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NEWSLETTER

Building Bridges of Understanding
2021, Volume 45, No. 1

LETTER FROM THE PRESIDENT



Bernhard Trenkle

March 2021

Bernhard Trenkle

Dear Colleagues, Dear Members,

A critical question that has been on my mind lately is whether or not we need to – and if so, if we can -- form our own Congress insurance. Looking back, this question has not really come up. For example, with respect to my own constituent society (CS), MEG in Germany, I can say that all annual congresses between 1985 and 2019 could take place as planned without any problems.

But now, due to the Corona pandemic, there has been an interruption in planned congresses. All during 2020, as well as now in 2021, no live conference could take place. If we look into the history of international hypnosis conferences, practically all conferences could take place as planned on the scheduled dates. If we look into the history of the largest psychotherapy conference the same. The Evolution of Psychotherapy, founded by Jeffrey Zeig, was held regularly between 1985 and 2017. All 8 previous Evolution conferences, each with between six and eight thousand attendees, took place live on the dot. But in December 2020, it had to be cancelled and changed to an online format for the first time.

As a conference organizer who has organized many large conferences, including an Evolution conference in Europe with 6,000 attendees, I know that there are high costs associated with postponements or and cancellations.

Also, looking back in history, when I was a student, my professor for family therapy Helm Stierlin organized large conferences with 2,000 participants. The organizational team included residents and psychologists from Heidelberg University Hospital. But there was a big difference to today: the offices, the fax machines, the computers, the desks, the telephones, etc. were all provided by the university or the state. There were also paid secretaries who could manage the organizational details of the congress almost full-time. Meanwhile, our congresses like Bremen, Paris, or Krakow were or are being organized by private institutes. Every computer, every desk, the heating, the light everything is at the expense of this institute. If such a conference is delayed, even for just one year, then the salaries of the people who organize it have to be paid for that extra year.



And until now, no one ever thought that there could be a risk of failure in the congress organization. But Corona has now made us aware of this possibility. A few years ago, a volcano erupted in Iceland and planes had to be grounded for some time. If something like that happens, what happens to the organizer of a conference? Are we allowed to leave the colleagues alone with their costs and hardships. I think not; that would not be fair.

When I organized the only European Evolution conference with Jeff Zeig in 1994, there was a small risk of failure in the form of then threatened major terrorist attacks related to the conflicts in Yugoslavia. At the time, I tried to insure this basic cost risk with Lloyds London. But when I read everything in the contract, the fine print excluded any political or environmental risks. That which was imponderable, even if very unlikely, was not insurable.

And this gave me the idea that we might be able to create a kind of insurance ourselves, together. How can such a thing succeed? I think we have to change the conditions of participation of international conferences. Basically, the idea is this: those who register commit themselves to leave a small part of the registration fee with the organizers, in case something unforeseen and uncaused like Corona happens. So, we, as participants and speakers, are willing to leave a part of the conference fee with the organizers, so that they do not have to pay for organizing a nice conference event for all of us through no fault of his own.

That means concretely that one explains oneself with the registration material clearly. Something like, "In the improbable case that the conference has to be cancelled due to no fault of the organizer, up to 70 euros of the registration fee will remain with the organizer."

We already used this model in a similar way when organizing the first Asian conference, because it was clear at that time that the conference was organized that there was some risk that the conference might need to be cancelled at the last minute. As a result, all of the international speakers agree to pay 80 euros in advance as a deposit on the tourist tours. This way the tour organizer was able to fully focus on our tour organization, instead of also needing to earn money in another job at the same time. This worked out very well, and practically everyone was willing to participate. We were all then richly rewarded by a unique conference that included a wonderful travel experience. Had the conference needed to be cancelled at the last moment due to political unrest or the threat of war, the student tour organizer would have been allowed to keep these 80 euros per participant for her intensive preparation work.

I plan to talk to experienced congress organizers such as Jeff Zeig about how a reasonable model could look like in detail.

This model can then be used in 2024 and we will all be co-organizers.

Please also support the Polish team in organizing our next congress www.hypnosis2022.com from June 8-11, 2022. Share the webpage through your social networks and register yourself. Early bird rates have been extended.

If you are interested in organizing the 2024 congress, please contact us.

Bernhard Trenkle
President ISH



GEDANKEN DES PRÄSIDENTEN (DE)

Liebe Kollegen, Liebe Mitglieder,

Eine kritische Frage, die mich in letzter Zeit umtreibt, ist, ob wir unsere eigene Kongress Versicherung gründen müssen – und falls ja, ob wir das können. In der Vergangenheit ist diese Frage nicht wirklich aufgetaucht. Zum Beispiel für meine eigene Mitgliedsgesellschaft (CS), die MEG in Deutschland, kann ich sagen, dass alle jährlichen Kongresse im Zeitraum von 1985 bis 2019 wie geplant und ohne Probleme stattfinden konnten.

Aber nun, aufgrund der Corona Pandemie, hat es eine Unterbrechung der langen Reihe jährlicher Kongresse gegeben. Im ganzen Jahr 2020, sowie jetzt im ersten Halbjahr 2021, konnten keine Live-Konferenzen stattfinden. Wenn wir die Geschichte der internationalen Hypnosekonferenzen betrachten, konnten praktisch ebenfalls alle Konferenzen wie geplant an den vorgesehenen Daten stattfinden. Die Evolution of Psychotherapie, gegründet von Jeffrey Zeig, fand zwischen 1985 und 2017 regelmäßig statt. Alle acht bisherigen Evolution Konferenzen, jede mit zwischen sechs und acht tausend Teilnehmern fand punktgenau live statt. Aber jetzt im Dezember 2020 musste die Konferenz zum ersten Mal abgesagt und in ein Online-Format umgestellt werden.

Als Konferenzorganisator, der viele große Konferenzen organisiert hat, inklusive der Evolution Konferenz in Europa mit 6.000 Teilnehmer, weiß ich um die hohen Kosten, die mit Verschiebungen und/oder Absagen verbunden sind.

Wenn ich zudem in die Geschichte zurückblicke, als ich noch Student war, organisierte mein Professor für Familientherapie Helm Stierlin große Konferenzen mit 2.000 Teilnehmer. Das Organisationsteam bestand aus Assistenzärzten und Psychologen des Universitätsklinikums Heidelberg. Aber es gab einen großen Unterschied zu heute: die Büros, die Fax-Maschinen, die Computer, die Schreibtische, die Telefone etc. sind alle von der Universität oder dem Staat gestellt gewesen. Es gab außerdem bezahlte Sekretärinnen, die sich beinahe full-time um die organisationale Details des Kongresses kümmern konnten. Währenddessen wurden und werden unsere Kongresse wie Bremen, Paris oder Krakow von privaten Instituten organisiert. Jeder Computer, jeder Schreibtisch, die Heizung, das Licht – alles geht auf Kosten dieses Institutes. Wenn so eine Konferenz verzögert wird, auch wenn es nur für ein Jahr ist, dann müssen die Gehälter derjenigen Personen, die den Kongress organisiert haben, für dieses extra Jahr bezahlt werden.

Und bis zum jetzigen Zeitpunkt hätte selten jemand daran gedacht, dass es die Gefahr eines Tagungsausfalls in der Kongressorganisation geben könnte. Aber Corona hat uns nun dieser Möglichkeit bewusst gemacht. Ein paar Jahre zuvor brach in Island ein Vulkan aus und alle Flugzeuge mussten für einige Zeit am Boden bleiben. Wenn so etwas passiert, was passiert dann mit dem Organisator einer Konferenz? Dürfen wir unsere Kollegen mit ihren Kosten und Nöten alleine lassen? Ich denke nicht; das wäre nicht fair.

Als ich die einzige europäische Evolution Konferenz zusammen mit Jeff Zeig im Jahre 1994 organisierte, bestand das kleine Risiko eines Ausfalls in Form von damals angedrohten, großen Terroranschlägen in Zusammenhang mit den Konflikten im ehemaligen Jugoslawien. Zu dieser Zeit versuchte ich dieses grundlegende Kostenrisiko bei Lloyds London zu versichern. Aber als ich im Vertrag alles gelesen hatte, waren im Kleingedruckten jegliche politische oder Umweltrisiken ausgeschlossen. Das was



unwägbar, auch wenn sehr unwahrscheinlich war, war nicht versicherbar.

Und dies brachte mich auf die Idee, dass wir selbst vielleicht eine eigene Art Versicherung zusammen gründen könnten. Wie kann so etwas gelingen? Ich denke, wir müssen die Teilnahmebedingungen für internationale Kongresse verändern. Die grundlegende Idee ist wie folgt: Diejenigen, die sich registrieren, verpflichten sich selbst dazu, einen kleinen Betrag der Registrierungsgebühr beim Organisator zu lassen, für den Fall, dass etwas Unvorhergesehenes und Unverschuldetes wie Corona passiert. Also wir sind als Teilnehmer und Referenten bereit einen Teil der Tagungsgebühr beim Organisator zu belassen, damit dieser nicht alleine unverschuldet dafür büßt, dass er für uns alle ein schönes Tagungsereignis organisieren wollte.

Konkret bedeutet das, dass man sich mit der Anmeldung klar materiell verpflichtet. So etwas wie „Im unwahrscheinlichen Fall, dass die Konferenz ohne das Verschulden des Organisators abgesagt werden muss, verbleiben bis zu 70 Euro der Anmeldegebühr beim Organisator.“

Wir haben dieses Modell bereits auf eine ähnliche Weise bei der Organisation der ersten asiatischen Konferenzen benutzt, da es zu dieser Zeit, als die Konferenz organisiert wurde, ein deutliches Risiko dafür gab, dass die Konferenz eventuell last-minute abgesagt hätte werden müssen. Infolgedessen willigten alle internationalen Referenten und Teilnehmer ein, 80 Euro im Voraus als Anzahlung auf die touristischen Touren zu bezahlen. Dadurch konnte sich die Tour Organisatorin völlig auf die Organisation von Touren fokussieren, anstatt gleichzeitig mit einem anderen Job Geld verdienen zu müssen. Damals wurden wir alle reich mit einer einzigartigen Konferenz belohnt, die eine wundervolle Reiseerfahrung beinhaltete. Hätte die Konferenz im letzten Moment aufgrund von politischen Unruhen oder Kriegsgefahr abgesagt werden müssen, dann hätte die studentische Tour-Organisatorin diese 80 Euro pro Teilnehmer für ihre intensive Vorbereitungsarbeit behalten können und ihr Weiterstudium wäre gesichert gewesen

Ich plane mit erfahrenen Kongressorganisatoren wie Jeff Zeig darüber zu sprechen, wie ein sinnvolles Modell im Details aussehen könnte. Dieses Modell kann dann schon 2024 zu Einsatz kommen und wir werden somit alle Ko-Organisatoren sein.

Bitte unterstützen Sie auch das polnische Team bei der Organisation unseres nächsten Kongresses www.hypnosis2022.com vom 8.-11. Juni 2022. Teilen Sie die Webpage über Ihre sozialen Netzwerke und melden Sie sich selbst an. Die Frühbuchepreise sind verlängert worden.

Wer interessiert ist den Kongress 2024 zu organisieren möge sich bei uns melden.

Bernhard Trenkle
Präsident ISH



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LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Chers collègues, chers membres,

Une question essentielle qui me préoccupe ces derniers jours est si nous devons - et si nous pouvons - créer notre propre assurance Congrès. Prendre en considération l'histoire, cette question ne s'est pas vraiment posée. Par exemple, en ce qui concerne ma propre société constitutive (SC), le MEG en Allemagne, je peux dire que tous les congrès annuels entre 1985 et 2019 ont pu avoir lieu comme prévu sans aucun problème.

