



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
2021, Volume 45, No. 2

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JUNE 2021

A LETTER FROM BERNHARD TRENKLE (IMMEDIATE PAST-PRESIDENT) AND
MARK JENSEN (PRESIDENT)



BERNHARD TRENKLE



MARK JENSEN

Dear ISH members:

We are writing this president's column together as we transition smoothly from one presidency to another, having worked closely together over the last three years (as president and president-elect), and looking forward to continuing to work closely together over the next three year (as president and immediate past-president).

We would first like to express our gratitude to our Board of Directors who accomplished so much over the last three years, including Enayat Shahidi, Claude Virod, Woltemade Harman, Giuseppe De Benedittis, Brian Allen, Cecilia Fabre, Xin Fang, Kris Klajs, and Katalin Varga.

We are proud that the BOD members represented all continents, including the Americas, Europe, Asia, Africa, and Australia. We enjoyed meeting face-to-face every year in 2018 and 2019 but could not do so in 2020 due to the pandemic. We are looking forward to starting this tradition as soon as possible.

Our **successes** included:

- The installation of a real virtual office where all BOD members or administrators can run the society from the home office.
- Starting the whoISHwho.com project, with which many of you are



already participating (if you have not yet registered, please do so!).

- The collection and making accessible resources for helping people cope with the corona crisis.

We want to express our special thanks for the wonderful work Woltemade Hartman did as chair of the COR. His questionnaire to all societies and the results from this have been outstanding. In addition, Woltemade facilitated the completion of a training standards document that reflects the complex international situation.

As our Treasurer Secretary, Enayat Shahidi helped us maintain our financial strength, providing us with regular updates and giving us important guidance and suggestions for how we can be most efficient in our work.

We also want to thank Kata Varga for a wonderful newsletter published 4 times a year, as well as her work in bringing together our next generation of researchers and leaders in the field.

Ceci Fabre also helped us to reach out to and connect with the younger generation via social media: Facebook, Instagram, ISH Blog.

Xin Fang from Beijing University has worked hard to continue in the development of hypnotherapy in China.

Nicole Ruyschaert, as former ESH President, was not elected BOD member, volunteered to lend her support to ISH by participating in the BOD meetings, providing us with detailed knowledge about hypnosis in Europe, and making significant contributions to every newsletter.

Giuseppe de Benedittis also made an extraordinary contribution. He has invaluable contacts with the world of science and research at the World Health Organization. He is working tirelessly to make hypnosis be recognized as a viable treatment by the WHO and is making great progress in this area. So keep your eyes open for new developments in this in the months ahead!

Kris Klajs and his team have been focusing on organizing the ISH Congress in Krakow. Plans for this meeting continue to move ahead. It was also his idea to organize the first Asian Congress in Hypnosis in 2019, which was a big success.

We also want to express our appreciation to Julie Linden for her continued hard work as the USA Administrator, contributing many hours to help us keep current with the paperwork needed to maintain our non-profit status and registration as an association. She also has an extraordinary long-term memory, which has helped us to maintain our efficiency.

A special thank you also goes to Claude Virost for all the wonderful work he has done on the Board of Directors, first as president-elect, then as president, and then, over the past three years, immediate past-president. You will recall that he organized the largest and most successful international hypnosis congress in history.

Brian Allen served ISH and the Board of Directors extremely well as the COR secretary, supporting the COR Chair as needed.

Finally, we want to express our deep appreciation to Shady Tonn, our ISH Administrator, who has effectively supported the society to ensure our goals are achieved.

As we look forward, we are very much looking forward to working closely with the next BOD for the next three years. We are grateful that many of the BOD members from the last three years were elected to serve another term, although some will do so in different roles. These include Kris Klajs



(President-Elect), Enayat Shahidi (Treasurer/Secretary), Woltemade Hartman (COR Chair), Brian Allen (COR Secretary), and Ceci Fabre, Kata Varga, and Giuseppe de Benedittis, the latter three as members at large. We also welcome two new members to the BOD, Callie Hattingh (as COR Vice-Chair), Anita Jung (as a member at large). Although Callie and Anita are new to the BOD, they bring with them a depth of experience in working with other hypnosis societies, and are enthusiastic about working with us to further the mission of ISH.

The new BOD will be meeting soon to discuss our most important initiatives for the next three years. But already, there is talk and a commitment growing for at least three of these. One is, of course, to organize a successful World Congress in 2024 (or perhaps in 2025). In the meantime, of course, please register for and plan to participate in the very next World Congress, that will be held in Krakow from June 8 to 11, 2022 (<https://www.hypnosis2021.com/en>).

We also want to continue to have a positive effect on increasing the effective use of clinical hypnosis by both (1) increasing our reach through an increase in the number of individual members and constituent societies and (2) increasing the number of in-person (once this is possible again) and virtual hypnosis training events. We will be establishing new committees to focus on these initiatives soon – if you are interested in volunteering for either or both of the Education and Training committee or our ISH Membership committee, please contact us via info@ishhypnosis.com.

In the meantime, the virtual COR meeting we held on June 10, and the ISH virtual event we had the next day, were so successful, we are already making plans to continue supporting our connections by hosting a monthly „Coffee, Tea, or other Beverage of your choice with the President.“ During this hour, any ISH member is welcome to meet with Mark Jensen and BOD members who are able to attend to give us ideas and inspiration for ways to support ISH’s mission, even more, socialize, talk about hypnosis, and just support each other. So please keep your eyes out for the days and times for these virtual meetings, and plan to participate!

Building on many of ISH’s past successes, we will be working together to support the acceptance and use of hypnosis worldwide. We are very much looking forward to partnering with you in these efforts in the years ahead.

With warmest regards,

Mark Jensen

ISH President

Bernhard Trenkle

ISH Immediate Past-President

COR MEETING 10TH JUNE 2021





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2021-2024



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GEDANKEN DES PRÄSIDENTEN (DE)

Ein Brief von Bernhard Trenkle (Immediate Past-President) und Mark Jensen (Präsident)

Liebe ISH-Mitglieder:

Wir schreiben diese Präsidentenkolumne gemeinsam, da wir in den letzten drei Jahren (als Präsident und President-Elect) eng zusammengearbeitet haben und uns darauf freuen, auch in den nächsten drei Jahren (als Präsident und Immediate Past President) eng zusammenzuarbeiten.

Wir möchten zunächst unseren Dank an unseren Vorstand aussprechen, der in den letzten drei Jahren so viel geleistet hat, darunter Enayat Shahidi, Claude Virot, Woltemade Harman, Giuseppe De Benedittis, Brian Allen, Cecilia Fabre, Xin Fang, Kris Klajs und Katalin Varga. Wir sind stolz darauf, dass die BOD-Mitglieder alle Kontinente vertreten haben, einschließlich Amerika, Europa, Asien, Afrika und Australien. Wir haben es genossen, uns 2018 und 2019 jedes Jahr von Angesicht zu Angesicht zu treffen, konnten dies aber aufgrund der Pandemie im Jahr 2020 nicht tun. Wir freuen uns darauf, diese Tradition so bald wie möglich wieder aufzunehmen.

Zu unseren Erfolgen gehören:

- Die Einrichtung eines echten virtuellen Büros, in dem alle BOD-Mitglieder oder Administratoren die Gesellschaft vom Home-Office aus führen können.
- Der Start des Projekts whoISHwho.com, an dem viele von Ihnen bereits teilnehmen (wenn Sie sich noch nicht registriert haben, tun Sie das bitte!).
- Das Sammeln und Zugänglichmachen von Ressourcen, die Menschen bei der Bewältigung der Corona-Krise helfen.

Wir möchten unseren besonderen Dank für die wunderbare Arbeit aussprechen, die Woltemade Hartman als Vorsitzender des COR geleistet hat. Sein Fragebogen an alle Gesellschaften und die Ergebnisse daraus waren hervorragend. Darüber hinaus ermöglichte Woltemade die Fertigstellung eines Dokuments mit Ausbildungsstandards, das die komplexe internationale Situation widerspiegelt.

Als unser Schatzmeister-Sekretär hat Enayat Shahidi uns geholfen, unsere Finanzkraft zu erhalten, indem er uns regelmäßig auf dem Laufenden hielt und uns wichtige Hinweise und Vorschläge gab, wie wir in unserer Arbeit am effizientesten sein können.

Wir möchten auch Kata Varga für einen wunderbaren Newsletter danken, der viermal im Jahr erscheint, sowie für ihre Arbeit, unsere nächste Generation von Forschern und Führungskräften auf dem Gebiet zusammenzubringen.

Ceci Fabre hat uns auch geholfen, die jüngere Generation über soziale Medien zu erreichen und mit ihr in Kontakt zu treten: Facebook, Instagram, ISH Blog.

Xin Fang von der Universität Peking hat hart daran gearbeitet, die Entwicklung der Hypnotherapie in China voranzutreiben.

Nicole Ruysschaert, die als ehemalige ESH-Präsidentin nicht in den BOD gewählt wurde, hat sich freiwillig für die ISH eingesetzt, indem sie an den BOD-Sitzungen teilnahm, uns mit detailliertem Wissen über Hypnose in



Europa versorgte und wichtige Beiträge zu jedem Newsletter lieferte.

Auch Giuseppe de Benedittis leistete einen außerordentlichen Beitrag. Er hat unschätzbare Kontakte zur Welt der Wissenschaft und Forschung bei der Weltgesundheitsorganisation. Er arbeitet unermüdlich daran, dass Hypnose von der WHO als brauchbare Behandlungsmethode anerkannt wird und macht auf diesem Gebiet große Fortschritte. Halten Sie also die Augen offen für neue Entwicklungen in diesem Bereich in den kommenden Monaten!

Kris Klajs und sein Team haben sich auf die Organisation des ISH-Kongresses in Krakau konzentriert. Die Planungen für dieses Treffen schreiten weiter voran. Es war auch seine Idee, den ersten asiatischen Kongress in Hypnose im Jahr 2019 zu organisieren, der ein großer Erfolg war.

Wir möchten auch Julie Linden unsere Anerkennung für ihre fortgesetzte harte Arbeit als USA-Administratorin aussprechen, die mit vielen Stunden dazu beiträgt, uns mit dem Papierkram auf dem Laufenden zu halten, der nötig ist, um unseren Non-Profit-Status und die Registrierung als Verband aufrecht zu erhalten. Sie hat auch ein außergewöhnliches Langzeitgedächtnis, was uns geholfen hat, unsere Effizienz zu erhalten.

Ein besonderes Dankeschön geht auch an Claude Viroc für all die wunderbare Arbeit, die er im Vorstand geleistet hat, zuerst als Präsident elect, dann als Präsident und dann, in den letzten drei Jahren, als unmittelbarer Past-Präsident. Sie werden sich erinnern, dass er den größten und erfolgreichsten internationalen Hypnosekongress der Geschichte organisiert hat.

Brian Allen hat der ISH und dem Vorstand als COR-Sekretär sehr gut gedient und den COR-Vorsitzenden bei Bedarf unterstützt.

Schließlich möchten wir Shady Tonn, unserer ISH-Administratorin, unsere tiefe Anerkennung aussprechen. Sie hat die Gesellschaft effektiv unterstützt, um sicherzustellen, dass unsere Ziele erreicht werden.

Mit Blick auf die Zukunft freuen wir uns sehr auf die enge Zusammenarbeit mit dem nächsten BOD für die nächsten drei Jahre. Wir sind dankbar, dass viele der BOD-Mitglieder aus den letzten drei Jahren für eine weitere Amtszeit gewählt wurden, auch wenn einige von ihnen dies in anderen Funktionen tun werden. Dazu gehören Kris Klajs (President-Elect), Enayat Shahidi (Schatzmeister/Sekretär), Woltemade Hartman (COR-Chair), Brian Allen (COR-Sekretär) sowie Ceci Fabre, Kata Varga und Giuseppe de Benedittis, die drei letzteren als "members at large". Wir begrüßen auch zwei neue Mitglieder im BOD, Callie Hattingh (als COR Vice-Chair) und Anita Jung (als Mitglied at large). Obwohl Callie und Anita neu im BOD sind, bringen sie viel Erfahrung in der Zusammenarbeit mit anderen Hypnosegesellschaften mit und sind begeistert, mit uns zusammenzuarbeiten, um die Mission der ISH zu weiter voran zu bringen.

