



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
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CONTENT

- 1 -

LETTER FROM
THE PRESIDENT

- 11 -

NOTES FROM
THE EDITOR

- 13 -

REMEMBERING
ERNEST LAWRENCE
ROSSI

- 24 -

METAPHORIC
PICTURE

- 25 -

BUILDING
BRIDGES OF
UNDERSTANDING

* 26 *

*HYPNOSIS AND THE
IMMUNE SYSTEM*

* 30 *

PTSD

- 34 -

IJCEH

- 40 -

XXII WORLD
CONGRESS

- 41 -

EVENT CALENDAR

- 42 -

MEMBERSHIPS

- 43 -

INTERNATIONAL
SURVEY

- 44 -

LIST OF
CONTRIBUTORS

LETTER FROM THE PRESIDENT



December 2020
Bernhard Trenkle

Dear Colleagues:

This is my letter at the end of the very special year 2020 for all of us. Recently I asked myself: Is God doing a giant „marshmallow test“ with us at the moment? If you go on YouTube, using the keywords „Marshmallow Test“, you can find many nice movies about children fighting temptation.

As a reminder, in a marshmallow test study a marshmallow is placed on a plate in front of the child. This is a very popular candy for children in some countries. If the child can wait for a while, he or she will get a second marshmallow. If the child can't wait and eats the candy right away, they will have immediate pleasure, but only once. Findings from research in this area show consistently that children who are able to wait for the second marshmallow are more successful in life, even decades later.

When I talk with clients, colleagues in workshops or even with friends and families about the current worldwide pandemic, I have the impression that we all are impatiently waiting for our old life to return, while at the same time reason demands that we should be patiently restrained. Unlike the children in a marshmallow experiment, we don't even know for sure how long it will be before we get a reward.

After all, many of us have the challenging "distraction" that we continuously have to adapt and restructure ourselves and our work. Training workshops, therapy sessions, medical consultations, and even entire conferences take place online. In some countries, such as Germany, we can do hybrid workshops under strict hygiene conditions. A subset of participants can participate in live workshops, while the others participate live online.

We learn many new things. But only at the expense of a lot of strength and energy. Some of us are constantly facing new challenges. These include the organizers of large national or international conferences who have to postpone their events or switch to online platforms. This really does mean a lot more additional work than you might imagine. And it occurs to me that it can even be harmful to the organizers' health. Please be patient if you don't get a response from the conference organizers as quick as usual in these times.



This also applies to the International Hypnosis Conference in Krakow. The conference has now been postponed by a year to very probably June 8-11, 2022. Our COR meeting with board elections will take place online in June 2021 as planned. The President-Elect and Secretary/Treasurer elections will take place online starting from mid-December. These two central offices are directly elected by the members. We are fortunate to have outstanding candidates in each case. The additional board of directors will then be elected in June as usual in the COR-Meeting - this time online.

The collegial, friendly atmosphere in the ISH board is extraordinarily good, despite corona stress. We have regular board meetings every 4-8 weeks via Internet. In just 90 minutes, many items on the agenda are dealt with, decided on, and tasks assigned unusually quickly and productively.

In 2020

- We installed a new member platform that all board members can access. The data transfer from the old to the new system was more difficult than expected, but in the meantime, almost all members' data should be up-to-date.
- The newsletter and the editorial management of Katalin Varga, Budapest, is published in excellent quality four times a year. We are very thankful for the team's excellent work, including, among others, Julie Linden and Nicole Ruyschaert.
- Giuseppe de Benedittis has continued to promote the scientific recognition of hypnosis by the WHO throughout 2020.
- Woltemade Hartman has carried out a very detailed data collection on hypnosis training standards in the member societies, evaluated them, and developed proposals for future ISH standards on these issues with a team of board members.
- We have collected trances and resources in many languages worldwide to cope with the pandemic crisis and made them available on our webpage and the ISH blog. The social media team directed by Ceci Fabre is doing great work. We have received a lot of good feedback for this internationally.
- The platform www.whoISHwho.com has also been further developed, and we ask all members to upload or send us their profiles such as CV, photo, and publication list.
- The administration under the leadership of Shady Tonn continues to do an excellent and highly committed job.
- Our long traditional live board meeting - scheduled for June 2020 in Krakow - unfortunately fell victim to the virus.

We hope for a much better year in 2021 and have planned a live meeting of the new Board of Directors for August 2021 in Krakow.

Wishing you all a good ending to 2020 and a good start in a great new year.

With patience and gratitude,
Bernhard Trenkle

P.S.

I have written two joke books. To relax, I sometimes read joke books that I have received as a gift. Now - is God doing a super marshmallow test with us? And is God actually male or female? I recently found a revealing interview about this in one of my joke books:

A journalist was interviewing mother Mary:
What kind of feeling do you have to be the mother of Jesus?
Mary answered: I hoped for a girl.

Bernhard Trenkle
President ISH



GEDANKEN DES PRÄSIDENTEN (DE)

Sehr geehrte Kolleginnen und Kollegen:

Dies ist mein Brief zum Jahresende eines wirklich für uns alle sehr speziellen Jahres 2020. Kürzlich habe ich mich gefragt : Macht Gott mit uns gerade einen großen Marshmallow-Test? Wer auf youtube geht, kann unter Marshmallow-Test viele schöne Filme sehen, wie Kinder mit der Versuchung kämpfen.

Zur Erinnerung: Auf dem Teller vor dem Kind steht ein Marshmallow. Das ist eine sehr begehrte Süßigkeit für Kinder in manchen Ländern. Wenn das Kind eine Zeit lang warten kann, dann bekommt es ein Zweites. Wer die Zeit nicht warten kann und die Süßigkeit gleich isst, hat den unmittelbaren Genuß, aber eben nur einmal. Das korreliert nach Langzeitstudien mit dem Erfolg im Leben. Kinder, die warten können, sind im Schnitt nach Jahrzehnten auch erfolgreicher in Beruf und Leben.

Wenn ich mit Klienten, Kollegen in Workshops oder auch mit Freunden und Familien über die aktuelle weltweite Pandemie rede, dann habe ich den Eindruck, dass wir alle ungeduldig auf unser altes bisheriges Leben warten und gleichzeitig verlangt die Vernunft, dass wir uns geduldig einschränken sollen. Im Gegensatz zu den Kindern beim Experiment wissen wir noch nicht einmal, wie lange es noch geht, bis es die Belohnung gibt.

Immerhin haben viele die herausfordernde „Ablenkung“, dass wir uns und unsere Arbeit ständig anpassen und umstrukturieren müssen. Trainings-Workshops, Therapie-Sitzungen, ärztliche Konsultationen und ganze Konferenzen finden Online statt. In manchen Ländern wie in Deutschland können wir unter strengen Hygiene-Auflagen Hybridworkshops machen. Ein kleiner Teil der Teilnehmer ist live dabei und die anderen parallel live online.

Wir lernen viel Neues. Das kostet aber auch viel Kraft und Energie.

Einige von uns stehen ständig vor neuen Herausforderungen. Dazu gehören die Organisatoren von großen nationalen oder internationalen Konferenzen, die ihre Veranstaltungen verschieben müssen oder auf online umstellen. Das macht wirklich sehr viel mehr zusätzliche Arbeit, als man es sich vorstellen kann. Und es erscheint mir, dass dies für die Organisatoren manchmal sogar gesundheitsschädlich sein kann. Bitte seien Sie auch da geduldig, wenn sie von Tagungsorganisatoren in diesen Zeiten nicht wie gewohnt rasch Antwort bekommen.

Dies gilt auch für die Internationale Hypnose-Konferenz in Krakau. Die Tagung wurde jetzt um ein Jahr auf sehr wahrscheinlich 8.-11. Juni 2022 verschoben. Unser COR-Meeting mit Vorstandswahlen wird wie geplant im Juni 2021 online stattfinden. Die Wahlen zum President-Elect und Secretary/Treasurer finden ab Mitte Dezember online statt. Diese beiden zentralen Ämter werden von den Mitgliedern direkt gewählt. Wir haben das Glück, jeweils hervorragende Kandidaten zu haben. Der restliche Vorstand wird im Juni dann wie immer im COR-Meeting bestimmt – dieses Mal Online.

Die kollegiale, freundschaftliche Atmosphäre im Vorstand ist trotz Corona-Stress außerordentlich gut. Wir haben regelmäßig alle 4-8 Wochen Vorstandssitzung via Internet. In jeweils nur 90 min werden dabei immer viele Tagungsordnungspunkte ungewöhnlich schnell und produktiv abgehandelt, beschlossen, und Aufgaben verteilt.



2020 haben wir eine neue Mitgliederplattform installiert, auf die alle Vorstandsmitglieder zugreifen können. Der Datentransfer vom alten zum neuen System war schwieriger als erwartet, aber unterdessen sollten die Daten fast aller Mitglieder aktuell sein.

Der Newsletter und der editorischen Führung von Katalin Varga, Budapest, erscheint in hervorragender Qualität 4x im Jahr. Wir sind sehr dankbar für die so hervorragende Arbeit des Newsletter-Teams u.a. Julie Linden, Nicole Ruyschaert.

Giuseppe de Benedittis hat auch 2020 die wissenschaftliche Anerkennung der Hypnose bei der WHO weiter vorangetrieben.

Woltemade Hartman hat eine sehr detaillierte Datenerhebung über die Standards in Bezug auf Hypnose-Ausbildung in den Mitgliedsgesellschaften durchgeführt, diese ausgewertet und daraus mit einem Team von Vorstandsmitgliedern Vorschläge für zukünftige Standards der ISH in diesen Fragen entwickelt.

Wir haben weltweit in vielen Sprachen Trancen und Ressourcen zur Bewältigung dieser Pandemie-Krise gesammelt und diese auf unserer Webpage und dem ISH-Blog zur Verfügung gestellt. Dafür bekamen wir international viel gutes Feedback.

Auch die Plattform www.whoISHwho.com wurde weiterentwickelt und wir bitten alle Mitglieder, ihre Profile wie Lebenslauf, Photo, Publikationsliste hochzuladen bzw. an uns zu senden.

Die Administration unter der Führung von Shady Tonn macht weiterhin einen hervorragenden und sehr engagierten Job.

Unser seit langem traditionelles Live-Vorstands-Treffen – geplant war es für Juni 2020 in Krakau – fiel leider dem Virus zum Opfer.

Wir hoffen in dieser Beziehung auf ein sehr viel besseres Jahr 2021 und haben ein Live-Meeting des neuen Vorstands für August 2021 in Krakau ins Auge gefasst.

Bernhard Trenkle
Präsident ISH

PS.: Ich habe zwei Witzbücher geschrieben. Um mich zu entspannen, lese ich manchmal in Witzbüchern, die mir geschenkt wurden. Macht nun Gott einen Super-Marshmellow-Test mit uns. Und ist Gott eigentlich männlich oder weiblich. Dazu fand ich kürzlich ein aufschlußreiches Interview in einem meiner Witzbücher:

Ein Reporter fragte Mutter Maria:
Was für ein Gefühl ist es Mutter von Jesus zu sein?
Marias Antwort lautete: Ich wollte ein Mädchen.



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LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Chers collègues :

Voici ma lettre de fin d'année 2020 spécialement pour nous tous.

Récemment, je me demandais : Dieu fait-il un « test de guimauve » géant avec nous en ce moment ? Si vous allez sur YouTube, en utilisant les mots-clés « Test de guimauve », vous pouvez trouver de nombreux films sympas sur des enfants qui luttent contre la tentation.

