



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
2021, Volume 45, No. 3

CONTENT

- 1 -
LETTER FROM
THE PRESIDENT

- 21 -
NOTES FROM
THE EDITOR

- 23 -
MAIN INTERVIEW

- 27 -
BUILDING
BRIDGES OF
UNDERSTANDING

- Hypnosis and PTSD

- 31 -
HYPNOSIS RESEARCH
VIDEO SEMINAR

- Ernil Hansen

- 35 -
CALL TO ATTENTION

- 36 -
BOOK REVIEW
Gérard Fitoussi

- 41 -
IJCEH

- 46 -
BOOK REVIEW
Dan Short

- 49 -
ARTICLES
WORTH READING

- 50 -
SPECIAL EVENTS

- 51 -
XXII WORLD
CONGRESS OF
MEDICAL & CLINICAL
HYPNOSIS

- 53 -
EVENT CALENDAR

- 54 -
MEMBERSHIPS

- 55 -
CONDOLENCES

- 56 -
LIST OF
CONTRIBUTORS

SEPTEMBER 2021 A LETTER FROM PRESIDENT



MARK JENSEN

Dear ISH members:

I am very happy to report that our new Board of Directors has begun to work on many initiatives for ISH for the next three years.

First, I have identified the chairs of our numerous committees and groups who will be leading these initiatives. They include both regular standing committees that are specified in our by-laws (i.e., Congress, Nominations and Elections, Ethical Practices, and Publications Committees), as well as our *ad hoc* committees that the BOD has established to achieve specific additional goals (i.e., Education and Training, Research, Membership, Awards, Social Media, Website, Newsletter, and Youth Committees):

- Bernhard Trenkle: Chair of the Nominations and Elections Committee
- Krzysztof Klajns: Chair of the 2022 Congress Committee
- Enayat Shahidi: Chair of the Education and Training Committee and the Finance Committee
- Maria Paola Brugnoli: Chair of the Ethical Committee
- Giuseppe de Benedittis: Chair of the Research and Publications Committee, and WHO Task Force
- Bernhard Trenkle: Chair of the Membership Committee and the Credentials Committee
- Camillo Lorio: Chair of the Awards Committee
- Cecilia Fabre: Chair of the Social Media Committee
- Woltemade Hartman: Chair of the Standards Committee
- Julie Linden: Chair of the Website Committee
- Katalin Varga: Chair of the Newsletter Committee
- Shady Tonn: Chair of the Youth Committee

In addition, many of the chairs of these committees are active members of other committees, and all of the board members who are not committee chairs are also serving as members of multiple committees, including Brian Allen (serving on the Finance, Credentials, Education, and Training, Membership, and Social Media Committees), Anita Jung (serving on the Education and Training, Standards, and Newsletter Committees) and Callie Hattingh (serving on the Education and Training and Standards Committees).



We are also fortunate to have several ISH members who have agreed to volunteer to serve on these ISH committees for the next three years, including Consuelo Casula on the Ethical Practices and Education and Training Committees, Nicole Ruysschaert on the Publications and Research, Awards, Education and Training, Website, and Newsletter Committees and the WHO Task Force, Susanna Carolusson on the Credentials Committee, Teresa Robles on the Education and Training Committee, and Dan Short on the Education and Training Committee. Please give a HUGE round of applause to all of these individuals who donate their time, knowledge, and expertise to advance hypnosis worldwide. And when you run into them, please feel free to express your gratitude for their contributions.

So, what are these committees up to? I have asked the committee chairs to provide me with a summary of their shorter and longer-term goals for the next three years. Their responses were both exciting and inspiring! Here is a brief summary of some of the highlights.

EDUCATION AND TRAINING

The Education and Training Committee, under the leadership of Enayat Shahidi, has big plans. They recently met to develop strategies for developing more hypnosis training opportunities organized or co-sponsored by ISH, including virtual and in-person training opportunities. For example, there are discussions now to co-sponsor a 1-day workshop on the use of hypnosis for pain management with the Oregon Society of Clinical Hypnosis in Portland, Oregon, USA, as well as a 2-day basic hypnosis workshop with the Icelandic Hypnosis Society. The committee is collecting a team of highly qualified, well-known international lecturers to implement low-cost and high-quality online workshops/events to serve the valued ISH members as a membership benefit.

The Education and Training Committee will contribute questions to a survey going out to all of our constituent societies, asking them about their interest in collaborating with ISH to provide training opportunities for their members and identify the specific training needs and preferences of their members. They also plan to develop short videos on a broad range of topics which can be made available to our members on ISH's website. Please feel free to let Enayat Shahidi know about any ideas you have regarding how ISH might be able to serve current and future ISH members in the training and education of hypnosis (dr.enayat.shahidi@gmail.com).

MEMBERSHIP

Bernhard Trenkle, the chair of the Membership Committee, notes that one of the most important tasks of the Membership Committee is to motivate the leading hypnosis experts in the world (which would include you, dear reader) to connect via their ISH membership. All of the Membership Committee members, including the chair, Brian Allen, and Woltemade Hartman, have many international contacts. The committee also plans to develop initiatives to motivate our younger colleagues to connect with each other and our more experienced members. They will do this not only by developing additional benefits of ISH membership but also by developing ways that our members can be more involved in contributing to the society. Stay tuned!

ETHICAL PRACTICES

Under the leadership of Paola Brugnoli, she and the Ethical Practices committee will work to support ISH by providing guidance to ISH members who have questions regarding ethical issues in the practice of hypnosis. They will also review and provide advice and guidance, as needed, specific cases where there are potential ethical conflicts, including help in clarifying issues and coming up with alternatives and compromises, when appropriate. All of this will be in the service of promoting the human



rights of all individuals involved and ensuring ethical and fair policies and practices.

RESEARCH AND PUBLICATIONS COMMITTEES AND WHO TASK FORCE

Under the leadership of Giuseppe de Benedittis, the Research and Publications Committees are currently working to organize a scientific panel for the 2022 World Congress in Krakow. The ISH WHO Task Force has also been invited to participate with ESH in a virtual Integrated Medicine Congress under the sponsorship of WHO. As Dr. De Benedittis notes, this congress – and ISH’s participation in it – will be a major step towards the recognition of hypnosis by WHO.

NEWSLETTER COMMITTEE

Under the leadership of Katalin Varga, the Newsletter will continue to produce a wonderful ISH Newsletter four times a year that will be full of rich content useful to all of our members. Dr. Varga has made a special request to everyone reading this right now: Please provide her (varga.katalin@ppk.elte.hu) with news about your work in hypnosis – including photos! – to help our readers understand all of the wonderful work being done around the world in the field.

WEBSITE COMMITTEE

Under Julie Linden’s leadership, the website committee plans to not only keep the website updated with fresh information (including adding monthly updates from yours truly and a notice about the link to each month’s „Coffee or Beverage of Your Choice with the President“) about ISH’s initiatives as well as news about hypnosis worldwide. Of particular importance is to keep information about hypnosis training opportunities worldwide current. As soon as you or your home society has made plans for a training opportunity, such as a webinar, virtual workshop, or in-person workshop, please send that information to Julie Linden (julie@drjulielinden.com) or Shady Tonn (info@ishhypnosis.org) right away, so other ISH members can be made aware of the workshop. Also, if you have an interest in serving on the Website Committee, the committee is still open to ISH members who are tech-savvy and artistic. In this case, please contact Dr. Linden to let her know of your interest!

STANDARDS COMMITTEE

You are probably aware that the Standards Committee, under Woltemade Hartman’s leadership, recently completed a set of standards for who should be trained in *clinical hypnosis*. Next, they plan to put together recommended guidelines for non-clinical professionals who use hypnosis to enhance the quality of life (as opposed to, for example, treating clinical conditions). They also plan to take on the challenge of considering whether (and how) such non-professionals should be included under the auspices of ISH. They understand that this latter task will be daunting and will require very careful consideration. As a next step, the Standards Committee plans to survey our Constituent Societies to learn about each one’s current membership and training practices; specifically, who they train and for what purpose. If you are a Constituent Society representative, please keep your eyes open for the survey and respond soon after you receive it. Your input will be critical as the Standards Committee considers these important issues.

SOCIAL MEDIA COMMITTEE

Under Cecilia Fabre’s leadership, the Social Media Committee is working to „spread the word“ about ISH and the importance of belonging to ISH as a member among both professionals and students. They will do this by posting regularly to ISH’s website videos and articles in different languages. They will also seek to promote all of ISH’s events via social media



platforms. Please send any and all ideas that you have for promoting ISH and the benefits of being an ISH member to Cecilia (ceci@grupocem.edu.mx).

COFFEE (OR BEVERAGE OF YOUR CHOICE!) WITH PRESIDENT

We had an incredibly successful first Coffee with the President on August 5. This was, in fact, Coffee with the President_S, as it was co-sponsored with the American Society of Clinical Hypnosis, and the event was co-hosted by ASCH's president, Bridget Bongaard. Over 40 ISH members met via Zoom to socialize and share information about the history of ISH and also share ideas about how they use hypnosis to cope with the stress of COVID. By the time you are reading this note, we will have had an equally successful second Coffee with the President on September 2. Please plan on continuing to participate in these events, which are designed to help us keep in contact with each other all over the world. Although we currently plan for days to be the same (first Thursday of every month), the time of day will vary to make it easy for everyone in the world to participate at least once every three months, if not more often.

Finally, if you have not already registered for the Hypnosis World Congress, to be held in Krakow next year, June 8-11, 2022, please do so right now. Here is the link to the registration for this event: <https://www.hypnosis2021.com/en>.

With warmest regards,
Mark Jensen,
ISH President



THE INTERNATIONAL
SOCIETY OF HYPNOSIS

Follow us



International Society of Hypnosis



International Society of Hypnosis



ishhypnosis



www.ishhypnosis.org



GEDANKEN DES PRÄSIDENTEN

ÜBERSETZT VON SHADY TONN

Liebe ISH-Mitglieder:

Ich freue mich sehr, Ihnen mitteilen zu können, dass unser neuer Vorstand mit der Arbeit an vielen Initiativen für die ISH in den nächsten drei Jahren begonnen hat.