Der neue BOD wird sich bald treffen, um unsere wichtigsten Initiativen für die nächsten drei Jahre zu besprechen. Aber schon jetzt gibt es Gespräche und ein wachsendes Engagement für mindestens drei von ihnen. Eine davon ist natürlich die Organisation eines erfolgreichen Weltkongresses im Jahr 2024 (oder vielleicht 2025). In der Zwischenzeit bitten wir Sie natürlich, sich für den nächsten Weltkongress anzumelden und Ihre Teilnahme zu planen, der vom 8. bis 11. Juni 2022 in Krakau stattfinden wird (<https://www.hypnosis2021.com/en>).

Wir wollen auch weiterhin einen positiven Effekt auf die Steigerung der effektiven Anwendung der klinischen Hypnose haben, indem wir sowohl (1) unsere Reichweite durch eine Erhöhung der Anzahl von Einzelmitgliedern und Mitgliedsgesellschaften erhöhen als auch (2) die Anzahl von persönlichen (sobald dies wieder möglich ist) und virtuellen Hypnose-



Ausbildungsveranstaltungen steigern. Wir werden bald neue Komitees gründen, die sich auf diese Initiativen konzentrieren werden - wenn Sie daran interessiert sind, sich für eines oder beide Komitees zu engagieren, z.B. das Komitee für Aus- und Weiterbildung oder das ISH-Mitgliedschaftskomitee, kontaktieren Sie uns bitte über info@ishhypnosis.com.

In der Zwischenzeit waren das virtuelle COR-Meeting, das wir am 10. Juni abgehalten haben, und die virtuelle ISH-Veranstaltung am nächsten Tag so erfolgreich, dass wir bereits Pläne schmieden, unsere Verbindungen weiter zu unterstützen, indem wir monatlich einen "Kaffee, Tee oder ein anderes Getränk Ihrer Wahl mit dem Präsidenten" veranstalten. Während dieser Stunde ist jedes ISH-Mitglied willkommen, sich mit Mark Jensen und den BOD-Mitgliedern zu treffen, die in der Lage sind, teilzunehmen, um uns Ideen und Inspirationen zu geben, wie wir die Mission der ISH unterstützen können, mehr noch, um Kontakte zu knüpfen, über Hypnose zu sprechen und uns einfach gegenseitig zu unterstützen. Halten Sie also bitte Ausschau nach den Tagen und Zeiten für diese virtuellen Treffen und planen Sie die Teilnahme!

Aufbauend auf den vielen Erfolgen der ISH in der Vergangenheit werden wir gemeinsam daran arbeiten, die Akzeptanz und Anwendung von Hypnose weltweit zu fördern. Wir freuen uns sehr darauf, mit Ihnen in den kommenden Jahren bei diesen Bemühungen zusammenzuarbeiten.

Mit freundlichen Grüßen,

Mark Jensen,
ISH-Präsident

Benhard Trenkle
ISH-Immediate Past-President



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LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Une lettre de Bernhard Trenkle (Immediate Past-President) et Mark Jensen (President)

Chers membres de l'ISH:

Nous écrivons cette chronique présidentielle ensemble comme nous passons en douceur d'une présidence à l'autre, après avoir travaillé en collaboration intense au cours des trois dernières années (en tant que président et président élu), et comptant de continuer à travailler ensemble au cours des trois prochaines années (en tant que président et président sortant).

Nous tenons tout d'abord à exprimer notre gratitude à notre conseil d'administration qui a accompli tant de choses au cours des trois dernières années, notamment Enayat Shahidi, Claude Viro, Woltemade Hartman, Giuseppe De Benedittis, Brian Allen, Cecilia Fabre, Xin Fang, Kris Klajs et Katalin Varga. Nous sommes fiers que les membres du conseil d'administration aient représenté tous les continents, notamment les Amériques, l'Europe, l'Asie, l'Afrique et l'Australie. Nous avons apprécié de nous réunir en face à face chaque année en 2018 et 2019, mais nous n'avons pas pu le faire en 2020 en raison de la pandémie. Nous sommes impatients de reprendre cette tradition dès que possible.

Nos réussites comprennent :

- L'installation d'un véritable bureau virtuel où tous les membres du CA ou les administrateurs peuvent diriger la société depuis leur bureau à domicile.
- Le lancement du projet whoISHwho.com, auquel beaucoup d'entre vous participent déjà (si vous n'êtes pas encore inscrit, faites-le !).
- La collecte et la mise à disposition de ressources pour aider les gens à faire face à la crise de la couronne.

Nous tenons à remercier tout particulièrement Woltemade Hartman pour le merveilleux travail qu'il a accompli en tant que président du CdR. Le questionnaire qu'il a adressé à toutes les sociétés et les résultats qui en ont découlé ont été remarquables. En outre, Woltemade a facilité l'achèvement d'un document sur les normes de formation qui reflète la situation internationale complexe.

En tant que secrétaire-trésorier, Enayat Shahidi nous a aidé à maintenir notre solidité financière, en nous fournissant des mises à jour régulières et en nous donnant d'importants conseils et suggestions sur la manière d'être le plus efficace possible dans notre travail.

Nous tenons également à remercier Kata Varga pour sa merveilleuse Lettre d'information publiée 4 fois par an, ainsi que pour son travail visant à rassembler notre prochaine génération de chercheurs et de leaders dans le domaine.

Ceci Fabre nous a également aidé à atteindre et à nous connecter avec la jeune génération via les médias sociaux : Facebook, Instagram, ISH Blog.

Xin Fang de l'Université de Pékin a travaillé dur pour continuer dans le développement de l'hypnothérapie en Chine.

Nicole Ruysschaert, en tant qu'ancienne présidente de l'ESH, n'a pas été élue membre du CA, mais s'est portée volontaire pour apporter son soutien à l'ISH en participant aux réunions du CA, en nous fournissant des



connaissances détaillées sur l'hypnose en Europe et en apportant des contributions significatives à chaque newsletter.

Giuseppe de Benedittis a également apporté une contribution extraordinaire. Il a des contacts inestimables avec le monde de la science et de la recherche à l'Organisation mondiale de la santé. Il travaille sans relâche pour que l'hypnose soit reconnue comme un traitement viable par l'OMS et fait de grands progrès dans ce domaine. Gardez donc les yeux ouverts pour de nouveaux développements dans ce domaine dans les mois à venir!

Kris Klajs et son équipe se sont concentrés sur l'organisation du congrès de l'ISH à Cracovie. Les plans pour cette réunion continuent d'avancer. C'est également lui qui a eu l'idée d'organiser le premier congrès asiatique en hypnose en 2019, qui a été un grand succès.

Nous souhaitons également exprimer notre reconnaissance à Julie Linden pour son travail acharné continu en tant qu'administratrice des États-Unis, contribuant de nombreuses heures pour nous aider à rester à jour avec les paperasses nécessaires pour maintenir notre statut d'organisme à but non lucratif et notre enregistrement en tant qu'association. Elle possède également une extraordinaire mémoire à long terme, ce qui nous a aidé à maintenir notre efficacité.

Un remerciement spécial va également à Claude Virot pour tout le merveilleux travail qu'il a accompli au sein du conseil d'administration, d'abord en tant que président élu, puis en tant que président, et enfin, au cours des trois dernières années, en tant que président sortant. Vous vous souviendrez qu'il a organisé le plus grand et le plus réussi des congrès internationaux d'hypnose de l'histoire.

Brian Allen a très bien servi l'ISH et le conseil d'administration en tant que secrétaire du COR, soutenant le président du COR selon les besoins.

Enfin, nous souhaitons exprimer notre profonde gratitude à Shady Tonn, notre administratrice de l'ISH, qui a soutenu efficacement la société afin de garantir la réalisation de nos objectifs.

Pour ce qui est de l'avenir, nous nous réjouissons de travailler en étroite collaboration avec le prochain CA pour les trois prochaines années. Nous sommes reconnaissants que de nombreux membres du CA des trois dernières années aient été élus pour un nouveau mandat, même si certains le feront dans des rôles différents. Il s'agit de Kris Klajs (président élu), Enayat Shahidi (trésorier/secrétaire), Woltemade Hartman (président du COR), Brian Allen (secrétaire du COR), et Ceci Fabre, Kata Varga et Giuseppe de Benedittis, ces trois derniers en tant que membres extraordinaires. Nous souhaitons également la bienvenue à deux nouveaux membres du CA, Callie Hattingh (en tant que vice-présidente du CdR) et Anita Jung (en tant que membre extraordinaire). Bien que Callie et Anita soient nouvelles au sein du CA, elles apportent avec elles une grande expérience de travail avec d'autres sociétés d'hypnose, et sont enthousiastes à l'idée de travailler avec nous pour faire avancer la mission de l'ISH.

Le nouveau conseil d'administration se réunira bientôt pour discuter de nos initiatives les plus importantes pour les trois prochaines années. Mais il y a déjà des discussions et un engagement croissant pour au moins trois initiatives : L'une d'entre elles est, bien sûr, l'organisation d'un congrès mondial réussi en 2024 (ou peut-être en 2025). En attendant, nous vous invitons à vous inscrire et à participer au prochain congrès mondial, qui se tiendra à Cracovie du 8 au 11 juin 2022 (<https://www.hypnosis2021.com/en>).

Nous voulons également continuer à avoir un effet positif sur l'augmentation de l'utilisation efficace de l'hypnose clinique en (1) augmentant notre portée par une augmentation du nombre de membres individuels et de



sociétés constitutives et (2) en augmentant le nombre d'événements de formation à l'hypnose en personne (une fois que cela sera à nouveau possible) et virtuels. Nous allons bientôt mettre en place de nouveaux comités qui se concentreront sur ces initiatives. Si vous souhaitez vous porter volontaire pour le comité de l'éducation et de la formation ou le comité des membres de l'ISH, ou les deux, veuillez nous contacter via info@ishhypnosis.com.

Entre-temps, la réunion virtuelle du COR du 10 juin et l'événement virtuel de l'ISH du lendemain ont connu un tel succès que nous prévoyons déjà de continuer à soutenir nos relations en organisant chaque mois un "café, thé ou autre boisson de votre choix avec le président". Au cours de cette heure, tout membre de l'ISH est invité à rencontrer Mark Jensen et les membres du BOD qui peuvent y assister pour nous donner des idées et de l'inspiration sur les moyens de soutenir la mission de l'ISH, et même plus, socialiser, parler d'hypnose, et simplement se soutenir mutuellement. Gardez donc un œil sur les jours et les heures de ces réunions virtuelles, et prévoyez d'y participer!

En nous appuyant sur les nombreux succès passés de l'ISH, nous allons travailler ensemble pour soutenir l'acceptation et l'utilisation de l'hypnose dans le monde entier. Nous sommes très impatients de nous associer à vous dans ces efforts au cours des années à venir.

Avec nos salutations les plus chaleureuses,

Mark Jensen,

Président de l'ISH

Benhard Trenkle,

Président sortant de l'ISH



LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Una lettera di Bernhard Trenkle (Immediate Past-President) e Mark Jensen (Presidente)

Cari membri di ISH:

Stiamo scrivendo questa lettera del presidente insieme mentre passiamo senza problemi da una presidenza all'altra, avendo lavorato a stretto contatto negli ultimi tre anni (come presidente e presidente eletto), e in attesa di continuare a lavorare a stretto contatto nei prossimi tre anni (come presidente e immediato past-president).