Comme rappel, dans une étude de test de guimauve, une guimauve est placée sur une assiette devant l'enfant. C'est un bonbon très populaire pour les enfants dans certains pays. Si l'enfant réussit à attendre un moment, il recevra une deuxième guimauve. Si l'enfant ne peut pas attendre et mange le bonbon tout de suite, il aura un plaisir immédiat, mais seulement une fois. Les résultats de la recherche dans ce domaine montrent systématiquement que les enfants qui sont capables d'attendre la deuxième guimauve réussissent mieux dans la vie, même des décennies plus tard.

Quand je parle avec des clients, des collègues dans des ateliers ou même avec des amis et des familles de la pandémie mondiale actuelle, j'ai l'impression que nous attendons tous avec impatience le retour de notre ancienne vie, alors que la raison exige que nous nous maîtrisons. Contrairement aux enfants dans une expérience de guimauve, nous ne savons même pas avec certitude combien de temps il faudra avant de recevoir une récompense.

Après tout, beaucoup d'entre nous ont la « distraction » stimulante de nous adapter et de réorganiser constamment notre travail. Des ateliers de formation, des séances de thérapie, des consultations médicales et même des conférences entières se déroulent en ligne. Dans certains pays, comme l'Allemagne, nous pouvons donner des ateliers hybrides dans des strictes conditions d'hygiène. Une partie des participants peut participer à des ateliers en présentiel, tandis que les autres participent en direct en ligne.

Nous apprenons beaucoup de nouvelles choses. Mais seulement aux dépens de beaucoup de forces et d'énergie.

Certains d'entre nous doivent constamment faire face à de nouveaux défis. Il s'agit notamment des organisateurs de grandes conférences nationales ou internationales qui doivent reporter leurs événements ou passer à des plateformes en ligne. Cela demande vraiment beaucoup plus de travail que vous ne l'imaginez. Et il me semble que cela peut même être nocif pour la santé des organisateurs. Veuillez être patient en ce temps si vous n'obtenez pas une réponse des organisateurs de la conférence aussi rapidement que d'habitude.

Ceci concerne également la Conférence Internationale sur l'hypnose à Cracovie. La conférence a maintenant été reportée d'un an et aura lieu probablement du 8-11 Juin 2022. Notre réunion du COR avec les élections du conseil d'administration aura lieu en ligne, en Juin 2021 comme prévu. Les élections du président élu et du secrétaire / trésorier auront lieu en ligne à partir de mi-décembre. Ces deux postes centraux sont élus directement par les membres. Nous avons la chance d'avoir des candidats exceptionnels dans chaque cas. Le conseil d'administration supplémentaire sera ensuite élu en Juin comme d'habitude lors de la réunion du COR - cette fois en ligne.



L'atmosphère collégiale et amicale du conseil d'administration d'ISH est extraordinairement bonne, malgré le stress corona. Nous avons des réunions régulières du conseil d'administration toutes les 4 à 8 semaines par Internet. En seulement 90 minutes, de nombreux points à l'ordre du jour sont traités, décidés et les tâches sont attribuées de manière inhabituellement rapide et productive.

En 2020, nous avons installé une nouvelle plateforme de membres à laquelle tous les membres du conseil peuvent accéder. Le transfert des données de l'ancien vers le nouveau système a été plus difficile que prévu, mais entre-temps, presque toutes les données des membres devraient être à jour.

La newsletter éditée sous la direction de Katalin Varga, Budapest est publiée quatre fois par an et est d'une excellente qualité. Nous sommes très reconnaissants pour l'excellent travail de l'équipe, dont, entre autres, Julie Linden et Nicole Ruyschaert.

Giuseppe de Benedittis a continué à promouvoir la reconnaissance scientifique de l'hypnose par l'OMS tout au long de 2020.

Woltemade Hartman a collecté des données très détaillées sur les conditions de formation en hypnose dans les sociétés membres, les a évaluées et en collaboration avec une équipe de membres du conseil, a élaboré des propositions de futures conditions de l'ISH.

Nous avons rassemblé des tranches et des ressources dans de nombreuses langues à travers le monde pour faire face à la crise pandémique et les avons mises à disposition sur notre page Web et le blog ISH. L'équipe des médias sociaux sous la direction de Ceci Fabre fait un excellent travail. Au niveau international nous avons reçu beaucoup de commentaires positives à ce sujet.

La plateforme www.whoISHwho.com a également été développée, et nous demandons à tous les membres de télécharger ou de nous envoyer leurs profils tels que CV, photo et liste de publications.

L'administration sous la direction de Shady Tonn continue à faire un travail excellent et très engagé.

Notre longue réunion traditionnelle en présentiel du conseil d'administration - prévue pour juin 2020 à Cracovie - a malheureusement été victime du virus.

Nous espérons une bien meilleure année en 2021 et avons prévu une réunion en présentiel du nouveau conseil d'administration pour août 2021 à Cracovie. A vous tous, je souhaite une bonne fin d'année 2020 et un bon début d'une excellente nouvelle année.

Avec patience et gratitude,
Bernhard Trenkle

P.S.

J'ai écrit deux livres de blagues. Pour me détendre, je lis parfois des blagues que j'ai reçues comme cadeau. Maintenant, Dieu fait-il un test de super guimauve avec nous ? Et Dieu est-il réellement un homme ou une femme ?

J'ai récemment trouvé une interview révélatrice à ce sujet dans l'un de mes livres de blagues :

Un journaliste avait une entrevue avec la mère Mary :
Quel genre de sentiment avez-vous d'être la mère de Jésus ?
Mary a répondu : J'espérais une fille.



LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Cari colleghi:

Questa è la mia lettera di fine 2020, un anno molto speciale per tutti noi. Recentemente mi sono chiesto: in questo momento, Dio sta facendo con noi un gigantesco test "Marshmallow"? Se andate su Youtube, alla voce "Marshmallow Test" potete trovare molti film interessanti su bambini che cercano di resistere alla tentazione.

Come promemoria: c'è un marshmallow su un piatto davanti al bambino. In alcuni paesi, il marshmallow è una caramella molto conosciuta tra i bambini. Se il bambino riesce ad aspettare un po', lui o lei ne avrà una seconda. Se il bambino non riesce e mangia subito la caramella, avrà un piacere immediato, ma solo per una volta. I risultati della ricerca mostrano in modo consistente che i bambini che sono in grado di aspettare il secondo marshmallow hanno più successo nella vita, anche decenni dopo.

Quando parlo con clienti, colleghi nei seminari o con amici e famiglie dell'attuale pandemia mondiale, ho l'impressione che tutti stiamo aspettando con impazienza il ritorno alla vita come la conducevamo prima, e, allo stesso tempo, la ragione esige che dobbiamo pazientemente controllarci. A differenza dei bambini dell'esperimento di marshmallow, noi non sappiamo nemmeno quanto ci vorrà prima che ci venga data una ricompensa.

Dopo tutto, molti di noi hanno la stimolante "distrazione" che dobbiamo continuamente adattare e ristrutturare noi stessi e il nostro lavoro. Seminari di formazione, sessioni terapeutiche, consulti medici e anche intere conferenze si svolgono on-line. In alcuni paesi, come la Germania, possiamo tenere workshop ibridi in condizioni igieniche rigorose. Una piccola parte dei partecipanti può partecipare al workshop dal vivo, mentre gli altri partecipano online.

Stiamo imparando molte cose nuove. Ma a scapito di molta forza ed energia.

Alcuni di noi affrontano costantemente nuove sfide. Inclusi gli organizzatori di importanti convegni nazionali o internazionali che devono posticipare i loro eventi o passare a piattaforme online. Ciò comporta davvero molto più lavoro aggiuntivo di quanto si possa immaginare. E mi pare che possa anche essere dannoso per la salute degli organizzatori. Vi prego, siate pazienti se in questi tempi non ottenete la solita risposta veloce dagli organizzatori del convegno.

Questo vale anche per il convegno internazionale sull'ipnosi a Cracovia. Il convegno è stato ora rinviato di un anno, e si svolgerà, con ogni probabilità, 8-11 giugno 2022. La nostra riunione del COR con le elezioni del consiglio si svolgerà online come previsto nel giugno 2021. Le elezioni del Presidente eletto e del Segretario/Tesoriere si terranno online da metà dicembre. Questi due ruoli centrali sono eletti direttamente dai membri ISH. Siamo fortunati ad avere candidati eccellenti in entrambi i casi. Come sempre, il resto del consiglio di amministrazione sarà eletto a giugno nella riunione del COR, questa volta online.



L'atmosfera collegiale e amichevole del consiglio di amministrazione ISH è estremamente buona, nonostante lo stress da Corona Virus. Abbiamo riunioni regolari del consiglio ogni 4-8 settimane via Internet. In soli 90 minuti molti punti all'ordine del giorno vengono trattati, risolti, e i compiti assegnati in modo insolitamente rapido e produttivo.

Nel 2020, abbiamo installato una nuova piattaforma a cui tutti i membri del consiglio possono accedere. Il trasferimento dei dati dal vecchio al nuovo sistema è stato più difficile del previsto, ma nel frattempo i dati di quasi tutti i membri dovrebbero essere aggiornati.

La newsletter e la gestione editoriale di Katalin Varga, Budapest, viene pubblicata in ottima qualità quattro volte l'anno. Siamo molto grati per l'ottimo lavoro del team, tra cui, tra gli altri, Julie Linden e Nicole Ruysschaert.

Giuseppe de Benedittis per tutto il 2020 ha continuato a promuovere il riconoscimento scientifico dell'ipnosi da parte dell'OMS.

Woltemade Hartman ha raccolto dati molto dettagliati sugli standard della formazione in ipnosi nelle società costituenti, li ha valutati e, con un team di membri del board, ha sviluppato su questi temi proposte per i futuri standard ISH.

Abbiamo raccolto induzioni di trance e risorse in molte lingue di tutto il mondo per far fronte alla crisi pandemica e le abbiamo rese disponibili sul sito web e sul blog ISH. Il team dei social media diretto da Ceci Fabre sta facendo un ottimo lavoro. Su ciò abbiamo ricevuto molti feedback positivi a livello internazionale.

Anche la piattaforma www.whoISHwho.com è stata ulteriormente sviluppata, e chiediamo a tutti i membri di caricare o inviare a noi i loro profili come CV, foto, e la lista delle pubblicazioni.

L'amministrazione sotto la guida di Shady Tonn continua a svolgere un lavoro eccellente e altamente impegnato.

Il nostro tradizionale board dal vivo - previsto per giugno 2020 a Cracovia - purtroppo è caduto vittima del virus.

Speriamo in un anno molto migliore nel 2021 e abbiamo programmato un incontro dal vivo del nuovo board per l'agosto 2021 a Cracovia.

Auguro a tutti voi una buona fine al 2020 e un buon inizio di un grande anno nuovo.

Con pazienza e gratitudine,
Bernhard Trenkle

P.S.

Ho scritto due libri di scherzi. Per rilassarmi, a volte leggo libri che propongono scherzi che ricevo in regalo.

Ora, Dio sta facendo un super test marshmellow con noi? Dio è in realtà maschio o femmina? Su questo, recentemente ho trovato un'intervista rivelatrice in uno dei miei libri di scherzi:

Un giornalista sta intervistando Maria e le chiede:
"Cosa provi per il fatto di essere la madre di Gesù?"
Mary risponde: "Speravo fosse una bambina."