Zunächst haben wir die Vorsitzenden unserer zahlreichen Komitee und Gruppen bestimmt, die diese Initiativen leiten werden. Dazu gehören sowohl die regulären ständigen Komitee, die in unserer Satzung festgelegt sind (z.B. Kongress, Nominierungen und Wahlen, Ethische Praktiken und Publikationsausschüsse), als auch unsere Ad-hoc-Komitee, die der Vorstand zur Erreichung bestimmter zusätzlicher Ziele eingerichtet hat (z.B. Ausbildungs- und Schulungskomitees, Forschungskomitees, Mitgliedschaftskomitees, Preiskomitees, Komitees für soziale Medien, Website, Newsletter und Jugendkomitees):

- Bernhard Trenkle: Nominierungs- und Wahlkomitee
- Krzysztof Klajs: Vorsitzender des Kongresskomitees 2022
- Enayat Shahidi: Vorsitzender des Komitees für Aus- und Weiterbildung und des Finanzkomitees
- Maria Paola Brugnoli: Vorsitzende des Ethikkomitees
- Giuseppe de Benedittis: Vorsitzender des Komitees für Forschung und Veröffentlichungen und der WHO-Taskforce
- Bernhard Trenkle: Vorsitzender des Mitgliedschaftskomitees und des Mandatsprüfungskomitees
- Camillo Loredio: Vorsitzender des Preisverleihungskomitees
- Cecilia Fabre: Vorsitzende des Komitees für soziale Medien
- Woltemade Hartman: Vorsitzende des Normenkomitees
- Julie Linden: Vorsitzende des Website-Komitees
- Katalin Varga: Vorsitzende des Newsletter-Komitees
- Shady Tonn: Vorsitzende des Jugendkomitees

Darüber hinaus sind viele der Vorsitzenden dieser Komitees aktive Mitglieder anderer Komitees, und alle Vorstandsmitglieder, die keine Komitee-Vorsitzenden sind, arbeiten ebenfalls in mehreren Komitees mit, darunter Brian Allen (in den Komitees für Finanzen, Beglaubigung, Aus- und Weiterbildung, Mitgliedschaft und Social Media), Anita Jung (in den Komitees für Aus- und Weiterbildung, Standards und Newsletter) und Callie Hatingh (in den Komitees für Aus- und Weiterbildung und Standards).

Wir können uns außerdem glücklich schätzen, dass sich mehrere ISH-Mitglieder bereit erklärt haben, in den nächsten drei Jahren freiwillig in den ISH-Ausschüssen mitzuarbeiten, darunter Consuelo Casula im Komitee für ethische Praktiken, Nicole Rusyschaert in den Ausschüssen für Veröffentlichungen und Forschung, Auszeichnungen, Aus- und Fortbildung, Website und Newsletter sowie in der WHO-Taskforce, Susanna Carolusson im Beglaubigungskomitee, Teresa Robles im Aus- und Fortbildungskomitee und Dan Short im Aus- und Fortbildungskomitee. Bitte spenden Sie all diesen Personen, die ihre Zeit, ihr Wissen und ihre Erfahrung zur Verfügung stellen, um die Hypnose weltweit voranzubringen, einen riesigen Applaus. Und wenn Sie ihnen begegnen, können Sie ihnen gerne Ihre Dankbarkeit für ihren Beitrag aussprechen.

Was haben diese Ausschüsse vor? Ich habe die Komitee-Vorsitzenden gebeten, mir eine Zusammenfassung ihrer kurz- und längerfristigen Ziele für die nächsten drei Jahre zu geben. Ihre Antworten waren sowohl spannend als auch inspirierend! Hier ist eine kurze Zusammenfassung einiger der Highlights.



ALLGEMEINE UND BERUFLICHE BILDUNG

Der Komitee für allgemeine und berufliche Bildung unter der Leitung von Enayat Shahidi hat große Pläne. Kürzlich trafen sie sich, um Strategien für die Entwicklung von mehr Hypnose-Ausbildungsmöglichkeiten zu entwickeln, die von der ISH organisiert oder mitgesponsert werden, einschließlich virtueller und persönlicher Ausbildungsmöglichkeiten. So wird derzeit diskutiert, gemeinsam mit der Oregon Society of Clinical Hypnosis in Portland, Oregon, USA, einen eintägigen Workshop über den Einsatz von Hypnose in der Schmerztherapie und mit der Icelandic Hypnosis Society einen zweitägigen Workshop über Hypnosegrundlagen zu veranstalten. Das Komitee stellt ein Team hochqualifizierter, bekannter internationaler Dozenten zusammen, um kostengünstige und qualitativ hochwertige Online-Workshops/Veranstaltungen zu implementieren, die den geschätzten ISH-Mitgliedern als Mitgliedsvorteil dienen sollen.

Das Komitee für Aus und Weiterbildung wird Fragen zu einer Umfrage beisteuern, die an alle unsere Mitgliedsgesellschaften verschickt wird. Darin werden sie nach ihrem Interesse an einer Zusammenarbeit mit der ISH bei der Bereitstellung von Fortbildungsmöglichkeiten für ihre Mitglieder gefragt und die spezifischen Fortbildungsbedürfnisse und -präferenzen ihrer Mitglieder ermittelt. Sie planen auch die Entwicklung von Kurzvideos zu einer breiten Palette von Themen, die unseren Mitgliedern auf der ISH-Website zur Verfügung gestellt werden können. Bitte lassen Sie Enayat Shahidi wissen, welche Ideen Sie haben, wie die ISH aktuellen und zukünftigen ISH-Mitgliedern bei der Aus und Weiterbildung in Hypnose helfen kann (dr.enayat.shadini@gmail.com).

MITGLIEDSCHAFT

Bernhard Trenkle, der Vorsitzende des Mitgliedschaftskomitees, stellt fest, dass eine der wichtigsten Aufgaben des Mitgliedschaftskomitees darin besteht, die führenden Hypnoseexperten der Welt (zu denen auch Sie, lieber Leser, gehören) zu motivieren, sich über ihre ISH-Mitgliedschaft zu vernetzen. Alle Mitglieder des Mitgliedschaftskomitees, einschließlich des Vorsitzenden, Brian Allen, und Woltemade Hartman, verfügen über zahlreiche internationale Kontakte. Das Komitee plant auch, Initiativen zu entwickeln, um unsere jüngeren Kollegen zu motivieren, sich untereinander und mit unseren erfahreneren Mitgliedern zu vernetzen. Dies soll nicht nur durch die Entwicklung zusätzlicher Vorteile der ISH-Mitgliedschaft geschehen, sondern auch durch die Entwicklung von Möglichkeiten, wie sich unsere Mitglieder stärker in die Gesellschaft einbringen können. Bleiben Sie dran!

ETHISCHE PRAKTIKEN

Unter der Leitung von Paola Brugnoli werden, sie und das Komitee für ethische Praktiken, die ISH unterstützen, indem sie ISH-Mitgliedern, die Fragen zu ethischen Themen in der Hypnosepraxis haben, Ratschläge erteilen. Sie werden auch spezifische Fälle, in denen es potenzielle ethische Konflikte gibt, überprüfen und bei Bedarf Ratschläge und Hilfestellung geben, einschließlich der Unterstützung bei der Klärung von Fragen und der Erarbeitung von Alternativen und Kompromissen, wenn dies angebracht ist. All dies geschieht im Dienste der Förderung der Menschenrechte aller Beteiligten und der Gewährleistung ethischer und fairer Strategien und Praktiken.

AUSSCHÜSSE FÜR FORSCHUNG UND VERÖFFENTLICHUNGEN UND WHO-TASKFORCE

Unter der Leitung von Giuseppe de Benedittis arbeiten die Forschungs- und Publikationsausschüsse derzeit an der Organisation eines wissenschaftlichen Panels für den Weltkongress 2022 in Krakau. Die WHO-Taskforce der ISH wurde außerdem eingeladen, gemeinsam mit der ESH an einem virtuellen Kongress für integrierte Medizin unter der Schirmherrschaft der WHO teilzunehmen. Wie Dr. De Benedittis anmerkt, wird



dieser Kongress und die Teilnahme der ISH daran ein wichtiger Schritt zur Anerkennung der Hypnose durch die WHO sein.

NEWSLETTER-KOMITEE

Unter der Leitung von Katalin Varga wird das Newsletter-Komitee auch weiterhin viermal im Jahr einen wunderbaren ISH-Newsletter herausgeben, der für alle unsere Mitglieder von großem Nutzen sein wird. Dr. Varga hat eine besondere Bitte an alle, die dies gerade lesen: Bitte senden Sie ihr (varga.katalin@ppk.elte.hu) Neuigkeiten über Ihre Arbeit in der Hypnose einschließlich Fotos! um unseren Lesern zu helfen, all die wunderbare Arbeit zu verstehen, die auf der ganzen Welt in diesem Bereich geleistet wird.

WEBSITE-KOMITEE

Unter der Leitung von Julie Linden plant das Website-Komitee nicht nur, die Website mit frischen Informationen über die Initiativen der ISH sowie mit Nachrichten über Hypnose weltweit auf dem neuesten Stand zu halten (u.a. mit monatlichen Updates von mir und einem Hinweis auf den Link zum monatlichen "Coffee or Beverage of Your Choice with the President"). Besonders wichtig ist es, Informationen über Hypnose-Ausbildungsmöglichkeiten weltweit aktuell zu halten. Sobald Sie oder Ihre Heimatgesellschaft eine Ausbildungsmöglichkeit geplant haben, wie z.B. ein Webinar, einen virtuellen Workshop oder einen persönlichen Workshop, senden Sie diese Informationen bitte sofort an Julie Linden (julie@drjulielinden.com) oder Shady Tonn (info@ishhypnosis.org), damit andere ISH-Mitglieder auf den Workshop aufmerksam gemacht werden können. Falls Sie Interesse haben, im Website-Komitee mitzuarbeiten, ist das Komitee immer noch offen für ISH-Mitglieder, die technisch versiert und künstlerisch begabt sind. In diesem Fall wenden Sie sich bitte an Dr. Linden, um ihr Ihr Interesse mitzuteilen!

STANDARDSKOMITEE

Wie Sie wahrscheinlich wissen, hat das Komitee für Standards unter der Leitung von Woltemade Hartman kürzlich eine Reihe von Standards für die Ausbildung in klinischer Hypnose fertiggestellt. Als Nächstes plant das Komitee, empfohlene Richtlinien für nicht-klinische Fachleute zu erstellen, die Hypnose zur Verbesserung der Lebensqualität einsetzen (im Gegensatz zur Behandlung von z. B. klinischen Erkrankungen). Außerdem wollen sie sich der Frage stellen, ob (und wie) solche Nicht-Fachleute in die ISH aufgenommen werden sollten. Sie sind sich darüber im Klaren, dass letzteres eine gewaltige Aufgabe sein wird, die eine sehr sorgfältige Prüfung erfordert. Als nächsten Schritt plant das Standardkomitee eine Umfrage bei unseren Mitgliedsgesellschaften, um mehr über die derzeitigen Mitgliedschafts und Ausbildungspraktiken zu erfahren, insbesondere darüber, wen sie ausbilden und zu welchem Zweck. Wenn Sie ein Vertreter einer Mitgliedsgesellschaft sind, halten Sie bitte die Augen nach der Umfrage offen und antworten Sie bald, nachdem Sie sie erhalten haben. Ihr Beitrag wird entscheidend sein, wenn sich das Standardkomitee mit diesen wichtigen Fragen befasst.

KOMITEE FÜR SOZIALE MEDIEN

Unter der Leitung von Cecilia Fabre arbeitet das Komitee für soziale Medien daran, die ISH und die Bedeutung einer Mitgliedschaft in der ISH unter Fachleuten und Studenten bekannt zu machen. Zu diesem Zweck werden sie regelmäßig Videos und Artikel in verschiedenen Sprachen auf die ISH-Website stellen. Sie werden sich auch bemühen, alle Veranstaltungen der ISH über Social Media-Plattformen zu bewerben. Bitte senden Sie alle Ideen, die Sie zur Förderung der ISH und der Vorteile einer ISH-Mitgliedschaft haben, an Cecilia (ceci@grupocem.edu.mx).



