monitoring neoplasm, it is capable of destroying the cancer producing cell before it becomes a tumor. Thus, wholesome operation of the immune system is necessary in cancer prevention. (Hall, 1982) As stress affects the immune system in the above mentioned pathways, it can also be related to cancer formation. Given this relationship, research on the connection between hypnosis and cancer has been ongoing since 1958 (Hudacek, 2003). One of the earliest yet controversial attempts to clinically test hypnosis-based immune suggestions on cancer patients (along with traditional medication) was the research of Carl Simonton and Stephanie Matthews-Simonton (Simonton, Matthews-Simonton et al., 1978). Although their successful results were debated because of many methodological flaws (Hall, 1982), their approach inspired many further therapies. The method is based on intense visualization of the microbiological fight, for instance patients are encouraged to imagine their powerful cells overcoming the weak cancer cells (Hall, 1982). Since that, the application of guided imagery therapy became a field of study as a subdivision of hypnosis, which take advantage of human imagination and aspired to use mind and body connection. Rider and Achterberg described guided imagery “as the internal experience of a perceptual event in the absence of the actual external stimuli” (Rider & Achterberg, 1989, p. 248, cited by Trakhtenberg, 2008). This definition is suitable for patients knowing that they lack well-being in some way. Moreover, health is abstract and intangible either for healthy or ill people. Thus, health can only be experienced as an attitude towards healing placed somewhere in the middle of the mind, which also promotes the idea of using our psyche as a tool.

Many years later, Walker and colleagues (1997) reported a controlled and prospective study of breast cancer patients. They found that guided imagery and relaxation training resulted in increasing of the T-cell activation percentage and higher lymphokine killer cell efficiency (Walker, Walker, Heys et al., 1997). A subsequent study of Fawzy and colleagues found that hypnosis enhanced immune function for instance natural killer cell activity in Stages I and II malignant melanoma patients 6 months after the treatment (Fawzy, Cousins, Fawzy et al., 1993). Moreover, the 10-years follow-up showed an improved survival rate (Fawzy, Canada, & Fawzy, 2003). However, according to the overview of Kristin Hudacek (2007), further research is necessary in order to determine the role of hypnosis as a clinical medicine.



Although the exact mechanisms of mind-body medicine are yet to be investigated or would never be completely unfolded, hypnosis could be a potentially effective adjuvant therapy that supplements the traditional medical therapy of carcinoma and other immune-related diseases. In this essay I emphasized results that measured the effect of hypnosis directly on immune functions. Nevertheless, there is a growing body of evidence showing that hypnosis can alleviate the pain accompanying various illnesses, including AIDS (Langenfeld, Cipani & Borckardt, 2002). Other ways hypnosis in cancer treatment is used also should be noted. For instance, it can soothe the side-effects of the radiotherapy and chemotherapy or, especially in crisis situations such as prior to surgery, it can help reframe the situation in a more positive manner (Montgomery, Schnur, & Kravits, 2013). Moreover, it is an inexpensive and easy-to-learn technique, thus it can be widely used.

In this essay I provided an overview of various results in the field of psychoneuroimmunology including scientifically appropriate research that happens to spot the effect of mind on the body with the technique of hypnosis. In addition, I also referred to methodological difficulties of the topic. In conclusion, personality and attitude towards the disease have significant effect in the course of healing, (Gruzelier, 2002) which challenges the study of psychoneuroimmunology in a way it may never be able to overcome. In spite of that, the elusive nature of the mind also gives space for further studies and top-down healing of the body.

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Éva I. Bányai

Éva I. Bányai, PhD, is a Professor Emeritus of Psychology at the Department of Affective Psychology, Institute of Psychology, Eötvös Loránd University (ELTE), Budapest, Hungary. After earning her doctorate in psychology at ELTE in 1973, she spent a fellowship year with E. R. Hilgard at Stanford University where she developed active-alert hypnosis. Her main research interest is studying the psychophysiological, behavioural, phenomenological, and social aspects of hypnosis from an interactional standpoint. Recently, she has been involved in developing new hypnotherapeutic methods for healing cancer patients, and to conduct research on the effect of hypnosis on treating high risk breast cancer patients. She has been heavily engaged in teaching hypnosis research and hypnotherapeutical methods to researchers and clinicians both in Hungary and abroad. She is a Past President and a Honorary Lifetime Member of both the European Society of Hypnosis (ESH) and of the International Society of Hypnosis (ISH). She is founding secretary, a Past President and Honorary President of the Hungarian Association of Hypnosis, is a Past President of the Hungarian Psychological Association, and a Honorary Fellow of the American Society of Clinical Hypnosis. She is the recipient of numerous awards for her contributions in advancing the fields of hypnosis, including the Hungarian Order of Merit, Officer's Cross, the International "Franco Granone" Award of the Centro Italiano di Ipnosi Clinico-Sperimentale (CIICS), Torino, the Benjamin Franklin Gold Medal of ISH, and the Living Human Treasure Award of the Society for Clinical and Experimental Hypnosis (SCEH).



Mariann Ziss

Mariann Ziss is a clinical psychologist and hypnotherapist. She worked with hypnotherapy in a gynecology-obstetrics department and in her private practice. She is a doctoral student, analysing anticipatory trauma in the framework of altered state of consciousness. She is a member of the board of the Hungarian Hypnosis Association.

Online Hypnotherapy **Mariann Ziss & Éva Bányai**

We, hypnotherapists work with altered state of consciousness online as well, just as with in-person hypnotherapy sessions. That it is possible and necessary, many practicing hypnotherapists learned with the recent epidemic. In this new situation we had to realize that we cannot abandon our patients and we have to respond to newly occurring needs for therapy. When we decide to opt for online sessions, we do a risk-benefit analysis: we assess if the online therapy would bring more healing opportunities or more risks. According to our experience the healing, and the development of a relationship can be achieved in the online setting. In the culture of psychotherapy as premises developed, a system of habits accumulated for the psychotherapeutic activity. Now these are questioned and re-written in the crisis of the epidemic. The ivory tower, the sterile isolation of the psychotherapeutic setting is dissolving. The role of the office, as a physical place is lessened and we look closer at the actu-



al conditions of healing. We reconsider what serves the needs of the patient. For instance, it was for long recommended that there will be an initial in-person session before we continue with the online routine. Now it turns out that it is not utterly necessary.

The framework of the therapy must be clarified for the online setting as well. The framework contains the agreement and now, emphatically, the technical details too. The therapist and the patient have to feel comfortable and secure in the space of the online therapy. This might take time, requires care and the attention to the details. It is useful to establish phone contact so that if any technical disruption occurs, the session can be continued. The modification, clarification of all these conditions is ongoing. There is always a detail we didn't think of before, but makes the online therapeutic connection more fluid. For example, the therapist can change the earphones between sessions to avoid discomfort after many hours of work. Or might start writing with a longer pen to make it visible that she is making notes, not just looking down. The patient might change the place of the therapy or use another device than before.

In her own environment the patient takes more responsibility for herself. The therapist has to give up feeling in charge for the environmental safety of the patient. The current professional discourse shows that releasing this "omnipotence" is not obvious and can impact the depth of the regression the patient experiences. Maneuvering within the new framework and the new setting bares signals for the therapeutic relationship as well, just like in the in-person setting, but now the tools are plentiful to do so. The angle of the camera and the technical conditions hide scenic information. The insight to the private environment of the patient, the quantity and quality of the background image, the appearance of family members and pets are phenomena to take into account. We have to notice the spot chosen by the patient for the therapy.