COLUMNA DE LA PRESIDENCIA (ES)

TRADUCIDO POR TERESA ROBLES

Queridos Colegas:

Esta es mi carta de finales de 2020, un año muy especial para todos nosotros.

Recientemente me pregunté: ¿Estará Dios haciendo una prueba (“Marshmallow Test”), con nosotros en este momento? Si buscas en YouTube “Marshmallow Test”, encontrarás muchos videos simpáticos de niños luchando contra la tentación.

Te recuerdo que en este estudio se pone un malvavisco (Marshmallow) en un plato frente al niño. Es un dulce muy popular entre los niños de algunos países. Si el niño acepta esperar un ratito, recibe un segundo malvavisco. Si el niño decide comerse inmediatamente el malvavisco y no esperar, tendrá placer inmediatamente pero sólo una vez. Los resultados de estos estudios muestran de manera contundente que los niños que son capaces de esperar para obtener el segundo malvavisco tendrán más éxito en la vida, incluso décadas después.

Cuando hablo con clientes, colegas en talleres o incluso con amigos y familiares sobre la pandemia mundial que vivimos, tengo la impresión de que todos estamos esperando impacientemente que regrese nuestra antigua forma de vida, pero al mismo tiempo, la razón nos pide que permanezcamos pacientemente restringidos. A diferencia de los niños del experimento, no tenemos idea cuanto tiempo tiene que pasar antes de recibir una recompensa.

Después de todo, muchos de nosotros, tenemos la distracción del reto de que nos encontramos siempre adaptándonos y reestructurándonos en nuestro trabajo. Talleres, sesiones de terapia, consultas médicas e incluso Congresos completos se dan en línea. En algunos países, como en Alemania, podemos hacer talleres híbridos guardando ciertas condiciones de higiene. Un grupo de participantes acude en forma presencial y otro en línea.

Podemos aprender muchas cosas nuevas pero gastando mucha fuerza y energía.

Algunos de nosotros estamos continuamente enfrentando nuevos desafíos. Entre ellos, los organizadores de grandes conferencias nacionales e internacionales que tienen que posponerse o cambiar a una plataforma en línea. Esto implica mucho más trabajo extra del que pueden imaginar. Y me parece que puede ser hasta dañino para la salud del organizador. Por favor tengan paciencia si, en estos tiempos, no tienen una respuesta rápida de parte de los organizadores de Congresos como podría darse normalmente.

Y esto aplica para el Congreso Internacional en Cracovia. El Congreso se pospuso por un año y probablemente será del 8 al 11 de Junio del 2022.

Nuestra reunión de sociedades que son parte de la ISH, así como las elecciones de la Mesa Directiva, serán en línea en Junio 2021 como estaba planeado. Las elecciones del Presidente Electo y del Secretario/Tesorero empezarán a realizarse en línea a mediados de Diciembre. Estos dos cargos se eligen directamente por los miembros. Somos afortunados de tener excelentes candidatos para ambos cargos. El resto de los miembros de la Mesa Directiva, se elegirá en Junio, como es costumbre, en la reunión de Sociedad, esta vez en línea.

El ambiente colegial, amistoso en la Mesa Directiva de la ISH es extraordinariamente bueno, a pesar del estrés por el corona virus. Tenemos reunio-



nes regulares cada 4 a 8 semanas vía Internet. En sólo 90 minutos, se manejan muchos temas de la agenda, se toman decisiones y se asignan tareas de manera inusualmente rápida y eficiente.

En 2020 se creó una plataforma de nuevos miembros a la que todos los directivos pueden acceder. El transferir los datos del viejo sistema al nuevo fue mucho más difícil de lo que esperábamos. Pero por el momento ya están actualizados los datos de casi todos los miembros.

La publicación del periódico y el manejo editorial de Katalin Varga ha tenido una excelente cualidad apareciendo cuatro veces al año. Estamos muy agradecidos por el excelente trabajo de este equipo que incluye a Julie Linden y a Nicole Ruysschaert, entre otros.

Giuseppe de Benedittis ha continuado promoviendo el reconocimiento científico de la hipnosis por la OMS a lo largo del 2020.

Woltemade Hartman y un grupo de la Mesa Directiva, han recolectado información muy detallada sobre los estándares de entrenamiento en hipnosis en las sociedades miembros de la internacional, evaluándolos y desarrollando propuestas para establecer en el futuro estándares sobre este tema.

Recolectamos en todo el mundo ejercicios de trance y recursos en muchas lenguas que pudieran ayudar a enfrentar la crisis de la pandemia y los pusimos a la mano en nuestra página web y en el blog de la ISH. El equipo de redes sociales, con Cecilia Fabre al frente, ha hecho un gran trabajo. Hemos recibido muchas y muy buenas retroalimentaciones internacionales.

La plataforma www.whoISHwho.com también ha continuado desarrollándose y pedimos a todos nuestros miembros que subieran o nos mandaran sus perfiles como CVs, foto y lista de publicaciones.

La administración bajo el liderazgo de Shady Tonn sigue haciendo un excelente y comprometido trabajo.

Nuestra ya tradicional reunión presencial de la Mesa Directiva agendada para Junio 2020 en Cracovia, desafortunadamente se anuló, víctima del virus.

Esperamos que seamos mucho más afortunados en 2021 y ya planeamos una reunión en vivo de la Mesa Directiva en Cracovia durante el mes de Agosto.

Les deseo a todos que el año 2020 tenga un buen final y les deseamos también un buen comienzo para un gran año nuevo.

Con paciencia y gratitud,
Bernhard Trenkle

P.D.

He escrito dos libros de chistes. Para relajarme, a veces leo libros de chistes que me han regalado.

Ahora - ¿Estará Dios haciéndonos una marshmallow test? Y, ¿Dios será hombre o mujer?

Recientemente encontré una entrevista reveladora sobre esto en uno de mis libros de chistes:

Un periodista estaba entrevistando a la Virgen María:

¿Qué se siente ser madre de Jesús?

María responde: Esperaba una niña.



NOTES FROM THE EDITOR



Katalin Varga

Dear Colleagues,

I have the honor to be the newsletter editor since the fall 2014 issue and forward. During the past years I did my best to help information flow between our members and the world headquarters, and to provide a forum to get to know each other better. Let us see what we have in the current issue.

Unfortunately, we face a loss in our present issue as well. Following the death of **Ernest Rossi**, many colleagues express their condolences to the family and their grief over the loss.

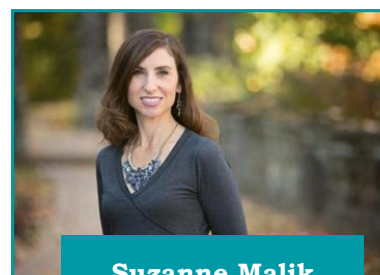
We are honored to have **Kathryn Rossi's** permission to share her lines of remembrance in the newsletter with colleagues. In addition, Nicole was so kind as to put together the commemorations of many friends, students, and fellow students.

In this issue the Building Bridges of Understanding section posts two papers. One of them is A Literature Review on Hypnosis and the Immune System by **Methavee Chaloejitr** and **Neng Daris Salamah Elmi Putri Sibron**, both MSc students of Computational and Cognitive Neuroscience at Eötvös Loránd University.

The other work is prepared by **Eiler Annamária**, psychology student at Eötvös Loránd University, Faculty of Education and Psychology. She is summarizing the use of hypnosis in the treatment of posttraumatic stress disorder.

Gary Elkins and **Lynae Roberts** share the abstracts of the latest issue of the *International Journal of Clinical and Experimental Hypnosis*, the official journal of the International Society of Hypnosis, and inform us about how to submit papers.

I would like to provide some information about the colleagues who are working for ISH “**behind the scenes**”. This time we introduce **Franziska Mück**, as a new assistant administrator of ISH, following Suzanne Malik. As the motivation letter of Francisca makes it clear: the field of hypnosis is not at all new for her. She is very experienced in many organizational activities. As we welcome Francisca to the ISH, we warmly say thank you to **Suzanne** for her valuable work for the past 6 years, helping us (mostly) „behind the scenes”.



Suzanne Malik

I would like to express my sincere appreciation to everyone who helped editing the NL. In recent years, we have all become accustomed to the President's letter appearing in multiple languages. It is so natural because we are an international company. In our case, this means that my dear colleagues, my friends, do the translation in a few days, of course on a voluntary basis, so that the words of the current president, now Bernhard Trenkle, can reach the members of the society as directly as possible. I invite all of you to contact me with your ideas, suggestions for topics, questions, or new columns.

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



XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS COOPERATION IN HYPNOSIS CHALLENGES & BENEFITS 2022, JUNE 8-11 KRAKOW, POLAND JAGIELLONIAN UNIVERSITY - AUDITORIUM MAXIMUM



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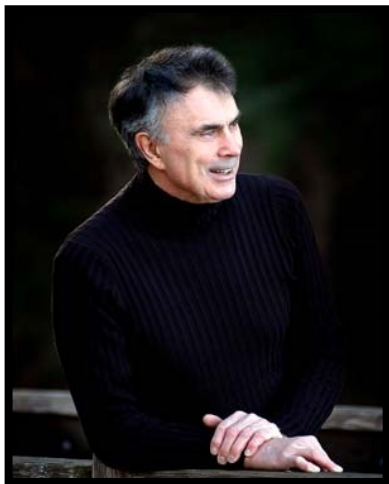
Thank you
for being a member
of the ISH family.

Healthy wishes
for the
New Year.



REMEMBERING ERNEST LAWRENCE ROSSI

Genius and Joy
Ernest Lawrence Rossi
26 March 1933 – 19 September 2020



At 87 ½ years of age, at 11:19 PM, September 19th, 2020, Ernest Rossi passed on of natural causes in his home library - with a smile on his face. For the 30 years that I, Kathryn Rossi, knew him, Ernest lived almost all his time in the present. He held his brilliant and positive consciousness in the present moment until he died. This was no small feat as everyone in his family died of Alzheimer's disease or dementia. He studied every day, often for 6 hours, in order to keep his mind active and growing. We are all the better as recipients of the vast knowledge he developed and shared with us. As you all know, the present moment is where happiness lives.

So, for a moment, open your heart and feel the joyful essence that is Ernie and put that in a place that will nourish you for a lifetime.

Ernest Rossi's brilliance as a psychotherapist was this ability to be in the present moment. He was often silent, but you knew he was right with you every moment, honest and true. He believed in the power of *Numinosum* as described by Rudolf Otto (1917) in *The Idea of the Holy* as that which is *tremendous, mysterious, and fascinating*. For Ernest this was the basis of all life and creativity. He was also comfortable with, and celebrated, "I don't know" moments as gateways for something new—an opportunity for creativity.

Ernest thrived in his lifelong quest to understand, in his own way, the theory of everything. Immanuel Kant was his first literary mentor through *The Critique of Pure Reason* (1781). In high school he contemplated sentence by sentence hoping he could learn to "think" from this book. He did. What a surprise it was to take college entrance exams with Kant's paragraphs included. His score was so high that every opportunity was made available.