Mais maintenant, en raison de la pandémie de Corona, il y a eu une interruption des congrès prévus. Tout au long de 2020, ainsi que maintenant en 2021, aucune conférence en présentiel n'a pu avoir lieu. Si nous regardons l'histoire des conférences internationales sur l'hypnose, pratiquement toutes les conférences ont pu avoir lieu comme prévu aux dates prévues. Il en va de même pour la plus grande conférence sur la psychothérapie. L'Evolution de la Psychothérapie, fondée par Jeffrey Zeig, qui a eu lieu régulièrement entre 1985 et 2017. Les 8 conférences Evolution précédentes, qui comptaient chacune entre six et huit mille participants, se sont déroulées ponctuellement en présentiel. Mais en décembre 2020, il a fallu l'annuler pour la première fois et passer à un format en ligne .

En tant qu'organisateur de conférences ayant organisé plusieurs grandes conférences, dont une conférence Evolution en Europe avec 6 000 participants, je sais que les reports ou et les annulations entraînent des coûts élevés.

De plus, si l'on regarde l'histoire lorsque j'étais étudiant, mon professeur de thérapie familiale, Helm Stierlin, organisait de grandes conférences avec 2 000 participants. Dans l'équipe d'organisation il y avait des résidents et des psychologues de l'hôpital universitaire de Heidelberg. Mais il y avait une grande différence avec aujourd'hui : les bureaux, les télécopieurs, les ordinateurs, les meubles, les téléphones, etc. étaient tous fournis par l'université ou l'État. Il y avait aussi des secrétaires rémunérés qui pouvaient gérer presque à plein temps les détails organisationnels du congrès. Dès lors, nos congrès comme Brême, Paris ou Cracovie étaient ou sont organisés par des instituts privés. Chaque ordinateur, chaque bureau, le chauffage, la lumière, tout est à la charge de cet institut. Si un tel congrès est reporté, ne serait-ce que d'un an, les salaires des personnes qui l'organisent doivent être payés pendant cette année supplémentaire.

Et jusqu'à présent, personne n'a jamais pensé qu'il pouvait y avoir un risque d'échec dans l'organisation du congrès. Mais Corona nous a fait prendre conscience de cette possibilité. Il y a quelques années, un volcan est entré en éruption en Islande et les avions ont dû être immobilisés pendant un certain temps. Si une telle chose se produit, que se passe-t-il pour l'organisateur d'un congrès ? Avons-nous le droit de laisser les collègues seuls avec leurs frais et leurs difficultés ? Je ne pense pas ; ce ne serait pas juste.

Lorsque j'ai organisé la seule conférence européenne sur l'Evolution avec Jeff Zeig en 1994, il y avait un petit risque d'échec sous la forme de menaces d'attentats terroristes majeurs liés aux conflits en Yougoslavie. À l'époque, j'ai essayé d'assurer ce risque de coût de base avec la compagnie Lloyds de Londres. Mais lorsque j'ai lu tout le contrat, les petits caractères excluaient tout risque politique ou environnemental. Ce qui était imprévisible, même si très peu probable, ne pourrait pas être assuré.

Et cela m'a donné l'idée que nous pourrions peut-être créer nous-mêmes, ensemble, une sorte d'assurance. Comment une telle chose peut-elle réus-



sir ? Je pense que nous devons changer les conditions de participation aux conférences internationales. En gros, l'idée est la suivante : ceux qui s'inscrivent s'engagent à laisser une petite partie des frais d'inscription aux organisateurs, au cas où un événement imprévu et à son issue comme Corona se produirait. Ainsi, en tant que participants et intervenants, nous nous engageons à laisser une partie des frais d'inscription aux organisateurs, afin qu'ils n'aient pas à payer pour l'organisation d'une conférence conviviale pour nous tous, sans qu'il y ait faute de leur part.

Cela signifie concrètement que lors de l'inscription on se met d'accord avec les conditions financières du congrès. Formulé comme : "Dans le cas improbable où la conférence devrait être annulée sans faute de la part de l'organisateur, jusqu'à 70 euros des frais d'inscription resteront acquis à l'organisateur."

Nous avons déjà utilisé ce modèle de manière similaire lors de l'organisation de la première Conférence Asiatique, car il était clair à ce moment-là de l'organisation de la conférence qu'il y avait un certain risque que la conférence doive être annulée à la dernière minute. Pour cette raison, tous les intervenants internationaux acceptaient de payer 80 euros d'avance à titre de caution pour les excursions touristiques. De cette façon, l'organisateur du voyage a pu se concentrer pleinement sur l'organisation du voyage, au lieu de devoir gagner de l'argent dans un autre emploi pendant ce temps. Cela a très bien fonctionné, et pratiquement tout le monde était prêt à participer. Nous avons tous été richement récompensés par une conférence unique qui nous a permis de vivre une merveilleuse expérience de voyage. Si la conférence avait dû être annulée au dernier moment en raison de troubles politiques ou d'une menace de guerre, l'étudiante, organisatrice du voyage aurait pu garder ces 80 euros par participant pour son travail de préparation intensif.

J'ai l'intention de discuter avec des organisateurs de congrès expérimentés, tels que Jeff Zeig, comment un modèle raisonnable pourrait être présenté en détail.

Ce modèle pourra ensuite être utilisé en 2024 et nous serons tous co-organisateurs.

Veuillez également soutenir l'équipe polonaise dans l'organisation de notre prochain congrès www.hypnosis2022.com du 8 au 11 juin 2022. Partagez la page web à travers vos réseaux sociaux et inscrivez-vous. Les tarifs réduits pour les pré-inscriptions ont été prolongés.

Si vous êtes intéressé par l'organisation du congrès de 2024, veuillez nous contacter.

Avec patience et gratitude,
Bernhard Trenkle

Traduction
Nicole Ruysschaert



LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Cari colleghi:

Una domanda cruciale che mi è venuta in mente ultimamente è se dobbiamo o meno - e se è così, se possiamo - formare la nostra assicurazione per il Congresso. Guardando indietro, questa domanda non è davvero emersa. Ad esempio, rispetto alla mia società costituente (CS), MEG in Germania, posso dire che tutti i congressi annuali tra il 1985 e il 2019 potrebbero svolgersi come previsto senza problemi.

Ma ora, a causa della pandemia di Corona, c'è stata un'interruzione dei congressi in programma. Per tutto il 2020, così come ora nel 2021, non potrebbe aver luogo alcuna conferenza dal vivo. Se guardiamo alla storia delle conferenze internazionali sull'ipnosi, praticamente tutte le conferenze potrebbero svolgersi come previsto nelle date programmate. Se guardiamo nella storia della più grande conferenza di psicoterapia lo stesso. The Evolution of Psychotherapy, fondata da Jeffrey Zeig, si è tenuta regolarmente tra il 1985 e il 2017. Tutte le 8 precedenti conferenze Evolution, ciascuna con tra i sei e gli ottomila partecipanti, si sono svolte in tempo reale. Ma a dicembre 2020, è stato necessario cancellarlo e trasformarlo in un formato online per la prima volta.

In qualità di organizzatore di conferenze che ha organizzato molte grandi conferenze, inclusa una conferenza Evolution in Europa con 6.000 partecipanti, so che ci sono costi elevati associati a rinvii o cancellazioni.

Inoltre, guardando indietro nella storia, quando ero studente, il mio professore di terapia familiare Helm Stierlin organizzò grandi conferenze con 2.000 partecipanti. Il team organizzativo comprendeva residenti e psicologi dell'Ospedale universitario di Heidelberg. Ma oggi c'era una grande differenza: gli uffici, i fax, i computer, le scrivanie, i telefoni, ecc. Erano tutti forniti dall'università o dallo stato. C'erano anche segretari retribuiti che potevano gestire i dettagli organizzativi del congresso quasi a tempo pieno. Nel frattempo, i nostri congressi come Brema, Parigi o Cracovia erano o sono organizzati da istituti privati. Ogni computer, ogni scrivania, il riscaldamento, la luce tutto è a carico di questo istituto. Se una conferenza del genere viene ritardata, anche di un solo anno, gli stipendi delle persone che la organizzano devono essere pagati per quell'anno in più.

E fino ad ora nessuno ha mai pensato che potesse esserci un rischio di fallimento nell'organizzazione del congresso. Ma Corona ora ci ha reso consapevoli di questa possibilità. Alcuni anni fa, un vulcano è esploso in Islanda e gli aerei hanno dovuto essere fermati per un po' di tempo. Se succede qualcosa del genere, cosa succede all'organizzatore di una conferenza? Possiamo lasciare i colleghi soli con i loro costi e le loro difficoltà. Penso di no; non sarebbe giusto.

Quando ho organizzato l'unica conferenza sull'evoluzione europea con Jeff Zeig nel 1994, c'era un piccolo rischio di fallimento sotto forma di gravi attacchi terroristici allora minacciati legati ai conflitti in Jugoslavia. A quel tempo, ho cercato di assicurare questo rischio di costo di base con Lloyds London. Ma quando ho letto tutto nel contratto, la stampa in piccolo escludeva ogni rischio politico o ambientale. Ciò che era imponderabile, anche se molto improbabile, non era assicurabile.

E questo mi ha dato l'idea che potremmo essere in grado di creare una sorta di assicurazione da soli, insieme. Come può avere successo una cosa del genere? Penso che dobbiamo cambiare le condizioni di partecipazione alle conferenze internazionali. In fondo l'idea è questa: chi



si iscrive si impegna a lasciare una piccola parte della quota di iscrizione agli organizzatori, nel caso in cui succeda qualcosa di imprevisto e non causato come Corona. Quindi, come partecipanti e relatori, siamo disposti a lasciare una parte della quota della conferenza agli organizzatori, in modo che non debbano pagare per organizzare un bel evento congressuale per tutti noi non per colpa sua.

Ciò significa concretamente che ci si spiega chiaramente con il materiale di registrazione. Qualcosa del tipo: "Nell'improbabile caso che la conferenza debba essere annullata per nessuna colpa dell'organizzatore, fino a 70 euro della quota di iscrizione rimarranno all'organizzatore".

Abbiamo già utilizzato questo modello in modo simile quando abbiamo organizzato la prima conferenza asiatica, perché era chiaro che a quel tempo era stata organizzata la conferenza che c'era il rischio che la conferenza potesse essere annullata all'ultimo minuto. Di conseguenza, tutti i relatori internazionali accettano di pagare 80 euro in anticipo come deposito sui tour turistici. In questo modo l'organizzatore del tour è stato in grado di concentrarsi completamente sulla nostra organizzazione del tour, invece di dover anche guadagnare soldi in un altro lavoro allo stesso tempo. Ha funzionato molto bene e praticamente tutti erano disposti a partecipare. Allora siamo stati tutti ampiamente ricompensati da una conferenza unica che includeva una meravigliosa esperienza di viaggio. Se la conferenza avesse dovuto essere annullata all'ultimo momento a causa di disordini politici o minaccia di guerra, l'organizzatore del tour studentesco avrebbe potuto trattenere questi 80 euro a partecipante per il suo intenso lavoro di preparazione.

Ho intenzione di parlare con organizzatori di congressi esperti come Jeff Zeig su come potrebbe apparire in dettaglio un modello ragionevole.

Questo modello potrà poi essere utilizzato nel 2024 e saremo tutti co-organizzatori.

Supporta anche il team polacco nell'organizzazione del nostro prossimo congresso www.hypnosis2022.com dall'8 all'11 giugno 2022. Condividi la pagina web attraverso i tuoi social network e registrati. Le tariffe anticipate sono state estese.

Se sei interessato ad organizzare il congresso 2024, contattaci.