The use of the camera and the screen creates an alternative space where the emphasis of the body language shifts and the functioning of eye contact changes. Like a prism we get used to. The unseen environment is not necessarily hidden, just might become unimportant. The development of the rapport should fit these processes. The significance of the connection might grow while other environmental details shrink. The patient is in her own medium, no separation is provided. At the same time through the therapy this medium can be subjectively shaped: the support, the exploration, the healing can become part of the environment, giving a new meaning to "cyberspace". In this online therapeutic field the strong focus on each other connects the therapist and the patient, while the surrounding stimuli are different as they are present in a different reality. We have to comprehend the differences of temperature, noises, smells, if important. This presence bares features that make the field of connection significant, special, highlighting the therapeutic relationship. If the rapport is well built the rhythm of the session defines the space, superseding other stimuli. The new space narrows the focus of increased attention by watching the screen, going towards an altered state of mind. Several circumstances favor the induction of trance. The core of hypnotherapy is not the deliberate induction of hypnosis, but that the hypnotherapist is able to utilize the characteristics of the altered state of consciousness, mobilizing the affective, cognitive and physiological capacities in a way that would not be possible completely awake. The borders of the altered state of mind are not sharp, its extent is shifting. It occurs in almost every therapeutic relationship, or even while doing sports, watching a movie and when someone is in crisis. The hypnotherapist relies on the potential of these differences.

Hypnotherapy also allows us to explicitly formulate the potential of the online therapeutic field in hypnotic suggestions. To experience the flexibility of the online therapy is a message to mobilize inner resources. This is often pronounced spontaneously by the patient in metaphors. In the same way, fear of the disruption of the internet is common for patients, and



therapists as well, at the beginning, but the ability to act in such a case can be also built into the suggestions, just like other circumstances to deepen the experience and the sense of safety. These suggestively put, added control functions can be important elements of the therapeutic hypnosis, pointing beyond the practical use of the added intervention. It should be stated here that such a rupture rarely occurs: nobody we know reported a case when the patient remained in hypnosis in the online therapeutic field alone, without the therapist.

In hypnotherapy the somatic focus is very common. In these cases we aim to relieve pain and side effects, treating autoimmune diseases with hypnotic suggestions. During the COVID-19 epidemic we face an increased need to relieve somatic background diseases to optimize the immune functioning and to ease anxiety. In these therapies the therapist often needs a camera angel that allows her to see the breath of the patient, the muscular and other reactions. This allows the therapist to synchronize the wording and rhythm of interventions with the patient's reactions and the patient experiences the attentive presence more obviously.

A learning from the recent epidemic is that online hypnotherapy is possible and legitimate. Through the internet we can continue with the practice of hypnotherapy where the online space keeps altering the altered state of mind.

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A WORK SUMMARY OF FIGHTING AGAINST COVID-19
CENTER FOR PSYCHOLOGICAL COUNSELING AND PSYCHOTHERAPY
AT PEKING UNIVERSITY
XIN FANG

Previous interview: [2020 March, Volume 44, No 1](#),
page #14, Main Interview

I've been paying close attention to the development of the Covid-19 Epidemic since the beginning of it in January, 2020. The development of this virus was far beyond my imagination. So, I am willing to share my work on psychological assistance during these period to everyone and hope it might help a little bit for your country.

First, let me introduce some background information. Jan.25 was Spring Festival 2020. Like Christmas in western, it is the biggest and longest holiday in China. Since Chinese tradition is going back to hometown before Spring Festival, national great migration began after Jan.10. The traffic reached the peak one week before the Spring Festival. Wuhan has been blockaded from Jan.23. Wu Han is not only a Mega City with over 20 million people and also the biggest integrated transportation center in the central of China. Right now, people all over the world has realized that how contagious this virus is. According to my previous experience of psychological intervention for major crisis and crisis management like SARS (2003), Zhouqu debris flow (2010), etc., Just at that moment, I predicted there would be wide spread psychological panic and the work of psychological assistance would be a must.



Xin Fang

So, I initiated a brief article named *Several Suggestions Regarding to Covid-19 Crisis Management* on Jan.25 which was the first day of lunar year (1st day of Spring Festival) and sent it to some professionals' WeChat groups. WeChat is like the Instagram in China. This article was very popular and from that time on, I started to devote myself to the psychological assistance related works. On Jan. 26, there were huge amounts of articles talking about psychological interventions in WeChat Moments. I realized that during that emergency, people's amygdala was activated and cerebral cortex was largely suppressed. People were unlikely to read articles with lots of words.

Hence, I wrote and recorded an article named *Arouse Your Inner Vitality*. It is a clinical hypnosis audio (27 minutes). I group sent it to WeChat Moments and several psychological professionals' WeChat groups, and got 88,000 hits within 12 hours.

It has been reprinted by more than 42 well-known psychological institutes including lots of top universities (Peking University and Tsinghua University which is equivalent to Harvard and MIT in U.S., University of Macau, etc.), Institute of Psychology, Chinese Academy of Sciences, and Zhejiang Mental Health Association. The pageview is over 300,000. Audience' comment is very positive. They feel more peaceful, warming, powerful and hopeful.

I am willing to share my audios and texts on ISH platform and English version of my audios will be recorded recently.

Since Jan. 29, in order to tell first batch of volunteers who participating in psychological crisis assistance the management philosophy and experience I have learned from my previous crisis intervention, I participated large amounts of Non-profit lectures in various channels at the first time. I was invited by 4 psychological institutes in Wuhan (Wuhan Mental Health Centre, Wuhan Psychological Hotline for Colleges and Universities, Ministry of Education, etc.) and have done several trainings online including



Introduction of SAFER-R Model and Psychological Adjustment for Front-line Doctors and Nurses. I have also done trainings *The Application of SAFER-R Model for Online Psychological Assistance* for psychological hotline staff in 4 of top universities in China (Peking University, Tsinghua University, Beijing Normal University, Tianjin University). In Feb.8, My 60 minutes' lecture about crisis intervention got over 4,000,000 hits in Peking University's Tik Tok live broadcasting room. On the other hand, I have also done trainings and supervisions for psychological professionals around China on several online platforms. Those activities were organized by well-known institutes such as Chinese Association for Mental Health, Chinese Psychological Society, Beijing Municipal Health Commission.

On Feb.9, I have received the invitation from China-Japan Friendship Hospital (one of the best hospitals in China) and recorded an audio for patients in Wuhan mobile cabin hospitals. Our target is psychological adjustment for patients, improving the cooperation between doctors and patients and being more confident about future. Hence, I recorded a clinical hypnosis audio named *Beautiful Land, Fighting Against Virus*. Metaphor 'once upon a time, there was a beautiful country...' has been used in this audio. I heard from audience and doctors that the audio is very effective. The related e-book has been published in People's Medical Publishing House. The pageview of this audio in our WeChat Official Account is 910,000. The WeChat Official Account of Chinese Erickson Institute also published different audios aiming at different target groups (pregnant woman, people who suffer from insomnia, front-line doctors and nurses, children). Those audios were recorded by 4 talented professionals and got hits between 10,000 to 40,000. Clinical hypnosis has been accepted by more and more psychological professionals. I will share all of those audios and texts to professionals all over the world on ISH platform.