Vorremmo innanzitutto esprimere la nostra gratitudine al nostro consiglio direttivo che ha realizzato così tanto negli ultimi tre anni, tra cui Enayat Shahidi, Claude Virot, Woltemade Harman, Giuseppe De Benedittis, Brian Allen, Cecilia Fabre, Xin Fang, Kris Klajs e Katalin Varga. Siamo orgogliosi che i membri del BOD abbiano rappresentato tutti i continenti, comprese le Americhe, Europa, Asia, Africa e Australia. Ci è piaciuto incontrarci faccia a faccia nel 2018 e nel 2019, ma non abbiamo potuto farlo nel 2020 a causa della pandemia. Non vediamo l'ora di ricominciare questa tradizione il prima possibile.

I nostri successi includono:

- L'installazione di un vero ufficio virtuale dove tutti i membri del BOD o gli amministrativi possono gestire la società dall'ufficio di casa.
- L'avvio del progetto whoISHwho.com, al quale molti di voi stanno già partecipando (se non vi siete ancora registrati, fatelo!).
- La raccolta e l'accessibilità di risorse per aiutare le persone ad affrontare la crisi del Corona Virus.

Vogliamo esprimere i nostri ringraziamenti speciali per il meraviglioso lavoro che Woltemade Hartman ha fatto come presidente del COR. Il suo questionario a tutte le società e i risultati di questo sono stati eccezionali. Inoltre, Woltemade ha facilitato il completamento di un documento sugli standard di formazione che riflette la complessa situazione internazionale.

Come tesoriere/segretario, Enayat Shahidi ci ha aiutato a mantenere la nostra forza finanziaria, fornendoci aggiornamenti regolari e dandoci importanti indicazioni e suggerimenti su come essere più efficienti nel nostro lavoro.

Vogliamo anche ringraziare Kata Varga per la meravigliosa ISH newsletter pubblicata 4 volte l'anno, così come per il suo lavoro nel riunire la prossima generazione di ricercatori e leader nel campo dell'ipnosi.

Ceci Fabre ci ha anche aiutato a raggiungere e connetterci con la generazione più giovane attraverso i social media: Facebook, Instagram, ISH Blog.

Xin Fang dell'Università di Pechino ha lavorato duramente per continuare nello sviluppo dell'ipnoterapia in Cina.

Nicole Ruysschaert, che non era stata eletta membro del BOD, come ex presidente ESH si è offerta di dare il suo supporto a ISH partecipando alle riunioni del BOD, fornendoci conoscenze dettagliate sull'ipnosi in Europa, e dando contributi significativi a ogni newsletter.

Anche Giuseppe de Benedittis ha dato un contributo straordinario. Ha contatti inestimabili con il mondo della scienza e della ricerca presso l'Organizzazione Mondiale della Sanità. Sta lavorando instancabilmente



affinché l'ipnosi sia riconosciuta come un trattamento valido dall'OMS e sta facendo grandi progressi in questo campo. Quindi tenete gli occhi aperti per i nuovi sviluppi in questo campo nei prossimi mesi!

Kris Klajs e il suo team si sono concentrati sull'organizzazione del Congresso ISH di Cracovia. La pianificazione di questo incontro continua ad andare avanti. È stata anche sua l'idea di organizzare il primo Congresso Asiatico di Ipnosi nel 2019, che è stato un grande successo.

Vogliamo anche esprimere il nostro apprezzamento a Julie Linden per il suo continuo e intenso lavoro come ISH amministratore degli USA, dedicando molte ore per aiutarci a tenere aggiornate le pratiche necessarie per mantenere il nostro status di non-profit e il riconoscimento come associazione. Ha anche una straordinaria memoria a lungo termine, che ci ha aiutato a mantenere la nostra efficienza.

Un ringraziamento speciale va anche a Claude Virot per il meraviglioso lavoro che ha fatto nel Consiglio Direttivo, prima come presidente eletto, poi come presidente, e poi, negli ultimi tre anni, come immediato past-president. Ricorderete che ha organizzato a Parigi il più grande e riuscito congresso internazionale di ipnosi della storia.

Brian Allen ha servito ISH e il Consiglio Direttivo molto bene come segretario del COR, supportando il presidente del COR quando necessario.

Infine, vogliamo esprimere il nostro profondo apprezzamento a Shady Tonn, il nostro amministratore ISH, che ha efficacemente sostenuto la società per garantire il raggiungimento dei nostri obiettivi.

Mentre guardiamo avanti, non vediamo l'ora di lavorare a stretto contatto con il prossimo BOD per i prossimi tre anni. Siamo grati che molti dei membri del BOD degli ultimi tre anni siano stati eletti per servire un altro mandato, anche se alcuni lo faranno con ruoli diversi. Questi includono Kris Klajs (Presidente-Eletto), Enayat Shahidi (Tesoriere/Segretario), Woltemade Hartman (Presidente COR), Brian Allen (Segretario COR), e Ceci Fabre, Kata Varga, e Giuseppe de Benedittis, gli ultimi tre come membri in generale. Diamo anche il benvenuto a due nuovi membri del BOD, Callie Hattingh (come vicepresidente del COR) e Anita Jung (come membro in generale). Anche se Callie e Anita sono nuovi nel BOD, portano con sé una profonda esperienza nel lavorare con altre società di ipnosi, e sono entusiasti di lavorare con noi per promuovere la missione della ISH.

Il nuovo BOD si riunirà presto per discutere le nostre iniziative più importanti per i prossimi tre anni. Ma già si parla e cresce l'impegno per almeno tre di queste. Una è, naturalmente, organizzare un Congresso Mondiale di successo nel 2024 (o forse nel 2025). Nel frattempo, naturalmente, vi preghiamo di registrarvi e di pianificare la partecipazione al prossimo Congresso Mondiale, che si terrà a Cracovia dall'8 all'11 giugno 2022 (<https://www.hypnosis2021.com/en>).

Vogliamo anche continuare ad avere un effetto positivo sulla evoluzione dell'uso efficace dell'ipnosi clinica sia (1) aumentando il nostro raggio d'azione attraverso un maggiore numero di membri individuali e delle società costituenti, sia (2) incrementando il numero di eventi di formazione sull'ipnosi in persona (quando sarà di nuovo possibile) e virtuale. Presto istituiremo nuovi comitati per concentrarci su queste iniziative: se sei interessato a offrirti volontario per uno o entrambi i comitati Education and Training o per il nostro comitato ISH Membership, contattaci via info@ishhypnosis.com.

Nel frattempo, la riunione virtuale del COR che abbiamo tenuto il 10 giugno, e l'evento virtuale ISH che si è tenuto il giorno successivo, hanno avuto un tale successo che stiamo già facendo piani per continuare a sostenere le nostre connessioni ospitando mensilmente un "Caffè, tè o altra



bevanda a scelta, con il Presidente". Durante quest'ora, ogni membro ISH è il benvenuto per incontrare Mark Jensen e i membri del BOD che sono in grado di partecipare per darci idee e ispirazione per i modi di sostenere la missione di ISH, ancora di più, socializzare, parlare di ipnosi, e semplicemente supportarci a vicenda. Quindi, per favore, tieni gli occhi aperti per i giorni e gli orari di questi incontri virtuali e pianifica la tua partecipazione!

Basandoci su molti dei successi di ISH, lavoreremo insieme per sostenere l'accettazione e l'uso dell'ipnosi in tutto il mondo. Non vediamo l'ora di collaborare con voi in questi sforzi negli anni a venire.

Con i più cordiali saluti,

Mark Jensen,

Presidente ISH

Benhard Trenkle,

Immediato Past-Presidente ISH



COLUMNA DE LA PRESIDENCIA (ES)

TRADUCIDO POR TERESA ROBLES

Carta de Bernhard Trenkle (ex presidente inmediato) y Mark Jensen (presidente)

Estimados miembros de la ISH:

Estamos escribiendo juntos esta columna del presidente en el momento en que pasamos sin problemas de una presidencia a otra, habiendo trabajado estrechamente durante los últimos tres años (como presidente y presidente electo), y esperando seguir trabajando estrechamente durante los próximos tres años (como presidente y ex presidente inmediato).

En primer lugar, nos gustaría expresar nuestra gratitud a nuestra Junta Directiva, que tanto ha logrado en los últimos tres años, Constituida por Enayat Shahidi, Claude Virot, Woltemade Harman, Giuseppe De Benedittis, Brian Allen, Cecilia Fabre, Xin Fang, Kris Klajs y Katalin Varga. Estamos orgullosos de que los miembros del Comité Ejecutivo representaran a todos los continentes, incluyendo América, Europa, Asia, África y Australia. Disfrutamos reuniéndonos cara a cara cada año en 2018 y 2019, pero no pudimos hacerlo en 2020 debido a la pandemia. Estamos deseando iniciar esta tradición lo antes posible.

Nuestros éxitos incluyeron:

- La instalación de una verdadera oficina virtual en la que todos los miembros del BOD o los administradores pueden dirigir la sociedad desde la oficina en casa.
- La puesta en marcha del proyecto whoISHwho.com, en el que muchos de ustedes ya están participando (si aún no te haz registrado, ¡hazlo!).
- La recopilación y puesta a disposición de recursos para ayudar a las personas a afrontar la crisis del corona virus.

Queremos agradecer especialmente el magnífico trabajo realizado por Woltemade Hartman como presidente del CDR. Su cuestionario a todas las sociedades y los resultados de éste han sido extraordinarios. Además, Woltemade facilitó la realización de un documento sobre normas de formación que refleja la compleja situación internacional.

Enayat Shahidi, nuestro secretario/tesorero, nos ayudó a mantener nuestra solidez financiera, proporcionándonos actualizaciones periódicas y dándonos importantes orientaciones y sugerencias sobre cómo podemos ser más eficientes en nuestro trabajo.

También queremos dar las gracias a Kata Varga por el magnífico boletín que publica cuatro veces al año, así como por su labor de reunir a nuestra próxima generación de investigadores y líderes en este campo.

Ceci Fabre también nos ayudó a llegar y conectar con la generación más joven a través de las redes sociales: Facebook, Instagram y el blog de la ISH.

Xin Fang, de la Universidad de Pekín, ha trabajado duro para continuar con el desarrollo de la hipnoterapia en China.

Nicole Ruysschaert, aunque como ex presidente de la ESH, no fue elegida miembro del BOD, se ofreció a prestar su apoyo a la ISH participando en las reuniones del BOD, proporcionándonos un conocimiento detallado sobre la hipnosis en Europa, y haciendo importantes contribuciones a cada boletín.



Giuseppe de Benedittis también hizo una contribución extraordinaria. Tiene contactos inestimables con el mundo de la ciencia y la investigación en la Organización Mundial de la Salud. Está trabajando incansablemente para que la hipnosis sea reconocida como un tratamiento viable por la OMS y está haciendo grandes progresos en esta área. Así que mantente atento a los nuevos avances en este sentido en los próximos meses.

Kris Klajs y su equipo se han centrado en la organización del Congreso de la ISH en Cracovia. Los planes para este encuentro siguen avanzando. También fue su idea organizar el primer Congreso Asiático de Hipnosis en 2019, que fue un gran éxito.

También queremos expresar nuestro agradecimiento a Julie Linden por su continuo y duro trabajo como administradora de los Estados Unidos, contribuyendo con muchas horas para ayudarnos a mantener al día el papeleo necesario para mantener nuestro estatus de organización no lucrativa y el registro como asociación. Julie tiene una extraordinaria memoria a largo plazo, lo que nos ha ayudado a mantener nuestra eficiencia.

Un agradecimiento especial a Claude Virot por todo el magnífico trabajo que ha realizado en la Junta Directiva, primero como presidente electo, luego como presidente y después, durante los últimos tres años, como ex presidente inmediato. Recordarán que organizó el mayor y más exitoso congreso internacional de hipnosis de la historia.