Con pazienza e gratitudine,
Bernhard Trenkle



COLUMNA DE LA PRESIDENCIA (ES)

TRADUCIDO POR ANA KAREN ALLENDE

Estimados colegas, estimados diputados,

Una cuestión fundamental que me ronda por la cabeza últimamente es la de si necesitamos o no -y, en caso afirmativo, si podemos- formar nuestro propio seguro del Congreso. Mirando hacia atrás, esta cuestión no se ha planteado realmente. Por ejemplo, con respecto a mi propia sociedad constituyente (CS), MEG en Alemania, puedo decir que todos los congresos anuales entre 1985 y 2019 pudieron celebrarse como estaba previsto sin ningún problema

Pero ahora, debido a la pandemia de Corona, se han interrumpido los congresos previstos. Durante todo el año 2020, así como ahora en 2021, no ha podido celebrarse ningún congreso en directo. Si miramos en la historia de los congresos internacionales de hipnosis, prácticamente todos los congresos han podido celebrarse según lo previsto en las fechas programadas. Si miramos en la historia de la mayor conferencia de psicoterapia lo mismo. La Evolución de la Psicoterapia, fundada por Jeffrey Zeig, se celebró regularmente entre 1985 y 2017. Las 8 conferencias anteriores de la Evolución, cada una con entre seis y ocho mil asistentes, tuvieron lugar en directo en las fechas previstas. Pero en diciembre de 2020 se tuvo que cancelar y cambiar a un formato online por primera vez.

Como organizador de conferencias que ha organizado muchas conferencias grandes, incluida una conferencia Evolution en Europa con 6.000 asistentes, sé que hay altos costes asociados a los aplazamientos o y cancelaciones.

Además, mirando hacia atrás en la historia, cuando era estudiante, mi profesor de terapia familiar Helm Stierlin organizaba grandes conferencias con 2.000 participantes. El equipo organizador incluía residentes y psicólogos del Hospital Universitario de Heidelberg. Pero había una gran diferencia con respecto a la actualidad: los despachos, los faxes, los ordenadores, los escritorios, los teléfonos, etc. los proporcionaba la universidad o el Estado. También había secretarías pagadas que podían gestionar los detalles organizativos del congreso casi a tiempo completo. Mientras tanto, nuestros congresos como los de Bremen, París o Cracovia eran o son organizados por institutos privados. Cada ordenador, cada mesa, la calefacción, la luz, todo corre a cargo de este instituto. Si una conferencia de este tipo se retrasa, aunque sólo sea un año, hay que pagar los sueldos de las personas que la organizan durante ese año extra.

Y hasta ahora, nadie pensaba que pudiera haber un riesgo de fracaso en la organización del congreso. Pero ahora Corona nos ha hecho conscientes de esta posibilidad. Hace unos años, un volcán entró en erupción en Islandia y los aviones tuvieron que quedarse en tierra durante algún tiempo. Si ocurre algo así, ¿qué pasa con el organizador de un congreso? ¿Podemos dejar solos a los colegas con sus gastos y dificultades? Creo que no; no sería justo.

Cuando organicé la única conferencia europea sobre la evolución con Jeff Zeig en 1994, existía un pequeño riesgo de fracaso en forma de amenaza de grandes atentados terroristas relacionados con los conflictos de Yugoslavia. En aquel momento, intenté asegurar este riesgo de coste básico con Lloyds London. Pero cuando leí todo el contrato, la letra pequeña excluía cualquier riesgo político o medioambiental. Lo que era imponderable, aunque fuera muy improbable, no era asegurable.

Y esto me dio la idea de que podríamos crear un tipo de seguro nosotros mismos, juntos. ¿Cómo puede tener éxito algo así? Creo que hay que cam-



biar las condiciones de participación de las conferencias internacionales. Básicamente, la idea es la siguiente: los que se inscriben se comprometen a dejar una pequeña parte de la cuota de inscripción a los organizadores, en caso de que ocurra algo imprevisto y no provocado como Corona. Así, nosotros, como participantes y ponentes, estamos dispuestos a dejar una parte de la cuota de inscripción a los organizadores, para que no tengan que pagar por organizar un evento de conferencia agradable para todos nosotros sin culpa alguna.

Eso significa concretamente que uno se explica con el material de inscripción de forma clara. Algo así como: "En el improbable caso de que la conferencia tenga que ser cancelada por causas ajenas al organizador, hasta 70 euros de la cuota de inscripción se quedarán con el organizador".

Ya utilizamos este modelo de forma similar cuando organizamos la primera conferencia asiática, porque en aquel momento en que se organizó la conferencia estaba claro que existía cierto riesgo de que la conferencia tuviera que ser cancelada en el último momento. Por ello, todos los ponentes internacionales aceptaron pagar 80 euros por adelantado como depósito de los viajes turísticos. De este modo, el organizador del viaje pudo centrarse plenamente en la organización del mismo, en lugar de tener que ganar dinero en otro trabajo al mismo tiempo. Esto funcionó muy bien, y prácticamente todo el mundo estuvo dispuesto a participar. Todos nos vimos recompensados con una conferencia única que incluía una maravillosa experiencia de viaje. Si la conferencia hubiera tenido que ser cancelada en el último momento debido a los disturbios políticos o a la amenaza de guerra, la organizadora del viaje estudiantil habría podido quedarse con esos 80 euros por participante por su intenso trabajo de preparación.

Tengo previsto hablar con organizadores de congresos experimentados, como Jeff Zeig, sobre cómo podría ser un modelo razonable en detalle.

Este modelo podrá utilizarse en 2024 y todos seremos coorganizadores.

Por favor, apoye también al equipo polaco en la organización de nuestro próximo congreso www.hypnosis2022.com del 8 al 11 de junio de 2022. Comparta la página web a través de sus redes sociales e inscribese usted mismo. Se han ampliado las tarifas de inscripción anticipada.

Si está interesado en organizar el congreso de 2024, póngase en contacto con nosotros.

Con paciencia y gratitud,
Bernhard Trenkle

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NOTES FROM THE EDITOR



Katalin Varga

Dear Colleagues,

I send you with pleasure the Spring issue of the Newsletter.

This issue continues the **tribute to Ernest Rossi**, with many distinguished colleagues sharing their personal memories. This is based on an international online meeting which took place on November 2020 “Dr. Ernest Lawrence Rossi (1933 - 2020) Tribute...” – sponsored by The Milton H. Erickson Institute of Poland, co-sponsored by the International Society of Hypnosis.

You can read summaries of two young people: **Magdolna Bene** on the use of hypnosis in the rehabilitation of patients with strokes, and **Atanas Tannous** on hypnotherapy and sexual dysfunction.

We have a very nice, detailed review of the book authored by **Consuelo Casula**, entitled “Metaphors for personal and professional evolution”. Although this book has been around for a long time and has been published in several languages, it is hard not to see its relevance in the current pandemic.

The book by Dan Short, entitled „From William James to Milton Erickson: The Care of Human Consciousness” is reviewed by **Robert Staffin**.

In “The International Journal of Clinical and Experimental Hypnosis” section we not only can read the summaries of the special issue on hypnotizability, but have a description of “Publons”, a new form of recognizing reviewers.

I also repeat the invitation of our president: let us meet in **Krakow!** Till then it is a special possibility to participate at the 8th International Conference organized by the **Centro Ericksoniani de México**.



In the last year, we've been so caught up in the online space that it was almost unbelievable when I came across some envelopes from the Eurohypnosis days, back in 1996.

There are letters from New Zealand, Australia and of course many countries in Europe. It is now unthinkable that, for example, a workshop date was arranged by paper letter! And these conferences have taken place!

Again, waiting for all the feedback, comments and opinions.

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



DR. ERNEST LAWRENCE ROSSI (1933 – 2020) TRIBUTE

**An international online meeting took place on 20. November 2020.
It was sponsored by The Milton H. Erickson Institute of Poland,
co-sponsored by the International Society of Hypnosis.**

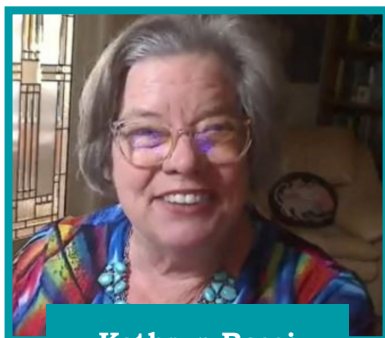
AUTHORS:

Kris Klajs, Dipl. Psychologist, the Founder (1993) and Director of The Milton H. Erickson Institute of Poland. President of Psychotherapy Division, Polish Psychiatric Association. The M.H. Erickson Institute of Poland was the sponsor of two European Congresses of Ericksonian Hypnosis and Psychotherapy (2005, 2014) and a number of inland conferences.

Kasia Mirska, Dipl. Psychologist, organiser of conferences, meetings and workshops in The Milton Erickson Institute of Poland.

More than 200 professionals from 33 countries: Argentina, Austria, Belgium, Brazil, Bulgaria, Canada, China, Cyprus, Denmark, Finland, France, Germany, Great Britain, India, Indonesia, Ireland, Israel, Italy, Japan, Lebanon, Mexico, Netherlands, New Zealand, Poland, Portugal, Russia, Slovenia, Spain, South Africa, Sweden, Switzerland, Ukraine and USA were together, shared touching memories and wonderful experiences about Dr. Ernest Rossi.

Dr. Rossi's achievements are undeniable and his contribution to the development of psychotherapy is remarkable. American psychologist, psychotherapist, teacher, researcher, author or editor of 46 books. Over his lifetime, he 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). However, it was not scientific achievements that were the subject of the meeting. The most important were his students' memories and reflections how he affected their lives.



Kathryn Rossi

A very important role at the meeting had **Kathryn Rossi**. She enriched this time, gave us so much love and support and showed us how to „stand up on the shoulders of giants like Ernie”. She reminded us of what was so unique about Dr. Rossi and shared some personal stories that we can learn from. She told us that Ernie has lived in the present moment and **„when he was with you, he wasn't with anybody else”**. That is a wonderful reminder that „it doesn't matter what place we are in the world, how complicated or easy it is, when

you live in a present moment that's what happiness is”. She also expressed that Ernie was 100% positive and more comfortable with the statement „I don't know” than anyone she has ever met. „Imagine that. This man was beyond brilliant and he didn't know everything.” She encouraged us to consider how Ernie touched us and what we are going to do with that – **how are we going to be a better person, a better therapist?**



A great number of people wanted to express their gratitude to Dr. Rossi, tell what they learnt from him and what they are grateful for. Also, the relationship between Ernie and Kathryn was admired – a very strong, loving relationship in their lives and at work.



Ernest Rossi & Kris Klajs, 2005

Kris Klajs the Director of The Milton H. Erickson Institute of Poland shared with us his personal memory which is a great example of the sentence „my voice will go with you”: „When I’m in trouble during therapy sessions or during teaching I always invite my teachers and ask them: „Please help me”. Usually somebody reacts. Ernest Rossi very often comes to me in such situations and with his gentle, kind voice says: „Kris you understand nothing”. What a relief! I heard this sentence a number of times when I was studying in ZIST in Germany.

I was so happy to hear this. „**Kris, my friend you understand nothing**”. It is such a relief – it is not necessary to understand. You can simply just be with the person, be with the situation. It is really one of the best sentences I ever got from my teachers. I’m so grateful for that.”