There are also many anti-Covid-19 activities related to government. I have received the invitation from Ministry of Foreign Affairs and have done trainings online live for Permanent Mission of the People's Republic of China to the United Nations, Embassy of The People's Republic of China in The United States of America, Consulate General of The People's Republic of China in New York, etc. The topic of training is *Stress Management in Crisis Events*. This training will be forwarded to Embassy of The People's Republic of China worldwide later. I also attended a collaborative project organized by The CPC Central Commission for Discipline Inspection

(CCDI), Peking U and Himalaya (the biggest audio platform in China) and conducted a lecture regarding to *The Psychological Adjustment When Back to Work* using light hypnosis. The audio *Psychological Adjustment for Doctors and Nurses* was included in *Learning Power* (this is a must learning material for Chinese members of the Communist Party). I was also invited by the online live platform of Beijing Municipal Public Security Bureau and have given a lecture about *Communication in Crisis*. Now, I am the candidate of national crisis management expert panel and it is waiting to be approved.

On the other hand, I have been interviewed by several mainstream media including CNR (China National Radio), CCTV, Phoenix Satellite Television and China Educational Television (ETV). I introduced *Clinical Hypnosis Introduction and Its Application in Fighting Covid-19* in Yunnan Satellite Television. Internal reference of Xinhua News Agency interviewed me twice on Jan.28 and Mar. 24 respectively and I have made several detailed suggestions to top government officials directly about crisis management and national public memorial ceremony in Qingming Festival (is similar to Mexico's day of dead).

Moreover, I actively helped related people to collect protective equipment. First, I sent that equipment into Wuhan from abroad. I tried my best to avoid delay and missing and successfully sent the equipment to people in Wuhan Mental Health Center. Secondly, I asked dozens of our foreign teachers in 7 countries whether they need any facial mask. The masks of



3 teachers has been sent already. I also donated to GCAP and help them send related protective equipment to German.

In our team, information regarding to clinical hypnosis, Ego State Therapy and Body Therapy was published by WeChat Official Account of Chinese Erickson Institute. Other than that, information related to crisis, DBT, Couple Therapy and behavior therapy was published by Beijing Zhi-Dao-Zhong-He Medical Institute. From Feb.15 to the middle of May, Zhi-Dao-Zhong-He has held and will be continuing to hold activities including *Non-profit Lectures for over 10000 people* and *Please Listen to The Story of Experts-How to Get Along with Crisis*. 12 top experts including me have been invited and comments are very positive. The pageview is around 10000-50000. The attendance are nearly all professionals. Because of the blockade of people's life in recent 2 months, the divorce rate is increasing sharply. So, Zhi-Dao-Zhong-He decided to invite Dr. David Scharff (MD Chair, IPA Committee on Couple and Family Psychoanalysis) and his wife and held a non-profit lecture about *The Fantasy and Reality of Intimate Relationship*. The pageview is nearly 20000. We will promote a book club about intimate relationship and it will invite top professionals in this area reading related book. This activity has been bought by over 500 people already. On April 7, another non-profit lecture about psychological trauma therapy will be held. A book club *Body Never Forget* that charges will be promoted then.

Not only myself, but also Beijing Zhi-Dao-Zhong-He Medical Institute and Chinese Erickson Institute have contributed a lot in non-profit work of psychological assistance during these special periods of time. Our brand has been well recognized as a professional, effective and rich social connection brand within the whole industry. We are proud of it. What I want to thank most is the president of ISH, Bernhard Trenkle and professionals all over the world. Thanks a lot for your support to Zhi-Dao-Zhong-He. Today's achievement of Beijing Zhi-Dao-Zhong-He Medical Institute and myself is highly related to your help and support.

Right now, the severity of the Covid-19 Epidemic is different in each country. We are willing to try our best to help if any of you need support.

INNER VITALITY (IN ENGLISH) XIN FANG

My dear friend, I am wondering if you would like to...accept my invitation and take a chance in a relatively short period of time.....to relax.....and create a deep sense of rest for yourself.....

Now, please find a relatively quite and comfortable place for you to sit down and if you allow yourself to close your eyes you are closing them now In your own ways, and with your own rhythms you are taking several deep and slow breaths slow and deep Perhaps you are wearing a protective clothing, and you know that they are protecting you, and in doing so you are on your way to take a nice rest for yourself.

I would like to invite you if you are willing to wonder about what is happening in you. Maybe there is one part of you can hear certain sounds from outside while another part of you are willing to experience, to feel from the head to the toe gradually, relaxing how relaxing you can be with each of your breath breathe in breathe out The head is relaxing and relaxed the neck is relaxing and relaxed both shoulders are relaxing and relaxed both arms are relaxing and relaxed the chest and the belly are both relaxing and relaxed the back and the waist are



both relaxing and relaxed both legs and feet are relaxing and they are relaxed.

Our conscious mind is very clever it can be so attentive at doing so well for just one thing at one time our unconscious mind is ever wiser for doing so well for so many different things at the same time I am sure you know very well that humans and all animals have natural inner abilities to relax ourselves. You know very well that humans and all animals also have natural inner abilities to alarm ourselves and have natural inner abilities to be flexible To feel relaxed with a little bit tense or to feel tense with a little bit relaxation or one part of you is so attentive at waiting for certain directive and another part of you at the same moment is just allowing yourself to feel so relaxed so comfortable.

With this sense of comfort and relaxation perhaps you can feel both feet firmly on the floor.....and the earth underneath are supporting you providing the sense of holding for you. And perhaps you are sensing how the chair or floor where you sit are supporting you providing the sense of stability for you

With these senses of stability supportive grounded feelings I am wonder if you would like to take a few deep and slow breaths breathe in deeply and breathe out deeply that's right in your own ways All the oxygen goes through the nose go through the main air track go through the bronchi and all the bronchiole well through every tinny cells in the lung and all the oxygen there, with the help of blood circulation are being transferred to every part of the body and every cells in the body are becoming so fresh replete and full of life With every breath out, and the help of blood circulation all the fatigue and tension in cells are released to the air

Sometimes, a very very long time may feel like a very very short time sometimes, a very very short time may feel like a very long long time just as sometimes a very very long sleep may feel like a very light very light sleep sometimes, in a very short very short time, we are sleeping a very deep and deep sleep

Perhaps one part of you are following my voice and another part of you are floating with your thoughts your thoughts may wander around here and there and perhaps are floating to your familiar bed the bed so familiar to you you often lie on that comfortable bed sleeping the size of the bed the familiar bed sheet and pillows those familiar colors of sheet and pillows the patterns on them the smells you can smell and how they feel like when you touch them your posture when you are sleeping on the bed

As one part of you are already sleeping on the bed I would like to invite another part of you to take a special journey to your inner world to go to the very core of yourself a place or a space that is very very, quite safecalm and peaceful place or space. And when you are there you will find the sense of reaching your core of life and I will call this part of you your inner vitality.