What made Ernest the sincere, careful, compassionate, and deep thinker he was? He was born in 1933, son of an Italian immigrant father, Angelo and Mary Rossi in Shelton, Connecticut. Italian was the language of his home. When it came time to go to school, Ernest knew little English. The school categorized him retarded (developmentally delayed) and put him in special classes until the third grade. Two events happened to change their minds. First, in woodworking class he made a stool with 3 legs. The legs were not exactly even, but quite a feat for one who was supposed to be slow-minded. Next, standard testing showed that Ernest read at the 8th grade level. He was then placed in regular classes and remembers the "nice smelling" and "pretty teachers" that gathered to talk about him. That was the first time he was recognized as being valuable by scholars.

As a goofy and immature boy, Ernest was sent regularly to the hallway outside the classroom. There he gathered encyclopedias and began cross-referencing whatever interested him. At recess he would continue studying in the hallway. This same work ethic would come in handy 30 years later while putting together the *Collected Works of Milton H. Erickson*, MD, which he did over one weekend in Malibu.



Angelo and Mary Rossi envisioned their son working at a trade. After grammar school Ernest was sent to work as an assistant to Paddy, the local shoe repair man. Halfway to Paddy's shop was a library. *Electricity for Boys* caught his attention along with great novels. Each day Ernest would spend more time in the library and come later to work with Paddy. Clearly, he was not going to be a shoe cobbler.

High school was a turning point. Ernest was enrolled in the trade school rather than the academic school. All the kids rode in the same bus. On that first day, the prettiest and most popular girl headed up the hill to the academic high school and Ernie followed her. No one could find Ernest's name but added him to the registration list. Several months passed before report cards had to be signed by his shocked parents who said, "Ernest, you were supposed to go to the trade school! What happened?" Ernest feigned ignorance and just shrugged his shoulders.

His high school job was a bicycle delivery boy for local pharmacies. The pharmacists recognized his innate capacity, interest and understanding of biology and pharmacology. They banded together to find full scholarships for Ernest to attend pharmacy school. Secretly, Ernest applied for college when his parents were in Italy on holiday. He borrowed application money from his Uncle Frank and, once again, his parents were very shocked at the life course Ernest was pursuing.

He was awarded a Bachelor of Science in Pharmacy from the University of Connecticut in 1954. By then his passion for learning and appreciation for the power of education had captured his hopes. He went on to receive full scholarships for his Master's Degree in psychology at Washington State University in Walla Walla in 1958, and Doctorate in psychology from Temple University in Philadelphia in 1962. His Aunt Josephine described him as Ernest, "*Ernest, colui che non finisce mai*" - "Ernest, who never finishes." His family was proud of him but never understood his dreams of education. He had both pre-and post-doctoral fellowships with the United States Public Health Services in Clinical Psychology. He was also proud of his work with Franz Alexander, one of the founders of psychosomatic medicine and short-term psychotherapy.

Ernest's contributions are legendary. He achieved status as a Diplomat in Clinical Psychology through the American Board of Examiners and began to establish his own unique perspectives. His first published paper with the American Journal of Clinical Hypnosis was *Psychological Shocks and Creative Moments in Psychotherapy* (1973). He used this pivotal and life-reframing principle in our last session as co-therapists just two weeks ago. He believed dreams are windows to growing consciousness. He studied Carl Jung's work extensively, becoming a training analyst before writing his first book: *Dreams, Consciousness, Spirit* (1972/2000). He joined the International Association for Analytical Psychology taking active roles in the CG Jung Institute of Los Angeles. We have shared our dreams each morning, along with new spiritual insights. Ernest was deeply curious to know about the growing edges of consciousness.

Meeting Milton H. Erickson was pure serendipity. A client in 1972 pointed his fingers at Ernest and said, "I know what you are doing. You are doing Erickson!" Ernest's curiosity piqued, and over one weekend he read Jay Haley's book, *Uncommon Therapy: The Psychiatric Techniques of Milton H. Erickson, MD*. Ernest was so engrossed he did not eat or sleep. He simply read. That Monday he was ill enough to seek medical attention. The doctor said, "Whatever you are doing, just stop it now. You are getting an ulcer!" Ernest reasoned he should see Erickson for therapy since he now had a psychosomatic illness.

After a few sessions Erickson recognized that Ernest, was not a patient, but someone there to learn. Erickson said, while wagging his pointed finger at Ernest, "You are not here for therapy, you are here to learn! Don't



give Betty any more checks.” Over the next 8 years Ernest drove from Los Angeles to Phoenix for one week every month. Ernest recognized that Erickson had developed unique talents and skills that extended understandings of human potential for healing. The two of them established a bond of friendship and collaboration that became a meaningful professional contribution. Ernest brought a youthful energy, a passion for unlocking the secrets and understandings that others had attempted to reveal in Erickson’s work. The collaborators who had previously worked with Erickson had done some important groundwork in bringing Erickson’s genius to light, but for a number of reasons all had limited success. Erickson, now in the last decade of his life, was physically unable to organize, compile, or clarify his body of work. It was not long before their collaboration gained its own momentum. The two, each with a genius of their own, co-authored *The Collected Papers of Milton H. Erickson* (8); *The Seminars and Workshops* (4); *Hypnotic Realities*; *Hypnotherapy: An Exploratory Casebook*; and *The February Man*. *The Collected Works of Milton H. Erickson MD*, co-edited by Ernest, his wife Kathryn and Erickson’s daughter Roxanna, is now in 16 updated volumes that includes these books. The volumes will soon be released in digital format. The volumes, while not all of Erickson’s primary works, remain the definitive *corpus* that document the legacy of Milton H. Erickson, MD.

Ernest continued to explore areas and aspects of psychotherapy beyond Erickson into the nature of the unconscious - all the way to the quantum levels. By the time he had received the Lifetime Achievement award from the Milton H. Erickson Foundation in 1986, he had also become Editor of the periodical, *Psychological Perspectives: A Journal of Global Consciousness Integrating Psyche, Soul and Nature*. He began an in-depth study of mathematics and chronobiology and continued to invest himself in the physiology, or you could say, “internal pharmacology” of consciousness. By 1999, he was participating with the US Department of Energy on the human Genome Project and positing explanations for DNA microarrays. His pioneering PsychoSocial Genomic work with Kathryn Rossi encourages an understanding of how thoughts and behaviors interface with gene expression as a top-down approach, creating brain plasticity. Our team, including Salvatore Iannotti, MD, Mauro Cozzolino, PhD, Giovanna Cilia, PhD, Richard Hill, MBMSc, and Jan Dyba, PhD, have been invaluable. Ernest’s work continued with momentum and force. While numerous recognitions and awards were granted over the decades, he described the most important was his relationship with Kathryn. We wed in 1995, after 5 years together, in the Cumbrian Northern Lake District of England at the county seat, Cockermouth. We became partners in Ernest’s lifelong explorations of emotions, behavior, physiology and the workings of the body and mind. Together, we explored the concepts of ultradian rhythms, the Four-Stage Creative Cycle, PsychoSocial Genomics and other mind/body connections that are so fundamental to consciousness, creativity, and healing.

Our publications ranged from the nature of consciousness, to enlightenment and the psychobiology of gene expression along with new developments in genomics and quantum understandings. Sometimes our propositions preceded discoveries, and sometimes served to explain new discoveries. We always worked together, in partnership, with a harmonious passion for learning and sharing. The Mirroring Hands practice of therapeutic hypnosis evolved into a signature approach.

During the 30-years that we shared; we refined the deep numinous understandings of the theory of everything he sought. Ernest always questioned what underlies the best of psychotherapy, rehabilitation, health, and relationships. This was one of his unique contributions. He was usually 10-20 years ahead of his time, forecasting what psychology could and eventually did become. He advanced his, and our, conceptualization of the influence of psychobiological circadian rhythms on the human psyche. His depth of appreciation for the natural waxing and waning of energy emerged as a foundation that helps us to utilize nature to become our best self.



Is it possible to summarize in a paragraph? Over his lifetime, Ernest received a multitude of recognitions including a Lifetime Achievement awards from The Milton Erickson Foundation (1986), American Association for Psychotherapy (2003) Lifetime American Society of Clinical Hypnosis (2008) and an Achievement in Science for the RNA/DNA Psychosocial Genomic Theory of Cognition and Consciousness from the Austrian Society of Medical Hypnosis (2019). He has served on eight different professional editorial boards, he has authored or edited 46 books, and published over 400 research articles, all in professional journals. This was his contribution to our ongoing focus into deeper understandings of consciousness and the nature of life itself.

Ernest remained sharp, interested and cognitively intact until the final day, even though there was a natural aging loss of muscular mobility and some hearing loss. While it is hard not to feel a sense of loss for this humble, gentle friend whose life was filled with loving kindness, I invite you to let the joy that is *him* shine most radiantly in your minds In an ongoing and daily way. Let us all celebrate, individually and together, the positive presence and joyful essence of Ernest Lawrence Rossi.

Appreciation and condolences in celebration of the life of Ernest Rossi are best directed to support the legacy of his work. In lieu of flowers, it would be wonderful for those who wish to contribute, to continue the cooperative exchange of knowledge that Ernest felt so passionate about. Please write your stories of Ernest and what he meant to you, or how he contributed to your knowledge and send them to Kathryn. Should you wish to make a cash donation to ongoing PsychoSocial Genomic research, or to learn more about Ernest, please visit www.ErnestRossi.com.

Kathryn Rossi



TRIBUTE TO ERNEST LAWRENCE ROSSI

After hearing the sad news of the passing away of Ernest Rossi on 2020, September 19th we decided to dedicate some part of the ISH Newsletter to him.

We asked some colleagues to write something about Ernie, the way they met, the meaning of him in their life and how inspiring he was for their career.

My personal memories go back to the Evolution of Psychotherapy congress in Hamburg 1994. He was sitting on a bench in front of the workshop room fully engaged in some personal preparatory practice before starting the workshop to bring himself in the right state for the workshop. I was impressed by seeing him and discovering the way he worked with and in hypnosis. I could not wait to start reading his Mind-body therapy book! Ever after that I was always impressed by his renewing vision on the field. I was really amazed to see him year after year improving after his stroke and being on stage full of energy.

Thank you, Ernie, for the legacy you left for us!



Nicole Ruysschaert

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Trainer and Supervisor Hypnosis
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I had the chance of meeting Ernest Rossi and his wife, Kathryn, 34 years ago at the Congresses of the Milton H. Erickson Foundation. He was always smiling and open to everyone.

When we participated at the Authors Hour at the Congresses, we were always side by side because of the first letter of our Family Name: Robles, Rossi and I had the chance of had a lot of informal talks with him. I think his contribution to the field of hypnosis is huge and unique because he oriented his work to build the scientific bases of hypnosis through his work in the field of Neurosciences.

I always appreciate the special relationship between him and Kathryn, and their work together. I also appreciate the tender and loving way in which she took care of him during his last years.

I am sure that Kathryn will surprise all of us in the way she will continue the work done by both.

Teresa Robles
MA in Social
Anthropologist
Ph. in Clinical Psychology
Family Therapist





MY TIME WITH ERNEST ROSSI BY RICHARD HILL

In December 2005 I boarded a plane in Sydney, Australia for the USA. I had registered for *The Evolution of Psychotherapy* conference in Anaheim, California. No single event has had a more surprising and long-lasting impact on my life, other than the birth of my children. Unbeknownst to me, and certainly to Ernie, that flight was the first step in an apprenticeship that lasted 15 years. In 2017, we co-authored what has become the definitive text on the therapeutic practice that we call *Mirroring Hands*. In the book, we explore complex systems theory, genetics, natural rhythms and cycles, quantum mechanics and, most importantly, we described what Ernie and I think is the next evolutionary step in therapeutic practice - the client-responsive approach. Who would have guessed?