Brian Allen sirvió muy bien a la ISH y a la Junta Directiva como secretario del COR, apoyando al Presidente del COR cuando era necesario.

Por último, queremos expresar nuestro profundo agradecimiento a Shady Tonn, nuestra administradora de la ISH, que ha apoyado eficazmente a la sociedad para garantizar el logro de nuestros objetivos.

De cara al futuro, estamos deseando trabajar estrechamente con la próxima Junta Directiva durante los próximos tres años. Estamos agradecidos de que muchos de los miembros de la Junta Directiva de los últimos tres años hayan sido elegidos para servir otro mandato, aunque algunos lo harán en diferentes funciones. Entre ellos se encuentran Kris Klajs (Presidente electo), Enayat Shahidi (Tesorero/Secretario), Woltemade Hartman (Presidente del COR), Brian Allen (Secretario del COR), y Ceci Fabre, Kata Varga y Giuseppe de Benedittis, estos tres últimos como miembros generales. También damos la bienvenida a dos nuevos miembros del Comité de Dirección, Callie Hattingh (como Vicepresidenta del COR) y Anita Jung (como miembro general). Aunque Callie y Anita son nuevos en la Junta Directiva, traen consigo una profunda experiencia en el trabajo con otras sociedades de hipnosis, y están entusiasmados por trabajar con nosotros para promover la misión de la ISH.

La nueva Junta Directiva se reunirá pronto para discutir nuestras iniciativas más importantes para los próximos tres años. Pero ya se habla y crece el compromiso para al menos tres de ellas. Una de ellas es, por supuesto, organizar un exitoso Congreso Mundial en 2024 (o quizás en 2025). Mientras tanto, por supuesto, inscríbete y planea participar en el próximo Congreso Mundial, que se celebrará en Cracovia del 8 al 11 de junio de 2022 (<https://www.hypnosis2021.com/en>).

También queremos seguir teniendo un efecto positivo en el aumento del uso efectivo de la hipnosis clínica tanto (1) aumentando nuestro alcance a través de un aumento en el número de miembros individuales y sociedades constituyentes (2) aumentando el número de eventos presenciales de formación en hipnosis (una vez que esto sea posible de nuevo) y virtuales.

Pronto estableceremos nuevos comités para centrarnos en estas iniciativas - si estás interesado en ofrecerte como voluntario para uno o ambos comités de Educación y Formación o nuestro comité de Miembros de la



ISH, por favor, ponte en contacto con nosotros a través de info@ishhypnosis.com.

Mientras tanto, la reunión virtual del COR que celebramos el 10 de junio, y el evento virtual de la ISH que tuvimos al día siguiente, tuvieron tanto éxito que ya estamos haciendo planes para seguir apoyando nuestras conexiones organizando cada mes un "Café, Té u otra Bebida de tu elección con el Presidente". Durante esta hora, cualquier miembro de la ISH es bienvenido a reunirse con Mark Jensen y los miembros de la Junta Directiva que puedan asistir para darnos ideas e inspiración sobre formas de apoyar la misión de la ISH, incluso más, socializar, hablar sobre hipnosis y simplemente apoyarnos unos a otros. Así que, por favor, estate atento a los días y horarios de estas reuniones virtuales, ¡y planea participar!

Basándonos en muchos de los éxitos anteriores de la ISH, trabajaremos juntos para apoyar la aceptación y el uso de la hipnosis en todo el mundo. Estamos deseando colaborar contigo en estos esfuerzos en los próximos años.

Saludos cordiales,

Mark Jensen,

Presidente de la ISH

Benhard Trenkle,

Ex Presidente Inmediato de la ISH



NOTES FROM THE EDITOR



Katalin Varga

Dear Colleagues,

New era, new newsletter!

At the beginning of this newsletter, I started as a member of the old Board of Directors. In the meantime, I was re-elected as a BoD member by the council of representatives in the elections, and the new president, Mark Jensen, asked me to continue editing the newsletter. I will continue editing the newsletter with the old team: Nicole, Julie and Judit, a close-knit group.

I liked the “old board” very much, I would like to take this opportunity to thank all

the members who devote a considerable amount of time, attention and energy to the running of ISH, and also warmly welcome new members!

In this issue we present an interview with the new ISH president, **Mark Jensen**, by Nicole Ruyschaert. The last few days already show that Mark has started his presidency with a well-developed concept, enthusiasm, and drive.

For the first time in our history, he has sent out a joint President's letter to greet the readers of the Newsletter together with the outgoing President, Bernhard Trenkle.

We have two nice summaries in this issue. One of them is on “The efficacy of hypnosis in the pain management of conditions with or without a physical origin” by three students of Institute of Psychology, ELTE Eötvös Loránd University: **Dominka Dávid, Jelizaveta Szocsivko, Luca Csirmaz**. The other summary is on a complex topic: Hypnosis and sleep, by **Shiva Faraj**, from the same university.

A new column: Hypnosis Research Seminar presents prominent researchers of our time. This has a short description and a video-link of a recent research finding. We start this series with **Gary Elkins**, from Baylor University speaking on: “Mindful hypnotherapy to reduce stress and increase mindfulness”.

We illustrate with some photos a project coordinated by **Adrienn Kelemen-Szilágyi, Mariann Ziss** and myself: Positive suggestive pictures and text suggestions supporting critically ill patients and their caregivers.

In the summary of the latest issue of the International Journal of Clinical and Experimental Hypnosis we welcome the new managing Editor: Joshua Rhodes, MA.

This issue also includes a book review, a calendar of events and an invitation to our conference in Krakow.

Katalin Varga, PhD, DsC



MAIN INTERVIEW

BY NICOLE RUYSSCHAERT

Dear Mark,

Shortly you will take over presidency of ISH from Bernhard Trenkle. That looks like an ideal opportunity to interview you for the Newsletter of the International Society of Hypnosis (www.ishhypnosis.org).

Thank you, Mark for accepting to be interviewed and taking time for that!

NR: How did you first come in contact with hypnosis – when / where? (Perhaps some opinions / movies / shows long before you started in the professional field).

MJ: I think my very first memories about hypnosis, like many people's, was from movies. But my first serious contact with hypnosis as a possible strategy for pain management came from my reading of a book in the early 1990s called *A Whole New Life*, by Reynolds Price. In this book Price describes how, after radiation treatment for spine cancer that left him with disabling back pain, he was able to learn how to function and live his life fully, even with severe pain. The turning point for him was when he learned self-hypnosis. I was working at the University of Washington Center for Pain Relief at the time, and also conducting research on the efficacy and mechanisms of different pain treatments. I was treating many patients who wanted something more than what the clinic could offer, which was mostly medication management, physical therapy, or cognitive-behavioral therapy. Inspired by Price's description of self-hypnosis, I sought and obtained a grant which allowed me to be taught and supervised by Joseph Barber in the use of hypnosis for chronic pain, and pilot this in four individuals with spinal cord injury pain. The patients (and I, at the time) were pleasantly surprised at the marked benefits they obtained. From this moment on, and for the past 25 years, I have focused most of my clinical work and research on hypnosis.



NR: Can you give a brief overview of your career, and your work and the place hypnosis has in it.

MJ: I had planned to study psychology since I was a high school student in the 1970s and went to college with this in mind. I began graduate school in the early 1980s with a plan to focus my research on the study depression and its treatment. However, the professor who specialized in depression was already supervising too many students, so I needed to find another professor to work with. I interviewed all of the other professors in the program and found that I got along very well with Paul Karoly, who studied a new discipline called "Health Psychology." This included the study of the role of psychological factors in response to pain, and the potential use of psychological treatments for pain. I found the topic fascinating, and from about 1982 on (that is, for the past four decades), I have focused my career on the study of pain and its treatment. As noted above, for the first decade, I did not include the study of hypnosis as a part of this. However, given the beneficial effects of hypnosis on pain, it seems to me that it was inevitable that I would begin at some point to include hypnosis as a part of my work. At this point, I would say that the study of hypnosis for pain management is *the* primary focus of my work.

NR: Anything specific that makes you / your work different from others in the field?

MJ: As a clinical psychologist, I am lucky to have training in both research and clinical work. There are many clinical psychologists who study



the efficacy and mechanisms of psychological pain treatments. However, to my knowledge, there are no other clinical psychologists who have an active research program to study the efficacy and mechanisms of hypnosis for chronic pain, specifically. My hope (and plans) are to conduct the highest quality research studies that would help us understand not only the effects of hypnosis on pain, but also the mechanisms that underlie these effects. I believe that as we understand these mechanisms (for example, the role that different areas of the brain and different brain oscillations play in hypnotic analgesia), the more acceptable hypnosis treatment will be to the population at large. This helps people understand hypnosis as a *biological* intervention that has a strong scientific foundation.

NR: Who are / were your mentor(s), people who influence your way of thinking and working?

MJ: There are so very many people who have and continue to influence my thinking and work. Joseph Barber, who was my first mentor and taught me and supervised my first cases, was a critical and positive influence. My colleague David Patterson, with whom I have published many articles, has supported and inspired my research in this area. Just about everything that I have read that is written by Michael Yapko or Jeffrey Zeig has had a positive impact on my work. Like many in our field, I also learn a great deal and get great enjoyment from reading anything by or about Milton Erickson; in this way, Drs. Erickson, Yapko, and Zeig have been and continue to be my mentors via their writing.

NR: During your career what kind of changes have you observed in the application of hypnosis (in general and/or in your own practice)? What do you like or dislike in the field / world of hypnosis?

MJ: As a scientist, over the past few decades, I have seen an increase in the number and quality of published clinical trials evaluating the efficacy of hypnosis and hypnotic procedures. I think this is critical and needs to continue. I am hoping that I can continue to play a role in the building of a strong scientific understanding of hypnosis.

In addition, it seems to me that there is less discord in our field. The arguments about whether or not hypnosis is or is not a “state” seem to be fewer, both during meetings and in the scientific literature. This has been replaced by an increased interest in the neurophysiological processes that underlie the beneficial effects of hypnosis. As I mentioned before, I think the findings from this research will ultimately increase interest in the use of hypnosis in the public at large.

I suppose what I dislike is that there is not even more interest in hypnosis by our scientists worldwide. I am aware of only three – only three! – clinical trials currently underway that evaluate the effects of hypnosis that are funded by the National Institutes of Health. I hope that there are other clinical trials being conducted in other parts of the world (in fact, if any readers know of any, please let me know: mjensen@uw.edu). In any case, I hope to see a greater interest in such research throughout the world in the future. I am doing all I can to support junior researchers interested in a research career on this topic.

NR: How do you see the future of hypnosis? In the medical field? In the psychotherapeutic field?

MJ: As I have said, I think that the strength of our field, including its continued growth, will depend in part on the availability of high quality of research findings. For this reason, hypnosis researchers are my heroes. Armed with the findings from well-designed and rigorous scientific studies, we are in a good position to communicate with even greater confidence what hypnosis can (and cannot) do.

At the same time, I am fully aware that each and every clinician who uses hypnosis in their clinical practice is a researcher. With years of clinical experience, we learn what does and does not work. So, these clinicians – many of whom are members of ISH -- are also my heroes. Each active clinician has important ideas to contribute to the field. I believe that this knowledge represents a great, and as of yet, mostly untapped resource.



For this reason, I urge clinicians to write and submit for publication case studies for the field's journals, including *Contemporary Hypnosis & Integrative Therapy*, the *International Journal of Clinical and Experimental Hypnosis*, the *Australian Journal of Clinical & Experimental Hypnosis*, and the *American Journal of Clinical Hypnosis*, among others. Experienced clinicians can also contribute their important knowledge to the field by authoring chapters for books, and facilitating workshops at hypnosis conferences and meetings, such as the next ISH World Congress in Kraków, Poland, in June of 2022.

NR: Being a BOD member / president is a demanding task – why taking up / accepting such a responsibility with so much enthusiasm?