This part of you at the beginning of your life the moment when the egg was fertilized was already there for you and this part of you has always been with you helping you in the womb to complete so complex processes of growth This part of you was there when you were born, helping you to complete so complex tasks



of arriving to this world This part of you was there when you were growing up and in all those years this part of you have been offering you help for so many times helping you to overcome many many difficulties such as anxiety restlessness sadness disappointment illness pains loneliness despair feeling of helplessness and hopelessness this part of you have always been there for you deep in yourself to protect you to help you and even at times when you might not realize it was there

Sometimes, because of this part of you, you are extremely determined persistent and courageous and at other times, you are full of love and tenderness showing the steady inner strength Sometimes, you become flexible hold the wisdom of adaptation and at other times, you are calm so calm and strong. This part of you, may mobilize all the energy in your body when needed to fight for the challenge. It may also when necessary calm down your body to rest deeply and restore your energy it is because of this part of you your inner vitality that supports you with great wisdom and power of survival in your body and in your mind to help you go through all those ups and downs and survive

Perhaps this part of inner vitality, is deeply rooted in the long history of this planet in more than 40 billions of years 30 billion years ago there came the life. For human species, the evolution of genes has been a history of passing down the wisdom and power of survival the inner vitality and this inner vitality is stored right in your bones in blood vessels in each and every of your cells

So, at this moment the right moment this part of you is still protecting you helping you to overcome the current difficulties whatever it might be Perhaps, you are wondering how willingly you are to sense deeply this part of you this inner vitality that continue to provide power and wisdom to your body and mind Perhaps you are remembering in the past years at certain moment at certain place you can sense this inner vitality in you deeply and at that moment or place what was happening who was there and perhaps you are remembering certain images, even hearing certain sounds how did you look like? at that moment or place what did you say? what did you do? or perhaps you did not say anything or do anything how did you overcome the difficulty? Perhaps you are having some thoughts emotions feelings body sensations that you know you are deeply deeply connected with your inner vitality

Now I would like to invite you to find a symbol for your inner vitality Some people choose a picture about themselves to represent this inner vitality they look full of confidence or calm and strong Some people choose a flourishing tree to represent this inner vitality Other people choose thistles and thorns to represent this inner vitality thistles and thorns that can survive even in the harshest desert Other people choose a bright light ball in their lower belly, or a rook with deep color that is as old as the earth, to represent this inner vitality Or your inner vitality may be certain sensation in you like a sense of fullness in your body or it can be represented by a thought or a few words such as "it's no big deal" Have you found the symbol of your inner vitality?

From today, and in the few days in a few months and far in the future whenever you want to be connected with your inner vitality you will find it is so easy at any time at any place



at any condition it will be so easy for you to feel your inner vitality all you need to do is to go to your inner world take some time to close your eyes and to do a few slow and deep breaths and to call back that picture that symbol of your inner vitality and reminding yourself you are holding your inner vitality right in your core the inner vitality that provides you with wisdom and power just to think about it to consciously call its name and on doing this you will immediately get into touch with your inner vitality again

When you consciously call for your inner vitality on the unconscious level you will be happily at the moment happily to be surprised that you are becoming so composed so calm and you can control yourself and you will hold this sense of control not only in your thoughts but in your emotions in the ways you speak and act and you are more positive more optimistic more confident more peaceful about you and your life a well-balanced sense of control and with all your knowledge strengths and with this inner vitality that has always been there with you With all its wisdom and power and you can go towards the place you want to go

Now I would like to invite you with your inner vitality that part of you providing you with wisdom and power to gradually come back with your own speed come back to this room Perhaps you can feel your body on the chair and you can hear certain sounds from the outside and you can feel your feet on the floor that's right please do with me move your shoulders three take a deep breath two move your figures and one open your eyes.

中文文字版 — INNER VITALITY (IN CHINESE) XIN FANG

亲爱的朋友，如果你愿意，下面我想邀请你，在相对短的时间内，为自己做一个促进深度休息的练习。

现在……请你在一个相对安静、舒适的地方坐下，如果你愿意，可以闭上你的眼睛，以自己的方式和节奏，给自己做几个慢而深的呼吸……也许你是穿着防护服，你知道它们在保护着你，以便你——在下面的时段里让自己好好的休息一下。

如果您愿意，可以感觉一下自己，也许有一部分的你听到外面传来一些声音，但是另外一部分的你，也许愿意去感觉一下——从头到脚，逐渐放松，是怎样的一种感觉，随着每一次的呼气、吐气，头部在放松，颈部在放松、双肩在放松，双臂在放松，前胸和腹部在放松，后背和腰部在放松，双腿双脚在放松。

人的意识非常聪明，可以在同一时间专心致志地做好一件事情，而我们的无意识却更加智慧，可以在同一时间里面，同时做很多事情。你一定知道，人和动物都有着天然的、让自己放松的能力，当然——也有着天然的、让自己紧张的能力，还有变通的能力，在放松中有一点点小紧张，或者，在紧张中有一点点小放松…或者，一部分的你，在警觉着外界的指令，而另一部分的你，与此同时，却可以享受这种舒服的放松……

伴随着这种放松的感觉，也许你会感觉到两只脚踩在地板上，大地给你的坚实的、支撑的感觉，也许你会感觉到，你所坐的椅子或者地板——给你的稳稳的、支持的感觉……

带着这种稳稳的、坚实的、支撑的感觉，给自己做几个慢而深的呼吸，深深的吸气，吐气……对！就这样，氧气顺着鼻腔、气管、支气管、细支气管，一直到达肺泡，肺泡里的氧气通过血液循环——输送到全身，一直到达身体的各个部位……身体的每一个细胞，都因为这些氧气的到来而变得晶莹、饱满、润泽……每一次吐



气，会把细胞里的疲劳、紧张通过血液循环带出体外……

有的时候，在很长很长的时间里，我们却感觉很短很短…而另外一些时候，在很短很短的时间里，我们却感觉很长很长…就好像，有的时候，我们在很长很长的睡眠中，感觉睡的很浅很浅，而另外一些时候，我们又会在很短很短的时间里，感觉睡的很深很深……

一部分的你也许在跟随我的声音，而另外一部分的你也许在跟随你的思绪飘向这儿，或者飘向那儿，也许飘向了你熟悉的床，那张你最熟悉的床，你常常躺在上面、舒服地睡觉的床，那张床的样子，熟悉的床单和枕头的样子，床单和枕头的颜色、图案，它们的气味儿，它们摸上去的感觉，你躺在上面睡觉时惯常用的姿势……

一部分的你似乎已经躺在了这张床上，我想邀请你，在你内心开始一段旅程，去往一个你内心最核心的所在，一个非常安静、安全，非常宁静、平静的地方，当你已经达到了那个地方，你就能够感觉到你找到了自己最核心的部分……我会把这部分的你叫做你的内在生命力……

这部分的你，或许在受精卵形成的那一刻起，便已经在那里了……这一部分的你，始终都和你在一起，包括在子宫里它帮助你——完成了复杂的生长过程……在你出生的那一段 短短的时间里——它帮助你完成了许多复杂的任务，来到了这个世界上，在你长大的过程中，在过去的岁月里，它曾经无数次的帮助过你，帮助你克服了许多许多的困境……比如焦虑烦躁、悲伤失望、疾病伤痛、孤独绝望、无能感和无助感等等等等……它一直在你内在的那个地方，默默地守护着你、帮助你，尽管有的时候，你很难意识到它的存在……

它有的时候，会让你表现出异乎寻常的顽强、坚持、勇敢的力量，有的时候又是爱与温和、稳定的力量，有的时候充满灵动、变通的智慧，有的时候是冷静、冷静再冷静的智慧，需要的时候它会调动你全身所有的能量来应对挑战，但是一旦允许，它又能尽可能地休息、迅速恢复能量……正是这一部分的你，你的内在生命力，给予了你心理上和身体上，巨大的生存智慧和力量，帮助你度过一道道坎儿……活了下来……

也许它起源更早，地球有40多亿年的历史……30多亿年前地球上就有了生命，人类基因不断演化的历史，就是把生命力的智慧与力量不断传下去的历史，它——就在你的骨骼里、血液里、就在你的每一个细胞里……