Richard Hill and Ernest Rossi

It was an easy decision to fly 14 hours to listen to such a stellar faculty. Surprisingly, I had no idea who Ernest Rossi was, but he was talking about genetics and brain plasticity which seemed fascinating. He was the first speaker and after bedazzling us with the theory, he led us through a group *Mirroring Hands* process. That was all I needed. My enthusiastic greeting as part of the throng clamouring around him at the end of the talk may not have won him over immediately, but I had written a book and I asked if he would give me his opinion. The conference finished so I left the USA, Ernie and my book behind.

Nothing happened for another couple of months. Then, without warning, an email arrived with a wonderfully positive review from Ernie and an endorsement to use on the back cover. I'm still not sure whether he knew it, but that sealed it for me. Despite the distance and my comparatively low stature in the world of American psychotherapy and hypnosis, Ernie and I began to correspond about fascinating research and our best ideas. Each year I travelled to the Erickson foundation conference to spend time with Ernie and eventually to become a speaker. He always challenged me and questioned my ideas, testing my resolve. He took me through neuroscience, genetics and, in the latter years, into the extraordinary world of *quantum*. I always tried to come up with a new idea, a new perspective, a new possibility. I found out later that was exactly what he wanted. He kept pushing me outside my growing edge – and so I grew.

There are many times with him that were tremendous: I would stand in for Kathryn onstage now and again to act as his ears, which were sadly fading in the latter years; he asked me to do a group *Mirroring Hands* process one year – a baptism of fire; we would walk together when I was able to visit his home, often silently, sharing our minds clairvoyantly across the “social synapse”; we enjoyed a beer together; but the memory that is the most magical was the time we had lunch at the “club” nearby his home.

For reasons we never understood, their kitchen was closed until 1pm. We ordered a beer and a stout for Ernie who pulled out a book. He turned to a page towards the back, which was covered in his annotations. We focused on a few paragraphs that were arguing the nature of consciousness. We fileted those words more efficiently than the chef who would soon be preparing our fish for lunch. We threw ideas and possibilities around like they were balls in a juggling act. Time seemed to pause for us, and so we were surprised when the waitress returned to declare that the kitchen was open. I looked up at her and, with a slightly mischievous Australian twang, told her that this was most inconvenient because we hadn't quite solved the problem of conscious-



ness! She smiled a little but took a long look at these two ruffled men and her eyebrows lifted, making her eyes widen, and her mouth opened in a typical expression of surprise. Ernie took great pleasure in having that impact on the waitress. So did I. But we all calmed ourselves, ordered more beer and a delicious fish meal. As we drove back to the house Ernie said, simply, “That’s the best lunch of my entire life.” I think the hyperbole may have been excessive, but as I think about it now, it was very special for both of us.

There is so much that Ernie has done that will live on far beyond his passing. Many of his ideas are still waiting for “science” to catch up. For me, Ernie lives on in my head, in my memories and in the way I feel about life. I will be sharing as much of this as I can in the future. Together, we live on.

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Richard Hill, MA, MEd, MBMSc, presents internationally on the topics of human dynamics, communications, the brain and the mind, and his specialty: Curiosity & Possibility. His work with the eminent Ernest Rossi, PhD, has led to the publication of *The Practitioner’s Guide to Mirroring Hands*, which is not only about a particular technique developed by Rossi, but also a complete approach to therapeutic practice. He is Past-President of the Global Association of Interpersonal Neurobiology Studies (GAINS), Education Director of The Science of Psychotherapy, Director of the Mindscience Institute and, Managing Editor of *The Science of Psychotherapy*. His other books include, *Choose Hope and How the ‘real world’ Is Driving Us Crazy!* as well as numerous articles, journal papers and book chapters.

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ERNIE ROSSI ALONG THE NUMINOUS COAST OF ETERNAL EXPLORATION WITH BETTY BLUE, PH.D. AND ERIKA CHOVANEC, PH.D.

Betty: Fascinated by the entrancing elements of therapeutic playfulness that have been correlated with emotional, spiritual, and physiological well-being, I watched Dr. Ernest Rossi from across crowded conference halls for many years. His wisdom as an author, an intellectual and a shining star of hope and wonder would amaze me so much that he seemed far beyond any vision I could have had of him as a colleague or a friend: As if I had been blinded by the light of his brilliance. Yet, I often found myself referring to his book on The Psychobiology of Mind-body Healing, as a reference tool.

After meeting and becoming like a sister to my dear Slovakian born colleague and friend, Erika Chovanec, I found myself agreeing to accompany her to a workshop that was to be given by Ernest and Kathryn Rossi. Erika was devoutly involved with Ericksonian hypnotherapy and the study of both “Being Motivation” and “peak experiences” and was excited not only to attend the training, but to personally study with Ernest Rossi. Since she was traveling by plane to an airport close to my home in Southern California from her home and private practice in Vienna, Austria, I felt that the least I could do was to drive the two of us the rest of the four-hundred-kilometer distance to the Rossi training in Morro Bay on the central coast of California.

Before our weekend training began, I was able to have an internet conversation with Kathryn Rossi, who was registering participants for the workshop. During our conversation I briefly described some of my own conference presentation offerings and discoveries about therapeutic and healing playfulness. I instantly felt at ease with Kathryn but was ex-



pecting to feel intimidated by the impressive Dr. Ernest Rossi. The training was held in a room with large windows overlooking a beautiful and calm bay. The room, the friendly participants, and most of all, the down to earth attitude of our main teacher allowed my sense of intimidation to begin to blow away with the ocean breeze.

After the weekend workshop was over and the other participants had left, Kathryn knew that Erika would be spending the next day having private mentoring experiences with her husband. To my delight, Kathryn spent that day with me openly sharing inspiring stories of the personal healing challenges that she and Ernest had overcome as she playfully escorted me through the beautiful inland wine country.

The following day Ernest Rossi and Erika invited me to join them as a training session subject while Erika observed our interactions. That morning, as Erika and I walked the short distance from our hotel room to the Rossi's home office, I found myself singing the words to a song to Erika, "We're off to see the wizard, the wonderful wizard of Oz". Erika laughed.

By early afternoon, our "in-home-office" training ended. As we walked outside the Rossi's home, Dr. Rossi asked me if I knew how to visit "Montana de Oro". I looked around the area in confusion trying to picture a mountain of gold. "Someone must have used the 'confusion technique' on my GPS system", I replied, adding, "My car doesn't know how to get anywhere in this area". Our teacher responded back by looking at both of us and saying, "Come with me". He put on his "hoodie" jacket, handed us our jackets, and we walked to his SUV.

We will now switch to Erika's perceptions of the experience that we shared as we use our memories to go back in time: **You never know what is right around the next curve.**

Erika: Betty and I are now sitting in Dr. Rossi's car. He is driving us along the coast of Los Osos on an excursion into the unknown. It is a crisp, cool, and beautiful day in April of 2008. On our left side we can see the typical Californian landscape, on our right side the Pacific Ocean appears to be producing a wind that is growing cooler and wetter with every kilometer. From the car the three of us can clearly see the immense vastness of the ocean. Betty and I are just starting a new journey of creative development. Dr. Rossi's hands hold the steering wheel in a self-assured manner. Gentle music of "Kitaro" accompanies the continuing curves along the path we are on. It almost feels as if we are being rocked in a cradle, while I notice my fingers making light movements to the rhythm of the music.

Betty and I have no idea what to expect. When I ask Dr. Rossi where he is taking us, he answers: "You will see". It makes us both very curious. He is enhancing our human attraction to novelty. None of us are talking but we are in what he could have described as "**Stage one of the creative process**".

Stage two: Incubation

We are confused about any purpose or goal for this excursion and why this ambitious man is giving us so much of his time, but our guide and driver simply says, "We never know what is around the next curve". The knowledge of what might be there becomes less important than the experience of being and quietly absorbing what is happening. We are feeling a sense of meaning by becoming one with the experience itself.

Dr. Rossi stops the car at a magnificent look out point above the cliffs and the crashing waves. The three of us get out of the car and walk one after the other into the unknown. The wind is blowing strongly. Just as

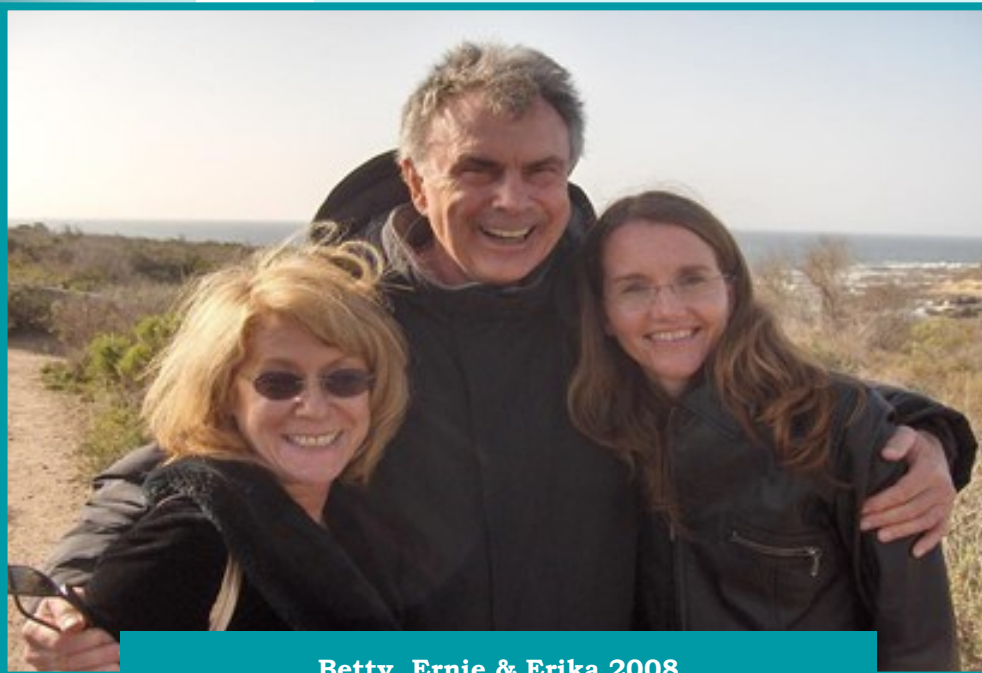


we quietly say to ourselves, “This is why we came here and It is so beautiful.”, Ernest Rossi repeats, “This is just the beginning and you never know what might come next.” In front of us we see an open ocean of new experiences.

Then Dr. Rossi brings us closer to the edge of a cliff. On the right side near the ocean is a sign: **“Danger! ... Don’t go behind the point.”** He looks at the sign and then looks back at us saying, “It’s important to pay attention to the signs along the way, but sometimes when you have a guide that knows the territory you can go further than you thought you could”: He gently and carefully leads us past the sign and with an assuring smile shows us that he knows the landscape well enough to safely take us further “beyond the boundaries”, closer to the edge of the cliff, and into the supposed, “danger zone” where he knows the territory.