KAFFEE (ODER EIN GETRÄNK IHRER WAHL!) MIT DEM PRÄSIDENTEN

Unser erstes Kaffee mit dem Präsidenten am 5. August war ein voller Erfolg. Eigentlich war es ein "Coffee with the PresidentS", da es gemeinsam mit der American Society of Clinical Hypnosis gesponsert und von der Präsidentin der ASCH, Bridget Bongaard, mitorganisiert wurde. Über 40 ISH-Mitglieder trafen sich via Zoom, um Kontakte zu knüpfen und Informationen über die Geschichte der ISH auszutauschen und sich darüber auszutauschen, wie sie Hypnose einsetzen, um mit dem Stress der COVID fertig zu werden. Wenn Sie diese Zeilen lesen, wird ein ebenso erfolgreiches drittes Kaffee mit dem Präsidenten am 7. Oktober stattfinden. Bitte planen Sie, weiterhin an diesen Veranstaltungen teilzunehmen, die uns helfen sollen, weltweit miteinander in Kontakt zu bleiben. Obwohl die Tage derzeit gleich bleiben (erster Donnerstag jedes Monats), wird die Uhrzeit variieren, um es allen Menschen in der Welt zu ermöglichen, mindestens einmal alle drei Monate, wenn nicht öfter, teilzunehmen.

Falls Sie sich noch nicht für den Hypnose-Weltkongress, der nächstes Jahr vom 8. bis 11. Juni 2022 in Krakau stattfindet, angemeldet haben, sollten Sie dies jetzt tun. Hier ist der Link zur Anmeldung für diese Veranstaltung: <https://www.hypnosis2021.com/en>.

Mit freundlichen Grüßen,
Mark Jensen,
ISH-Präsident

SAVE KRAKOW, POLAND
8-11.06.2022
THE DATE!
www.hypnosis2022.com





LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Chers membres de l'ISH :

Je suis très heureux de vous annoncer que notre nouveau conseil d'administration a commencé à travailler sur de nombreuses initiatives pour l'ISH pour les trois prochaines années.

Tout d'abord, nous avons identifié les présidents de nos nombreux comités et groupes qui dirigeront ces initiatives. Il s'agit à la fois des comités permanents qui sont spécifiés dans nos statuts (c'est-à-dire le Congrès, les comités des nominations et des élections, des pratiques éthiques et des publications) et des comités ad hoc que le conseil d'administration a créés pour atteindre des objectifs supplémentaires spécifiques (c'est-à-dire les comités de l'éducation et de la formation, de la recherche, des membres, des récompenses, des médias sociaux, du site web, de la newsletter et de la jeunesse) :

- Bernhard Trenkle : Président du Comité des nominations et des élections
- Krzysztof Klajns : Président du Comité du Congrès 2022
- Enayat Shahidi : Président du comité d'éducation et de formation et du comité des finances.
- Maria Paola Brugnoli : Présidente du comité d'éthique
- Giuseppe de Benedittis : Président du comité de la recherche et des publications, et du groupe de travail de l'OMS
- Bernhard Trenkle : Président du comité des membres et du comité vérifiant l'accréditation
- Camillo Loriedo : Président du comité des prix
- Cecilia Fabre : Présidente du comité des médias sociaux
- Woltemade Hartman : Présidente du comité des critères
- Julie Linden : Présidente du comité du site web
- Katalin Varga : Présidente du comité "Newsletter"
- Shady Tonn : Présidente du comité des jeunes

En outre, bon nombre des présidents de ces comités sont des membres actifs d'autres comités, et tous les membres du conseil d'administration qui ne sont pas présidents de comité sont également membres de plusieurs comités, notamment Brian Allen (membre des comités des finances, de l'accréditation, de l'éducation et de la formation, des adhésions et de médias sociaux), Anita Jung (membre des comités de l'éducation et de la formation, du comité des normes et de la newsletter) et Callie Hattingh (membre des comités de l'éducation et de la formation et des normes).

Nous avons également la chance d'avoir plusieurs membres de l'ISH qui ont accepté de se porter volontaires pour siéger à ces comités de l'ISH pour les trois prochaines années, notamment Consuelo Casula au comité des pratiques éthiques et comité de l'éducation et de la formation, Nicole Ruysschaert aux comités des publications et de la recherche, des prix, de l'éducation et de la formation, du site Web et de la newsletter ainsi qu'au groupe de travail de l'OMS, Susanna Carolusson au comité de l'accréditation, Teresa Robles au comité de l'éducation et de la formation et Dan Short au comité de l'éducation et de la formation. Veuillez applaudir chaleureusement toutes ces personnes qui donnent de leur temps, de leurs connaissances et de leur expertise pour faire progresser l'hypnose dans le monde. Et lorsque vous les rencontrerez, n'hésitez pas à leur exprimer votre gratitude pour leurs contributions.

Alors, que font ces comités ? J'ai demandé aux présidents des comités de me fournir un résumé de leurs objectifs à court et à long terme pour les



trois prochaines années. Leurs réponses ont été à la fois passionnantes et inspirantes ! Voici un bref résumé de certains des points saillants.

ÉDUCATION ET FORMATION

Le comité d'éducation et de formation, sous la direction d'Enayat Shahidi, a de grands projets. Ils se sont récemment réunis pour élaborer des stratégies visant à développer davantage d'opportunités de formation à l'hypnose organisées ou co-sponsorisées par l'ISH, y compris des opportunités de formation virtuelles et en personne. Par exemple, des discussions sont en cours pour co-sponsoriser un atelier d'une journée sur l'utilisation de l'hypnose pour la gestion de la douleur avec l'Oregon Society of Clinical Hypnosis à Portland, Oregon, USA, ainsi qu'un atelier de deux jours sur l'hypnose de base avec l'Icelandic Hypnosis Society. Le comité est en train de rassembler une équipe de conférenciers internationaux hautement qualifiés et réputés pour mettre en place des ateliers/événements en ligne peu coûteux et de haute qualité, afin de servir les membres de l'ISH comme un avantage pour les membres.

Le comité de l'éducation et de la formation ajoutera des questions à une enquête envoyée à toutes nos sociétés constitutives, leur demandant si elles souhaitent collaborer avec l'ISH pour offrir des possibilités de formation à leurs membres et identifier les besoins et préférences spécifiques de leurs membres en matière de formation. Ils prévoient également de développer de courtes vidéos sur un large éventail de sujets qui pourront être mis à la disposition de nos membres sur le site Internet de l'ISH. N'hésitez pas à faire part à Enayat Shahidi de vos idées sur la manière dont l'ISH pourrait servir ses membres actuels et futurs dans le domaine de la formation et de l'éducation à l'hypnose (dr.enayat.shahidi@gmail.com).

ADHÉSION

Bernhard Trenkle, le président du comité d'adhésion, note que l'une des tâches les plus importantes du comité d'adhésion est de motiver les principaux experts en hypnose dans le monde (ce qui inclut vous, cher lecteur) à se connecter via leur adhésion à l'ISH. Tous les membres du comité d'adhésion, y compris le président, Brian Allen, et Woltemade Hartman, ont de nombreux contacts internationaux. Le comité prévoit également de développer des initiatives visant à motiver nos jeunes collègues à se connecter entre eux et avec nos membres plus expérimentés. Ils y parviendront non seulement en développant des avantages supplémentaires de l'adhésion à l'ISH, mais aussi en développant des moyens permettant à nos membres de s'impliquer davantage en contribuant à la société. Restez à l'écoute !

PRATIQUES ÉTHIQUES

Sous la direction de Paola Brugnoli, elle et le comité des pratiques éthiques travailleront pour soutenir l'ISH en fournissant des conseils aux membres de l'ISH qui ont des questions concernant les problèmes éthiques dans la pratique de l'hypnose. Ils examineront également et fourniront des conseils et de l'aide si nécessaire, dans des cas spécifiques où il existe des conflits éthiques potentiels, y compris une aide pour clarifier les problèmes et trouver des alternatives et des compromis, où cela semble adéquat. Tout cela sera au service de la promotion des droits de l'homme de toutes les personnes concernées et de la garantie de politiques et de pratiques éthiques et équitables.

COMITÉS DE RECHERCHE ET DES PUBLICATIONS ET TASK FORCE DE L'OMS

Sous la direction de Giuseppe de Benedittis, les comités de la recherche et des publications travaillent actuellement à l'organisation d'un panel scientifique pour le congrès mondial de 2022 à Cracovie. La Task Force OMS de l'ISH a également été invitée à participer avec l'ESH à un congrès virtuel de médecine intégrée sous le parrainage de l'OMS. Comme le fait remar-



quer le Dr De Benedittis, ce congrès - et la participation de l'ISH à celui-ci - sera une étape majeure vers la reconnaissance de l'hypnose par l'OMS.

COMITÉ DE LA NEWSLETTER

Sous la direction de Katalin Varga, la Newsletter continuera à produire quatre fois par an une merveilleuse Newsletter de l'ISH qui sera pleine de contenu riche et utile à tous nos membres. Le Dr Varga a fait une demande spéciale à tous ceux qui lisent ces lignes en ce moment : Veuillez lui fournir (varga.katalin@ppk.elte.hu) des nouvelles de votre travail en hypnose - y compris des photos ! - afin d'aider nos lecteurs à comprendre tout le merveilleux travail effectué dans le monde entier dans ce domaine.

COMITÉ DU SITE WEB

Sous la direction de Julie Linden, le comité du site Web prévoit non seulement de maintenir le site à jour avec des informations fraîches (y compris l'ajout de mises à jour mensuelles de votre serviteur et un avis sur le lien vers le "café ou la boisson de votre choix avec le président" de chaque mois) sur les initiatives de l'ISH ainsi que des nouvelles sur l'hypnose dans le monde. Il est particulièrement important de tenir à jour les informations sur les possibilités de formation en hypnose dans le monde. Dès que vous ou votre société d'origine planifiez une formation, par exemple un webinaire, un atelier virtuel ou un atelier en personne, veuillez envoyer immédiatement ces informations à Julie Linden (julie@drjulielinden.com) ou Shady Tonn (info@ishhypnosis.org), afin que les autres membres de l'ISH puissent être informés de l'atelier. Par ailleurs, si vous souhaitez faire partie du comité du site Web, ce comité est toujours ouvert aux membres de l'ISH qui ont des connaissances techniques et artistiques.

Dans ce cas, veuillez contacter le Dr Linden pour lui faire part de votre intérêt !

COMITÉ DES CRITÈRES

Vous savez probablement que le comité des critères, sous la direction de Woltemade Hartman, a récemment terminé un ensemble de critères pour les personnes qui peuvent être formées à l'hypnose clinique. Ensuite, il prévoit d'élaborer des lignes directrices recommandées pour les professionnels non cliniques qui utilisent l'hypnose pour améliorer la qualité de la vie (par opposition, par exemple, au traitement des conditions cliniques). Ils prévoient également de relever le défi d'examiner si (et comment) ces professionnels qui ne sont pas des cliniciens devraient être inclus sous les auspices de l'ISH. Ils comprennent que cette dernière tâche sera difficile et nécessitera un examen très attentif. Dans un deuxième temps, le Comité des critères prévoit de mener une enquête auprès de nos sociétés constitutives afin de connaître leurs pratiques actuelles en matière d'adhésion et de formation, et plus particulièrement de savoir qui elles forment et dans quel but. Si vous êtes un représentant d'une société constitutive, gardez l'œil ouvert pour le sondage et répondez-y dès que vous le recevrez. Votre contribution sera déterminante pour l'examen de ces questions importantes par le comité des critères.