MJ: Among the most important goals in my life is to bring comfort to people. Having this as a life goal led me naturally to hypnosis, because hypnosis can be used to empower people to get control over their comfort, confidence, and strength. The mission of ISH is right in line with my own personal values and goals. Therefore, it is natural to me that I am enthusiastic about supporting ISH; the easy path is enthusiasm. Of course, the great friendship and warmth of colleagues, including those on the past, current, and future BOD, makes this all even easier!

NR: If you had a vision ... about the future of hypnosis ... what happens in your vision?

MJ: Well, it so happens that I do have such a vision. I envision a steady growth in our scientific understanding of hypnosis and its effects. Based on what we already know, I anticipate that this knowledge will provide strong evidence (as in, evidence based on rigorously designed clinical trials) supporting the efficacy of hypnosis for a large variety of problems, including but not limited to, chronic and acute pain, fatigue, sleep problems, anxiety, and depression. With this strong support, hypnosis will be taught as a part of the curriculum of all clinical programs, including those in medical schools, psychological programs, social work programs, dental schools, counseling programs, physical therapy programs, occupational therapy programs, and speech therapy programs, among others. The number of members in each of ISH's constituent societies will swell, as will the number of ISH's individual members and consistent societies. Everyone who could benefit from hypnosis and when seeking care could easily find a qualified care provider who could provide them with hypnosis treatment of the condition. This is due to the fact that so many health care providers in all disciplines have been trained and are now qualified to provide hypnosis treatment, consistent with their own specialty and scope of practice.

NR: Any recommendations, hints, or advice you would like to give to the young colleagues?

MJ: If you are new to the field of hypnosis and are reading this, then this means that you are now either an ISH member or know someone who is. So, my advice would be ... continue your journey! Hypnosis is a wonderful field to be in. If you are a clinician, you will learn amazing strategies for becoming more effective in your clinical practice. If you are a researcher, you will have the opportunity answer questions of great impact and importance to the lives of others. If you enjoy learning or teaching, you will have ample opportunity to do both.

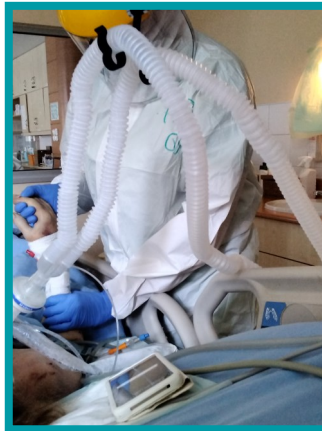
The field of hypnosis is filled with wonderful surprises and colleagues committed to making the lives of others better. I am looking forward to meeting you – perhaps in Krakow next year at the ISH World Congress -- and hearing about your dreams and vision for your own personal journey.

Thank you very much for these inspiring answers! And wishing you all the best with your presidency and to accomplish the many goals and plans for the future!

Dr. Nicole Ruysschaert MD Psychiatrist.
On behalf of ISH and our ISH Newsletter committee



SUGGESTIONS WITH THE CRITICALLY ILL



At the National Institute of Rehabilitation (Budapest, Hungary) ventilated patients are provided with support based on positive suggestions in the intensive care unit via headphones.

They enable patients to contact their loved ones by phone.

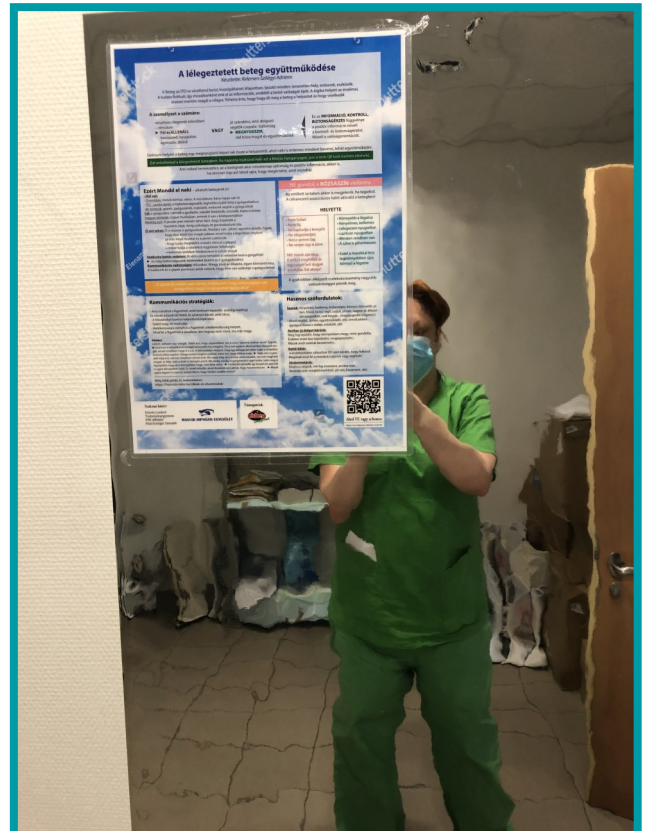
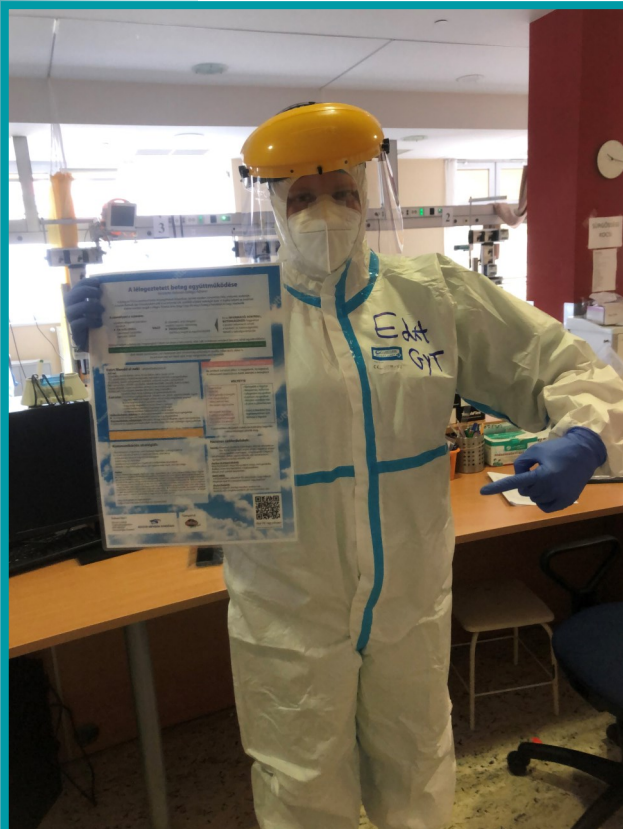
Positive suggestive pictures and text suggestions are displayed on the walls of the ward. The QR codes lead to suggestive texts for patients and professionals.

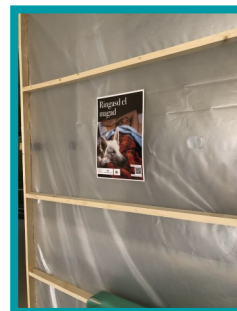


Physiotherapist: Edit Mészáros

Project coordinators: Adrienn Kelemen-Szilágyi, Mariann Ziss and Katalin Varga, members of the Hungarian Hypnosis Association.

Sponsor: Eisberg Hungary Kft.





**Kórházban van,
biztonságos helyen.**

Csak hagyja, hogy segítsünk.

Napról napra egyre könnyebb.

**Gondolatban kellemes
helyeken időzhet.**

**Csak figyelje, mikor,
mitől van jobban.**

Most egy gép segíti a légzését.


A tüdeje tisztul, erősödik.

**Ön is részese
a gyógyulásának.**

**Pihen. Kényelmesen.
Erősödik.**

**Amikor újra önállóan lélegzik,
újra lesz hangja a beszédhez.**

Alud TE, vagy a Estem | <https://www.kispesti-uhk.hu/ind.html>



You are in hospital, in a safe place.

Just let us help.

It is getting easier every day.

In your mind you can spend time in pleasant places.

Just watch when and from what you are feeling better.

Now a machine is helping you breathe.

Your lungs are clearing, getting stronger.

You are part of your recovery, Rest. Comfortably. You are getting stronger.

When you are breathing on your own again, you will have a voice to speak.



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...



Szocsivko Jelizaveta is an undergraduate student of the psychology department at Eötvös Loránd University in Budapest.

Her particular interests include the possibilities for psychological intervention to enhance their quality of life for clients suffering from severe diseases, such as cancer or sclerosis multiplex.



Dominika Réka Dávid is an undergraduate psychology student at Eötvös Loránd University.

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THE EFFICACY OF HYPNOSIS IN THE PAIN MANAGEMENT OF CONDITIONS WITH OR WITHOUT A PHYSICAL ORIGIN

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The effectiveness of hypnosis in reducing pain and somatic symptoms is an important issue in modern medicine. In contrast to medications, such as opioids, hypnosis has few or no negative side-effects, and it does not cause addiction (Del Casale et al., 2015; Jensen & Patterson, 2014; Thompson et al., 2019). It is easily performed, and quite importantly it can be a less economic burden than using opiates (Thompson et al., 2019). In the last decade, a lot of studies were conducted to explore the analgesic effect of hypnosis, and it was found to be effective in helping people manage chronic pain in oncologic, neurologic and rheumatic diseases and dentistry (Brugnoli et al., 2018; Jensen, 2009; Lioffi & Hatira, 1999). However, the benefits of hypnosis go far beyond easing pain caused by medical conditions. It can be used to treat various forms of somatic symptom or obsession related disorders (Deiker & Counts, 1980; Moene et al., 2003; Sukamto & Elita, 2013). As it is stated in the DSM-5, “the individual’s suffering is authentic, whether or not it is medically explained”. Therefore, we believe that emphasis should be placed on reducing factors contributing to one’s distress in which hypnosis can serve as an excellent tool.

THE CLASSIFICATION OF DISORDERS RELATED TO SOMATIC SYMPTOMS

Somatoform or somatic symptom disorders result in impairment of social, occupational and other areas of functioning. The term somatization means that there is no detectable physical pathology in a person, or that the reported symptoms are disproportionate to one’s medical condition (American Psychiatric Association, 2013; Lynn et al., 2003). There are many disorders that belong to this category (Williams & Harding, 2010). For example, people with conversion disorder have symptoms which affect the voluntary motor or sensory functions. Such symptoms include tremor, gait abnormality, dystonia, paroxysmal dyskinesias and myoclonus. Moreover, people can suffer predominantly from pain (previously pain disorder), even without a medical condition existing. Illness anxiety disorder (previously hypochondriasis) involves preoccupation with having or acquiring a serious illness even though there may be no present symptoms or only mild symptoms of . Another example, people with body dysmorphic disorder (presently found with obsession and related disorders in the DSM-5, American Psychiatric Association, 2013) exaggerate physical anomalies and perceived defects which causes them clinically significant impairment and distress in social and occupational functioning (Williams & Harding, 2010). Although the classification of these disorders has changed in the past decades, a common feature found in all is the presence of the thoughts, behaviors and feelings disproportionate to physiological explanations, and a persistently high level of anxiety.

A PSYCHOSOCIAL MODEL BEHIND SOMATIC SYMPTOM SEVERITY

One of the models used to describe what psychosocial factors could amplify or induce somatic symptoms is called The High Risk Model of Threat Perception (HRMTP, Wickramasekera, 1995). The three predisposing factors identified in threat perception are hypnotic ability, catastrophizing and negative affectivity. The model states that these factors strengthen the probability that major life changes and minor hassles will cause psychological or somatic symptoms (Wickramasekera, 1995). If there is strong social support around the affected person and he or she has good coping skills, the effect of triggering variables may diminish (Wickramasekera,



1995). The threat perception model states that hypnotic suggestibility plays a critical role in the diagnosis and treatment of somatization disorder (Lynn, Schindler, & Meyer, 2003). It was shown previously that hypnosis facilitates cognitive restructuring (Hilgard, 1977). With the help of hypnosis, patients can be involved more actively in therapy and it also creates a framework for patient change, meaning that hypnosis could induce a more adaptive “mental health” paradigm, and make the “physical illness” beliefs disappear (Deiker & Counts, 1980).