Stage three: The Illumination

We look out over the ocean and it seems as if we are seeing the curvature of the planet. After a few more meters, we are also experiencing a magnificent symphony of wind and crashing waves. We both look around and continue to be amazed at the beauty that surrounds us, and as we repeat, “This is wonderful!” our host replies, “There is more to come”. We are awestruck by how the powerful intensity of the sound of the crashing waves and the height of their wet windy spray seem to be increasing with every 200 meters. We could not have imagined such a rugged and wild ocean exhibition. As the waves continue to grow even stronger and the cliffs continue to grow even more impressive, Dr. Rossi continues to repeat: “This is wonderful, but you never know what may come next.”



Betty, Ernie & Erika 2008

Soon we have now driven past additional curves in the road and the car stops at another lookout point. As we once again walk by the sea, everything is like one organic trance. It feels as if we are sharing a “peak experience” or the stage three of Illumination. It is one of those lovely moments of pure happiness. Such experiences in life are, indeed, numinous. They are the glorious payments for the other more diffi-

cult experiences that we have known. We can sense the beauty we share in our bodies and souls but with an unspoken eloquence that defies words.

These images, the beauty of the ocean, the movement of the waves, and the organic feeling of all of us being together at this moment in time reminds us of how short and precious life is and how blessed we are to be sharing beauty with one another. We feel as if we are all totally alive and that each of us is more alive because of one another. We pose for a



picture arm and arm and linger for a moment as if we do not want the moment to end.

That evening in the Rossi's dining room, we warm up by sampling Kathryn's delicious hot soup. We laugh while telling our hosts that, earlier in the day, while walking to their home, Betty had quietly sung: "We're off to see the wizard." Ernest knowing the song replies, "Me a wizard, why I'm just Ernie".



Stage four: We are back at our homes: One of us in Vienna, Austria, the other in Southern California.

Betty now states: I can't help but quote the words of the famous American, Benjamin Franklin, who said, **"Tell me and I forget, teach me and I may remember, involve me and I learn."**

As the years passed, we continued to see Dr. Ernest Rossi as "Ernie", and as an ingenious mentor, but more importantly, as a non-judgmental, accepting, and loving guide, a role model of humble actualization, and a dear friend.

We played together with Ernie and Kathryn Rossi in "General Waking Trance States": States that we often return to. Who knows how many times we have now repeated to clients, to loved ones, to colleagues and to ourselves, "You never know what is right around the next curve in

the road. You never know what amazing experience or adventure may come next".

Following the 2008 central coast experience that Erika and I shared, my husband, Michael, and I met casually with Kathryn and Ernie on a couple of occasions. During our last visit the four of us were in lounge chairs on the patio of the hotel room that Michael and I were sharing. The patio overlooked a garden



Ernie & Erika in the library

and beyond it was a calm and serene portion of Pismo Beach, California. As the four of us daydreamed while looking out over the glistening water, I began to quietly say, "And you never know what's coming next". Just then a man who was parasailing swooped down, almost landed on our patio, then swooped right back up into the air and disappeared.



We all laughed but then silently basked in the novelty of the experience. Those surprisingly beautiful experiences, so spiritually uplifting that we might call them “numinous”, can be endless, but our eyes, our minds, and our hearts need to be open to experience them.

Twelve years have now passed since our initial coastal excursion and so has Ernie. Erika and I skype after having heard of Ernie’s death.



Erika Chovanec and Ernest Rossi

Erika comments: **“We now experience Ernie as having chosen a place on the coast of eternity”.** We take a few moments to cry together, we send our love to Kathryn, we comfort one another, and we also smile with gratitude at our memories. We know that the well-known Dr. Rossi, the teacher who spoke less but said a lot, lives on in the thoughts and work of his students.

Betty adds: Yes, Ernie’s genius along with his hopes and ambitions will live on through the work of Kathryn, through his audiences, in those who have read and studied his books and in others who are contributing to his research.

We will forever feel privileged for having experienced the essence of our brilliant, gentle, playful, and supportive friend, “Ernie”, and his awe-inspiring nature will live on in our hearts, beyond boundaries, and along the numinous coast of eternal exploration.

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“METAPHORIC PICTURE”



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

Pictures: Kata Varga || Location: Szodliget, Hungary





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...



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HYPNOSIS AND THE IMMUNE SYSTEM A LITERATURE REVIEW, 2020

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Psychological interventions have been posited to aid in the recovery of physical ailments for quite some time, dating as far back to 1930 and even before that, although it was not labelled as psychoneuroimmunology until relatively recently (Hall, 1983). One of these interventions is hypnosis, which has been studied somewhat extensively given its potential to directly influence the immune system and its cellular by-products.

The immune system is the body's first and foremost bastion against diseases. It destroys foreign substances, commonly called pathogens, by producing cells that locate and fight against them. Primarily, the cells in the immune system are white blood cells of several varieties which work alongside antibodies that could be for general or specific diseases. Research has shown that the immune system has ties to the brain via the sympathetic nervous system, implying that it can be therefore controlled to an extent (Hudacek, 2007).

This potential for manipulation forms the basis for hypnosis' interactions with the immune system. A psychological treatment that has a long history, hypnosis is most often described as a method of altering awareness through techniques such as relaxation or imagery (Evans, 1990). Though there has been much research proposed on hypnosis' ability to moderate immune system functioning, it is not yet proven to what extent the effect is: either a general relaxation response or hypnosis-specific effect (Hannigan, 1999). Some sources (Evans, 1990) suggest that hypnosis' effects are purely placebo, although more recent research states otherwise. Though at first glance hypnosis might not look like it directly affects anything, it is an intervention that works on the brain to incite changes within the body, so it is understandable that any physical (and therefore visible) outcomes are not immediately apparent.

Hypnosis has been used to assist with inducing relaxation and imagery training, thus hypnotic susceptibility (a.k.a. hypnotisability) has been measured as an individual difference that may predispose individuals to a more successful outcome. This is a factor that has been discussed since the start of hypnosis research (Hall, 1983) and is now widely operationally measured using scales such as the Stanford Hypnosis Scale Form C (Hudacek, 2007).

It has been shown that self-hypnosis training and practice led to observable physiological results, such as heart rate improvements, and has the potential to enhance immune function as it can reduce physical or mental responses to stress (Hammond, 2010). Barling and Raine (2005) state that stress, regardless of source, is an important factor in the complex system of interactivity that connects the central nervous system to immunity. Their data highlights that even something as temporary and subjective as academic stress from exams can regulate a wide range of immunological activities.

Hypnosis also possesses comparable effects with well-established treatments, like progressive relaxation. Considerable evidence exists that training in self-hypnosis not only reduces generalized stress but is additionally effective in reducing anxiety related to public speaking, test-taking, and coping after being diagnosed with cancer. It also reduces anxiety experienced by burn patients and those who undergo childbirth (Hammond, 2010).



Johnson et al. (1996) conducted a study to investigate the effects of relaxation training and hypnosis on the modulation of the immune response to an experimental stressor. Relaxation training and hypnotic suggestion led to increased lymphocyte responsiveness to phytohaemagglutinin (PHA), and only experimental subjects showed a significant increase in interleukin 1B (IL-1B) immediately after stressing and 24–48 hours later. Furthermore, stress-induced changes in interleukin 1 (IL-1) have been related to hypnotisability. These findings indicate that hypnotisability, as assessed by the Creative Imagination Scale (CIS), may be an important moderator of the psychoneuroimmunological response to relaxation training and exposure to an acute stressor.

Following the results of hypnosis on stress, Hudacek (2007) wanted to see if hypnosis could affect more serious diseases, such as breast cancer, by examining prior case studies. As a key component in the escalation of cancer, stress can trigger the release of the tumour growth hormones glucocortisol and cortisol. The hypothalamic-pituitary-adrenal pathway is where these hormones can originate from, and as hypnosis has been shown to reduce stress, it can possibly regulate this pathway, thereby slowing down cancerous growth.

The results were not significant enough to be conclusive. There were only some temporary increases in natural killer cells (NKC) in two of the examined studies. Interestingly, when the difference in technique (either more relaxed or more meditative/imagery-based) was factored in, it was found that those in the autogenic (meditative) group with more vivid imagery ability had a definite increase in NKC count. This result ties to the cognitive activation hypothesis of Gruzelier et al.'s (2002) work, discussed further below, wherein a more active approach seems to stimulate positive results.

As self-hypnosis seems to be a common methodology, we present Darby and Fannon (1995), who measured immune response lymphocytes in students and suggested that hypnosis may be an effective technique to stabilize the immune system during stressful life events. Students who received self-hypnosis training differed from the control group in counts of T-lymphocytes, helper T cells, NKC, and non-helper T-lymphocytes. Ruzyla-Smith et al. (1995) similarly focused on immune responses related to cell counts between the treatment group (hypnosis) and relaxation group, who underwent Restricted Environmental Stimulation Therapy (REST). Those high in hypnotisability exposed to hypnosis showed significant immunomodulation as measured by greater counts of B-cells, helper T-cells, and suppressor T-cells in contrast to those high in hypnotisability exposed to REST relaxation.

Hypnosis has been shown to have a significant impact on herpes (HSV; herpes simplex virus). In Gruzelier et al.'s (2002) study, frequency of self-hypnosis practice (the methodology of which involved instructions of cognitive alertness, immune imagery, and ego strengthening) was correlated positively with a general immune up-regulation response and specific NKC efficacy (cytotoxicity) towards HSV alongside increases in flat NKC numbers and CD8+ (lymphocyte) cells. The trait of cognitive activation, mentioned above, was also found to be quite important in regulating the results and had high predictive quality on herpes recurrence.

It is within this cognitive activation framework that Gruzelier et al. explains the intricacies of hypnosis' effects on the immune system. First of all, there is evidence to suggest that immune system functionality is lateralised within the brain, specifically to the left hemisphere. This stems from trans-magnetic stimulation studies of salivary IgA (immunoglobulin-A) and free cortisol concentration, animal studies, and EEG studies on those with HIV (Clow et al., 2002; Gruzelier, 1989; Gruzelier et al., 1996). As cognitive activation also involves thinking and speaking quickly, activities that are well-established to be lateralised in the left hemisphere, it can be sur-



mised that cognitive activation has a left hemispherical preference. Therefore, the active component of hypnosis, which involves directed and generative imagery, may influence the immune system by triggering cognitive activation, located primarily in the left hemisphere, which in turn is connected to the efficacy of the immune system.

Although we have described hypnosis as a strategy for controlling specific responses to stress, this can be slightly misleading. The flexibility of hypnosis makes it hard to categorize as a therapeutic modality, and this may be one reason why its use has not been widely touted. While there is hardly a dearth of scientific evidence, results have usually been either mixed or specific to certain afflictions. Nevertheless, those familiar with the literature on therapeutic hypnosis may conclude that it can be effective for some persons and disorders, and this in itself makes the area worth further study.

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THE USE OF HYPNOSIS IN THE TREATMENT OF POST-TRAUMATIC STRESS DISORDER

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INTRODUCTION

Hypnotherapy is one of the oldest treatment methods of traumas in the history of psychology. Though its therapeutic value was already discovered by Freud, it was first widely utilized in the treatment of veterans coming back from Vietnam and struggling with the aftermath of the horrors of war (Ibbotson, 2012). The effectiveness of hypnosis can be explained by the analogy lying between the components of hypnotic state and the symptoms of posttraumatic stress.