COMITÉ DES MÉDIAS SOCIAUX

Sous la direction de Cecilia Fabre, le comité des médias sociaux s'efforce de "faire passer le mot" sur l'ISH et l'importance d'appartenir à l'ISH en tant que membre parmi les professionnels et les étudiants. Pour ce faire, ils publieront régulièrement sur le site de l'ISH des vidéos et des articles dans différentes langues. Ils s'efforceront également de promouvoir tous les événements de l'ISH via les plateformes de médias sociaux. Veuillez envoyer toutes les idées que vous avez pour promouvoir l'ISH et les avantages d'être membre de l'ISH à Cecilia (ceci@grupocem.edu.mx).



CAFÉ (OU BOISSON DE VOTRE CHOIX !) AVEC LE PRÉSIDENT

Le 5 août dernier, le premier Café avec le Président a connu un succès incroyable. Il s'agissait, en fait, d'un Café avec le Président, puisqu'il était co-sponsorisé par l'American Society of Clinical Hypnosis, et l'événement était co-animé par la présidente de l'ASCH, Bridget Bongaard. Plus de 40 membres de l'ISH se sont rencontrés via Zoom pour socialiser et partager des informations sur l'histoire de l'ISH et également partager des idées sur la façon dont ils utilisent l'hypnose pour faire face au stress du COVID. Au moment où vous lirez cette note, nous aurons eu un deuxième Café du Président avec le président le 2 septembre. tout aussi réussi.

Prévoyez de continuer à participer à ces événements, qui sont conçus pour nous aider à rester en contact les uns avec les autres dans le monde entier. Bien que nous prévoyions actuellement que les jours soient les mêmes (le premier jeudi de chaque mois), l'heure de la journée variera afin de permettre à chacun dans le monde de participer au moins une fois tous les trois mois, voire plus souvent.

Enfin, si vous ne vous êtes pas encore inscrit au Congrès mondial de l'hypnose, qui se tiendra à Cracovie l'année prochaine, du 8 au 11 juin 2022, faites-le dès maintenant. Voici le lien vers l'inscription à cet événement : <https://www.hypnosis2021.com/en>.

Avec mes salutations les plus chaleureuses,
Mark Jensen,
Président de l'ISH

REGISTER AT
www.hypnosis2022.com

8-11.06.2022, Krakow





LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Cari membri di ISH:

Sono molto felice di comunicarvi che il nostro nuovo Consiglio di Amministrazione ha iniziato a lavorare su molte iniziative per ISH per i prossimi tre anni.

In primo luogo, abbiamo identificato i presidenti dei nostri numerosi comitati e gruppi che guideranno queste iniziative. Essi includono sia i comitati permanenti regolari che sono specificati nel nostro statuto (Congresso, Nomine ed Elezioni, Pratiche etiche, e Comitati di pubblicazione), così come i nostri comitati ad hoc che il BOD ha stabilito per raggiungere specifici obiettivi aggiuntivi (Istruzione e Formazione, Ricerca, Appartenenza, Premi, Social Media, Sito web, Newsletter, e Comitati Giovani):

- Bernhard Trenkle: presidente del comitato per le nomine e le elezioni
- Krzysztof Klajs: presidente del comitato per il congresso 2022
- Enayat Shahidi: presidente del comitato Istruzione e del Comitato Finanze
- Maria Paola Brugnoli: presidente del Comitato Etico
- Giuseppe de Benedittis: presidente del Comitato di Ricerca e Pubblicazioni e della Task Force OMS
- Bernhard Trenkle: presidente del Comitato Soci e del Comitato Credenziali
- Camillo Loriedo: presidente del Comitato Premi
- Cecilia Fabre: presidente del comitato per i social media
- Woltemade Hartman: presidente del comitato per gli standard
- Julie Linden: presidente del Comitato per il sito web
- Katalin Varga: presidente del comitato per le newsletter
- Shady Tonn: presidente del Comitato Giovani

Inoltre, molti dei presidenti di queste commissioni sono membri attivi di altre commissioni, e tutti i membri del consiglio che non sono presidenti di commissione collaborano come membri di più commissioni, tra cui Brian Allen (collabora nelle commissioni Finanze, Credenziali, Istruzione e Formazione, Membership e Social Media), Anita Jung (collabora nelle commissioni Istruzione e Formazione, Standard e Newsletter) e Callie Hattingh (collabora nelle commissioni I e Istruzione e Standard).

Siamo anche fortunati ad avere diversi membri ISH che hanno accettato di servire volontariamente in questi comitati ISH per i prossimi tre anni, tra cui Consuelo Casula nel Comitato per le pratiche etiche e in quello su Istruzione e Formazione, Nicole Rusysschaert nelle pubblicazioni e nella ricerca, nei premi, nell'Istruzione e nella formazione, nel sito web, nel notiziario e nella task force OMS, Susanna Carolusson nel Comitato delle credenziali, Teresa Robles e Dan Short nel Comitato Istruzione e formazione. Vi prego di applaudire tutte queste persone che donano il loro tempo, le loro conoscenze e la loro esperienza per far progredire l'ipnosi in tutto il mondo. E quando le incontrate, sentitevi liberi di esprimere la vostra gratitudine per i loro contributi.

Allora, cosa stanno facendo questi comitati? Ho chiesto ai presidenti dei comitati di fornirmi una sintesi dei loro obiettivi a breve e lungo termine per i prossimi tre anni. Le loro risposte sono state entusiasmanti e stimolanti! Ecco un breve riassunto di alcuni dei punti salienti.



ISTRUZIONE E FORMAZIONE

Il comitato Istruzione e Formazione, sotto la guida di Enayat Shahidi, ha grandi progetti. Si è recentemente riunito per sviluppare strategie per sviluppare più opportunità di formazione sull'ipnosi organizzate o co-sponsorizzate da ISH, comprese le opportunità di formazione virtuale e di persona. Per esempio, ci sono discussioni in corso per co-sponsorizzare un workshop di un giorno sull'uso dell'ipnosi per la gestione del dolore con la Oregon Society of Clinical Hypnosis a Portland, Oregon, USA, così come un workshop di due giorni sull'ipnosi di base con la Icelandic Hypnosis Society. Il comitato sta raccogliendo un team di docenti internazionali altamente qualificati e conosciuti per realizzare workshop/eventi online a basso costo e di alta qualità per servire i preziosi membri dell'ISH come beneficio per i soci.

Il Comitato per l'Istruzione e la formazione contribuirà con delle domande a un sondaggio che verrà inviato a tutte le nostre istituzioni costitutive, chiedendo il loro interesse a collaborare con la ISH per fornire opportunità di formazione ai loro membri e identificare i bisogni e le preferenze specifiche di formazione dei loro membri. Hanno anche in programma di sviluppare brevi video su una vasta gamma di argomenti che possono essere messi a disposizione dei nostri membri sul sito web della ISH. Non esitate a far sapere a Enayat Shahidi qualsiasi idea abbiate su come ISH potrebbe essere in grado di servire i membri attuali e futuri di ISH nell'Istruzione e Formazione in ipnosi (dr.enayat.shadini@gmail.com).

MEMBERSHIP

Bernhard Trenkle, il presidente del Membership Committee, nota che uno dei compiti più importanti di questo comitato è di motivare i principali esperti di ipnosi nel mondo (che include te, caro lettore) a connettersi attraverso la loro adesione all'ISH. Tutti i membri del Membership Committee, compresi il presidente, Brian Allen, e Woltemade Hartman, hanno molti contatti internazionali. Il comitato prevede anche di sviluppare iniziative per motivare i nostri colleghi più giovani a collegarsi tra di loro e con i nostri membri più esperti. Lo faranno non solo sviluppando ulteriori benefici per i membri ISH, ma anche sviluppando modi in cui i nostri membri possono essere più coinvolti nel contribuire alla società. Restate sintonizzati!

PRATICHE ETICHE

Sotto la guida di Paola Brugnoli, lei e il comitato delle Pratiche Etiche lavoreranno per sostenere ISH fornendo una guida ai membri ISH che hanno domande riguardanti questioni etiche nella pratica dell'ipnosi. Esamineranno anche e forniranno consigli e indicazioni, se necessario, su casi specifici in cui ci sono potenziali conflitti etici, compreso l'aiuto per chiarire le questioni e trovare alternative e compromessi, quando appropriato. Tutto questo sarà al servizio della promozione dei diritti umani di tutti gli individui coinvolti e per assicurare politiche e pratiche etiche ed eque.

COMITATI DI RICERCA E PUBBLICAZIONI E TASK FORCE DELL'OMS

Sotto la guida di Giuseppe de Benedittis, i Comitati di Ricerca e Pubblicazioni stanno attualmente lavorando per organizzare un panel scientifico per il Congresso Mondiale del 2022 a Cracovia. La Task Force OMS di ISH è stata anche invitata a partecipare con la ESH a un Congresso virtuale di Medicina Integrata sotto la sponsorizzazione dell'OMS. Come nota il Dr. De Benedittis, questo congresso - e la partecipazione di ISH in esso - sarà un passo importante verso il riconoscimento dell'ipnosi da parte dell'OMS.



COMITATO DELLA NEWSLETTER

Sotto la guida di Katalin Varga, la Newsletter continuerà a produrre una meravigliosa Newsletter ISH quattro volte l'anno che sarà piena di ricchi contenuti utili a tutti i nostri membri. La dottoressa Varga ha fatto una richiesta speciale a tutti coloro che stanno leggendo questo articolo: Vi prego di fornirle (varga.katalin@ppk.elte.hu) notizie sul vostro lavoro in ipnosi - incluse foto! - per aiutare i nostri lettori a capire il meraviglioso lavoro che viene fatto in tutto il mondo nel campo.

COMITATO DEL SITO WEB

Sotto la guida di Julie Linden, il comitato del sito web prevede non solo di mantenere il sito aggiornato con informazioni fresche (compresa l'aggiunta di aggiornamenti mensili dal sottoscritto e un avviso sul link al "Caffè o bevanda di tua scelta con il Presidente" di ogni mese) sulle iniziative di ISH, nonché notizie sull'ipnosi in tutto il mondo. Di particolare importanza è mantenere aggiornate le informazioni sulle opportunità di formazione sull'ipnosi in tutto il mondo. Non appena tu o la tua società di provenienza avete pianificato un'opportunità di formazione, come un webinar, un workshop virtuale o un workshop in presenza, ti preghiamo di inviare subito queste informazioni a Julie Linden (julie@drjulielinden.com) o a Shady Tonn (info@ishhypnosis.org), in modo che gli altri membri ISH possano essere messi al corrente del workshop. Inoltre, se sei interessato a far parte del comitato per il sito web, il comitato è ancora aperto ai membri ISH che sono esperti di tecnologia e di arte. In questo caso, per favore contattate la Dr. Linden per farle sapere del vostro interesse!