同样，就是现在、此时此刻，它依然在守护着你、帮助你……助你克服目前面临的困境，无论这个困境是什么……或许，你想在你的内心世界里，花一些时间——去好好感受一下 这一部分的你……不断地给你的心理、身体默默地输送力量与智慧的你的内在生命力……你或许会回想起，在过去的岁月里，有些时刻、有些场景，你能够深切地感受到你的内在生命力的存在……在那个场景里，都有哪些人，发生了些什么事儿，也许会有一些画面浮现出来，也许还会听到一些声音……在那个场景里面，你看起来是怎样的？……你说了什么？或者做了什么？或者什么也没说……什么也没做……你是如何克服困境的……也许你会产生一些想法、情绪感受、伴随着一些身体上的感觉……你在与你的内在生命力深切地接触着……

下面我想邀请你——为你的内在生命力找到一个象征……

有的人会用一幅关于自己的画面来象征自己的内在生命力，他看上去充满自信，或者笃定……

有的人会用一棵枝叶繁茂的大树来象征自己的内在生命力；而与此同时，还有的人用具有顽强生命力、即使在沙漠也能存活的荆棘来象征自己的生命……

也有的人用位于下腹部的、一个充满光芒的球，或者一个古老的、与地球同龄的黑色的石块来象征自己的内在生命力……

或者，你的内在生命力——可能是你的某种感受……比如说，你身体里的一种【饱满的感觉】，或者也许仅仅是某种想法、几个字、比如“没什么大不了的”……你找到你内在生命力的象征了吗？

从今天开始，在未来的几天和几个月里，以及更远的将来，每当你想要触碰你的内在生命力的时候……你就会发现，无论何时、何地，任何情况下——你都能更轻松、更轻松地感觉到它，你需要做的——只是在你内心的世界里，花一点时间，闭上你的眼睛，做几个慢而深的呼吸，唤回有关你内在生命力的那个画面，或者那个象征物，



并且提醒自己——你在内心中拥有着它……那个带给你智慧和力量的内在生命力，去想到它、有意识地召唤它，你这么做的時候 就能立刻再次触碰到你的内在生命力……

当你有意识地召唤你的内在生命力的时候，在潜意识的层面，你将会愉快地在此刻，在此刻愉快地、也许有些惊喜地发现，你会变得那么的笃定，那么的平静，可以非常好地控制你自己……这不仅仅体现在你的想法上、也体现在你的感受里、体现在你做事和说话的方式中……而且你会对自己的生活和自己的未来更积极、更乐观、更自信、更平和，更能控制你自己……带着你所有的知识，能力，以及一直默默守护你的、给予你智慧和力量的——你的内在生命力，前往你希望去的方向……

下面我想邀请你，带着你的内在生命力、赋予你生存智慧和力量的内在生命力，慢慢地以你的速度回到这间屋子里面来，你也许，现在会感觉到自己的身体与椅子的接触，会听到外面的一些声音，会感觉到大地与自己双脚的接触……很好，可以动动你的双肩……请跟我一起做——三，深吸一口气……二，动动你的手指……一，睁开眼睛……



FIRST ASIAN CONGRESS 2019, MASSHAD, IRAN

Congress report by Najmeh Kazemi

My name is Najmeh. I am an Iranian girl who decided to educate and experience travel knowledge more professionally, out of her country's border. Before leaving Iran, I was working as an International cultural touristic guide for 6 years with different groups of travellers from different nations.

I was always interested to know and learn about different cultures. I was enjoying my job to make an opportunity for my groups, not only learn about my country and culture but also creating an atmosphere they freely share their own culture too. After some years working, I realized am so eager to travel and visit other countries. At that time, 2014, I finished my bachelor In IT field. But I found my interest mostly related to my job in Tourism sector. That's why I moved to Milan in 2015, for studying Tourism in Bicocca University.

So, I started traveling in Europe meanwhile I was studying. Since 2015, I started my collaboration with scientific congress teams in Mashhad and universities of Iran. My responsibility was being an organizer for touristic part of these congresses. Planning different tours, applying visas, managing hotel and flight reservations.... Now after 4 years I learned a lot from all these congresses we made together in collaboration with my professional scientific team in Iran. (www.kazemi.tours)

I enjoy inviting people to come and visit my country. I enjoy changing negative image of Iran to a positive one, an image which mostly was created last 10 years due to political reasons by media and propaganda. Iranian people are so kind, warm hearted and welcoming. They are so interested to know about different cultures and that's why they love tourists.

Educating, is the thing I really am focusing on it. I am so happy, if during last 4 years we organized many different congresses and great international speakers came to Iran and trained our students and teachers.

Nowadays, because of political issues which Iran is facing, my aim is to also work and enter International tourism market. I hope better days for my country and whole world with less disease, war, economic issues and ...



Najmeh Kazemi

Regards,
Najmeh Kazemi



Dear Friends,

My name is Najmeh. I had the honor to be part of the organizing team of the First Asian Hypnosis Congress which was held in Mashhad, Iran 15-18 October 2019. I was the organizer of the touristic part of this congress.

I am so glad this experience was a big success for all. Based on my review of participants' comments, all of them were so happy and satisfied.

The reason I decided to write to you is just to share with you the difficult moments of organizing to give you a glimpse of how this congress was born. As you know the idea of having this congress was first mentioned by dear Kris Klajs from Poland in 2015. I am so thankful to him for such a nice idea to bring this experience to all of us.



The organizing team, including Bernhard Trenkle, Mehdi Fathi, Enayat Shahidi and I, set the date for this congress, of 5th August 2017. From there we gradually started to organize things. For instance, creating a website for the congress, advertising internationally, inviting our speakers and participants, etc... I also started to write down various travel itineraries and possibilities to update on the webpage.

Everything was going well until we realized the additional tough sanctions that President Trump made against Iran. It caused me serious problems in organizing the tourist program. For example, it became too difficult for me to define approximate cost for tours a year before and to put them on the website of the congress. I was not sure if after some months the situation would change with sanctions and if my cost approximations would remain close to what I defined or if it would change a lot. As my colleagues in the travel agency told me, hotels, flights, and transportations and ... we didn't know how to deal with low costs which resulted from currency differences after the sanctions.

Meanwhile, international banks were not allowed to work with Iran any more. So, another problem I had, was how to collect money for all payments which my agency was making such as reserving hotel rooms. In Iran you have to pay half of room's payment as a confirmation for your reservation during the high season. I talked to many banks in Milan.

Meanwhile I asked Enayat Shahidi and Bernhard Trenkle if they also know some international bankers to help me. They also consulted with many bankers and businesses. Finally my university professor, Fabio Corno, who teaches economy, has a big office in Milan and provides economic consulting to people all around the world, agreed to give me a free consulting session with his team, only about my project. After some hours talking, we had only one solution: **The travel agency in Iran.**

I needed to convince them to collaborate with me for payments. We had two solutions: one was opening an account in a bank which was not under the direct effect of the sanctions. For instance, a bank in Australia or





Dubai. The other, if the agency would accept to take all the payments in cash in Iran.

The first solution while possible had some problems such as paying high commission for money exchange in Australia. Another problem was, there was no controlling who paid when, and I needed to every day control who paid by make a list from payments and giving it as a record to travel agency team in Iran. (In travel agencies, for such projects with big payment they say this is not our duty to check every day who paid from one group, while I had 7 different groups of travelers who needed to pay and to me it was a great deal of work, especially being accurate so as not to make mistakes and to be sure everybody has paid.).