EFFICACY OF HYPNOSIS ON SOMATIC SYMPTOM AND OBSESSION RELATED DISORDERS

In a single-case study in 2013, Sukamto and Elita examined whether hypnotherapy could reduce body dysmorphic disorder in a 19-year-old adolescent girl. Researchers used the Body Dysmorphic Disorder Questionnaire, interviews, open-ended questions, and a diary filled out by the subject pre-treatment, post-treatment and in the follow-up period to gain data (Sukamto & Elita, 2013). Hypnotherapy was conducted over three sessions. The duration of the sessions were between two to three hours. Researchers used parts therapy, age regression therapy and hypno-EFT as hypnotherapy techniques. Parts therapy reduces and eliminates dysfunctional behaviors by engaging the person in internal dialogues and negotiation with the “self-part responsible for triggering the disorder” (Bryant & Mabbutt, 2011; Hunter, 2009). Age regression therapy helps bring back experience and memories, thus uncovering traumatic events which happened during childhood, and which may contribute to the present problem. Hypno-EFT is a waking and self-hypnosis technique. It eliminates negative emotions that appear because of the inaccurate belief of a person (Gunawan, 2009). Researchers found that hypnotherapy was effective in decreasing Body Dysmorphic Disorder Questionnaire scores. The participant experienced positive changes, while negative feelings and behaviors diminished (Sukamto & Elita, 2013).

Deiker and Counts (1980) in their study detailed below, used hypnosis to introduce a more adaptive “mental health” paradigm and make the patients “physical illness” beliefs disappear. In the experiment “paradigm-substitution” therapy was used. The research was conducted with a 59-year-old married woman, who was diagnosed with hypochondriacal neurosis. She suffered from several physical complaints such as nausea, diarrhea, weakness, dizziness, low energy, coughing, and shortness of breath. These symptoms started nine months before the research, when her child’s family visited for two weeks, and she had to do the cooking and the housekeeping as well, which wore her down (Deiker & Counts, 1980).

The experiment consisted of 12 one-hour sessions. Three hours were devoted to “paradigm-substitution” hypnotherapy, where hypnotherapeutic sessions include providing detailed cognitive beliefs and more adaptive “mental health” beliefs to patients about general mental health concepts. These concepts are integrated in the sessions, and the new beliefs take the place of the “physical illness” beliefs. Additionally, seven hours were devoted to reality-oriented psychotherapy and the remaining ones to personal history taking and hypnosis introduction. The patient had to fill out a symptom checklist before and after psychotherapy and at follow-up. Her husband recorded his wife’s avoidance behavior and positive role behavior before, during, and after therapy, as well as at follow-up (Deiker & Counts, 1980).

After the experiment, the patient’s previous symptoms decreased, while positive social behaviors increased. After the paradigm-substitution therapy she only complained about eye problems, sore throat, swelling in extremities and indigestion, while before the therapy, she checked all but two items on the 19-item symptom checklist. At the follow-ups she complained about eye problems, swelling in extremities and indigestion, but nothing else. Her husband also reported that his wife spent much less



time lying on the sofa, physical complaints decreased, and social behaviors increased (Deiker & Counts, 1980). However, it is important to mention that the researchers in the experiment did not assess important features of hypochondriasis, such as the disease fears and disease beliefs. This means that we cannot be sure that the intervention was sufficient in the treatment of hypochondriasis, but it certainly was effective in reducing somatic symptoms (Taylor et al., 2005).

The hypothesis that hypnotic responding and conversion symptoms share common neurological processes has been supported by recent studies (Halligan et al., 2000; Moene et al., 2003). This suggests that hypnosis-based interventions could be effective in the treatment of conversion disorder. Also, there is research suggesting that patients with severe conversion symptoms have higher hypnotizability scores than people without the disorder (Bliss, 1984). Furthermore, Thornton (1976) states that during hypnosis, it is possible to evoke conversion-related symptoms, such as paralysis, paresis, abasia and astasia, aphonia, coordination disturbances, akinesia or dyskinesia, and pseudo-epileptic seizures (Moene et al., 2003).

The high hypnotizability of patients with conversion disorder or symptoms was established by Bliss (1984). In a literature review, Spinhoven (1990) found that hypnotherapy was especially effective in the treatment of highly hypnotizable patients with complaints of a conversion disorder.

Moene et al., (2003) evaluated in their study whether a hypnosis-based intervention was efficient for the treatment of motor type conversion disorder. Patients (N = 49) were randomly assigned to clinical or control groups. The treatment consisted of a preparatory session, and a 10 weekly hypnosis session of 1 hour. Researchers found significant treatment results for the hypnosis-based treatment. Hypnosis reduced symptoms and impairments which before had affected physical, daily life and social activities. The improvement was maintained at a 6-month follow-up as well (Moene et al., 2003).

HYPNOSIS AS A TOOL FOR PAIN MANAGEMENT IN MEDICAL CONDITIONS

Hypnosis can also serve as a tool to reduce pain and pain-related anxiety in several other disorders that have physical origins. Functional neuroimaging studies show that hypnosis is capable of modulating cortical and subcortical activity in brain regions involved in pain perception and tolerance, such as the anterior cingulate cortex (Del Casale et al, 2015).

Lioffi and Hatira (1999) conducted a study comparing hypnosis and cognitive-behavioral therapy for pain management during bone marrow aspiration with children patients suffering from leukemia. During bone marrow aspiration three sources of discomfort are reported by most patients: sharp pain, while the needle penetrates the skin, pain and heavy pressure as the needle penetrates periosteum and excruciating pain as the sample of bone marrow is sucked into the needle. Unfortunately, only the skin and the periosteum can be anesthetized with lidocaine, so the pain of actual bone marrow sample aspiration still needs to be reduced. Another significant problem is fear and anxiety during the procedure. A group of 30 patients diagnosed with leukemia were divided into a control group that received lidocaine injection, a standard treatment for pain-relief provided by the hospital, a hypnosis group, and a cognitive-behavioral therapy group. During hypnotic sessions, patients were introduced to two relaxing techniques: progressive muscle relaxation and an abbreviated form of autogenic relaxation. The patients were also given the following hypnotic suggestions: request for numbness of the involved body part, in this case – low back; topical anesthesia (imagining painting numbing medicine on the back); local anesthesia (imagining injecting an anesthetic into the low back); glove anesthesia (imagining their hand getting numb, and then touching the low back to transfer the feeling from the hand to the back). The cognitive-behavioral intervention included relaxation training, breath-



ing exercises and cognitive restructuring techniques. Compared with the control group, patients in both the hypnosis and cognitive-behavioral group reported less pain and pain-related anxiety. However, participants in the hypnosis group also reported and exhibited significantly less distress and anxiety.

A controlled study of Brugnoli and colleagues (2018) describes the role of clinical and self-hypnosis in the relief of pain and anxiety. The population of the study consisted of 50 patients with severe chronic diseases. There were 3 types of diseases: rheumatic, neurologic, and oncologic. The results were evaluated by the Visual Analog Scale (VAS) to measure pain and the Hamilton Anxiety Scale (HAM) to measure anxiety as another important factor of suffering. At baseline VAS score was similar in the hypnosis and control groups and decreased in both groups with time, but in the hypnosis group, the decrease of VAS score was more significant after 1- and 2-year follow-up. The HAM anxiety score significantly decreased in the hypnosis group and remained almost the same in the control group. As for the use of analgesic medicines (NSAIDs, opioids, and corticosteroids), the control group showed an increased use over the hypnosis group throughout the follow-up period.

DISCUSSION

To summarize, hypnosis has been found to be useful in reducing pain in medical conditions, and symptoms of several somatic symptom disorders. According to Jensen and Patterson (2014) hypnosis treatment can result in substantial reductions in average pain intensity that is maintained for up to 12 months in some patients. Thus, hypnosis can result in sustained changes in how the brain processes sensory information and can also offer self-management skills that can be used in temporary pain relief. An additional strength of this approach could be that hypnosis is not only efficient in the management of actual somatic symptoms, but also helps to reduce pain-related, and procedure-related anxiety and distress (Gyulaházi & Varga, 2011; Lioffi & Hatira, 1999). Pain-related issues - such as problems with sleep - can also be included in the treatment, providing specific suggestions for increased physical well-being (Jensen et al., 2011). The calming and comforting effect of hypnosis, which was reported by patients in life-threatening illnesses as well (Brugnoli et al., 2018), is especially important in helping patients and their families cope with a chronic disease or a severe illness.

In conclusion, hypnosis has the power to reduce somatic symptoms regardless of a physical pathology existing, and therefore is a tool that can be used with great diversity in both medical settings and as self-hypnosis at home.

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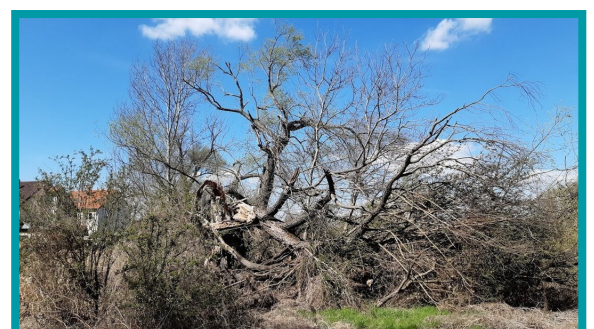


As we know, a picture is worth a 1000 words, so we decided to present THE pictures without comments, so that everyone may remain free to interpret.

Pictures:
Kata Varga

Location:
Sződ,
Hungary

“METAPHORIC PICTURE”



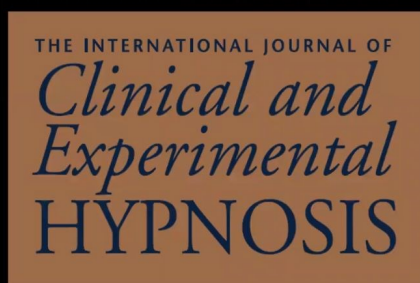


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MINDFUL HYPNOTHERAPY TO REDUCE STRESS AND INCREASE MINDFULNESS GARY ELKINS, 12TH APRIL 2021.

GARY ELKINS, PH.D., ABPP, ABPH
PROFESSOR, PSYCHOLOGY AND NEUROSCIENCE,
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INTRODUCTION

A pilot study by Olendzki et al. (2020) explored the possible application of mindful hypnotherapy (MH) in stress relief. The authors cited many scholars that prove the effectiveness of different mindfulness-based approaches for stress reduction (Grossman et al., 2004; Hofmann et al., 2010; Piet et al., 2012; Powers et al., 2009). However, existing interventions are time-consuming, since a typical session of group mindfulness can last up to 2.5 hours (Miller et al., 1995, as cited in Olendzki et al., 2020). To fill this gap, the authors suggested developing a new intervention that, as Dr. Elkins the professor at the Baylor University in USA and one of the authors of the current research article mentioned at the Hypnosis Research Seminar on April 12th, 2021, would result “in a more time-efficient delivery” and could be even more effective for stress reduction than already existing interventions. The current study, therefore, aimed to understand mindful hypnotherapy in the light of reducing stress and improving mindfulness.

BACKGROUND

Mindfulness is about simply noticing your thoughts, feelings, and reactions without judging them (Olendzki et al., 2020). On the other hand, MH enhances the positive therapeutic effect through the utilization of hypnosis (Elkins & Olendzki, 2019; Olendzki et al., 2020). In fact, it has been shown that hypnosis may also increase the therapeutic benefits of cognitive-behavioral therapy (Olendzki et al., 2020).