COMITATO PER GLI STANDARD

Probabilmente sapete che il Comitato per gli Standard, sotto la guida di Woltemade Hartman, ha recentemente completato una serie di standard per chi dovrebbe essere formato in ipnosi clinica. In seguito, hanno in programma di mettere insieme delle linee guida raccomandate per i professionisti non clinici che usano l'ipnosi per migliorare la qualità della vita (al contrario, per esempio, del trattamento delle condizioni cliniche). Hanno anche intenzione di affrontare la sfida di considerare se (e come) tali professionisti non clinici dovrebbero essere inclusi sotto l'egida dell'ISH. Comprendono che quest'ultimo compito sarà scoraggiante e richiederà una considerazione molto attenta. Come passo successivo, la commissione per gli standard prevede di fare un sondaggio tra le nostre società costitutive per conoscere l'attuale numero di membri e le pratiche di formazione di ciascuna di esse; in particolare, chi formano e per quale scopo. Se sei un rappresentante di una Constituent Society, tieni gli occhi aperti sul sondaggio e rispondi subito dopo averlo ricevuto. Il tuo contributo sarà fondamentale quando la Commissione per gli Standard prenderà in considerazione queste importanti questioni.

COMITATO PER I SOCIAL MEDIA

Sotto la guida di Cecilia Fabre, il Comitato Social Media sta lavorando per "diffondere la parola" su ISH e sull'importanza di appartenere a ISH come membro sia tra i professionisti sia tra gli studenti. Lo faranno pubblicando regolarmente sul sito web della ISH video e articoli in diverse lingue. Cercheranno anche di promuovere tutti gli eventi della ISH attraverso le piattaforme dei social media. Si prega di inviare tutte le idee che avete per promuovere la ISH e i vantaggi di essere un suo membro a Cecilia (ceci@grupocem.edu.mx).

CAFFÈ (O BEVANDA A TUA SCELTA!) CON IL PRESIDENTE

Il 5 agosto abbiamo avuto un incredibile successo del primo Caffè con il Presidente. Si è trattato, infatti, di un Caffè con il Presidente, in quanto è



stato co-sponsorizzato con la Società Americana di Ipnosi Clinica, e l'evento è stato co-ospitato dalla presidente dell'ASCH, Bridget Bongaard. Più di 40 membri dell'ISH si sono incontrati via Zoom per socializzare e condividere informazioni sulla storia dell'ISH e idee su come usano l'ipnosi per affrontare lo stress del COVID. Nel momento in cui leggerete questa nota, avremo avuto un secondo Caffè con il Presidente il 2 settembre. Prevedete di continuare a partecipare a questi eventi, che hanno lo scopo di aiutarci a tenerci in contatto tra di noi in tutto il mondo. Anche se attualmente prevediamo che i giorni siano gli stessi (il primo giovedì di ogni mese), l'ora del giorno varierà per rendere facile a chiunque nel mondo partecipare almeno una volta ogni tre mesi, se non più spesso.

Infine, se non ti sei ancora registrato al Congresso Mondiale di Ipnosi, che si terrà a Cracovia l'anno prossimo, dall'8 all'11 giugno 2022, fallo subito. Ecco il link alla registrazione per questo evento: <https://www.hypnosis2021.com/en>.

Con i più cordiali saluti,
Mark Jensen,
Presidente ISH

**SEE YOU 8-11.06
IN KRAKOW! 2022**

www.hypnosis2022.com





COLUMNA DE LA PRESIDENCIA (ES)

TRADUCIDO POR TERESA ROBLES

Estimados miembros de la ISH:

Estoy muy contento de informar que nuestra nueva Junta Directiva ha comenzado a trabajar en muchas iniciativas para la ISH para los próximos tres años.

En primer lugar, se han nombrado los presidentes de nuestros numerosos comités y grupos que dirigirán estas iniciativas. Incluyen tanto los comités permanentes regulares que se especifican en nuestros estatutos (es decir la Mesa Directiva, las Nominaciones y Elecciones, las Prácticas Éticas y los Comités de Publicaciones), como nuestros comités ad hoc que la Junta Directiva ha establecido para lograr otros objetivos específicos (es decir, los Comités de Educación y Formación, de Investigación, de Afiliación, de Premios, de Medios Sociales, del Sitio Web, del Boletín y de la Juventud). Los Comités quedaron establecidos así:

- Bernhard Trenkle: Presidente del Comité de Nombramientos y Elecciones
- Krzysztof Klajs: Presidente del Comité del Congreso de 2022
- Enayat Shahidi: Presidente del Comité de Educación y Formación y del Comité de Finanzas
- Maria Paola Brugnoli: Presidenta del Comité de Ética
- Giuseppe de Benedittis: Presidente del Comité de Investigación y Publicaciones, y del Grupo de Trabajo de la OMS
- Bernhard Trenkle: Presidente del Comité de Miembros y del Comité de Credenciales
- Camillo Loriedo: Presidente del Comité de Premios
- Cecilia Fabre: Presidenta del Comité de Medios Sociales
- Woltemade Hartman: Presidente del Comité de Normas
- Julie Linden: Presidenta del Comité del Sitio Web
- Katalin Varga: Presidenta del Comité del Boletín Informativo
- Shady Tonn: Presidenta del Comité de Juventud

Además, muchos de los presidentes de estos comités son miembros activos de otros comités, y todos los miembros de la junta que no son presidentes de comités también son miembros de múltiples comités, incluyendo a Brian Allen (que sirve en los Comités de Finanzas, Credenciales, Educación y Formación, Membresía y Social Medica), Anita Jung (que sirve en los Comités de Educación y Formación, Normas y Boletín) y Callie Hattingh (que sirve en los Comités de Educación y Formación y Normas).

También tenemos la suerte de contar con varios miembros de la ISH que han aceptado ofrecerse como voluntarios para servir en estos comités de la ISH durante los próximos tres años, incluyendo a Consuelo Casula en los Comités de Prácticas Éticas y de Educación y Entrenamiento, Nicole Rusysschaert en los Comités de Publicaciones e Investigación, Premios, Educación y Formación, Sitio Web y Boletín y el Grupo de Trabajo de la OMS, Susanna Carolusson en el Comité de Credenciales, Teresa Robles en el Comité de Educación y Formación, y Dan Short en el Comité de Educación y Formación. Por favor, den un GRAN aplauso a todas estas personas que donan su tiempo, conocimiento y experiencia para hacer avanzar la hipnosis en todo el mundo. Y cuando te encuentres con ellos, no dudes en expresar tu gratitud por sus contribuciones.

¿Qué están haciendo estos comités? He pedido a los presidentes de los comités que me proporcionen un resumen de sus objetivos a corto y largo plazo para los próximos tres años. Sus respuestas han sido emocionantes e inspiradoras. He aquí un breve resumen de algunos de los aspectos más destacados.



EDUCACIÓN Y FORMACIÓN

El Comité de Educación y Formación, bajo la dirección de Enayat Shahidi, tiene grandes planes. Recientemente se reunieron para desarrollar estrategias para desarrollar más oportunidades de formación en hipnosis organizadas o copatrocinadas por la ISH, incluyendo oportunidades de formación virtual y presencial. Por ejemplo, se está discutiendo la posibilidad de copatrocinar un taller de 1 día sobre el uso de la hipnosis para el tratamiento del dolor con la Sociedad de Hipnosis Clínica de Oregón en Portland, Oregón, EE.UU., así como un taller de hipnosis básica de 2 días con la Sociedad de Hipnosis de Islandia. El comité está reuniendo un equipo de conferencistas internacionales altamente calificados y reconocidos para implementar talleres/eventos online de bajo coste y alta calidad para servir a los valiosos miembros de la ISH como un beneficio para los miembros.

El Comité de Educación y Formación contribuirá con preguntas a una encuesta que se enviará a todas nuestras sociedades constituyentes, preguntándoles sobre su interés en colaborar con la ISH para proporcionar oportunidades de formación a sus miembros e identificar las necesidades y preferencias específicas de formación de sus miembros. También tienen previsto elaborar vídeos cortos sobre una amplia gama de temas que pueden ponerse a disposición de nuestros miembros en el sitio web de la ISH. Por favor, siéntte libre de hacer saber a Enayat Shahidi cualquier idea que tengas respecto a cómo la ISH podría servir a los miembros actuales y futuros de la ISH en la formación y educación de la hipnosis (dr.enayat.shadini@gmail.com).

MEMBRESÍA

Bernhard Trenkle, presidente del Comité de Membresía, señala que una de las tareas más importantes del Comité de Membresía es motivar a los principales expertos en hipnosis del mundo (lo que te incluiría a ti, querido lector) a conectarse a través de su membresía en la ISH. Todos los miembros del Comité de Membresía, incluidos el presidente, Brian Allen, y Woltemade Hartman, tienen muchos contactos internacionales. El comité también planea desarrollar iniciativas para motivar a nuestros colegas más jóvenes a conectarse entre sí y con nuestros miembros más experimentados. Lo harán no sólo desarrollando beneficios adicionales de la membresía de la ISH, sino también desarrollando formas en que nuestros miembros puedan estar más involucrados en la contribución a la sociedad. Estén atentos.

PRÁCTICAS ÉTICAS

Bajo el liderazgo de Paola Brugnoli, ella y el comité de Prácticas Éticas trabajarán para apoyar a la ISH proporcionando orientación a los miembros de la ISH que tengan preguntas sobre cuestiones éticas en la práctica de la hipnosis. También revisarán y proporcionarán asesoramiento y orientación, de ser necesario, en casos específicos en los que existan posibles conflictos éticos, incluyendo la ayuda en la aclaración de las cuestiones y la búsqueda de alternativas y compromisos. Todo ello estará al servicio de la promoción de los derechos humanos de todas las personas implicadas y de la garantía de políticas y prácticas éticas y justas.

COMITÉS DE INVESTIGACIÓN Y PUBLICACIONES Y GRUPO DE TRABAJO DE LA OMS

Bajo el liderazgo de Giuseppe de Benedittis, los Comités de Investigación y Publicaciones están trabajando actualmente para organizar un panel científico para el Congreso Mundial de 2022 en Cracovia. El Grupo de Trabajo de la OMS de la ISH también ha sido invitado a participar con la ESH en un Congreso virtual de Medicina Integrada bajo el patrocinio de la OMS. Como señala el Dr. De Benedittis, este congreso - y la participación de la



ISH en él - serán un paso importante hacia el reconocimiento de la hipnosis por parte de la OMS.

COMITÉ DEL BOLETÍN INFORMATIVO

Bajo el liderazgo de Katalin Varga, continuará produciendo un maravilloso Boletín de la ISH cuatro veces al año, lleno de rico contenido útil para todos nuestros miembros. La Dra. Varga ha hecho una petición especial a todos los que están leyendo esto ahora mismo: Por favor, proporciónenle (varga.katalin@ppk.elte.hu) noticias sobre su trabajo en hipnosis - ¡incluyendo fotos - para ayudar a nuestros lectores a entender el maravilloso trabajo que se está haciendo en el mundo en este campo.