Richard Hill

Richard Hill – is a practicing psychotherapist/counsellor, educator, professional supervisor and co-author of „Practitioner’s Guide to Mirroring Hands” – the book dedicated to Dr. Ernest Rossi’s Mirroring Hands therapeutic process. He shared a very personal reflection on his relationship with Ernie: „I was gifted with the great joy of working with Ernest on the recent book about Mirroring hands. I can’t believe the parallels between Ernest Rossi and Milton Erickson, and Ernest Rossi and Richard Hill. Ernest sent him a book. I sent Ernie a

book. Ernie travelled regularly to see Erickson extensively. I travelled every year and then some times in between. We shared so much joy together and Ernest talked about Erickson being a father, and in fact he says – we have it in a little video „he was a better father than my own” and guess what? **Ernie was my father and he was better than my own.**”

Psychotherapist and trainer from Finland – **Riitta Malkamäki** – underlined that meeting Ernie Rossi was a big gift for her. For the last 6 years she has spent a week in Los Osos every year and she was impressed by his creativity, love and happiness that was between Kathryn and Ernie and inside ourselves. It was important for Ritta that „we don’t need any words, we don’t need so much knowledge, we don’t need anything else but presence, happiness and joy and dancing of course.” Sha admitted that getting to know Ernest „**has changed our lives in Finland in so many ways and I’m so happy about this heritage**”.



Norma Barretta

Norma Barretta – an American therapist and psychotherapy teacher, the Founder and Director of The Los Angeles Erickson Institute; a student of Milton H. Erickson described how she met Dr. Rossi by accident: “I had the unique opportunity probably 30 – 35 years ago of getting stuck at the airport with Ernie and we had to wait close to five hours to make a connecting flight from Saint Louis to New Orleans where we were both teaching for the American Society of Clinical Hypnosis. Well... I don’t remember all the things that we have



talked about, but there were a lot of things that both of us learnt from each other. **The joy of my life was that about a year later he sent me a book and he quotes me** in that book from that conversation that we had in Saint Louis. He was one of the kindest, true people I have known, a lot like Phil – with a great sense of humour.”



Ernest Rossi & Claude Virot

he received this strange »gift ». In fact, it was a fundamental lesson from Milton and his wife. They said, laughing : "Ernie, you are a very good therapist, very kind, very smooth with your patients. But, if you want them to move and change, sometimes you have to prick their ass ! This gift will help you to remember this advice.”

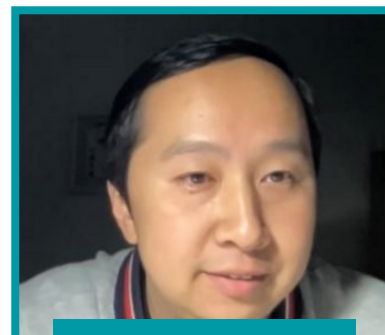
Claude Virot – psychiatrist, trainer, the Founder of the Milton H. Erickson Institute in Rennes-Bretagne showed a great number of photographs. He also shared a personal story from the time he was studying with Dr. Rossi: „During a master class in the home of Rossi at Los Osos, he opened a simple box, smiling and saying "it’s a gift from Milton and Elisabeth Erickson". In this box there were two big teeth of warthog, very sharp. When Rossi touched the teeth, he was disgusted exactly like when



Jeffrey Zeig

studying about Ernie’s work for decades to come. He has made an incredible, enduring contribution to the field of psychotherapy, to understanding the effect of neurobiology, to understanding the way which mind works and especially he’s made an enduring contribution to those of us who loved Erickson and wanted to understand more about ericksonian therapy. It is impossible to learn about ericksonian therapy without studying the contribution that Ernie has made...”

Then, **Jeffrey Zeig** – a writer, teacher and practitioner of psychotherapy; the Founder and Director of the Milton H. Erickson Foundation – emphasized the scientific achievements and contribution to the development of psychotherapy: „Ernie has been a main stand in my professional life for quite some time. What a dynamic team to have with Kathryn and also Roxanna Erickson-Klein working on making sure that all of the Erickson collected works are available. **Ernie’s contribution has been monumental and timeless.** People will be



Wang Ting

Despite the fact that the meeting was in the middle of the night in China, Wang Ting – an associate professor in the Mental Health of Nanjing university of Chinese Medicine and a licensed psychological counselor of Chinese Psychological Society joined us. He didn’t have an opportunity to meet Dr. Rossi in person, but he met him and got to know by reading his books, which are translated to Chinese. He told us that **“I have never seen him, but I meet him a lot.** I know nothing, but I learn from him a lot. Thank you Dr. Rossi for your unique work in hypnosis.”

Betty Blue – psychologist, marriage & family therapist from California, USA and **Erika Chovanec** – trainer and psychotherapist from Austria prepared a very touching presentation, with photos and videos from the trip they took with Dr. Rossi. They told us how easy going and down to earth he was. „When I saw Dr. Ernest Rossi from across the crowded conference

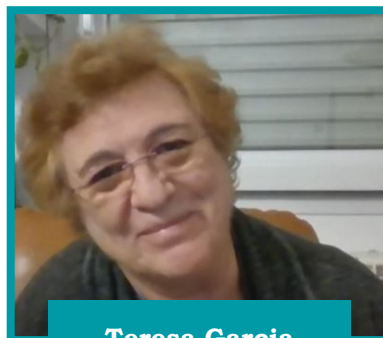


Erika Chovanec, Ernest Rossi & Betty Blue

room I thought that if I ever met him, he would be very intimidating and it would be difficult to get to know him. I couldn't have been more wrong about that because when Erika and I participated in a seminar with him twelve years ago and then we had personal training with him, he was extremely warm and down to Earth, understanding, laughing at us."

Also, they shared quotes that Dr. Rossi told them during their trip, that are really life changing: „What could be the message from Dr. Rossi for us? Sometimes when you've got a guide, you can go further, beyond the boundaries. It is 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". This is wonderful, but you never know what may come next and this wonderful experience is just the beginning. You never know what is around the next curve."

Francesco Sessa – a didactic director from CIPPS in Salerno, Italy shared his personal story how Dr. Ernest Rossi changed his life as well: „I met Dr. Rossi in Rome during a workshop in my gratuity school and then saw him again in America during Evolution in Psychotherapy 2013. I was always impressed by its simplicity and as Kathryn says Ernest has the ability to be totally present in that moment. **He will always be present in our thoughts**, the courage in facing everyday life, in taking care of us and putting others in the best conditions to express themselves."



Teresa Garcia

Dr. Ernest Rossi's „Spanish inspiration" – the Founder and Director of the Instituto Erickson Madrid – **Teresa Garcia** mentioned her memories of the time she spent together with Ernest and Kathryn. „**Dr. Rossi introduced me to Dr. Erickson.** Years after, in 2000 I opened Instituto Erickson in Madrid. He came to teach in 2003 and then I went to Kathryn's and Rossi's house in 2008 and we made a first workshop through the internet which works pretty well and we have several once. I was a guest of Kathryn and Ernie

several times. The one I remember the best was for the thanksgiving. It was a very nice experience. It was my first celebrated thanksgiving at their house."

Maria Escalante de Smith, an Ericksonian psychotherapist who was born in Mexico and worked in The Ericksonian Center of Mexico as a therapist, supervisor and teacher described that she has met Ernie at the Milton Erickson Foundation and she expressed how easy-going and open he was with talking to people. She told us that „Ernie Rossi helped me grow as a therapist and to understand what happens in hypnosis."



Hansjörg Ebell

Hansjörg Ebell having utilized hypnosis and ideomotor phenomena in anesthesiology, intensive care medicine, pain therapy, and since 1992 as a psychotherapist in his practice told us how he met Dr. Rossi for the first time: „I entered the field of psychotherapy coming from medicine, working with patients suffering from cancer and chronic pain. In 1983 at the Ericksonian Conference in Phoenix (Az) I asked Dr. Rossi to sign for me one of the volumes of the Collected Papers of Milton Erickson he just had edited. He wrote „**I wonder what you**



are going to learn and do with all that stuff". It seems to have been not only a question but some sort of a task or seeding when I think about what came out of it."

Also **Walter Tschugguel**, a specialist in gynaecology and obstetrics from Vienna expressed his gratitude to Dr. Ernest Rossi because „he did one, very important thing to my life that completely changed my worldview. Important thing for me is how meanings can be that much important in every sentence, in every word, in any pose you make within a sentence when you hypnotise a person."

Getting to know Dr. Rossi was also life changing for **Federico Marcucci**. He met Kathryn and Ernest in 2013. After two years he decided to study psychology, got an MA licence and right now he is doing a psychotherapy school. He shared such a story: „I remember that some time he told me that he was writing a book and he couldn't sleep at night because thoughts and new ideas come in his mind. Wonderful! **If a guy like him could talk to me about his stress, it means I can be stressed too sometimes.** It was wonderful for me."

Her living gratitude expressed **Pamela Gawler-Wright** – co-founder of BeeLeaf Institute for Contemporary Psychotherapy; KCP Accredited Psychotherapist and Chair of the UKCP College for Outcome Oriented and Hypno-Psychotherapies. She told us that she met Ernie about 3 times, but they were life changing occasions. „He was so brilliant but also understood the vulnerability. Following heart and love, and comfort and excitement is the path that will take you to your fullest being but also what you can give and contribute. Someone like that... I feel that just a few hours with that person was direction changing for me and I'm living gratitude everyday to that."

The time we spent together was amazing. We want to thank all the participants and especially those, who decided to share their stories. Kris Klajs concluded the meeting and it is a good conclusion for this report: „It is so clear, not like ever before how we are connected – connected by our minds, stories, memories, wishes and dreams and everything that we've got from our teachers. And what we can spread by sharing that experience with other people. We are unable to pay back our teachers but we can spread the ideas, memories and this is how it will work – I hope – so we can still build a good future with all this experience that we've got from Dr. Rossi."

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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...

THE USE OF HYPNOSIS IN THE REHABILITATION OF PATIENTS WITH STROKE



Magdolna Bene

Magdolna Bene is a Master student in psychology at Eötvös Loránd University in Budapest, Hungary.

Her specialization in the program is Clinical and Health Psychology and during her Erasmus+ semester in Leiden University she has started to have a deeper insight of the neuropsychological rehabilitation as well.

Thus, her main interests recently are the tools that hypnosis could give to this clinical field, such as mental rehearsal and hypnotic regression.

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From the 1950's there is evidence from case reports that the use of hypnotherapy can be appropriate in stroke rehabilitation (Shires, Peters & Krout, 1954). Crasilneck and Hall (1970) found that hypnotic intervention helps the rehabilitation of patients through reinforcing not only the functional ability, but also their motivation for recovery. The typical technique for enhancing the motor functions in patients with stroke is the revivification or regression to a time of their life which is previous to the stroke event (Hammond, 1990; Kroger, 1977).

Holroyd's (1992) research confirmed that formal hypnosis as well as waking suggestions are able to have an effect on the vasoconstriction and dilation. Appel (2003) successfully used hypnosis for improving the performance in balancing, coordinating and even in tasks that required fine motor skills.

An article from Indonesia (Rama & Napri, 2015) used SWOT analysis (Strengths, Weaknesses, Opportunities, Threats) to examine the use of hypnosis for patients with post-stroke muscle tension. They summarized the effects of hypnotherapy using the techniques of progressive relaxation: it arouses the hor-



mones that are responsible for the feeling of comfort, e.g. neuropeptides. This technique also targets the muscle activity, thus progressive relaxation can diminish muscle tension in people with stroke.

Diamond's (2004) study focuses on 3 aspects of this topic. One is to evaluate the outcome of hypnosis on the activity of motor exercise done by stroke patients. Second is to find effects of the hypnotic sessions on motor cortex reorganization through fMRI. Finally, to examine the patient improvement over time. He included 6 people with a unilateral stroke which had happened a minimum 6 months prior the research, thus they could exclude spontaneous recovery. Before the hypnosis sessions, the subjects completed Mini Mental State Examination (Folstein, et al., 1975) (their score was at least 24), the Upper Extremity Motor Component of the Fugl-Meyer Test (Fugl-Meyer, et al., 1975) and the HIP (Speigel & Speigel, 1978) measure of their hypnotizability. After the fMRI scan was applied, the intervention with hypnosis began and it lasted for 4-5 sessions. The first three sessions involved hypnotic induction and motor performance test, the last two only contained measuring the performance for examining the strength of the potential changes. The hypnotic state related to sequential relaxation with mental imagery and the suggestions were designed to mentally rehearse and revivify their formal abilities. The motor function testing involved hand-grip testing and the fMRI scan after the 5 sessions.