Therefore, due to the overlap between mindfulness and hypnosis, their integration has been proposed (Alladin, 2014; Elkins et al., 2018; Otani, 2016, as cited in Olendzki et al., 2020). Dr. Elkins mentioned at the Hyp-



nosis Research Seminar on April 12th, 2021, that “by combining mindfulness and hypnosis, we are facilitating a different view of mindfulness practice as it can be conceptualized as involving hypnosis and suggestions.” Despite the suggestion that combining hypnosis with mindfulness-based approaches can address the limitations of such approaches, no steps have been taken towards this direction. Moreover, there is a lack of information on the feasibility of integrating hypnosis and mindfulness, and on how such integrative intervention could be carried out (Olendzki et al., 2020).

To explore mindful hypnosis in the light of a stress-reduction intervention, the authors (Olendzki et al., 2020) conducted a randomized trial that recruited 42 participants with high stress levels. Most of the participants were white, female college students ranging from the ages of 18 to 21. The participants were distributed into two groups, experimental and control groups. Participants in the MH intervention condition were subjected to an eight-week intervention consisting of one-hour one-on-one sessions and audio recordings of self-hypnosis for practicing at home daily. To check whether the participants were doing their home assignments or not, they were asked to note down the days on which they practiced. To measure the construct of emotional distress, the study utilized the Psychological Distress Profile, a self-report measure of emotional distress. Participants were also asked to rate themselves across the following categories of mindfulness, experiential avoidance, psychological inflexibility, and acceptance, in addition to the Acceptance and Action Questionnaire. Both measures were administered pre- and post-intervention.

The findings support the feasibility of MH interventions- there was a significant improvement in mindfulness and mental flexibility and a reduction in emotional distress was evident after the intervention in the experimental group. The application of MH interventions for stress reduction and improving mindfulness was supported by outcomes such as high participant satisfaction, low level of negative events, and compliance with the treatment.

The authors suggested that further studies could address the use of MH with a broad range of mental or physical health issues. Limitations of this study included a small number of mostly female, white, and student participants, along with the absence of an active control group, however the study did include a waitlist control.

In my opinion, a great practical relevance of this study is the availability of an intervention which is able to achieve the same results as the already existing methods, while being less burdensome and time-consuming.

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COMPLEX TOPICS IN BRIEF



My name is **Shiva Faraj** and I am an MA psychology student in Clinical and Health Psychology at Eötvös Loránd University in Budapest. I did my BA in Applied Psychology at Bjørknes Høyskole in Oslo, Norway and worked at the Mental Health Center in Tanga, Tanzania during my internship in my second year. By combining my current and future knowledge with my interest in psychology and gaining an MA degree I am hoping to eventually have my own practice.

HYPNOSIS & SLEEP

SHIVA FARAJ

Hypnosis can be defined as a special form of social interaction, where one person responds to suggestions from another (hypnotist) with consciousness alterations in perception, memory, and will-driven actions (Bremner, Holt, Passer, Smith, Sutherland & Vliek, 2012). Hypnosis is interesting for a number of reasons, such as it being used in treating mental disorders, addictions, pain and sleep issues (Flamand-Roze, Célestin-Lhopiteau & Roze, 2016). Hypnotherapy may work better for some people than others, depending on how receptive they are, meaning how eager they are to believe that the practice will be effective (Milling, 2008). This summary is a collection of some scientific papers that presents positive effects between hypnotherapy and sleep.

Insomnia is a sleep disorder where you have difficulty falling asleep, staying asleep or experiencing sleep that makes you feel rested. Insomnia and poor sleep can result in psychological problems. Most people who struggle with falling asleep, or who wake up during the night it is due to concerns, plans, fears and more. Concerns trigger the production of adrenaline, cortisol and other stress hormones that raise your heart rate, increase your blood pressure, and get you ready for “fight or flight” (Lam, Chung, Yeung, Yu, Yung & Ng, 2015). It is no wonder it becomes difficult to fall asleep. Cognitive-behavioral therapy combined with hypnotherapy and relaxation techniques is claimed to be one of the most effective approaches to improve sleep (Schlarb, Friedrich & Claßen, 2017).

Sleep disorders and sleep difficulty is common among students. A study by Schlarb, Friedrich and Claßen, used SWIS (studying in your sleep) - a multicomponent group treatment combined with Cognitive Behavioral Therapy for insomnia and hypnotherapy to improve sleep among students with insomnia symptoms and nightmares. The hypnotherapy elements consisted of trance-sessions, self-calming imaginations, self-hypnosis, and imagination techniques. The behavior therapeutic elements were rules of healthy sleeping, sleep-promoting living arrangements, sleep rituals, progressive muscle relaxation, cognitive restructuring, stress management and problem-solving skills. After the SWIS training, participants reported significantly improved sleep quality, shorter sleep latency and less daytime sleepiness (Schlarb, Friedrich & Claßen, 2017).

Cordi, Schlarb & Rasch (2014) investigated if a hypnotic suggestion from an auditory text or a control tape to “sleep deeper” would increase slow wave sleep (SWS) by using electroencephalographic recordings. A high amount of SWS is important for our memory and brain plasticity. The



findings from this study confirmed an increased SWS in suggestible females and during nonrapid eye movement sleep cycles. However, in addition there was a lack of an effect in low suggestible participants. It was important to use the suggestion during the hypnosis. A later study suggested hypnotic suggestion as an equal alternative to sleep-enhancing medications for improving sleep, SWS and cognitive functioning among the elderly (Cordi, Hirsiger, Méritat & Rasch, 2015).

Another multicomponent group treatment that included behavioral and hypnotherapy was developed for sleep enhancement among children which also led to a decrease in sleep problems. As a hypnotherapeutic tool children were given a toy that worked as a coping model that had sleep issues. The toy was associated with positive encouragement, self-confidence and strength (Schlarb, Velten-Schurian, Poets & Hautzinger 2010).

Among many studies there is a lot of research on cancer patients where hypnotherapy is used (Plaskota, Lucas, Pizzoferro, Saini, Evans, & Cook, 2012). Cancer can cause many psychological challenges as well as physical. The uncertainty of the future can be worrisome and stressful to live with (Wortzel & Spiegel, 2017). Cancer treatments can cause depression, anxiety, and stress, which might be triggered by unsuccessful treatments, a high amount of treatments, or pharmacological side effects such as hair loss, not being able to be active, unbearable pain, etc. Having cancer or any type of serious illness distresses the body and can cause sleep deprivation (Grégoire, Faymonville, Vanhauzenhuysse, Charland-Verville, Jerusalem & Bragard, 2018). Hypnotherapy has been beneficial using an induction process that included suggestions of relaxation, calmness, and wellbeing for cancer patients in palliative care. Results have shown increased sleep quality and a significant reduction in depression after only four hypnotherapy sessions (Plaskota, Lucas, Pizzoferro, Saini, Evans & Cook, 2012).

To conclude, many researchers have found hypnotherapy to be helpful for people that have difficulties with sleep. Yet, it is important to note that this summary is only based on scientific papers that have shown a positive effect – therefore, keep in mind that it may not work for everyone, but it is worth a try. More research is needed especially in regard to improving knowledge about long-term efficacy in hypnosis.

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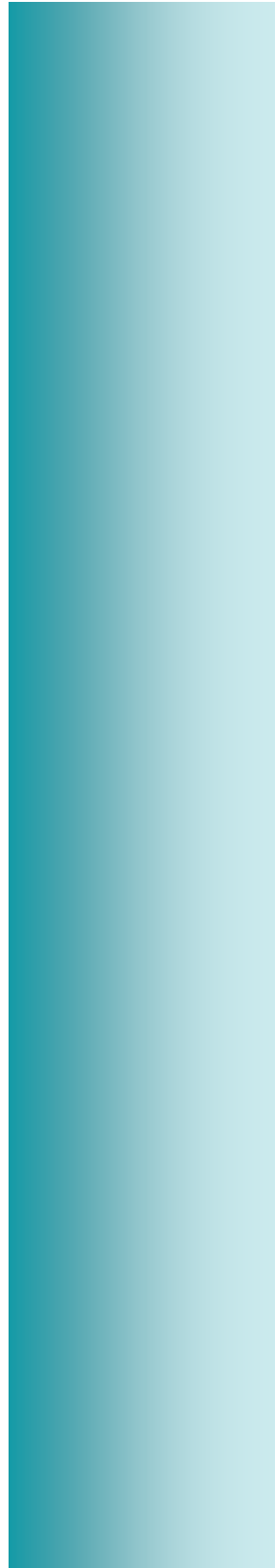


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April 2021 Journal Issue

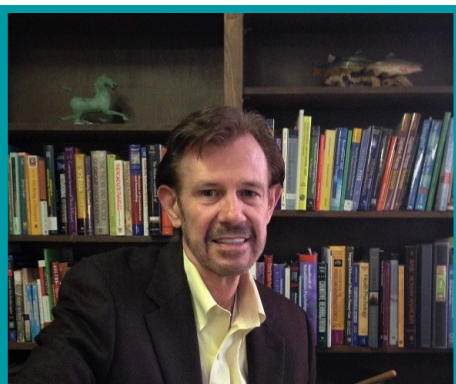
Be sure to check out the most recent journal issue of 2021, published in April. This issue features eight new articles covering a variety of topics including clinical hypnosis as an adjunct to Cognitive Behavior Therapy, hypnotic enhancement of virtual reality distraction analgesia, and discussion of a self-hypnotic relaxation app.

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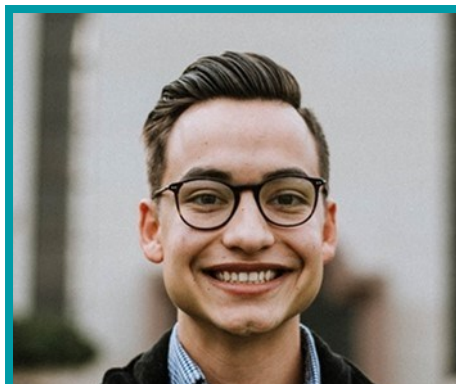
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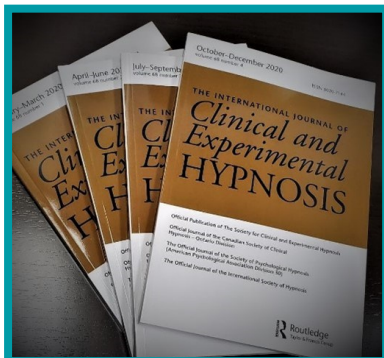
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CLINICAL HYPNOSIS AS AN ADJUNCT TO COGNITIVE BEHAVIOR THERAPY: AN UPDATED META-ANALYSIS

NICOLINO RAMONDO, GILLES GIGNAC, CARMELA PESTELL, & SUSAN BYRNE

In 1995, Kirsch and colleagues published an influential meta-analysis ($k = 20$, $N = 577$) which found that CBT enhanced with hypnosis (CBTH) was superior to CBT alone by at least $d = .53$. However, a lack of full replication and the emergence of new empirical studies prompted this updated analysis. A total of 48 post- ($N = 1,928$) and 25 follow-up treatments ($N = 1,165$) were meta-analyzed. CBTH achieved small to medium but statistically significant advantages over CBT at posttreatment ($dIGPP/d = .25$ to $.41$), and specifically in the management of depressed mood and pain. At follow-up, there was a medium sized advantage for CBTH ($dIGPP/d = .54$ to $.59$), and specifically for the treatment of obesity. These results further support the adjunctive use of hypnosis as an enhancer of CBT's efficaciousness and endurance as a treatment.