The second solution, which was better, if the owner of the agency would accept all the money in cash in Iran. It was a bit far from my mind because I didn't know how my colleague in the agency could cover all the costs. We were a huge group and I wanted to reserve high quality tours and rooms for my group and it could become too much payment for them. So to them it was high responsibility and too much work without any payment from my side.

So I consulted with Mr. Masudi and we agreed on the first solution. He traveled to Australia to open an account only for this business. And I tested it by sending 50 Euros from Milan to this bank account in Australia to see the commission fee. I remember it was too high and only 25 Euro



came to their account. Then I consulted with my organizing team and we decided to make a video call with Mr. Masudi. Bernhard Trenkle had some worries like what if something happens and the congress won't be done, and some other questions... At the end we talked about commissions, too, and Mr. Masudi, who is my old colleague and knows and trusts me very well, accepted to

do everything without payment from our side and we do this payment in Iran in cash.

Here I have to thank two sides for this big problem solving. One side is, of course, my dear colleague and his kind and generous heart who collaborated with us in this way and made me feel so relaxed about payments. And second, all our dear international participants and their deep understanding about the problems. To me it was so nice to see how they accepted to carry high amount of money in cash and collaborate with us to handle this problem. At the end all the payments were done in Mashhad, and we invited Mr. Masudi to the stage to say thanks to him for his nice collaboration. My other special thanks is for dear Bernhard and his always kind availability for helping all international participants better understand about the situation and encouraging them to collaborate and make it easier for all to accept it.

We had some other difficulties in the issuing visas department. Some countries had complicated rules from Iran embassies. I had one visa rejection for one of our participants, but hopefully it was solved. We passed the visa challenges successfully, except some of Chinese participants who couldn't get a visa due to their own internal political issues with their government, and a group from Finland who canceled their trip and tour completely because of Iran's embassy in Finland and their rules which were a bit complicated to them. I hope another time they will come to Iran. These were difficulties we had with the international tasks outside of Iran. I know dear Mehdi Fathi, and his related difficulties and every day fighting



to make the congress happen--from obtaining lots of permissions from different organizations to the everyday hard work of organizing a whole congress, workshops, speakers and everything.

My remaining thanks is to all my dear colleagues in Iran, to the travel agency and to the great tour guides who all are my old friends now and who made all the different trips unforgettable experiences for all the groups. Special thanks to dear Mehdi Fathi for our great, fast everyday collaboration to make everything very well organized on both sides till the last day of tours and congress. Another thanks to dear Enayat Shahidi who was always available for any consulting and always had good ideas in case of economic difficulties. At the end, a thank you to my economy professor and his availability for consulting with me on how to handle this tough situation.

I want to mention that to make a big project successful, there might be a great team behind the scenes to make it happen, but I am so thankful to have had such a wonderful collaborative team of big hearted people who made this beautiful congress that successful. The rest of the success belongs to all our great and experienced speakers from 25 countries who shared their interesting knowledge and experience with us in Iran.

Thanks to all of you who made this great event happen.

My best regards and greetings,
Najmeh Kazemi
www.kazemi.tours





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.

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Abstract Translations

All IJCEH article abstracts are translated to French, Spanish, and German. The translations are available online and in print. This is an oppor-



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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.
<i>Books and book chapters</i>	Omit publisher location from the reference entry.	Add publisher’s location (city and country for non-U.S., city and state for U.S.) before publisher’s name.

tunity to recognize the important contribution of our IJCEH translators and to express appreciation.

The current translators are:

- Español: Omar Sánchez-Armáss Cappello, PhD, Autonomous University of San Luis Potosi, Mexico
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- Deutsch: Alida Lost-Peter, DiplPsych, Munich, Germany

To our past and current translators: muchas gracias, merci beaucoup, vielen dank, & thank you!

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).

Style and Formatting Update

As of February 27, 2020, the journal’s style guidelines changed 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.

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

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

**ABSTRACTS FROM THE APRIL 2020 ISSUE
SPECIAL ISSUE ON CONTEMPLATIVE PRACTICES**

OPEN ACCESS EDITORIAL

CONTEMPLATIVE PRACTICES AND HYPNOSIS: EMERGING PERSPECTIVES AND FUTURE DIRECTIONS || BY GARY ELKINS

A distinctive feature common to many contemplative practices is a focus of attention and procedure of induction toward achieving an altered state of consciousness. In recent years, practices like mindfulness have become increasingly popular, and there has been increased interest in the relationship between hypnosis and mindfulness-based practices as well as other contemplative practices including meditation, music, and spirituality. However, questions remain such as: What are the similarities and differences between hypnosis and mindfulness/other contemplative practices?; What is the role of suggestion in mindfulness-based interventions?; Do some contemplative practices have hypnotic-like aspects in their application?; What is the role of words, images, and intentions in contemplative practices?; Can hypnosis be integrated with music and spiritual practices for beneficial effects? This special issue includes eight articles that provide insights and empirical research into contemplative practices and hypnosis. Emerging perspectives and future directions for research and practice are presented.

CONTEMPLATING...THE OBVIOUS: WHAT YOU FOCUS ON, YOU AMPLIFY || BY MICHAEL D. YAPKO

Mindfulness has been transformed over recent years from a spiritual practice to a method of clinical intervention. This is a new evolutionary step in applying mindfulness in ways that move it much, much closer to the related domain of hypnosis. Both approaches now share a goal-oriented, purposeful clinical pragmatism. This contribution is an "op-ed" piece regarding the author's view of the distant relationship between mindfulness and hypnosis practitioners. Understanding of the similar and differential aspects of mindfulness and hypnosis can be enhanced by recognizing that "what is focused upon is amplified." Similarities between hypnosis and mindfulness should be more widely recognized. Differences between hypnosis and mindfulness exist but not because of innately different structures. Rather, differences exist because of what each general approach is likely to focus upon in regard to goals and content.

MINDFUL HYPNOTHERAPY TO REDUCE STRESS AND INCREASE MINDFULNESS: A RANDOMIZED CONTROLLED PILOT STUDY || BY NICHOLAS OLENDZKI, GARY R. ELKINS, ELIZABETH SLONENA, JULIA HUNG, & JOSHUA R. RHODES

OPEN ACCESS EDITORIAL

The feasibility of mindful hypnotherapy (MH) intervention for stress reduction was investigated in a randomized trial. Forty-two college-age participants with elevated stress were randomized into MH intervention or wait-list control condition. MH participants completed an 8-week intervention with 1-hour individual sessions and self-hypnosis audio recordings for daily mindfulness. Results indicated excellent feasibility, determined by participant satisfaction, treatment adherence (84% compliance rate), and low rate of adverse events (4.5%). There were significant differences between the MH and control groups postintervention, with the mindful hypnotherapy intervention resulting in signifi-



cant and large decrease in perceived distress, $p < .001$, 15.35 (1.54), Hedge's $g = -1.14$, and increase in mindfulness, $p < .001$, 50.07 (2.04), Hedge's $g = 1.36$. This study indicates that MH is a feasible intervention for stress reduction and increasing mindfulness.

MINDFULNESS IN THERAPY: A CRITICAL ANALYSIS || BY SIMONA STEFAN & DANIEL DAVID

Initially inspired by Buddhist philosophy and practice, mindfulness has become ubiquitous in psychotherapy, counseling, and popular psychology. Several mindfulness interventions have been developed and investigated, many of them attaining strong empirical support for a variety of conditions. However, the authors argue that mindfulness interventions should not be used uncritically and indiscriminately, because, for instance, there is not enough efficacy evidence for all the uses and applications of mindfulness (e.g., mobile apps). Second, following the definition of the concept, the authors argue that detachment may decrease motivational relevance in the face of personal goals and may encourage low intensity affect in cases where this would not be either needed or desirable. On the other hand, they argue that mindfulness-based interventions can be particularly useful treating chronic and severe cases, particularly in depression, pain conditions, and addictions.