The study describes the cases in detail. Each person received different suggestions related to their personal life or preference. At the end of every case study all of the patients mentioned improvement and five of the six also showed changes in their motor function.

The outcome of the first objective in this study is „decreases in reaction time and faster muscle contraction and relaxation rate” and „a reduction in spasticity, increases in range of motion for finger, wrist and elbow joints, and increased grip strength” (p. 41.). According to the results of the fMRI scans („increased extent of cortical activation; a lateralization shift from contralateral toward ipsilateral control; and significant increases in the extent of activation in bilateral sensorimotor cortex. These changes were not observed on the non-paretic hand.” (p. 41.)) the second objective was also fulfilled. The third aspect was successfully examined as well, the motor performance stayed at the same level after 2-3 weeks. These results suggest that people with stroke could have huge benefits regarding their motor performance by using hypnosis as a tool of recovery.

In the case study of Manganiello (1986) the subject was a 57-year-old musician with hemiplegic stroke from a cerebrovascular accident. He could not experience any feeling when touching the right side of his face and had problems with regulating his tongue. Spasticity was marked in the right arm and the muscles of the hand contracted persistently, including not being able to perform any digital movement with that hand. Furthermore, without an ambulator it was impossible for him to walk.

Manganiello implemented several hypnotic sessions with the patient with the goal of better recovery during and after the physical therapy. In the first session, hypnotic regression to the age of 10. The subject was given suggestions that he would be able to perform as he could when he was a child while remaining in trance.

For the first try he was helped by the author, but then he walked unsupported. Then the therapist suggested that both arms would act as normally. The patient squeezed the hand of the author with no difference in strength between the two arms.

For the second session, the patient brought improvement from his normal activities, but no precise movement could be shown (written numbers could not be read). Under hypnosis he successfully accomplished the task, and with the same method, his speech got better. One week later, on the third session he reported that he was walking without an ambulator in



any situations with more coordinated gait and also his speaking was more understandable.

The next session he performed with total function of the leg, facial muscles, arm and hand. He was able to play on the saxophone in a waking condition for 5 minutes and 17 minutes in hypnotic state, thus facial muscle control was hugely improved. After 5 days, the last session was held, and the patient's music performance was extended in both conditions. In addition, this case study shows how much impact could be achieved by hypnosis in rehabilitation with high motivation and strong rapport between the operator and the subject.

These scientific papers (both quantitative and qualitative) give a promising view of the usage of hypnosis in the clinical environment, especially in the rehabilitation of patients with stroke. It would be a considerable act if these proposals would be integrated into health centers along with the traditional medical and psychological care for helping these patients to reintegrate faster not only to the environment, but also to a better quality of their personal life.

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HYPNOSIS: HYPNOTHERAPY AND SEXUAL DYSFUNCTION

Essay by: Atanas Tannous
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INTRODUCTION

One of the leading theoretical approaches of hypnosis describes it as a special state of consciousness in which certain normal human capabilities are heightened while others fade into the background. About 90 percent of the population has some ability to enter a hypnotic state. Hypnosis can be combined with any type of psychotherapy: supportive types, behaviour modification, dynamic therapy and others. Ludwig (1966), who coined the term “altered state of consciousness”, proposed the idea that in an altered state, one’s perceptions of an interaction with the external environment are different from those in the waking state. Tart (1975) sought to further define the relationship between attention and changes in psychological functioning characteristics. According to Tart, a discrete state of consciousness is defined as a “unique, dynamic pattern of configuration of psychological structures. Skill in focusing attention and the related ability to resist distraction are essential for the induction of hypnosis (Kihlstrom, 1985).



Atanas Tannous

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Graduated from Tel Aviv University with a Bachelor’s in Psychology and Biology. Studied the LGBTQ+ community for my BA thesis as part of a seminar researching relations between different societal groups in Israel and Palestine. For my master’s studies,

I aspire to contribute to literature uncovering the benefits of psychedelic assisted psychotherapy and the applied treatment involving the use of psychedelic dosages along with ‘talk therapy’ as an efficient and innovative treatment method for disorders ranging from PTSD to depression and anxiety associated with chronic illness.

consciousness is defined as a “unique, dynamic pattern of configuration of psychological structures. Skill in focusing attention and the related ability to resist distraction are essential for the induction of hypnosis (Kihlstrom, 1985).

In trance, information is processed in ways different from those in the waking state. Less information is processed per unit of time than in ordinary waking consciousness. In deep states of trance, most subjects are oblivious of their surroundings. They are, instead, preoccupied with their own imagery and in the content of the given suggestion (Brown, et al., 2013).

The hypnotic state allows a person to be more open to discussion and suggestion. It can improve the success of other treatments for several conditions such as phobias, fears, anxiety, sleep disorder, depression, post-trauma anxiety, grief and loss. Hypnotherapy might also be used to help with pain control and to overcome habits, such as smoking or overeating. It might also be helpful for a person with severe symptoms or in need of crisis management. In addition, literature indicates that hypnotic suggestion may provide the basis for the brief but effective treatment procedure that is applicable to a variety of sexual dysfunctions. The use of hypnosis as a diagnostic tool appears at least in part to rest on the assumption that it can provide access to material which may be unavailable to



the patient and yet important to the aetiology or maintenance of sexual dysfunction.

SEXUAL DYSFUNCTION

Sexual dysfunctions are characterized by disturbances in sexual desire and in the psychophysiological changes associated with the sexual response cycle in men and women. Despite increasing demand for clinical services and the potential impact of these disorders on interpersonal relationships and quality of life, epidemiologic data are relatively scant. Based on the few available community studies, it appears that sexual dysfunctions are highly prevalent in both sexes, ranging from 10% to 52% of men and 25% to 63% of women. (Laumann et al., 1999).

DSM-IV divides the sexual cycle into four phases: (a) Desire, with its associated sexual fantasies; (b) Excitement, sexual pleasure and physiological changes; (c) Orgasm, the height of sexual pleasure with its concomitance; and (d) Resolution, the sense of muscular relaxation and feeling of wellbeing. Sexual dysfunction in men and women include sexual desire disorder, sexual aversion disorder, sexual arousal disorder, male erectile disorder (impotence), orgasmic disorders, premature ejaculation, sexual pain disorders and vaginismus, among several others.

A study aiming to assess the prevalence and risk of experiencing sexual dysfunction across various social groups and to examine the determinants and health consequences of these disorders concluded that sexual dysfunction is an important public health concern, and emotional problems likely contribute to the experience of these problems. Results indicated that demographic factors such as age are strongly predictive of sexual dysfunction, particularly erectile dysfunction, in addition to emotional instability, stress and anxiety. According to this study, sexual problems are most common among young women and older men (Laumann et al., 1999).

Another study by Marita P. McCabe (2015) on the incidence and prevalence of sexual dysfunction in women and men noted that there are more studies on incidence and prevalence for men than for women and many more studies on prevalence than for incidence for women and men. The data indicate that the most frequent sexual dysfunctions for women are desire and arousal dysfunctions. In addition, there is a large proportion of women who experience multiple sexual dysfunctions. For men, premature ejaculation and erectile dysfunction are the most common dysfunctions, with less comorbidity across sexual dysfunctions for men compared with women.

HYPNOTHERAPY AS AN EFFECTIVE TREATMENT

Hypnosis may be partly described as the systematic use of imagination for therapeutic purposes (Barber, 1978). In hypnotherapy for sexual dysfunction, imagery conditioning is particularly useful. Hariton (1973) emphasized the role of imagination in women during sexual intercourse and its therapeutic importance in increasing orgasmic response. The extensive literature on the clinical application of hypnosis in treating sexual arousal and dysfunctions at the second and third phase of human sexual response stress hypnotic imagery.

Although it is uncommon for several different strategies to be employed while using hypnosis in sex therapy, at least five distinct uses can be distinguished. Among those is its use as a diagnostic tool to uncover etiological factors, also as an adjunct to behaviour therapy and to administer suggestions aimed at the direct removal of the symptoms, in addition to working through neurotic conflicts regarding psychosexuality.

In a case study by Hedis L. Deabler (1976) an hypnoanalytic approach was used in a series of hypnosis sessions. After induction, the patient was



told to imagine himself in a sex situation with his wife. Using ideo-motor techniques, communication was set up so as to yield information about when he was able to visualize himself in the sex situation and then later about mental images that tended to appear relating to his carrying out the sex act. He concluded that hypnotherapy may be affectively used in the treatment of impotence through uncovering unconscious conflicts and previous negative experiences inhibiting the erectile response, releasing fears and anxiety and other inhibiting emotions, restructuring associations and orientation towards sex objects and functions, dispelling inhibiting identifications, particularly those relating to the mother figure and finally, ego building and strengthening suggestions to aid the male in successfully performing his sexual role.

On reviewing the global literature, it is apparent that some authors primarily employ a behavioural approach, such as the use of cognitive restructuring for frigidity (Araoz, 1983); other authors prefer to concentrate on the causation and root of the problem, such as the diary technique used by Bakich (1995) in the treatment of sexual aversion disorder; while a third group uses a combination of these, for example, Crasilneck and Hall (1985), who employed a combination of psychodynamic orientated psychotherapy and direct suggestion. Excellent treatment results have been obtained with all of these approaches and this demonstrates that there is no real antagonism between the behavioural approach and the psychoanalytic approach (Kraft, 1969).

In a study comparing common psychotherapy and hypnotherapy as treatment strategies for sexual dysfunction, a brief summary of 8 cases was reported where psychotherapy was used with some, while hypnotherapy was used with others. Harold J. Segel (1970) claimed that hypnosis was of doubtful value in the treatment of sex problems, at least in the strategy he employed in the cases he reported. Psychotherapy almost always trumped hypnotherapy in terms of the efficacy of the treatment and therefore the author credited psychotherapy for the cases in which a successful treatment was accomplished.

On the other hand, in another study, based on a world-wide search of the literature focusing on the application of hypnotherapy to the treatment of sexual dysfunction, the authors noted that the advantage of hypnosis, compared to psychotherapy, apart from hypnosis being the much quicker treatment route is that it can focus quickly and immediately on the causative factors which have been responsible for the sexual disorder and effectively pinpoints the date, time, and precise nature of the disturbance. Hypnotherapy offers a rapid and cost-effective form of treatment for sexual disorders, and it is recommended that these procedures are used in therapy (Kraft, T., & Kraft, D., 2007).

CONCLUSION

The effects of impotence, abulia or any other sexual deficit on the male and female are marked and usually psychologically destructive. There is hardly any event in an adult male's life experience that is more devastating to his ego or self-image than that of witnessing his own inability or inadequacy to carry out his sexual role. This notion was not sufficiently analysed as an important factor in the literature reviewed in this summary.

Despite the large number of cases of sexual dysfunction treated with hypnosis and the multiple case studies in which hypnotherapy proved beneficial, we really know very little about the efficacy of hypnosis in the treatment of sexual dysfunction, this is primarily because the uncontrolled case study appears to be the prevailing methodology. Additionally, evidence for improvement in each of these cases appeared to be based solely on client's self-report. Corroborative information from spouses was not obtained and methods of obtaining information from clients did not appear to be standardized.