COMITÉ DEL SITIO WEB

Bajo el liderazgo de Julie Linden, el comité de la página web planea no sólo mantener la página web actualizada con información fresca (incluyendo la adición de actualizaciones mensuales de su servidor y un aviso sobre el enlace al "Café o Bebida de su elección con el Presidente" de cada mes) sobre las iniciativas de la ISH, así como noticias sobre la hipnosis en todo el mundo. Es especialmente importante mantener actualizada la información sobre las oportunidades de formación en hipnosis en todo el mundo. Tan pronto como tú o tu sociedad de origen hayan hecho planes para una oportunidad de entrenamiento, como un webinar, un taller virtual o un taller en persona, por favor envía esa información a Julie Linden (julie@drjulielinden.com) o a Shady Tonn (info@ishhypnosis.org) de inmediato, para que otros miembros de la ISH puedan estar al tanto del taller. Además, si tienes interés en formar parte del Comité de la Página Web, el comité sigue abierto a los miembros de la ISH con conocimientos tecnológicos y artísticos. En este caso, ponte en contacto con la Dra. Linden para informarle de tu interés.

COMITÉ DE ESTÁNDARES

Probablemente sepas que el Comité de Estándares, bajo el liderazgo de Woltemade Hartman, ha completado recientemente un conjunto de estándares sobre quién debe ser entrenado en hipnosis clínica. A continuación, tienen previsto elaborar unas directrices recomendadas para los profesionales no clínicos que utilizan la hipnosis para mejorar la calidad de vida (en contraposición a, por ejemplo, el tratamiento de afecciones clínicas). También planean asumir el reto de considerar si (y cómo) dichos profesionales deben ser incluidos bajo el auspicio de la ISH. Entienden que esta última tarea será desalentadora y requerirá una consideración muy cuidadosa. Como siguiente paso, el Comité de Estándares planea encuestar a nuestras Sociedades Constituyentes para conocer las prácticas actuales de afiliación y formación de cada una de ellas; específicamente, a quiénes forman y con qué propósito. Si usted es un representante de una Sociedad Constituyente, por favor esté atento a la encuesta y responda pronto después de recibirla. Su aportación será fundamental para que el Comité de Estándares considere estas importantes cuestiones.

COMITÉ DE MEDIOS SOCIALES

Bajo el liderazgo de Cecilia Fabre, el Comité de Medios Sociales está trabajando para "correr la voz" sobre la ISH y la importancia de pertenecer a la ISH como miembro tanto entre los profesionales como entre los estudiantes. Para ello, publicarán regularmente en el sitio web de la ISH videos y artículos en diferentes idiomas. También tratarán de promover todos los eventos de la ISH a través de las plataformas de medios sociales. Por favor, envía cualquier idea que tengas - para promover la ISH y los beneficios de ser miembro de la ISH a Cecilia (ceci@grupocem.edu.mx).



CAFÉ (O BEBIDA DE SU ELECCIÓN) CON EL PRESIDENTE

El 5 de agosto tuvimos un primer Café con el Presidente increíblemente exitoso. Este fue, de hecho, un Café con el Presidente, ya que fue copatrocinado por la Sociedad Americana de Hipnosis Clínica, y el evento fue co-organizado por la presidenta de la ASCH, Bridget Bongaard. Más de 40 miembros de la ISH se reunieron a través de Zoom para socializar y compartir información sobre la historia de la ISH y también compartir ideas sobre cómo utilizan la hipnosis para hacer frente al estrés del COVID. Para cuando estés leyendo esta nota, habremos tenido un segundo Café con el Presidente el 2 de septiembre. Por favor, planea seguir participando en estos eventos, que están diseñados para ayudarnos a mantener el contacto con nuestros colegas de todo el mundo. Aunque actualmente tenemos previsto que los días sean los mismos (el primer jueves de cada mes), la hora del día variará para facilitar que todos los habitantes del mundo puedan participar al menos una vez cada tres meses, si no más a menudo.

Por último, si aún no te has inscrito en el Congreso Mundial de Hipnosis, que se celebrará en Cracovia el próximo año, del 8 al 11 de junio de 2022, hazlo ahora mismo. Aquí está el enlace a la inscripción para este evento: <https://www.hypnosis2021.com/en>.

Saludos cordiales,
Mark Jensen,
Presidente de la ISH

SCEH 72nd Annual Workshops and Scientific Program


Join the Society for Clinical and Experimental Hypnosis for our Annual (online) Conference covering the latest training and information on hypnosis practice and research. Designed for clinicians and researchers alike, we will do a deep dive on the latest techniques and empirical data on clinical hypnosis. Student scholarships are available (see website for details).

**PROTESTS,
A PANDEMIC &
POLITICAL UNREST:**
Hypnosis to Weather the Storm

**#SCEH2021
Conference Keynotes**

October 13-17, 2021 #SCEH2021



Keynotes, left to right: Magda Cikman, PhD; Katalin Varga, PhD, DSc; Mark P. Jensen, PhD and Nirit Solfer-Ezdek, PhD. 

SCEH Workshops teach participants hypnotic theory and practical techniques for immediate use in professional practice. Workshops are offered at the Introductory, Intermediate/Skills and Advanced levels. Workshops are scientifically based, meet accepted Standards of Training in Clinical Hypnosis and count toward [SCEH Certification](#).

The SCEH Scientific Program features keynotes, research presentations or symposia that address empirical issues in hypnosis research and practice. Research presentations shine a light on novel empirically based findings, including experimental studies, case reports, clinical trials, meta-analyses, and systematic reviews. Symposia bring together top-notch researchers as they critically discuss empirical findings to highlight issues that improve our understanding of hypnosis. Our poster session provides another glimpse into the latest research in the field.

Register Now



Registration deadline: 10/10/2021- 5PM EST USA. Details: <https://www.sceh.us/2021-conference-details>

Promoting excellence and progress in hypnosis research, education and clinical practice.

Society for Clinical and Experimental Hypnosis

305 Commandants Way – Commoncove Suite 100, Chelsea, MA 02150-4057 USA www.sceh.us



NOTES FROM THE EDITOR



Katalin Varga

least 3 years.

This time, in our column on the relationship between various topics and hypnosis, we read about the relationship between PTSD and hypnosis, written by **Udi Vaknin**.

The video series that started with the previous issue now presents the conversation we had with **Ernil Hansen**. He summarises research published in the British Medical Journal on the effects of suggestion during general anaesthesia. This research will certainly be an important factor in the wider recognition of hypnosis.

And speaking of which: I would also like to draw your attention to **David Wark's** call! He would also like to take steps to promote hypnosis, and he asks everyone to send him any articles that they find particularly convincing. He would like to compile this material in a form that will be available to the general public and even the press.

One of the ESH past presidents, **Consuelo Casula** writes about a very special book, the Encyclopedia of hypnosis, Dictionnaire encyclopédique d'hypnose, by **Gerard Fitoussi**, the current president of the European Association of Hypnosis. The foreword by **Charles Joussellin** also gives life to this creative work, which presents a wide range of hypnosis-related concepts, techniques, phenomena, people and even conferences.

The IJCEH presents its recent studies with its usual thoroughness.

Book presentations include a review by **Michael F. Hoyt** of the book "Making Psychotherapy More Effective with Unconscious Process Work" by **Dan Short**.

The photo gallery captures a few moments of the 2nd "Coffee with the president". Being an international society, Mark always adjusts the time of the informal chat to a different time zone. This time Australia, Canada, USA were in a more "favourable" position, for us Hungarians it was just 2 am. I set my alarm to be there anyway, as I couldn't attend the first time. I didn't regret it (even though I actually had to get up at 5.26am, the day was starting). The internet allowed me to meet some excellent, nice people, some of whom I knew, others I didn't. There was a good conversation, actually more between the participants than with the President. Mark moderated the proceedings in the background. It's a magical feeling that there are colleagues literally on the other side of the world with whom we are brought together by our common calling: hypnosis.

Dear Colleagues,

I am delighted to continue editing the newsletter, now under the chairmanship of Mark Jensen. We have an excellent team, with Nicole editing, Julie linguistically and peer reviewing, and Judit proofreading the issues. Anita from the current Board of Directors is also involved.

.... and it is she who is introduced as one of the new board members, with an interview with Nicole. I didn't know **Anita** before, so it's a good opportunity for me to learn a bit more about her, with whom we will continue to work together on the board for at

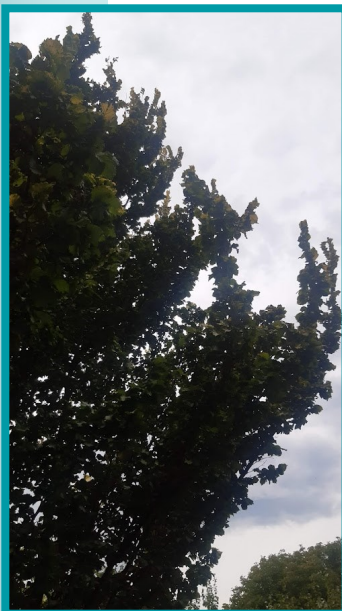


This time, the metaphorical images section has a very direct parallel:

We planted an elm tree in memory of István Mészáros, the founding president of the Hungarian Association of Hypnosis. Around this tree we gather every year for an informal meeting.

Under the elm tree, we can see young colleagues who did not know Professor Mészáros, and even their children. And also, at the base of the tall elm tree, young saplings are growing. The members of the association take them to their own gardens and plant these young trees there...

Katalin Varga,
PhD, DsC





MAIN INTERVIEW

WITH ANITA JUNG BY NICOLE RUYSSCHAERT

Dear Anita,

As you are newly elected ISH BOD member, we would like to introduce you to our ISH community. A way to reach out to our members is by an interview in the ISH newsletter. Please find some questions below. Feel free to make your choice among the questions and answer the ones which are interesting / appealing to you. You can add some questions or delete others.



Anita Jung

How did you first come in contact with hypnosis – when / where?

Besides reading 'Uncommon Therapy' by Jay Hayley and 'Many Lives, Many Masters' by Brian Weiss, my first contact with hypnosis happened during the Evolution of Psychotherapy Congress in 1995 in Las Vegas. My quest to learn directly from Alexander Lowen, the founder of Bioenergetic Analysis, was my main motivator to attend.

Nonetheless, I stumbled upon two hypnosis workshops, offered by Jeffrey Zeig and Ernest Rossi. Not just did I become intrigued by hypnosis, I was also highly impressed by their respectful and compassionate communication with the participants.

That congress marked my official step and lifelong learning in hypnosis.

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

Apart from training in Psychodrama with my clinical supervisor, my first few years also included working as a family therapist within a post-modern paradigm mostly Solution Focused Brief Therapy with youth and their families and contrarily Bioenergetic Analysis with adults in private practice. It was during this time that I realized that the origins of post-modern approaches originated with Milton H. Erickson and the noetic art of hypnosis began to take up considerable real estate in my professional life.

In 1996, I started a part-time private practice and also assumed a Director position for Counseling and Psychiatric Services in a non-profit setting that I remained loyal to for 20 years. There, I hosted hypnosis trainings with prominent teachers and trained my teams in hypnosis.