THE UNDERSTUDIED SIDE OF CONTEMPLATION: WORDS, IMAGES, AND INTENTIONS IN A SYNCRETIC SPIRITUAL PRACTICE || BY MICHAEL LIFSHITZ, JOSHUA BRAHINSKY, & T. M. LUHRMANN

The science of contemplation has focused on mindfulness in a manner quite disproportionate to its use in contemplative traditions. Mindfulness, as understood within the scientific community, is a practice that invites practitioners to disattend to words and images. The practitioner is meant to experience things as they “really are,” unfolding here and now in the flux of embodied sensations. Yet the use of words and images, together with intentions, is a far more common contemplative practice. The authors present ethnographic research with a syncretic contemplative tradition, Integral Transformative practice (ITP), which grew out of the Human Potential Movement of the 1960s. The authors focus on the practice of “affirmations,” in which practitioners seek to actualize spiritual goals by imagining future possibilities. Our ethnographic account invites new avenues for psychological research to illuminate the role of words and images in contemplation.

HYPNOTIC-LIKE ASPECTS OF THE TIBETAN TRADITION OF DZOGCHEN MEDITATION || BY IAN E. WICKRAMASEKERA II

Dzogchen meditation has been practiced by Bonpo and Buddhist yogis for at least 1,200 years. Dzogchen utilizes methods of meditation and yogic exercises that are said to help one fully awaken from illusions of self and reality that cause suffering in life. The philosophy and experiential practice of Dzogchen is very similar to hypnosis. Dzogchen techniques utilize hypnotic-like practices of selective attention, visualization, and posthypnotic suggestion to help yogis experience advanced insights into the nature of mind. The experience of Dzogchen can be likened to the experience of hypnosis in terms of their phenomenological and psychophysiological effects. Finally, there are also many theoretical similarities between aspects of the ego state therapy, neo-dissociation, sociocognitive, and Ericksonian theories of hypnosis with the tradition of Dzogchen meditation.

LANGERIAN MINDFULNESS AND ITS IMPLICATIONS FOR CLINICAL HYPNOSIS || BY SAYYED MOHSEN FATEMI

Mindfulness is often associated with meditation. This article presents a distinction between meditation-based mindfulness and Langerian mindfulness. Focusing on Langerian mindfulness as a distinct mode of mindfulness, this article argues how Langerian mindfulness may be used in clinical hypnosis to develop a more radical transformation of consciousness. While meditation-based mindfulness plays a significant role in espousing specific modes of mind that are prone to tranquility, calmness, and equanimity, Langerian mindfulness develops a creative state of mind



that is also flexibly tailored toward a peace-oriented mentality with potential features for a foundational change in one's psychological being. The article explores how Langerian mindfulness may facilitate the process of implementing clinical hypnosis.

EFFECTS OF MUSIC AND RELAXATION SUGGESTIONS ON EXPERIMENTAL PAIN || BY ALISA J. JOHNSON & GARY R. ELKINS

Pain is a significant public healthcare challenge. There is growing support for the use of music and suggestive techniques as adjuvant pain treatments. The purpose of this study was to (1) examine the effects of music listening combined with relaxation suggestions compared to music alone and silence on experimental pain, and (2) to explore the potential mechanisms of music-induced analgesia. Sixty-six healthy females were randomized to receive either (1) music plus relaxation suggestions, (2) music alone, or (3) silence. Pain and psychological constructs were assessed following two cold-pressor trials. Between-group comparisons indicated that music and suggestions for relaxation are not superior to music alone for pain. More research is needed to explore the effect of analgesic suggestions in combination with music to further investigate music's potential in clinical pain management.

FEASIBILITY OF ATTACHMENT-FOCUSED SELF-HYPNOSIS TO CHANGE INSECURE GOD ATTACHMENT || BY ABIGAIL WILLIAMS, MEGAN C. HAGGARD & MATTHEW M. BREUNINGER

Secure God attachment is related to less psychological distress and greater well-being, while insecure God attachment is associated with higher levels of psychological distress and various forms of maladaptive coping. Cognitive resistance may arise, however, when therapists directly address insecure attachment beliefs through overt cognitive-behavioral techniques. Based on principles of the dual process model of cognition, the authors hypothesized that self-hypnosis may be a theoretically sound and feasible treatment to alter insecure attachment, since hypnosis addresses the emotional, experiential cognitive system rather than the analytical, deliberative cognitive system. To test this hypothesis, 35 college students practiced a prerecorded, self-guided hypnotic script for 6 weeks. The treatment group's scores indicated significant postintervention decreases in insecure attachment compared to a wait-list control. Qualitative responses also indicated that the majority of participants (62.8%) noticed these relationship changes and attributed them to the intervention.

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BY LAURENCE SUGARMAN, JULIE HOPE LINDEN, LEE WARNER
BROOKS
FIRST PUBLISHED 2020

BOOK DESCRIPTION (from the Publisher's website)

For more information visit:
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Authors

Laurence Irwin Sugarman, MD, is a general pediatrician, author, and research professor at Rochester Institute of Technology. He focuses on mind-body health.

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Lee Warner Brooks, MA, JD, has written in a variety of genres, including the Shakespearean sonnet. He has recently retired from teaching writing at the University of Michigan-Dearborn/Ann Arbor.

Forthcoming in 2020!

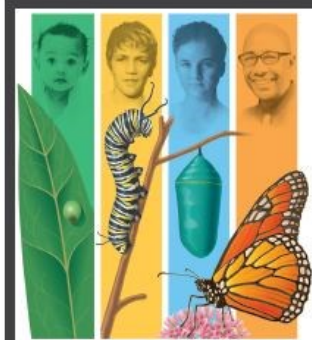
Changing Minds with Clinical Hypnosis Narratives and Discourse for a New Health Care Paradigm

Laurence I. Sugarman, Rochester Institute of Technology, New York; **Julie H. Linden**, private practice, Maine; and **Lee W. Brooks**, poet, Michigan

Combining four original short stories with a treatise, this book is a scientifically current, integrative, and practical guide for understanding clinical hypnosis and its place within a new health care paradigm. It studies the art and science of therapeutic communication, healing relationships, and their neglected place at the heart of healing. Four orienting principles emerge as foundations for therapeutic relationships: Systems Thinking, Relational Being, Temporal Touring, and Narrative Listening.

Clinicians will learn to improve their care by embracing emotional, relational, and narrative elements that powerfully affect health beyond diagnosis, medication, surgery and psychotherapy. Health care educators and policy makers will find inspiration that enriches professional training. Since we all become patients and clients, all readers will discover strategies for bringing more informed compassion and hope to our care.