FEASIBILITY OF ATTENTION RESTORATION THEORY-DRIVEN HYPNOTHERAPY FOR FATIGUE IN CANCER SURVIVORS

GARY ELKINS, JOSHUA RHODES, MATTIE BIGGS, KIMBERLY ZIMMERMAN, WHITNEY WILLIAMS, NOEL ARRING, & DEBRA BARTON

This study aimed to assess the feasibility of Attention Restoration Theory (ART)-driven hypnotherapy to address cancer-related fatigue (CRF). Six participants with CRF completed the study. Participants completed measures of fatigue and pain pre- and posttreatment of 5 sessions of ART-driven hypnotherapy, each of which followed a treatment manual. Results indicate that participants experienced reductions in fatigue, fatigue bothersomeness, and pain following the intervention. Additionally, participants reported high levels of treatment satisfaction. This innovative intervention of ART-driven hypnotherapy appears to be feasible and warrants further study in a controlled trial with a larger sample.

MULTISENSORY INTEGRATION IS MODULATED BY HYPNOTIZABILITY

ALESSANDRO MIOLI, FRANCESCA DIOLAIUTI, ANDREA ZANGRANDI, PAOLO ORSINI, LAURA SEBASTIANI, & ENRICA SANTACANGELO

This study investigated multisensory integration in 29 medium-to-high (mid-highs) and 24 low-to-medium (mid-lows) hypnotizable individuals, classified according to the Stanford Hypnotic Susceptibility Scale, Form A. Participants completed a simultaneity judgment (SJ) task, where an auditory and a visual stimulus were presented in close proximity to their body in a range of 11 stimulus onset asynchronies. Results show that mid-highs were prone to judge audiovisual stimuli as simultaneous over a wider range of time intervals between sensory stimuli, as expressed by a broader temporal binding window, when the visual stimulus precedes the auditory one. No significant difference was observed for response times. Findings indicate a role of hypnotizability in multisensory integration likely due to the highs' cerebellar peculiarities and/or sensory modality preference.

HYPNOTIC ENHANCEMENT OF VIRTUAL REALITY DISTRACTION ANALGESIA DURING THERMAL PAIN: A RANDOMIZED TRIAL

DAVID PATTERSON, HUNTER HOFFMAN, GLORIA CHAMBERS, DEVON BENNETTS, HARLEY HUNNER, SHELLEY WIECHMAN, AZUCENA GARCIA-PALACIOS, & MARK JENSEN

Excessive pain during medical procedures is a pervasive health challenge. This study tested the (additive) analgesic efficacy of combining hypnotic analgesia and virtual reality (VR) pain distraction. A single blind, random-



ized, and controlled trial was used to study 205 undergraduate volunteers aged 18 to 20. The individual and combined effects of hypnotic analgesia (H) and VR distraction on experimentally induced acute thermal pain were examined using a 2 X 2, between-groups parallel design (4 groups total). Participants in groups that received hypnosis remained hypnotized during the test phase pain stimulus. The main outcome measure was “worst pain” ratings. Hypnosis reduced acute pain even for people who scored low on hypnotizability. As predicted, H+ VR was significantly more effective than VR distraction alone. However, H+ VR was not significantly more effective than hypnotic analgesia alone. Being hypnotized during thermal pain enhanced VR distraction analgesia.

CLUTCH-BASED HYPNOTIC INTERVENTION TO IMPROVE GOLF PERFORMANCE: A CASE STUDY

JOHN PATES

This case study examined the effects of a clutch-based hypnotic intervention on the performance and experience of a senior PGA tour golfer. The intervention encompassed hypnosis, regression imagery, a trigger control technique, and a preshot routine. Golf performance data were analyzed using a single-subject design. The results indicated that the player’s mean stroke average decreased from baseline to postintervention. The qualitative data suggests that the hypnotic intervention may help golfers regulate emotions, thoughts, feelings, and perceptions associated with a clutch state experience.

PERSIAN NORM FOR THE STANFORD HYPNOTIC SUSCEPTIBILITY SCALE, FORM C (SHSS: C)

MOHAMMAD SOUKHTANLOU, ALI PURABBAS, ALI SHARIFI, MASOUD GHOLAMALI LAVASANI, ENAYATOLLAH SHAHIDI, & HAMID REZA RAJABIFAR

The Stanford Hypnotic Susceptibility Scale, Form C (SHSS:C), is the most commonly used measure of hypnotizability. In Persian (Farsi), there was a lack of a valid test for hypnotizability. The norms for different language versions of the SHSS:C are important for evaluating the cross-language validity of the measure and determining the ability to compare research findings using the SHSS:C samples of different languages. In this study, a Persian translation of SHSS:C was administered to 321 Farsi-speaking individuals from the cities Tehran and Mashhad. Then, different parameters of the measure, including the distribution, normality, internal consistency, difficulty, and comparison with other SHSS:C norms, have been evaluated and presented. The results indicated that the Persian SHSS:C has good reliability, which is in line with the other language versions of the scale, and the scores from the Persian SHSS:C are comparable to those of the other language versions.

EXPLORATORY CONTROLLED STUDY OF THE IMPACT OF A HYPNOSIS-BASED INTERVENTION ON THE COUPLE’S COMMUNICATION AND COPING IN THE CONTEXT OF CANCER

CHARLOTTE GRÉGOIRE, MARIE-ELISABETH FAYMONVILLE, AUDREY VANHAUDENHUYSE, VANESSA CHARLAND-VERILLE, GUY JERUSALEM, SYLVIE WILLEMS, & ISABELLE BRAGARD

Emotional distress, communication, and dyadic coping difficulties are common among cancer patients and their partners. Hypnosis-based interventions can improve emotional distress in patients. We designed a group intervention combining self-hypnosis and self-care techniques. We hypothesized an effect of the intervention on emotional distress, conjugal communication, and dyadic coping, considered in patients and their partners. Our exploratory controlled study included 55 women with cancer and 55 partners. Participants completed questionnaires before and after the intervention, which was delivered to patients only. No significant effect of the intervention was revealed for patients or partners. Positive correlations between patients’ and partners’ communication and dyadic coping were revealed. However, to address couples’ or partners’ difficulties, interventions specifically designed for couples or partners must be tested.



EFFICACY OF A SELF-HYPNOTIC RELAXATION APP ON PAIN AND ANXIETY IN A RANDOMIZED CLINICAL TRIAL: RESULTS AND CONSIDERATIONS ON THE DESIGN OF ACTIVE AND CONTROL APPS

ELVIRA LANG, WILLIAM JACKSON, PAUL SENN, ARONI DONAVON-KHOSROW, MATTHEW FINKELMAN, THOMAS CORINO, GRAHAM CONWAY, & RONALD KULICH

Despite an explosion of mobile app offerings for management of pain and anxiety, the evidence for effectiveness is scarce. Placebo-controlled trials are the most desirable but designing inactive placebo apps can be challenging. For a prospective randomized clinical trial with 72 patients in a craniofacial pain center, we created an app with self-hypnotic relaxation (SHR) for use with iOS and Android systems. A placebo background audio (BA) app was built with the same look and functionality. Both iOS and Android SHR apps alone and in comparison to the BA group significantly reduced pain and anxiety during the waiting-room time. The Android BA app significantly reduced anxiety but not pain. The iOS BA app affected neither pain nor anxiety, functioning as an ideal placebo. Usage analysis revealed that different default approaches of the iOS and Android devices accounted for the difference in results.

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SPECIAL EVENTS

The program of „Special events” of ISH on 11 June, 2021

Program items:

- Mark Jensen, Bernhard Trenkle, Kris Klajs: President’s roundtable: Present, Past and Future of Hypnosis and ISH
- Éva Bányai: The role of ISH in the revival of hypnosis
- Consuelo Casula: Virtual workshop – Hypnotic interventions in grief



The role of ISH in the revival of hypnosis

Prof. Emeritus Éva I. Bányai, PhD
Member of ISH since 1974, Past President (2000-2003),
and Honorary Lifetime Member (2015-)





Invited paper presented at a special ISH event for ISH members
Online, June 11, 2021





BOOK REVIEW

MICHAEL YAPKO
PROCESS-ORIENTED HYPNOSIS:
FOCUSING ON THE FOREST, NOT THE TREES
REVIEWED BY CONSUELO CASULA

Michael Yapko's generous creativity has given rise to his newest book which addresses an innovative and challenging topic: *Process Oriented Hypnosis: Focusing on the Forest, Not the Trees*.

Sometimes during therapy sessions, I realize I have to stop following patients through the confusing maze of their past memories and current perceptions in order to avoid being overwhelmed by details that have no rele-

Michael D. Yapko, PhD



PROCESS-ORIENTED
HYPNOSIS

Focusing on the Forest, Not the Trees



vance to actually solving their problem. This book has helped me to understand when and how to “gently and kindly” (as Yapko suggests) invite the patient to move from analyzing the “why” of their problem to the bigger challenge of how to change the process - the *how* - of how the client’s problem is maintained.

Since his first book (the first edition of *Trancework* is in 1984), Michael Yapko has devoted himself to addressing two main themes: the characteristics and functions of effective hypnosis, articulated in *Trancework* (now in its fifth edition and widely considered the leading text in the field), and the strategic treatment of depressions with hypnosis. This latest one, *Process-Oriented Hypnosis* is his 16th book.

With his recent books, *The Discriminating Therapist* (2016) and *Taking Hypnosis to the Next Level* (2018), Yapko has developed a new vision for the modern psychotherapist’s practice of therapy as well as a broader application of Ericksonian hypnosis. These converge in the process-oriented approach proposed in this book and are greeted enthusiastically by well-known experts who endorsed the book, including Roxanna Erickson Klein, Stephen Lankton, Ernest and Kathryn Rossi, and George Burns. Jeffrey Zeig wrote the Foreword.

In a didactic and evocative way, the first part of the book presents the foundations of process-oriented hypnosis and the methods for applying them. These are well illustrated by interesting cases and many examples of suggestions that highlight the merits of utilizing attention with intention while aiming the hypnosis session at the bigger “forest” of problems rather than just the “trees” of specific symptoms.

In the second part of the book, Yapko offers generic hypnosis session structures and full session transcripts as detailed examples of ways to address repetitive clinical issues. These include such patterns as the client’s intolerance of ambiguity, negative expectations, inability to make meaningful discriminations (distinctions), acting out self-defeating impulses, passivity, lack of foresight, and more.

Yapko’s well-deserved excellent reputation for his ability to share his knowledge through lectures, workshops and publications is reinforced by this original book. It is highly recommended reading for all hypnotherapists and clinicians who wish to integrate a more multi-dimensional use of hypnosis into their therapeutic practice. Even psychotherapists who do not use clinical hypnosis will find benefits from incorporating Yapko’s process-oriented approach into their work.

Michael Yapko
Process-Oriented Hypnosis: Focusing on the Forest, Not the Trees,
W.W: Norton & Company, 2021
Review by Consuelo Casula
Re-published with approval from ESH

**SEE YOU 8-11.06
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XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS

“COOPERATION IN HYPNOSIS. CHALLENGES & BENEFITS”

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

Please spread this information to your national and international colleagues.

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Looking forward to seeing you in person soon,

Bernhard Trenkle,
Dipl. Psych. President ISH
Kris Klajs, Dipl. Psych.
Congress Chair, ISH BOD Member

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XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS

COOPERATION IN HYPNOSIS. CHALLENGES & BENEFITS

8-11 JUNE, 2022 KRAKOW, POLAND

We are very pleased to invite you to the XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS organized by the Polish Milton H. Erickson Institute and the International Society of Hypnosis. The Congress will take place in Krakow, Poland, June 8-11, 2022. It will be a great opportunity to bring professionals together and share knowledge and experience among qualified people who use hypnosis worldwide.

The topic of the meeting is *Cooperation in Hypnosis. Challenges & Benefits*. The XXII World Congress of Medical and Clinical Hypnosis will be a chance to exchange ideas, creativity and energy from different cultures and countries. Our goal is to promote various aspects of cooperation between the more experienced and the young generation, between the clinician and the patient, between the unconscious and the conscious, between the person and the system etc.

Feel invited to create this event with us - register to the Congress, submit the abstract, invite others to the meeting!

The lowest price is available until May 31, 2021!



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