According to the DSM 5 categorisation posttraumatic stress disorder (PTSD) falls into the category of Trauma and Stressor Related disorders, but it also has an overlap with dissociative disorders. Dissociation can be defined as a disturbance in the integration of the memory, identity, perception or consciousness: it is usually a natural response to a traumatic and overwhelming experience to protect the self, but it also serves as the basis of altered states of consciousness such as hypnosis (Spiegel & Loewenstein & Lewis-Fernández & Sar & Simeon & Vermetten & Cardeña & Fell, 2011).



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SYMPTOMS OF PTSD AND THEIR CONNECTION WITH HYPNOSIS

PTSD consists of four groups of symptoms. Victims may suffer from intrusive thoughts, nightmares and violent flashbacks as they re-experience the traumatic event. Furthermore, they endure hyperarousal symptoms such as hypervigilance, insomnia, concentration difficulties and an overall restlessness. The third characteristic of PTSD is avoidance: the person in question tries to stay away from all stimuli associated with the traumatic event, including people, situations, conversations, the actual place of the event, but also from revisiting the trauma-related thoughts, memories and feelings. Finally, PTSD may lead to the negative alteration of emotional state and cognition: a lack of positive emotions, a negative self-concept and sometimes severe depersonalisation, detachment or even the inability to recall the details of the trauma (American Psychiatric Association, 2013).

All of these overlap with the three main aspects of hypnosis such as absorption, suggestibility and dissociation. Absorption is an intense focus, perception is narrowed both



in a hypnotic state and during the trauma or the flashback: the person's attention is drawn to one particular aspect or detail of the situation while all the others remain unnoticed (Spiegel, 2001). Spiegel defines suggestibility as "*a tendency to respond readily and uncritically to social cues*" (p. 149). He observes that hyperarousal causes a somewhat similar reaction: PTSD victims usually respond automatically in the traumatic situation and later on they are hypersensitive to cues which may lead to the recollection of the traumatic event.

However, among the three main aspects of hypnosis, dissociation might have the strongest link with PTSD. Spontaneous dissociation in a traumatizing situation is an adaptive and natural self-protective response to cope with the devastating and self-incongruent experience (Spiegel, 1988). It can occur during or after the trauma; rape victims for example may undergo an out-of-body experience during the assault. As the DSM emphasizes, the traumatized can experience dissociative amnesia, detachment and estrangement (American Psychiatric Association, 2013). PTSD can also have comorbidity with dissociative identity disorder, but it is important to note that whereas many DID patients manifest dissociative PTSD symptoms such as amnesia or flashbacks and the problem is also trauma related, numerous features of DID (like dissociated identity states and alternating between them) usually do not occur in PTSD patients (American Psychiatric Association, 2013). While dissociation in PTSD is not deliberate, it is structured and controlled in hypnosis, therefore it can help victims to gain control and re-evaluate the traumatic event (Spiegel, 1988).

To understand dissociation, it is important to know the underlying neurobiological mechanisms of PTSD and the affected brain regions. PTSD patients manifest an excessive activation of the amygdala. When quick reaction is needed, sensorial information gets directly to this region without further cortical evaluation, so the emotional response precedes the conscious judgment. The hippocampus is also involved in the pathopsychology of PTSD, but the recollection of physical responses (such as respiratory and cardiac changes) is mediated by the amygdala (Ibbotson, 2012).

Barabasz and Barabasz state that traumas activate subcortical brain structures, therefore related memories become encoded in these regions. When the traumatic memories are triggered by reminders, the victims manifest an increased cerebral blood flow in particular regions such as the amygdala and the insula, but findings imply that there is a simultaneous deactivation in the left anterior prefrontal cortex, particularly in Broca's area, which is responsible for the verbal expression of thoughts and emotions (Barabasz & Barabasz, 2013). Thus while those regions which experience strong emotions are activated, the ability to communicate these feelings is reduced. According to these findings, therapy of PTSD cannot simply target the cognitive reframing of the trauma on a conscious level. The authors resorted to the use of abreactive hypnotherapy (reaching the emotional and physical experiences) and found that it had immediate and long-lasting effects on patients suffering from PTSD.

PTSD AND HYPNOTISABILITY

Research implies that PTSD patients have also reportedly high hypnotisability (Spiegel, 1988) (they achieve higher mean score than the normal subjects on the Stanford Hypnotic Susceptibility Scale, Form C). As we have already seen, the victim's state of mind during or after the trauma resembles considerably the hypnotic state (the attention focus is narrowed, the person experiences dissociation), which influences how these memories are stored and can be retrieved afterwards (Spiegel, 2001). Spiegel draws attention to the fact that the retrieval is facilitated if the person is in a similar mental state to the one he or she had when the traumatic event occurred (and the memories were stored), which can be effectively attained by hypnosis. This way PTSD patients can better confront the dis-



troubling events and they can gain control over it in a safe and structured way. It is important to note that though dissociative amnesia is a stand-alone clinical condition in DSM 5, it is also induced by traumatic events and has a comorbidity with PTSD (American Psychiatric Association, 2013). Dissociative amnesia and PTSD also show similar neurocircuitry patterns, and dissociated memories can become briefly available (cf. flashbacks), hence they can be retrieved with hypnosis (Spiegel et al., 2011).

THERAPEUTIC USE OF HYPNOSIS IN THE TREATMENT OF PTSD

There are several adequate forms of hypnosis and therapeutic tools which can be applied in the treatment of PTSD. Hypnosis allows the patient to mobilize his or her resources and slowly integrate and process the trauma. Obviously, the most important step is the creation of a safe environment and an empathic and non-judgemental therapeutic rapport, but after that hypnotherapists can use different methods according to the state and needs of the patient. Dissociation is a possible approach in the treatment of PTSD: therapists may apply dissociated imagery suggestions such as the split-screen technique, the protective bubble or the cinema technique, where the patient can confront the traumatic events and negative emotions without being fully involved (Ibbotson, 2012).

Studies suggest that even a single session procedure can lead to significant improvement. Barabasz and Barabasz used abreactive hypnosis repeatedly in a 5-6 hour long session and found that the consecutive abreactions were experienced less and less intensely. Follow-ups indicated that the positive effects of the treatment were maintained over the course of time (Barabasz & Barabasz, 2013).

Traumas can be confronted with another type of hypnotic induction as well. Active-alert hypnosis induces hypnotic state by suggestions for alertness and mobilization (Banyai & Hilgard, 1976). The person stays physically active, and meanwhile maintains intense mental, physical and emotional focus. The therapist and the PTSD victim then work together to reinforce the person's sense of inner control. Patients can also learn auto-suggestion techniques which can be practiced outside the therapy to reduce the symptoms of PTSD (Eads & Wark, 2015). As helplessness is one of the main features and most devastating elements of traumas, this kind of mental and corporal regulation may help the patient to gain back control and safely explore the consequences of the traumatic event. Last but not least, hypnosis can also be used as a supportive psychotherapy: Abramowitz et al. applied hypnotherapy in the treatment of combat related PTSD patients who received other types of psychotherapy and medical intervention. Instead of a holistic approach, they concentrated on the treatment of the patients' PTSD related insomnia and used symptom-oriented hypnotherapy. They found that the successful treatment of sleep disturbances improved the victims' mood significantly and lessened the negative effects of PTSD (Abramowitz et al., 2008).

CONCLUSION

In conclusion, considering the similar underlying mechanisms of post-traumatic stress disorder and hypnosis and the results of empirical studies, we can say that the different forms of hypnotherapy are effective and beneficial treatments, which can help PTSD victims to cope with the distressing symptoms and reframe the trauma, so that it could be integrated into the self without harming the person.

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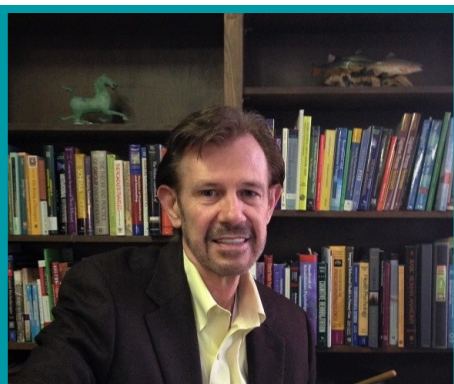
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Beginning with the January 2020 issue, printed journal articles and online PDF pages have a new layout. If you receive the journal in the mail, you probably noticed that this year's issues are bigger! This layout allows us to fit more great content on each page. The change 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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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.

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COOPERATION IN HYPNOSIS. CHALLENGES & BENEFITS
8-11 JUNE, 2022 KRAKOW, POLAND

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The editor would like to extend heartfelt thanks to each individual who reviewed manuscripts for the *International Journal of Clinical and Experimental Hypnosis* this past year.

The input of peer reviewers is indispensable to sustaining the journal as a valuable and informative resource for hypnosis clinicians, researchers, and professionals in related fields. Our expert reviewers ensure that readers are provided with the highest quality articles.

The voluntary contribution of your time and expertise is sincerely appreciated and highly valued.

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Hypnosis: New Generation



ABSTRACTS FROM THE OCTOBER-DECEMBER 2020
SPECIAL ISSUE: NEW GENERATION RESEARCH
GUEST EDITOR: KATALIN VARGA

HYPNOSIS IN TREATMENT OF ATOPIC DERMATITIS: A CLINICAL STUDY

Léa Delaitre, Jean Denis & Hervé Maillard

Atopic dermatitis (AD) is a multifactorial disease that may have a psychosomatic component. In this study, the authors aimed to measure the effect of hypnosis on AD in a clinical setting. Patients with AD who never had systemic treatment were offered hypnosis sessions. Twenty-seven patients with AD and a mean age of 34.5 years participated in a mean of six hypnosis sessions (range 2 to 16). AD severity can be assessed with the Eczema Area and Severity Index (EASI). EASI score was calculated during the first and last hypnosis sessions for 21 patients. Eczema improved or resolved in 26 of the 27 patients. Mean EASI score for the 21 patients evaluated was 12 at the first session and 2.8 at the last session. Hypnosis may be useful in AD and may overcome the need for systemic treatments for some patients.

FEASIBILITY OF A BEHAVIORAL INTERVENTION TO REDUCE PSYCHOLOGICAL DISTRESS IN MECHANICALLY VENTILATED PATIENTS

Yanni Tan, Ognjen Gajic, Phillip J. Schulte, Matthew M. Clark, Kemuel L. Philbrick & Lioudmila V. Karnatovskaia

Many survivors of acute respiratory failure suffer from mood disorders following discharge from the hospital. We investigated the feasibility of intensivists delivering psychological support based on positive suggestion (PSBPS) to 20 intubated patients to reduce their psychological distress. Thirteen patients completed follow-up surveys. Of those, 9 remembered the intensive care unit physician talking to them, and 7 described it as comforting. Five patients (38%) met criteria for anxiety, depression, and acute stress. In comparison to historical controls, intervention may be associated with lower estimated odds of anxiety. PSBPS can be performed with patients in parallel with medical treatment to potentially reduce psychological morbidity and to humanize critical care. A larger randomized study is warranted to assess the efficacy of PSBPS.

FROM QUANTUM PHYSICS TO QUANTUM HYPNOSIS: A QUANTUM MIND PERSPECTIVE

Giuseppe De Benedittis

A novel, heuristic model based upon chaotic complex systems theory and quantum mechanics is proposed to overcome the dichotomy between mind and body. The mind-body interface represents a chaotic system, ruled by the probability principle, as shown in quantum mechanics. Neuronal activity shows many patterns of chaotic behavior, and applications of chaotic patterns seem to be relevant for research regarding the mind-body relationship and the process of trance. A quantum consciousness theory has been proposed, largely controversial, since quantum physics applies to subatomic world and not to macrostructures, such as the brain. Quantum



cognition is an emerging field that applies the formalism of quantum theory to model cognitive phenomena such as information processing by the human brain; it overcomes limits and shortcomings of cartesian dualism as well as quantum general theory. As hypnosis is a state of consciousness, it applies to hypnotic cognitive functioning rather than hypnotic structure.