In my view, further, more reliable research is needed in order to reach solid conclusions, with a significant level of confidence, about the effectiveness of hypnosis in the treatment of sexual dysfunctions. Furthermore, the ethicality of these procedures is less than clear, and many questions arise regarding the actual treatment process and what ethical guidelines it follows, if any at all. Such questions range from ones regarding the nature of the relationship between the hypnotist and the client and what kind of informed consent should be collected. In addition the power imbalance inherent in all healthcare professional relationships requires hypnotherapists to be sensitive to the ethical implications of the therapeutic encounter, especially in the context of a treatment of sexual dysfunction. Until these data are available, claims regarding the effectiveness of hypnotic suggestion in treating sexual dysfunction must be made with caution.

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BOOK

AUTHOR'S INTRODUCTION TO THE READER

This book is dedicated to professionals who use metaphors as a tool to send multiple messages to the conscious and the unconscious minds of listeners.

Professionals who speak in this way include those who are therapists, trainers, teachers, consultants and managers. Metaphors provide a talking tool for people who believe that it is sometimes more effective to allude than to describe, or to guess rather than to understand.

This book is for people who want to respect another's freedom to leave or fill in the gaps, their freedom to live surrounded by fog or clarify ambiguities and uncertainties, their freedom to remain impervious or reflect within themselves about what is being proposed.



Consuelo C. Casula

Metaphors for Personal & Professional Evolution

GARDENERS

PRINCESSES

PORCUPINES



By:
Consuelo C. Casula

Translated By:
Alejandra Diaz & Roxanna Erickson-Klein



This book has two purposes. The first is to offer a widely useful method to construct metaphors for psychotherapists and others. The second purpose is to provide the reader with many metaphors that can serve as examples and models to enrich their own repertoire. The definition of metaphor used here is that of a story that is composed of many elusive messages. Their creation was driven by the desire to send suggestive, evocative messages instead of explicit messages. The story has the potential to stimulate a creative process, not only in the person who constructs it and tells it, but also in all who listen to it, whether the listener is the intended recipient or a casual listener. A metaphor leaves a trail of the story told on the surface, while it contains within it deeper levels of stories or ideas. The deeper elements remain in the memory of the listener and continue to stimulate thought and doubt, creating evolutionary effects. Specifically, metaphors offer an experience for the listener to find their own way.

Many of the metaphors presented here were created by the author for a particular client or for some groups in training courses. Those from therapy were adapted, with some modifications, for others with similar problems. Metaphors in psychotherapy involve cognitive and emotional problems and are often specific to the uncomfortable topics of individual and relational suffering. The ones presented in training sessions deal with issues connected with the world of work and professional skills and bring more than a pedagogical value when addressed to adults. They become a tool that generates change through a learning process. Other metaphors have been created especially for the readers of this book, to illustrate the concepts or with the intention of suggesting change. Also contained within this work are metaphors that are adaptations, arrangements or collages from other authors: everything is mine, nothing is mine.

HOW IS THE BOOK ORGANIZED?

The book is divided into eight chapters. In the opening chapter, metaphors are described including their origin, expansion and their current clinical and educational applications. The first chapter also includes information on the best possible way to use metaphors: when, to whom, how to tell a metaphor and what precautions are needed. Purposes and reasons are given as to why it is more appropriate to tell a metaphor rather than to clarify thoughts or offer advice or ideas.

The second chapter introduces important uses of metaphors. They expand the listener's potentialities and raise awareness on values, ethical principles and virtues. Metaphors, in fact, aim to make possible the impossible, to present open scenarios, to expand cognitive, emotional and behavioral narrowness and to stabilize or normalize standards. Metaphors are also able to convey principles and values and present them as virtues necessary for the art of living.

The third chapter describes how to create a metaphor from the preliminary phase of gathering information to the actual procedure of transforming ideas into a story. The process is an alchemical transformation that changes a problem into a solution. The reader is guided through steps to construct a metaphor that meets the set objectives. Beginning with an analogy for the case or problem, to the selection of the characters, context and events, the metaphor evolves to facilitate the restructuring of the problem that leads naturally to its solution.

The fourth chapter presents the linguistic elements: the selection of words and phrases to tell a metaphor. This includes attention to syntax, insertion of hidden phrases, the use of restructuring and inclusion of strengthening messages for the ego. Expressions may be hidden in the story to make a message more effective, or the therapeutic phrases may be embedded to get past a listener's resistance. Following some short instructions for telling metaphors the chapter closes with the presentation of three cases.



The fifth chapter shows the use of metaphors as a way to re-frame negative thinking and limiting beliefs. It introduces what beliefs are, distinguishing between positive beliefs and those that can limit the subject, the context or other aspects of understanding. Errors in logic and cognitive distortions concealed in limiting beliefs can be revealed in a new context. The chapter closes with a display of elements to be included while creating metaphors with the intention of stimulating changes in thinking.

The sixth chapter offers suggestions for application of metaphors emotional responsiveness. The chapter begins with a definition of emotions and their most important functions, and their associated cognitive and behavioral components. The chapter proceeds with the distinction between evolutionary emotions and limiting emotions, going into more details of the latter. The chapter concludes with elements to be included in metaphors that will cultivate changes in emotions, neutralize negative emotions and thus bring about an evolutionary shift.

The seventh chapter suggests the use of metaphors in work with couples. It begins with a definition of a couple and with the presentation of the factors that create and maintain healthy intimate relationships. Elements that promote the well-being of the couple, and those that, conversely, cause discomfort and lead the couple into crises are identified. The chapter concludes with a proposal of elements to be included in metaphors dedicated to struggling couples.

The eighth and final chapter presents some metaphors that are especially suitable for management training courses but can also be told, with appropriate modifications, to clients with problems in the professional arena. The chapter begins with brief theoretical information section on topics such as skills, learning, motivation, communication, leadership and time management and goes on to suggest metaphors for each of these themes.

To facilitate reading, the metaphors in the book are highlighted with a recognizable format: written in italics and titled. Operational guidelines for the construction of metaphors are shown in a box.

Each metaphor begins with the classic “Once upon a time ...”, and then proceeds in present tense; historical present gives an effect of greater presence. The use of the imperfect tense would have been more correct, but it would have created a greater distance. Bibliographic references are included at the end of each chapter to avoid interrupting the flow of reading; these include the authors that provide the foundation of my work and those upon whose works provide the theoretical systemization that give inspiration for the creation of the metaphors. In order not to burden the reader with unnecessary redundancies in the references for each chapter, the sources already presented in previous chapters were not repeated.

The characters included in the metaphors of this book are diverse. Nevertheless, three characters recur most frequently: gardeners, Princesses and porcupines. Gardeners understand nature, they are wise and patient. They are capable of preparing the ground, planting, cultivating, pruning and harvesting fruits. They represent the prototype of caring in interpersonal relationships.

Princesses are beautiful and young, a resident of our own collective imagination. Destined to become Queens, they come from a noble family. They can be haughty or simply regal. They represent unexpressed potential that has yet to mature; a search to discover and become what and who they really are.

Porcupines are small animals whose quills can hurt. They can be clumsy and offensive. They represent the dialectic attack-defend, the merge between will and the ability to govern instinct, even to control their own behavior.



The author who greatly inspired this work is Milton H. Erickson. He is appreciated not only for his use of indirect communication and metaphors, but also for the way that he brought psychotherapy and teaching together. In both fields, the individual is stimulated to make changes taking into consideration his own resources and proceeding with confidence that learning and change will take place at the unconscious level.

Other authors whose ideas have inspired and supported this work include Richard Bandler and John Grinder – for their work in Neuro Linguistic Programming; David Gordon, Joseph Barber, and Stephen and Carol Lankton – for the construction of metaphors; Paul Watzlawick – for the pragmatic approach to interpersonal communication; Camillo Loriedo and Jeff Zeig – for the use of hypnotic communication and relationships with clients and students.

SOME CONSIDERATIONS FOR THE READER

Metaphors belong to oral tradition meant to be told, they belong to the world of sound, a written voice of recited words. As such they carry forth the differing rules of spoken rather than written language. However, for this book, they needed to be written, which leaves them at risk of being unheard.

To capture metaphors here they needed to be adapted to written language. Effort was made to preserve the flavor and texture of speech. Sometimes the adaptation came easily and other times with difficulty, sometimes with satisfactory results and at other times a bit less so. I invite the reader to read these metaphors as if someone else was telling them. Adopt a comfortable position, slow down the rhythm of breathing, and read the metaphor slowly.

Enter on tiptoes into the world of metaphors to try them out. Read slowly to listen to the music behind the words and capture what rests between the lines. I encourage readers to enjoy them for what they are: a transcription of an orchestral piano score, complete with lost notes, harmonies and acoustics.

The person who tells a metaphor gives a gift to the listener in that particular moment and context. He modifies the metaphor by modulating the tone of voice, by attenuating one side and emphasizing another, by stressing a concept and diminishing another, by creating suspense at the end by closing it or leaving it open. These variations are made while assessing the listener. If the metaphor is told within a group context, the assessment falls on the whole group. A metaphor lives and changes while it is expressed. It expands or shrinks. It may become brief with parenthetical remarks or reduced to its barest essentials.

Presented in these pages, the metaphors are fixed in black on white. Some are short, written in a few lines; others are long, developing over a few pages. A long metaphor is like a serpent that sometimes rolls up itself and sometimes it stretches, relaxing at all its length. It consists of various reference experiences, which can be summarized or reduced to their essentials. I invite the reader to give these metaphors life and modify them according to their needs.

Consuelo C. Casula
Milan, Italy 2002

FORWARD TO THE ENGLISH EDITION

Consuelo Casula has used her voice to open the door to metaphors, to usher them into the professional arena and recognize them for their power, their potential, and their unique twist of generating experiential initiative.



It has been a delight to be part of our international team that given an English voice to Casula's *Gardeners, Princess and Porcupines*. The marathon task of translation from Italian to English took four short years; time that flew by in a wink, juxtaposing intervals of intense focus with moments of curious introspection, punctuated by laughing amusement as the images in the examples came to life. Now it has all come together.

Serious, yet lighthearted, this book is a guide that can direct and inspire readers in their use of metaphors. It presents itself as a simply complex textbook, dense in information, jam packed with ideas, that is somehow unrestrained and contained at the same time. Casula describes her intent to send suggestive evocative messages instead of explicit messages, and to show metaphors as a vehicle to convey principles, values and virtues necessary to the art of living. She teaches the eyes to see that they cannot see. These concepts have become a manuscript that English speakers in professional arenas have waited for, without even knowing that the wait was passing by.

Professionals who use metaphors frequently habituate to phrases such as "That reminds me of a story ..." The topic of introduction of a metaphor in the context of psychotherapy or teaching is left entirely open. As one advances in their use of metaphors, that clear segue can become an unexplained launch into anecdotes, seemingly unrelated to the moment, that leaves the metaphor user at risk for being identified as having "lost their marbles." Whether or not the listener understands the relevance of the tale told is secondary to the process of inner search that is undertaken.

Casula, a masterful student, credits a number of scholars and a systemic viewpoint as contributing to the underlying constructs and principles described in this work. Among the contributors, she identifies Milton H. Erickson as an inspiration, and the students of his ideas offering further insight to his elusive conceptualizations. My own interest in this work is grounded in a fascination for the multitude of ways that my own father's work has evolved through time and geography, passing from hand to hand, mouth to mouth, and book to book.

Looking back to the central ideas of Milton Erickson, his deep appreciation for the vitality of both the conscious mind and the unconscious mind within each individual gives a distinctive view to the art of metaphor use. Understanding the work of Erickson begins with acceptance of some basic premises: all people have a natural drive towards health and well-being; one's unconscious mind is aware of internal conflicts and imbalances; and one's unconscious mind is already at search for new information to facilitate well-being. These three ideas do not fully contain the genius of Erickson, but they do offer a launchpad from which we can cognitively and consciously relate the connections of his work to the information contained herein.