"What an extraordinary book! *Changing Minds with Clinical Hypnosis* has successfully accomplished one of the most challenging goals of writing a book of this depth and breadth: it rests on a foundation of an exceptionally gentle and respectful humanism while advocating an active approach to caring for people's well-being based on the newest understandings of hypnosis and the science of human relationships. My suggestion: read this important book – and soon!"
Michael D. Yapko, PhD, clinical psychologist and author of *Trancework: An Introduction to the Practice of Clinical Hypnosis* (5th ed.) and *The Discriminating Therapist*



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Pb: 978-0-367-25195-6 | \$52.95
eBook: 978-0-429-28897-5

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11. Evoking Resilience with Autonomy and Uncertainty
Robinson's Story: *Sweet Dreams*
12. Changing Minds, Shifting Paradigms: Beyond the Biopsychosocial Model

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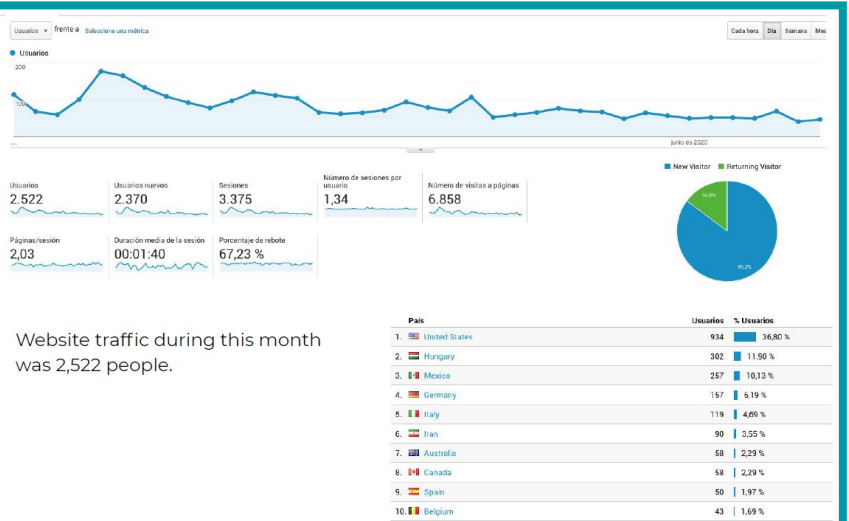
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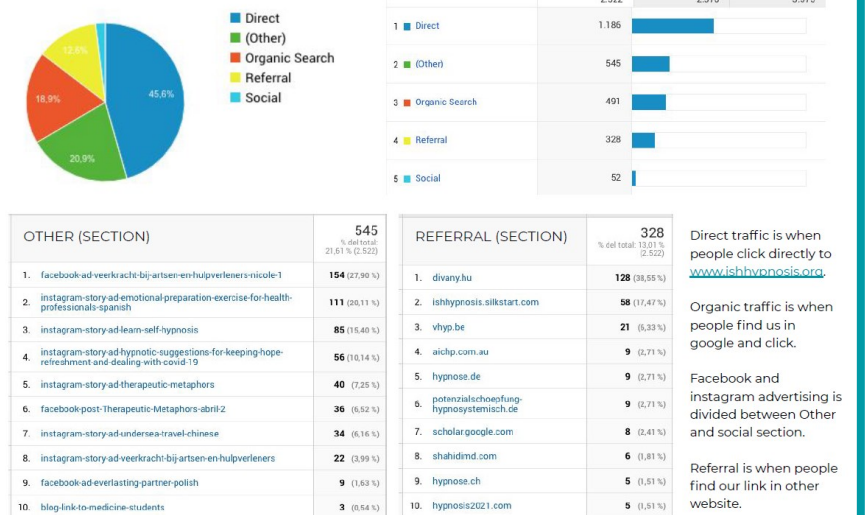
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4. /therapeutic-metaphors/	215	3.14 %
5. /auth/login	174	2.54 %
6. /news-events/ish-newsletter/	136	1.98 %
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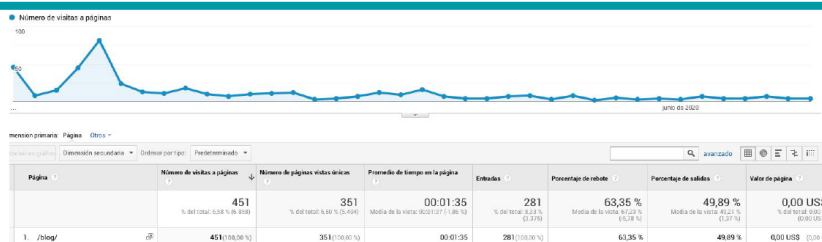
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Nombre	Resultados	Audience
Blog	520	81,312
Default name - Tráfico	53	14,768
Undersee Travel - Chinese	49	11,744
Veerkracht bij artsen en hulpverleners?	30	6,278
Default name - Tráfico	135	29,184
Hypnotic suggestions for keeping hope	132	34,672
Emotional Preparation exercise for Health...	121	12,668
Blog ISH	722	44,168
Everlasting Partner	39	1,485
Nicole 1	680	42,352
Therapeutic Metaphors	—	190
Learn Self Hypnosis	3	162
Resultados de 2 conjuntos de anuncios	1,242	122,688

Facebook Advertising

This month, the advertising budget was destined to promote the blog in different countries. The people reached with this budget was 122,688 people.

MAY FACEBOOK ORGANIC



451 people visited the blog.

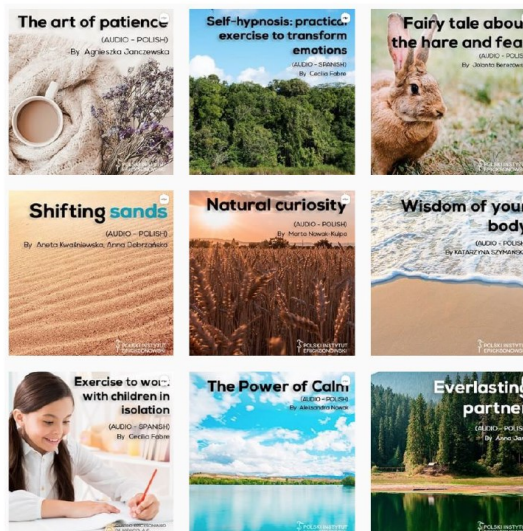
The articles most visited were:

Blog	Visits
therapeutic-metaphors	215
hypnotic-suggestions-for-keeping-hope-refreshment-and-dealing-with-covid-19	128
emotional-preparation-exercise-for-health-professionals/	110
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MAY INSTAGRAM



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OBITUARY FOR IRMTRAUD TESCHNER

BY BERNHARD TRENKLE

In February of this year the Dresden psychologist Irmtraud Teschner died.

She was a specialist in the psychological support and treatment of people with epilepsy. Irmtraud Teschner worked for more than 10 years in a specialist clinic for epilepsy. She was an expert in the use of hypnotherapy in this particular field.

At this point I would like to pay tribute to her work. This is because she was one of the many colleagues throughout the world who use hypnosis in a specialized field of work that often receives little international attention. But that is only one reason. Irmtraud Teschner and her work is the reason that we have launched the project

www.whoISHwho.com

In 2009, in one of my workshops in China, I was asked by two neurologists whether hypnosis was contraindicated for epileptics. I could only answer that I had no reliable information about this. However, in spite of a restricted internet in China, that evening I was able to find Irmtraud Teschner in Dresden, who was not known to me until then. I learned that she was engaged in research and clinical work on this very subject.

It was then that I had the following thought: We need a database system that allows specialists in the area of hypnosis to let others know about their work. Not everything can be found in Google, and not everybody in the world is able to easily access information via Google. That was the start of the idea of www.whoISHwho.com



Irmtraud Teschner then spoke at several German-speaking conferences as well as at the ISH conference in Bremen and received glowing feedback about her teaching each time. The last time I heard her speak was he spoke at the conference Medical Hypnosis 2018 in Heidelberg. We will miss her specialized knowledge and her collegial competence.

<https://whoishwho.com/my-whoishwho/Irmtraud.Teschner.html>



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