Hypnosis allowed me to be creative and to not just follow a scripted intervention. The psychiatric services program, inspired by Erickson's work, won an award by the American Psychiatric Association for 'innovative service to engage hard to reach youth'. In 2000, I started publishing hypnosis recordings that utilize music as a tool for indirect communication and to pace and deepen the hypnotic work.

That was also the time when I started teaching hypnosis in the States and eventually teaching in Europe and Nepal and at many Erickson Congresses, ASCH Annual Meetings, and ISH conferences. Currently, my role on the ASCH board is Immediate Past President and I am also an approved consultant of ASCH. Locally, I reside as the President for the Central Texas Society of Clinical Hypnosis and continue a private practice, consulting, and training.

What is your main area of practice with hypnosis?

I am passionate about psychotherapy with hypnosis as a tool to regulate emotions, manage pain, surgery preparation, and performance enhancement. Amongst my clientele are individuals who experience anxiety, de-



pression, chronic pain and illness, and spiritual curiosity. I have worked with musicians, screenwriters, movie directors and executives from the entertainment business for many years and run a recovery group for MusiCares, the charity organization for the Recording Academy/Grammys.

What is the place, the importance of hypnosis in your work?

Hypnosis changed my life and the way I practice. Creativity plays an important role in that. Entering a creative state to tailor an intervention in hypnosis keeps me inspired and focused. My belief in my client's ability to harness their strengths and to transform a problematic state almost instantly has not just helped my clients but also myself. I know that change is possible and inevitable which I find quite motivating. In my opinion, hypnosis marks a threshold, of science and art meeting, to create a state of comfort and well-being in which healing can take place.

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

I continue to learn from the realm of music and poetry and include those concepts in my hypnotic work. Music is, at times, a co-therapist and, at times, a tool to pace, deepen, and to make suggestions more memorable. I have taught workshops for ISH and other hypnosis societies on including music as a tool in hypnosis and I am quite passionate about the subject.

What do you personally see as your most important contributions to the field?

During my ASCH presidency, my committee and I designed the first virtual congress which was a great accomplishment for a rather traditional society with strict ways of teaching hypnosis.

We moved into the virtual world with cyber speed, and I was really proud of the board members and the teachers that made that happen. Additionally, I published my first hypnosis CDS with music in the year of 2000 and have been able to sell them in the United States and in Germany.

Who are / were your teacher(s)? people who influence your way of thinking and working?

My initial and main hypnosis teachers were all Ericksonians and, naturally, Ericksonian hypnosis has shaped my practice and perception. Through hypnosis organizations such as ASCH and ISH, that world has broadened quite a bit and I was able to immerse myself into the study of medical hypnosis for pain management, cancer, and preparations for surgeries.

Scholars whose work I follow in that arena include Dave Patterson, Mark Jensen, Ernil Hansen, and Marie-Elisabeth Faymonville, amongst many others.

What is your favorite professional hypnosis book?

As an avid reader I can no longer favor just one hypnosis book over the other. However, the 16 volumes of the 'Collected Works of Milton H. Erickson' are amongst my favorites. I also found the book 'Hypnosis in Medicine and Surgery' by James Esdaille published in 1923 awe inspiring, given that one can overlook any cultural implications. The impressive compilation 'Hypnotic Suggestions and Metaphors' edited by Corydon Hammond is also a classic that belongs on a hypnotist's bookshelf.

What can we learn from the past of hypnosis?

We can learn that human beings have the innate capacity to heal themselves with a little guidance or a gentle reminder by a hypnotist. When reading James Esdaille's book one is reminded of the human spirit and the endless possibilities as he performed entire knee surgeries without any anesthesia. Much seems to have been forgotten with the use of ether



and eventually modern anesthesia, but the knowledge remains to be at our fingertips.

Which cultural differences do you see between Europe and USA (and India)?

The willingness of adults utilizing hypnosis for medical or psychological problems in the U. S. is quite favorable based on a study that was published in 2019. 4 out of 5 people indicated areas that hypnosis could be helpful, and more than half of the adults surveyed found value in the practice of hypnosis. This is quite interesting because amongst the medical or behavioral health community hypnosis remains to be an enigma with negative views attached. I find it quite disappointing considering that there are numerous studies on the efficacy of hypnosis in medicine and in behavioral health. Almost all popularized treatments such as EMDR and IFS introduce a shift in states, often including dissociation and visualization. Wouldn't they be even more effective if they learned how to use altered states of consciousness and hypnotic language deliberately? On the contrary, the difference in Europe seems to be that professionals and the public in general are much more knowledgeable about the use of hypnosis and its efficacy.

The societies in Europe, especially in Germany, have invested deliberate time and financial resources to bring hypnosis into mainstream media; therefore, into the forefront of people's minds. Numerous documentaries on TV and interviews regarding hypnosis in prominent magazines have shifted the perception on the value of hypnosis. I believe that the German dental association, Deutsche Gesellschaft für Zahnhypnose (DGZH), for instance has over 1800 members. Quite impressive! Deliberately increasing positive media coverage might be an initiative that could potentially yield positive results in the United States as well.

During conferences I often facilitate group hypnosis with live music for instance in Germany, France, Nepal, and the United States. There are definitely notable differences amongst those cultures. For instance, the Nepali and the East Indians assume a posture of hypnosis similarly to meditation that allows them to immediately respond which I believe has to do with their upbringing. Altered states of consciousness have been part of their culture through Vedic times in the rhythmic breathing techniques of pranayama, spiritual chanting and meditation, nidra yoga, and mythical tales. In the West, hypnosis professionals respond favorably as well, less reserved in Europe, and with a bit more caution in the United States.





If you had a dream ... about the future of hypnosis ... what happens in your dream?

In my dream, hypnosis is a household name for mind body intervention. Children learn self-hypnosis and teachers employ hypnotic language. Physicians utilize placebo effects to help the patient and avoid nocebo effects. Their patients develop self-healing concepts and outcomes of all disorders improve. The scope of behavioral health changes to coaching individuals on how to use self-hypnosis, to use practice based evidence rather than evidence based practice and to focus solely on strengths and resources, motivation and creativity rather than on deficits.

Additionally, all psychotherapy modalities that include a shift in attention advocate for their students to learn hypnosis first. Last but not least, hypnosis provides a way of attuning to our inner self and thereby, tending to others with compassion and curiosity.

Do you see some important contributions of hypnosis in dealing with the Covid 19 pandemic?

Besides the pandemic being quite lucrative for therapists, it initially functioned as an accelerator to aid individuals in reestablishing their equilibrium rather quickly despite the unknown of the crisis. Also, moving hypnosis into the virtual world provided tremendous opportunities and, at the same time, was a monumental learning curve with multifold possibilities. Nowadays, I believe that the pandemic allows practitioners to be more creative, teach hypnotic techniques by utilizing the client's immediate environment that we can see on the screen.

We will probably see many studies on hypnosis and its effects on the immune system during Covid-19. Harnessing inner strengths, finding new ways to relate with masks on and with social distancing and garnering new ideas in a changed world is important. In terms of covid related hospitalizations, hypnosis recordings or prophylactic hypnosis can only be beneficial to the patient.

Thank you very much!
Dr. Nicole Ruyschaert MD Psychiatrist.
On behalf of ISH and our ISH Newsletter committee



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...



My name is Udi Vaknin. I was born and raised in Israel, a complex but interesting country full of challenges. As part of the intricate fabric of life in Israel, there is a duty of military service, a necessary experience on the one hand, but on the other, a basis for various types of trauma due to the complex reality in which we live.

I have been exposed to quite a few cases in which active soldiers or discharged soldiers show and experience post-traumatic symptoms but there is difficulty in dealing with the matter and treating it properly.

In addition, during my B.A degree, I volunteered for one year in a psychiatric daycare for children and adolescents, and then I worked two years in a closed psychiatric ward for children and adolescents at "Hadassah Ein Kerem" Hospital in Jerusalem as a social guide accompanying adolescents hospitalized on a psychiatric background.

I am currently at the end of my first year of Master's degree in Clinical and Health Psychology at the University of ELTE in Budapest.

HYPNOSIS & PTSD

Udi Vaknin

Institute of Psychology, ELTE Eötvös Loránd University

I chose to address the issue of post-traumatic stress disorder and the possibility of treating it through hypnosis. The choice to deal with this issue was due to my close acquaintance with quite a few victims of PTSD, an issue that is unfortunately common in the country from which I come (Israel) due to the complex realities of which some of it is a duty to serve in the military. In the military service, there are a lot of events that can cause trauma, and you can see quite a few articles about the experience of trying to treat soldiers. The reason I think this hypnosis approach has a lot to contribute is that most often, military and soldiers create a masculine and macho environment that does not always allow an injured person who has experienced trauma to speak, share, and develop, and certainly not to get validated on their experiences. The hypnosis method may also help those who do not feel comfortable following conventional therapy.



Posttraumatic Stress Disorder (PTSD) is an anxiety disorder resulting from exposure to life-threatening experiences (war, sexual assault, homicide, and natural disasters). The symptoms characteristics include; unwanted trauma-related memories, persistent avoidance of trauma reminders, diminished responsiveness to the external world, and manifestations of physiological arousal, such as sleep disturbance and hypervigilance (DSM-V, American Psychiatric Association, 2013).

"Hypnosis is the experience of a new awareness of self, based mainly on the use of fantasy or imagination, which facilitates a modified and concentrated attention that allows the subject to engage in new ways of thinking and of experiencing new possibilities of self-control. In the therapeutic context, it helps the client/patient to attain individual goals by accepting them as eminently possible and attainable. In hypnoanalysis, it also facilitates the connection of current distress with past experiences, helping the client/ patient to have a greater awareness of factors that have shaped his or her personality" (Araoz, 2005, pp.5).

The most common treatments for PTSD are mainly CBT, EMDR, psychodynamic, and some of the time, combining these with anxiety medication, relaxation, and even cannabis. The field of treating PTSD with hypnosis is not so new, as far as I could find, the earliest description of the use of hypnosis for treating trauma (women with traumatic grief) is that of Dutch physicians (Wolthers, Hendriksz. De Waal. and Bakker) in 1813. It has developed there further (in Vijselaar & Hart, 1992). Some of the pioneers in this field began to increase activity as a result of the amount of delayed PTSD in Vietnam's veterans in the 1980s (Brende & Benedict, 1980). In those years, society also started to be aware of and accept the amount of incest and sexual assault in families. In both war and abuse, there is a common ground of dissociation as a result of the trauma, and as one of the PTSD characteristics. This common denominator of dissociation that exists differently in both trauma and hypnosis has provided the ground for the development of the PTSD treatment method by hypnosis and the use of the common "front door" for both - the disconnection (Fromm, 1987). Following the success of these therapies in reducing PTSD characteristics in veterans, hypnosis techniques have been used to treat other trauma victims such as rape victims who have not been helped by other treatment. With the help of hypnotherapy, the victims have seen improvements in various PTSD symptoms such as nightmares, anxiety, and fear relief (Ebert, 1988). In addition, this impression is reinforced by the fact that patients with post-traumatic conditions appear to be more suggestible than most other patient populations (Bryant et al., 2003).