Erickson used hypnosis as his primary tool for communication with the unconscious mind. In his later years he eschewed direct cognitive explanations, declaring them to be too limited to contain the vastness of possibilities. Erickson taught the value of opening one's mind to the use of hypnosis, trance states, positive imagery, imagination, and expectation combined with hard work and self-discipline. He used permissive suggestions, puzzles, examples, and ambiguous comments to indirectly fortify his own position as a role model with attention turned to full presence in the moment, accompanied by curiosity and interest. Instead of explaining his thoughts to the conscious mind of his listener, most of his teaching and advice was open-ended anecdotal or metaphorical responses to questions asked.

Casula's collection of examples range from simple to complex, from verbalized to unspoken, and from obtuse to linked with obvious connections. Sometimes she has offered explicit descriptions, gift-wrapping the con-



tents with mere suggestions. Other times, she has felt the need to explain the meaning of a metaphor. Explaining is an action that risks diminishing the potency of unconscious processing associated with an open-ended scenario that encourages the listener to find direction.

Opening these pages displays a doorway to techniques of construction and use of metaphors. What crosses the threshold is an experiential process of learning to seek information from within one's own life center. Whether one scans through, immerses oneself in text, or amuses oneself with the examples the process of learning takes place as the ideas move from the cognitive conscious explanations offered – into the readers unconscious via an internal search for meaning.

Whether you started this book with the hope of learning about metaphors, or learning about stimulating unconscious processes, the work herein gives direction to both. You will see, hear and feel as you respond to the process of inner search that accompanies each tale. Read, soak it in, and let curiosity grow about how this relates to you specifically, and your circumstance in general. As you learn to learn in this manner, are you strong enough to let go? One can, you know.

What Casula has created is a conscious guide to unconscious learning. As her voice develops, and the characters and tales come to life, your attention will shift from the details of instruction to the relaxation of listening and the ambiguity of meaning. Attend to that shift, and the personal meaning of the capacity to shift, and your own ability to notice a shift within. What evolves is a respectful concordance of mutual influence and possibilities, the music of inner and outer voices.

Roxanna Erickson-Klein
Dallas, Texas, 2021

TRANSLATOR'S NOTES

By chance, a few years ago, the three of us who make up the translation team met. Consuelo Casula, Alejandra Diaz and Roxanna Erickson joined Teresa Robles at her home in Mexico City. For me and Consuelo, it was a first meeting, but Roxanna was already familiar with everyone present. Consuelo's reputation preceded her. She is a world-acclaimed hypnotherapist, known for her seminal Italian work on metaphors and her contributions to the professionalism of hypnotherapy on an international level. Teresa Robles, likewise, has an international reputation for the hypnotic work she has done in Mexico and around the world. All four of us shared solid foundations of training-in and teaching-of hypnosis internationally. We also share a deep appreciation for hypnosis and metaphors as tools for reaching into unconscious realms.

The conversations drifted between English and Spanish, our shared common languages. That enhanced our sense of understanding and connections. In the process of sharing ideas, the prospect arose of translating this book from Italian into English. The work had already been translated into Portuguese, French and German as well as Spanish. Teresa had done the translation into Spanish, which is my native language.

Fueled by my passion for the beauty of Italian, the possibility of working together arose, as if all on its own. By the time the afternoon was over, Roxanna and I agreed to work together to undertake this translation.

It turned out to be a much more complex undertaking than initially imagined. Many decisions were made regarding stylistic details. These included: shortening of sentences, the use of neutral pronouns, some resequencing of paragraphs and selecting nouns for clarification to distinguish the metaphor artist from its user or listener. This work is packed with information, simultaneously creative and analytical. It is a dense balance of



concrete, cognitive information and entertaining anecdotes.

While at times we were tempted to insert our own thoughts, ideas, suggestions or responses to what was presented, we committed ourselves to make every effort to remain as true to the original Italian as was possible in the transformation to a work that flowed smoothly in the English language.

The desire to keep it true to the original was, in itself, something of an ordeal. There is a beauty in the phraseology in Italian that is lost with the blunt expressions of English. Metaphors are empowered with the use of vague suggestive language and ambiguity. Further, some words simply do not translate – one example is that the Italian word *vita* which means “life” but it also means “waistline.” Not wanting to sacrifice the music behind the words of the Italian original, we had to adapt and find possibilities to convey the original idea and deliver the message in English.

It has been a true honor and privilege to be included as part of this international team. This was definitely an opportunity for us to share, understand and elegantly blend imagination, ideas, cultures and styles. This process brought more clarity on our own perspectives and appreciation for metaphors in a psychotherapeutic context. It helped to connect ourselves with our own inner resources as therapists who reinvent themselves every day. This book represents a versatile chance for therapists to make this information their own and adapt the stories according to their contextual and client’s needs. Additionally, the joy of having three different backgrounds participating in the process facilitated our own personal and professional growth giving Gardeners, Princesses and Porcupines a new language to express themselves.

Alejandra Diaz
Dallas, Texas, 2021

COVER WORDS

“What a pleasure it is to read Consuelo C. Casula’s *Gardeners, Princesses, & Porcupines*, translated beautifully from the original Italian by Alejandra Diaz and Roxanna Erickson-Klein. Metaphors are a time-honored and effective strategy for facilitating growth and change in psychotherapy. However, until this book, there have been no guidebooks that so effectively and clearly teach clinicians how to create therapeutic metaphors. Dr. Casula describes, and then demonstrates through examples, how metaphors can be used to make changes in maladaptive beliefs, emotional responses, and behaviors, as well as how to use metaphors in the context of marriage counseling and learning. Not only is the text interesting and engaging, but the many metaphors provided as examples are themselves a delight to read and ponder. *Gardeners, Princesses, & Porcupines*, in short, is an inspiring masterwork on the topic. I look forward to reading and referencing, again and again, this valuable contribution to the field.”

– Mark P. Jensen –

“Consuelo Casula opens up new dimensions of understanding in this beautifully written book. For the reader who wishes to become more masterful in the use of metaphor, this book is a golden gateway of opportunity.”

– Dan Short –

“Dr. Consuelo Casula has written a wonderful book that provides both depth and clarity to a most challenging subject. Her multi-faceted consideration of the many ways metaphors can be constructed and used creatively in therapy is truly inspiring. Dr. Casula succeeds brilliantly in bringing her insights to an even higher level of value through the unique and illustrative stories she shares so generously throughout. *Gardeners, Princesses, and Porcupines* is a book to savor slowly!”

– Michael D. Yapko –



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Special Issue on Hypnotizability

We just published the first issue of 2021 – a special issue featuring new articles on the subject of hypnotizability. This issue features an editorial and nine articles that review years of research on hypnotizability, provide insight and new perspectives on theories related to suggestibility, describe the reliability and validity of scales for measurement, and explore new methods for established scales.

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Gary R. Elkins, PhD
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Topics can include: Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

Style and Formatting Update

As of February 27, 2020, the journal's style guidelines changed slightly with the new 7th edition of the Publication Manual of the American Psychological Association (APA-7). APA-7 style and formatting rules will apply to new submissions.

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HYPNOTIZABILITY AND THE NATURAL HUMAN ABILITY TO ALTER EXPERIENCE

PAUL DELL

There seems to be a natural, human ability to alter one's experience that already exists – prior to and apart from any hypnotic induction. Individual differences in this ability range from low to high and are largely commensurate with the person's assessed hypnotizability. More importantly, these preexisting, individual differences in the ability to alter experience seem to be the “substrate” that enables each individual's response to hypnotic suggestions. It is proposed that, with some notable exceptions, the hypnosis field's understanding of hypnotizability has been hindered by theorists' (and clinicians') tendency to consider the instruments that reveal hypnotic phenomena (i.e., hypnosis and suggestions) to be explanatory concepts.

MULTICOMPONENT THEORIES OF HYPNOTIZABILITY: HISTORY AND PROSPECTS

PAMELA SADLER & ERIK WOODY

This review addresses multicomponent theories of hypnotizability by focusing on 3 important exemplars from the history of hypnosis research: E. R. Hilgard's (1965) Hypnotic susceptibility; R. E. Shor's (1962) Three dimensions of hypnotic depth; and T.X. Barber's (1999) A comprehensive three-dimensional theory of hypnosis. Taken together, they illustrate the variety of hypnotic phenomena examined in research – overt responses, subjective experiences, and underlying processes – and the ways in which evidence about each has implied the existence of multiple underlying components. Particularly highlighted are the different ways in which the theories conceptualize the joint contribution of multiple individual differences. Also covered is relevant later work by other researchers as well as important issues remaining to be resolved.

A CRITICAL REVIEW OF STANDARDIZED MEASURES OF HYPNOTIC SUGGESTIBILITY

DAVID ACUNZO & DEVIN TERHUNE

The most well-established finding gleaned from decades of experimental hypnosis research is that individuals display marked variability in responsiveness to hypnotic suggestions. Insofar as this variability impacts both treatment outcome in therapeutic applications of hypnosis as well as responsiveness to suggestions in experimental contexts, it is imperative that clinicians and researchers use robust measures of hypnotic suggestibility. The current paper critically evaluates contemporary measures of hypnotic suggestibility. After reviewing the most widely used measures, we identify multiple properties of these instruments that result in the loss of valuable information, including binary scoring and single-trial sampling, and hinder their utility, such as the inclusion of suboptimal suggestion content. The scales are not well-suited for contemporary research questions and have outlived their usefulness. We conclude by outlining ways in which the measurement of hypnotic suggestibility can be advanced.

THE HYPNOTIC INDUCTION PROFILE (HIP) IN CLINICAL PRACTICE AND RESEARCH

JOHN ALEXANDER, KATY STIMPSON, JESSIE KITTLE, & DAVID SPIEGEL

The Hypnotic Induction Profile (HIP) was developed as a brief, yet thorough, assessment of a person's level of trait hypnotizability and their potential to experience a hypnotic state. The HIP quantitatively and qualita-



tively measures hypnotizability by evaluating biological and sensorimotor experiences designed to assess 3 fundamental observable and measurable components of hypnosis: absorption, dissociation, and suggestibility through a guided assessment that takes 5 to 10 minutes. From conception, the HIP has been utilized in clinical settings to assess appropriateness for the use of hypnosis in treatment planning and research protocols to stratify research participants. The brevity, accessibility, and reliability of the HIP have allowed it to adapt, not only across settings but through media platforms as technology and remote delivery become increasingly incorporated in the field of hypnosis.

POSTHYPNOTIC AMNESIA IN HYPNOTIZABILITY ASSESSMENT: VALIDATION OF A NEW SCORING SYSTEM FOR THE HYPNOTIC INDUCTION PROFILE

AFIK FAERMAN & DAVID SPIEGEL

The Hypnotic Induction Profile (HIP) is a standardized assessment of hypnotizability featuring a validated 0–10 scoring system, that does not factor in posthypnotic amnesia. Using confirmatory factor analyses (CFA), we compared the 10-point scoring system with a new 12-point system that includes the posthypnotic amnesia item in independent samples of individuals with fibromyalgia ($n = 98$) and healthy adults ($n = 97$). Additionally, we explored associations of the two scoring systems with measures of hypnotic phenomena. CFA results indicate that the 12-point scoring system is a good fit for the 1-factor model of hypnotizability. Posthypnotic amnesia loaded highly on the model in the fibromyalgia sample, and moderately on the model in healthy adults. Furthermore, the 12-point scoring system correlated significantly with measures of hypnotic phenomena. We conclude that the 12-point scoring system is psychometrically equivalent yet conceptually more comprehensive than the 10-point scoring system.