PHENOMENOLOGICAL EXPERIENCES DURING ACTIVE-ALERT HYPNOSIS: COMPARISON OF HYPNOTIST AND SUBJECT

Eniko Kasos, Krisztian Kasos, András Költő, Emese Józsa & Katalin Varga

There has been increasing clinical interest in active-alert hypnosis (AAH). However, relatively few studies have been devoted to studying its properties systematically. The present study compared the subjective experiences of subjects (31) and hypnotists (5) during AAH, using Pekala's Phenomenology of Consciousness Inventory (PCI), the Dyadic Interactional Harmony (DIH) scale and the Archaic Involvement Measure (AIM). Results demonstrated similarities between the experiences of subjects and hypnotists. The only significant difference between the subjects' and the hypnotists' experiences was shown by the PCI, which highlighted the differences stemming from the different roles of hypnotist and subject during the AAH. The study suggests it may be important to examine subjective descriptors in the exploration of personal experiences in studies of AAH.

PHYSIOLOGICAL MONITORING TO ENHANCE CLINICAL HYPNOSIS AND PSYCHOTHERAPY

Donald Moss

Physiological monitoring provides a useful access into the patient's affective state during hypnotically assisted therapeutic sessions. Physiological monitoring identifies autonomic dysregulation and can also display the process of restoring autonomic regulation via hypnosis and other quieting strategies. Commonly used modalities for physiological monitoring are identified, and clinical illustrations of how psychophysiological monitoring can be used in hypnosis and hypnotically assisted psychotherapy are provided. Clinicians may benefit from including psychophysiological knowledge in hypnosis education. Physiological monitoring may enhance hypnosis interventions for some disorders; however, more research is needed for evaluation of efficacy.

PRE-TRAUMA GROWTH UNDER TERROR THREAT: SUGGESTIVE COMMUNICATION METHOD IN ANTICIPATORY TRAUMA

Mariann Ziss

Counterterror measures put communities in a state of alertness for several years. Jewish schools in Europe respond with higher security measures, going through transformations in their daily routines and environments, marked by security rituals. Anticipating the trauma creates extreme situations that polarizes the sense of agency and alters the state of consciousness, having a collective impact. Analyzing the anticipatory trauma within the framework of the altered state of consciousness opens the possibility for intervening with suggestive communication methods that aim to increase the sense of agency. The positive effect of teachers learning the suggestive communication methods on the sense of agency was measured with the Sense of Agency Scale. The altered state of consciousness in anticipatory trauma opens the mind for the sense of agency changing in a signature pattern, in a way that is typical for a group, allowing cultural reproduction.

ERICKSONIAN FAMILY CONSTELLATION WORK WITH METAPHORIC OBJECTS: DISCUSSION AND ILLUSTRATION

Cecilia Fabre Robles

This article describes Ericksonian family constellation work with metaphorical objects. This method is based on using metaphorical objects that can represent relevant characteristics of a person, history of a situation, and/or solutions to problems. This method can be utilized in an individual or group format. The development of this method was influenced by methods developed by Bert Hellinger, Milton H. Erickson, and the contri-



butions of Teresa Robles. Ericksonian family constellation work with metaphoric objects is discussed and illustrated from a workshop presentation at the conference, Hypnosis: New Generation (HNG).

GROUP HYPNOSIS FOR STRESS REDUCTION – A FEASIBILITY STUDY

Silvia Fisch, Sylvia Binting, Stephanie Roll, Margit Cree, Benno Brinkhaus & Michael Teut

The aim of this study was to develop a standardized hypnotherapeutic group program for stress reduction, test its feasibility, and measure its preliminary pre- to postintervention effects. In this prospective, single-arm feasibility study, healthy adult participants with self-assessed increased stress levels received 5 weekly group hypnosis sessions plus audio recordings. Twelve persons (10 females, mean (SD) age 48.9 (11.8) years participated. The mean (SD) intensity of perceived stress on a 0-to-100 mm VAS was reduced from 75.5 (11.5) mm at baseline to 33.9 (18.8) mm after 5 weeks. Cohen's perceived stress scale was reduced from 20.8 (5.7) to 13.8 (5.4). Focus group interviews showed that the study intervention was feasible and well accepted. Confirmatory testing of the intervention in a randomized controlled trial is necessary.

FEASIBILITY OF CLINICAL HYPNOSIS FOR TEST ANXIETY IN FIRST-YEAR MEDICAL STUDENTS

Christian M. Hammer, Michael Scholz, Larissa Bischofsberger, Friedrich Paulsen & Pascal H. M. Burger

The purpose of this pilot study was to characterize test anxiety among first-year medical students at the University of Erlangen-Nürnberg and to test clinical hypnosis as a possible intervention. The "Prüfungsangstfragebogen," a shortened and revised German version of the Test Anxiety Inventory, was used to estimate test anxiety. It was administered 3 times: at the commencement of winter term 2017/18 and 2 days prior to each of 2 mandatory oral anatomy exams. The test-anxiety categories emotionality, worry, interference, and lack of confidence were evaluated. The effect of clinical hypnosis on test anxiety was estimated. The global test anxiety and lack of confidence scores were reduced significantly over time in the group that underwent clinical hypnosis but not in the control group. Direct comparisons of hypnosis vs. control group yielded no statistically significant differences in the test anxiety scores.

FEASIBILITY OF HYPNOSIS ON PERFORMANCE IN AIR RIFLE SHOOTING COMPETITION

Sabrina Mattle, Daniel Birrer & Achim Elfering

This study investigated the effect of a single hypnosis intervention on shooting performance in a 10-meter air rifle competition. Eight shooting athletes from the Swiss national team participated in the experiment; an A-B-A single case study design was used, with 2 baseline measurements. The results suggest that for 3 athletes the hypnosis intervention had a small positive effect on their performance compared to all other measurements, 6 subjects had small improvements compared to 1 baseline measurement, and 2 subjects had a performance decrease. Data from the participants' subjective rating of the intervention effect and their satisfaction with it demonstrated feasibility and that all subjects experienced the hypnosis intervention as positive. Moreover, they commented that they felt calmer and more focused and self-confident when they began the competition. Therefore, it seems promising for shooting athletes to learn how to integrate hypnosis into their training regimens, but additional research is needed.



XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS

“COOPERATION IN HYPNOSIS. CHALLENGES & BENEFITS”

WHAT:	XXII World Congress of Medical & Clinical Hypnosis “Cooperation in Hypnosis. Challenges & Benefits”
WHEN:	!!! NEW DATES !!! 8-11th of June, 2022
WHERE:	Krakow, one of the most beautiful medieval cities in Europe. Auditorium Maximum Conference Center of Jagiellonian University, the oldest Polish university
WHO:	International Society of Hypnosis (ISH), The Polish Milton H. Erickson Institute
CONTACT:	fundacja@p-i-e.pl ; info@p-i-e.pl

Dear Colleagues

We are writing this note to let you know that, due to the COVID-19 pandemic, we have decided to **postpone the live ISH Krakow Congress to June 8-11, 2022**. So, it is just one year later.

However, we will still hold the business meetings virtually in June of 2021. These will include our COR Meeting and the election of the new ISH BOD.

We are also considering sponsoring a select number of workshops and perhaps a talk or two online during this time. Please stay tuned for information about the virtual event. But please mark your calendars for the Congress in June 2022. If you have not already done so, feel free to register for the Congress here: <https://www.hypnosis2021.com/auth/register>

Please spread this information to your national and international colleagues.

Because of special Polish Tax laws, you can register for the Congress without paying immediately.

The Polish Organizing team will tell you when you have to pay without creating tax problems for the organizers. Everybody will pay the Congress fees that are valid at the time of registration (i.e., you will get early bird registration prices if you register early), even if you do not pay right away.

Looking forward to seeing you in person soon,

Bernhard Trenkle,

Dipl. Psych. President ISH

Kris Klajs,

Dipl. Psych.

Congress Chair, ISH BOD Member

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



EVENT CALENDAR

[HTTPS://WWW.ISHHYPNOSIS.ORG/EVENTS/](https://www.ishhypnosis.org/events/)



ATTENTION
PROFESSORS, WORKSHOP TRAINERS, COLLEAGUES:
PLEASE LET YOUR FULL TIME STUDENTS KNOW THEY MAY
JOIN ISH FOR FREE.

SPREAD THE WORD!

FREE MEMBERSHIP OFFER FOR STUDENTS

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

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

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

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

ISH ELECTION

<https://www.ishhypnosis.org/election-2021>

ISH Members are electing at the moment a new President-Elect and a Secretary/Treasurer.

Woltemade Hartman, South Africa and Kris Klajs, Poland are the candidates for President-Elect.

Enayat Shahidi, Iran and Brian Allen, Australia, are the candidates for Secretary/Treasurer.

The rest of a new BOD will be elected in summertime in a virtual COR Meeting during the time of the originally planned International Conference.

The Live Conference will be held June 8-11, 2022 one year later.



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INDIVIDUAL ISH MEMBERSHIP

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

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

FOR A CS MEMBER TO BECOME A MEMBER OF ISH:

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

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

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



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

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

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



INTERNATIONAL SURVEY

PLEASE PARTICIPATE IN THE INTERNATIONAL SURVEY OF HYPNOSIS CLINICIANS AND RESEARCHERS

The Hypnosis Efficacy Task Force is a multi-national team of hypnosis clinicians and researchers that has been crafting guidelines for best practices and standards for hypnosis research, as well as recommendations for research priorities for the next decade. As an extension of that project, the Task Force is carrying out a unique research survey of clinicians, researchers and students in the field of hypnosis, which aims to provide the most comprehensive picture to date of current practices and views in clinical and experimental hypnosis. The survey is co-sponsored by several of the major hypnosis societies, including ISH, ESH, SCEH and APA Division 30. The members of the Task Force would like to ask all ISH members to help make this important project a success by personally completing the survey.

The survey takes about 20-25 minutes to complete, and the data are collected in an anonymous manner. To participate, simply go to the following web page and provide your name and email, and you will then receive a secure personal link to the survey (this two-step mechanism is used to avoid the same individuals influencing the results with multiple entries, or unqualified people or Internet bots making entries):

INTERNATIONAL SURVEY OF HYPNOSIS CLINICIANS AND RESEARCHERS

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PARTICIPATE IN THE SURVEY!

If you are a hypnosis clinician or researcher and would like to participate in this survey, please leave your name and e-mail address here. We will then send you a unique link to complete the survey anonymously (See *PRIVACY STATEMENT* below) - generally within 48 hours:

FIRST NAME: LAST NAME:

E-MAIL:

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PRIVACY STATEMENT: The responses you provide in the survey will be anonymous. The name and email address you provide here will not be shared outside this study and will not be associated with your survey responses in any way, but will be used only to record whether you have completed the survey, in order to avoid duplicate or false entries, and also to send you copies of paper/papers summarizing the findings.

[HTTP://HYPNOSIS-SURVEY.COM/PARTICIPATE.HTML](http://hypnosis-survey.com/participate.html)

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