TESTING HYPNOTIZABILITY BY PHONE: DEVELOPMENT AND VALIDATION OF THE REMOTE HYPNOTIC INDUCTION PROFILE (RHIP)

JESSIE KITTLE, EMMA ZHAO, KATY STIMPSON, YINGJIE WENG, & DAVID SPIEGEL

Standard hypnotizability scales require physical contact or direct observation by tester and participant. The authors addressed this limitation by developing and testing the remote Hypnotic Induction Profile (rHIP), a hypnotizability test derived from the Hypnotic Induction Profile that is completed by telephone. To assess the validity of the rHIP, 56 volunteers naïve to hypnotizability testing completed both the HIP and the rHIP, with order of testing randomized. Results indicate a strong correlation between HIP and rHIP scores, $r_s = .71(0.53-0.84)$, $p < .0001$, and good concordance, difference = $.03(-0.53, 0.59)$, $p = .91$, independent of testing order. The rHIP had few complications. Possible advantages of using the rHIP include improving patient expectancy prior to scheduling a hypnosis session, increasing access to hypnotizability testing for remote interventions, and obviating resource-intensive in-person hypnotizability screening for trials that exclude subjects with certain scores.

GERMAN NORMS OF THE HARVARD GROUP SCALE OF HYPNOTIC SUSCEPTIBILITY (HGSHS-A) AND PROPOSAL OF A 5-ITEM SHORT-VERSION (HGSHS5:G)

BJÖRN RIEFEL, SVEN TÖNNIES, ERNIL HANSEN, NINA ZECH, SANDRA ECK, ANIL BATRA, & BURKHARD PETER

The Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A), is commonly used to test hypnotizability. There is still some controversy about what exactly hypnotizability is and whether and how it can be measured, especially by the HGSHS:A. Furthermore, a wider clinical use is limited, requiring a testing time of more than 1 hour. We analyzed the German HGSHS:A version for its factorial structure, item contribution, and item difficulty based on test data from six studies, including 1276 persons, to propose a shorter version of the HGSHS:A. We hereby present a 5-item version of the HGSHS:A (HGSHS-5:G), consisting of the challenge items, that was compared with an 11-item version (highly variable posthypnotic amnesia omitted). Age- and gender-specific norms was generat-



ed. The HGSHS-5: G showed high validity, reliability, and classification agreement. It reduces test time to 30 minutes thus facilitating wider use of hypnotizability testing.

THERAPEUTIC USE OF THE ELKINS HYPNOTIZABILITY SCALE: A FEASIBILITY STUDY

MING HWEI & GARY ELKINS

Hypnotizability assessment can inform hypnotic interventions, and studies on brief hypnotic inductions suggest that it may also confer therapeutic benefits. However, hypnotizability is rarely assessed in clinical practice due to limitations of current measures. The Elkins Hypnotizability Scale (EHS) improved upon such limitations and has been shown to be a very reliable and valid hypnotizability measure. This is the first study to examine the feasibility of the EHS as a therapeutic measure. Fifty-five participants were administered the EHS and randomized to two weeks of self-hypnosis with or without a recording. Results indicated that relaxation increased immediately after EHS administration, and relaxation and psychological distress improved after two weeks of self-hypnosis with the EHS induction. These results suggest that the EHS may be considered as a therapeutic measure and an avenue to introduce self-hypnosis in clinical practice with or without audio recordings.

TEST-RETEST RELIABILITY OF THE STANFORD HYPNOTIC SUSCEPTIBILITY SCALE, FORM C AND THE ELKINS HYPNOTIZABILITY SCALE

ZOLTAN KEKECS, R. LYNÆ ROBERTS, HYEJI NA, MING HWEI YEK, ELIZABETH SLONENA, EZRHIEL RACELIS, TAMARA VOOR, ROBERT JOHANSSON, PIETRO RIZZO, ENDRE CSIKOS, VANDA VIZKIEVICZ, & GARY ELKINS

This project aimed to assess the consistency of hypnotizability over repeated assessments when measured by the Stanford Hypnotic Susceptibility Scale: Form C (SHSS:C), and the Elkins Hypnotizability Scale (EHS) and to contrast score distribution and pleasantness of these scales. University students were administered either the SHSS:C or the EHS twice with a one-week delay by separate experimenters. Test-retest reliability of the EHS and the SHSS:C was $r_s = .82$ (.71-.92) and $r_s = .66$, 95% (.47-.86), respectively (Spearman's correlation). Hypnotizability was comparable at test and retest in the EHS group, SHSS:C scores decreased by the retest. We found that the SHSS:C produced higher scores than the EHS, and the pleasantness of the 2 scales was comparable. Overall, our results supported the reliability of the EHS, while SHSS:C scores were more inconsistent between the 2 assessments. More research is warranted.

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BOOK REVIEW

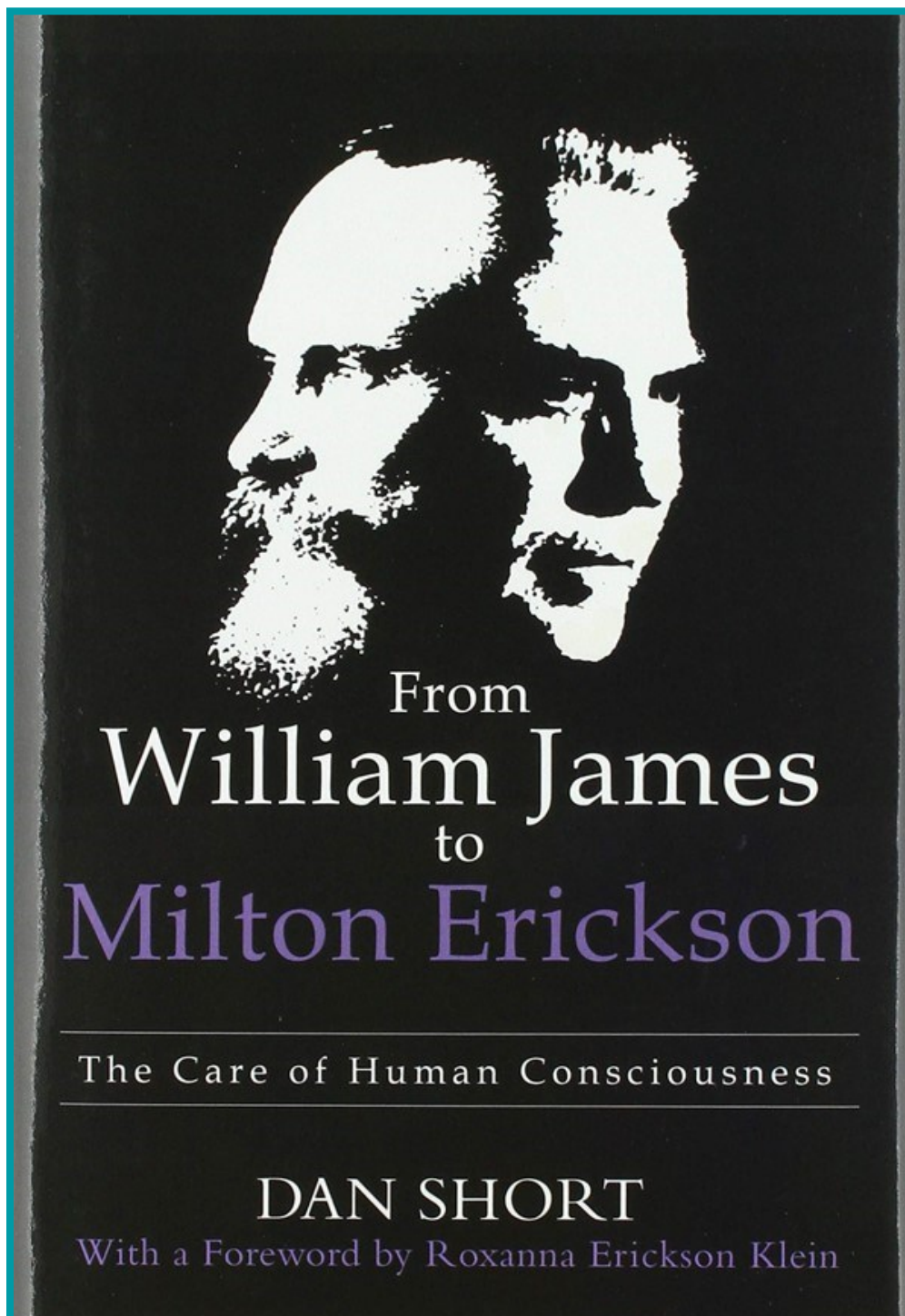
**FROM WILLIAM JAMES TO MILTON ERICKSON:
THE CARE OF HUMAN CONSCIOUSNESS**

BY DAN SHORT, PHD

REVIEWED BY ROBERT STAFFIN, PSYD

drstaffin@gmail.com

For those who have been awed and captivated by the creativity, artistry and mastery of Milton H. Erickson, MD, and wondered where this wizard of the desert came from, this book is a must read. From the forward by Dr. Erickson's daughter, Dr. Roxanna Erickson-Klein, Dr. Dan Short secures the teachings of William James in the corpus of works that were germane to Milton Erickson's formulations and treatment interventions.





From the philosophy of therapeutic change through psychodynamics, exceptional states and social influence, to behavioral dynamics and physiological change, time and time again, Dr. Short pulls a thread, shows its historical antecedent, James' engagement with it and Erickson's clinical application of it. He then situates it in contemporary research and practice. The net effect is a writing style that is as intellectually broad as it is engaging and compelling.

Drawing parallels between what James referred to as mystical experiences and what Erickson called trance, Dr. Short highlights their shared respect for the ability of the individual to recognize their capacity for change. Whether it is James' analogy of grafting a branch onto a plant or Erickson's addition of small alterations in the client's experience, Dr. Short captures their mutual belief in a positive depth psychology that is expressed in their teachings and clinical work. Short's presentation of ideas mirrors James' and Erickson's concept of the transference of learning about which he writes.

Part detective part master clinician, Dr. Short makes the argument that Erickson's concept of utilization was, in part, an extension of James' pragmatism. Whether it is Dr. Roxanna Erickson-Klein confirming that William James' writings were kept among her father's most treasured books, his citing James' time in Germany with Hermann von Helmholtz to support his contention that James' belief in subconscious processes grew out of von Helmholtz's work, or quoting Erickson referencing James, Dr. Short connects the dots highlighting the legacies and trajectories of James and Erickson.

The breadth of Dr. Short's presentation is impressive. From his articulation of terror management theory that seeks to address how we work to make our lives count in the face of death through to his discourse on embodied cognitions and neuroplasticity, he traces the seed of an idea into the writings of James and the practice of Erickson. He displays his knowledge of the history of hypnosis as he succinctly compares Freud's use of hypnosis with that of Erickson. His writings on ambivalence and double binds are like the tumblers of a lock falling into place. You may know the combination but it is not until the numbers are properly sequenced that the lock will open. Short's use of incompletely explained "cures" of Erickson, as a means by which to explicate James' theory, is another example of what makes his writing so evocative. Short, in his application of the method of serial study, looks to understand the wheel without offering it a new name.

Nowhere does the beauty of Short's writing shine more brightly than in his closing of the book. He speaks to the aesthetics of James and Erickson, noting how the aspirations of these careful observers is in service of their quest to "reveal inner beauty." Harnessing what he presents as the attitude of James and Erickson, he leaves us with the invitation to approach each and every encounter as a "moment of opportunity." I would encourage you to accept his invitation.

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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
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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>

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Looking forward to seeing you in person soon,

Bernhard Trenkle,
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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):

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