A few years later, a suggestion has been made that hypnosis treatment for PTSD victims may even be beneficial to integrate into another treatment (CBT, psychodynamic) and serve as an auxiliary and complementary means for this treatment and may even increase their efficacy. It seems that by this stage, a solid foundation has been established in research and treatment for the effectiveness of hypnosis as a therapeutic tool to help post-traumatic victims and beyond the two main types I mentioned before, spread to a variety of different and even more common areas of trauma, such as car accidents (Cardeña, 2000). As Cardeña himself pointed in his article, he said there are a lot of cases with a good proof for hypnotherapy efficiency but as a science field we need more evidence and experimental-empirical evidence. So, he found in data analysis that he made, higher levels of hypnotizability among PTSD clients were associated with therapeutic success (Cardeña, 2000). Cardeña advances to another stage in the development of hypnotherapy and literature on the matter and again points out that an evidence-based approach is needed. He elaborates on how to treat and integrate hypnosis into a variety of CBT stages, emphasizing each step of the help and therapeutic add-on that hypnosis adds. For example, in the exposure phase, to help the patient change cognitions and fears, there is a demonstration of hypnosis sessions combined



with exposure (Lynn & Cardeña, 2007). In their research progression, they claimed that hypnosis is fundamentally a cognitive-behavioral intervention that involves thinking, imagining, and experiencing along with suggestions that can target cognitive, behavioral, and affective change (Lynn et al., 2012). In the atmosphere of research and the emerging field, more researchers have continued to perform various versions of experiments to provide scientific evidence of the efficacy of hypnosis in general and in the treatment of PTSD in particular. In a trial with a group of PTSD patients receiving hypnosis and a placebo-controlled group, the hypnosis-treated group appeared to have a higher positive significance than the control group in improving the measures measured in baseline (Barabasz M, 2013).

Most of the hypnosis cases I reviewed so far, are in the form of suggestion, patient relaxation - usually with eyes closed entering a sort of intermediate state between waking and sleeping. Another type of hypnosis called "awake hypnosis" works in a slightly different way in which the patient's eyes remain open throughout the treatment and so he can use what happens in the treatment in different life situations (Eads & Wark, 2015). Later, Eads continues to investigate alert hypnosis and, due to the unique nature of it, the patient being more active combines it with Tai-Chi movements, which have also been shown to help treat PTSD symptoms and thus integrate these two areas, making the patient more active and playing an active role in his own treatment (Eads & Wark, 2018). One interesting case study he showed in his article, is a clinical study that supported the claim that Tai-chi is a good intervention method. In that study, they took a group of 17 veterans with PTSD symptoms and had them practice Tai-chi. The result of the study showed there was a reduction in the PTSD symptoms after four or fewer practices of Tai-chi (in Eads & Wark, 2018).

Meta-analysis studies bundle and compares all the different research data of an area. On this level, too, it seems that compared with the various studies, hypnotherapy has an advantage in the results and improvement it achieves in both PTSD patients, for both the improvement measures and the stability and length of time. However, it is important to emphasize that even in this case there is a lack of studies to make these results reliable (Rotaru & Rusu, 2016).

A large Australian study that has looked at many other hypnosis and hypnotherapy studies in a variety of therapeutic areas such as pain, depression, anxiety, and post-trauma has also found that hypnosis has a positive effect on improving post-trauma measures in patients. In addition, the study points to another important statistic that, nowadays, the general public is willing and even more interested in trying hypnotherapy. Combining the results and positive impacts in a variety of fields that emerge from all the studies in this review, this is an important milestone in the field's development (Cowen, 2016).

Another interesting combination recently made with hypnosis is the addition of neurofeedback. These are two different therapeutic tools that each have their own strengths and advantages, different methods and therefore the combination is interesting. The author of the article notes his way and says that he is adapting according to his character and suitability to the patient. If the patient is more suited to hypnosis, he or she begins with it, after having a relationship of confidence in the treatment it is possible to combine the two or vice versa (Hammond, 2019).

The latest research I will bring to this review is extremely interesting. Unlike other studies - the current study deals with post-trauma treatment in children.

I think it's interesting because this review shows the tremendous development in this area of hypnosis and hypnotherapy. From a suspected sidelined area that may have been linked to mysticism to a serious, therapeutic



tic field with extensive and extensive research that is now, in 2020, used for child care.

I would like to join the clear conclusion that emerges from all the studies I have reviewed and understood in the field - Hypnotherapy is a field with lots of positive evidence and excellent therapeutic data emerging from a multitude of different studies and researchers, but still needs more research to enrich our knowledge and data on the subject. (Wood & Bioy, 2020).

REFERENCES:

- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (DSM-5®). American Psychiatric Pub.
- Araoz, D. (2005). Defining Hypnosis. 9157(2005). <https://doi.org/10.1080/00029157.2005.10401506>
- Barabasz M, B. A. (2013). Hypnosis for PTSD: Evidence Based Placebo-Controlled Studies. *Journal of Trauma & Treatment*, s4. <https://doi.org/10.4172/2167-1222.s4-006>
- Brende, J. O., & Benedict, B. D. (1980). The Vietnam Combat Delayed Stress Response Syndrome: Hypnotherapy of “Dissociative Symptoms.” *American Journal of Clinical Hypnosis*, 23(1), 34–40. <https://doi.org/10.1080/00029157.1980.10404016>
- Bryant, R. A., Guthrie, R. M., Moulds, M. L., Nixon, R. D. V., & Felmingham, K. (2003). Hypnotizability and posttraumatic stress disorder: A prospective study. *International Journal of Clinical and Experimental Hypnosis*, 51(4), 382–389. <https://doi.org/10.1076/iceh.51.4.382.16407>
- Cardaña, E. (2000). Hypnosis in the treatment of trauma: A promising, but not fully supported, efficacious intervention. *International Journal of Clinical and Experimental Hypnosis*, 48(2), 225–238. <https://doi.org/10.1080/00207140008410049>
- Cowen, L. W. (2016). Literature Review into the Effectiveness of Hypnotherapy. *ACR Journal*, 10(1), 1–55.
- Eads, B., & Wark, D. M. (2015). Alert Hypnotic Inductions: Use in Treating Combat Post-Traumatic Stress Disorder. *American Journal of Clinical Hypnosis*, 58(2), 159–170. <https://doi.org/10.1080/00029157.2014.979276>
- Eads, B., & Wark, D. M. (2018). Alert Hypnosis With Tai Chi Movement for Trauma Resolution. *American Journal of Clinical Hypnosis*, 61(2), 173–184. <https://doi.org/10.1080/00029157.2018.1489775>
- Ebert, B. W. (1988). Hypnosis and rape victims. *American Journal of Clinical Hypnosis*, 31(1), 50–56. <https://doi.org/10.1080/00029157.1988.10402767>
- Fromm, E. (1987). Significant developments in clinical hypnosis during the past 25 years. *International Journal of Clinical and Experimental Hypnosis*, 35(4), 215–230. <https://doi.org/10.1080/00207148708416056>
- Hammond, D. C. (2019). Integrating Clinical Hypnosis and Neurofeedback. *American Journal of Clinical Hypnosis*, 61(4), 302–321. <https://doi.org/10.1080/00029157.2018.1501550>
- Lynn, S. J., & Cardaña, E. (2007). Hypnosis and the treatment of posttraumatic conditions: An evidence-based approach. *International Journal of Clinical and Experimental Hypnosis*, 55(2), 167–188. <https://doi.org/10.1080/00207140601177905>
- Lynn, S. J., Malakataris, A., Condon, L., Maxwell, R., & Cleere, C. (2012). Post-traumatic Stress Disorder: Cognitive Hypnotherapy, Mindfulness, and Acceptance-Based Treatment Approaches. *American Journal of Clinical Hypnosis*, 54(4), 311–330. <https://doi.org/10.1080/00029157.2011.645913>
- Rotaru, T. S., & Rusu, A. (2016). A Meta-Analysis for the Efficacy of Hypnotherapy in Alleviating PTSD Symptoms. *International Journal of Clinical and Experimental Hypnosis*, 64(1), 116–136. <https://doi.org/10.1080/00207144.2015.1099406>
- Vijselaar, J., & Hart, O. Van Der. (1992). The First Report of Hypnotic Treatment of Traumatic Grief THE FIRST REPORT OF HYPNOTIC TREATMENT OF TRAUMATIC GRIEF : 7144. <https://doi.org/10.1080/00207149208409641>
- Wood, C., & Bioy, A. (2020). Early Hypnotic Intervention After Traumatic Events in Children. *American Journal of Clinical Hypnosis*, 62(4), 380–391. <https://doi.org/10.1080/00029157.2019.1659128>



HYPNOSIS RESEARCH VIDEO SEMINAR SERIES

Prominent researchers of our time will present their work, followed by a discussion with ELTE psychology MA students. Follow the details on free video recording of the session.

Touching the Unconscious in the Unconscious

Prof. Dr.med. Dr.rer.nat.
Ernil Hansen
Dept. Anesthesiology
University Medical Center Regensburg
Germany

ernil.hansen@ukr.de



[CLICK HERE TO SEE THE FULL SEMINAR VIDEO ON VIMEO](#)

EFFECT OF THERAPEUTIC SUGGESTIONS DURING GENERAL ANESTHESIA ON POSTOPERATIVE PAIN AND OPIOID USE: A MULTICENTRE RANDOMIZED CONTROLLED TRIAL ERNIL HANSEN, 2021.

Summary by Nico Huisel

Institute of Psychology, ELTE Eötvös Loránd University

Although anesthesia is usually considered a state of no sensations, several findings indicate that the central auditory pathway stays intact during anesthesia, which enables perception. Most of the research results found negative consequences of perception during general anesthesia, such as “intraoperative awareness”. In contrast, several studies have tried to use the intact perception of words and sounds in a positive way, and tested the use of taped therapeutic suggestions during general anesthesia. A recent meta-analysis of older trials indicates improvements in postoperative drug use and recovery. These results raised hopes that a non-drug approach such as therapeutic suggestions might be beneficial for surgical patients because opioids have severe dose related side effects and complications. Since the identified randomized controlled trials were relatively old, small, and heterogeneous in design, Nowak et al. (2020) investigated the effect of therapeutic suggestions on postoperative pain and opioid use in a blinded randomized controlled study with 385 patients.

The participants were patients in five tertiary care hospitals in Germany between the ages of 18 to 70 who needed to undergo elective surgery requiring general anesthesia and were at risk of postoperative pain and nausea. Participants were randomly assigned to a control group (191 patients)



or to the intervention group (194 patients). In the intervention group, patients were assigned an audiotape containing background music and therapeutic suggestions, including indirect and positive messages for 20 minutes followed by silence for 10 minutes. The tape played continually during surgery. At the end of surgery, another tape was played to prepare the patients for emergence from anesthesia. Before the patients regained consciousness, the tape was stopped and the earphones were removed. The text of the first audiotape was developed and recorded by the authors and was based on hypnotherapeutic principles. It dealt with topics such as competence, care of the surgical and anesthesiologic team, pain regulation, dissociation to a safe place, affirmation, anxiety control, and confidence. Since some study results suggest that particular words might be processed by patients to their disadvantage, the authors avoided using words like "pain" as this might increase or even induce pain. In the control group, participants received an audiotape with no auditory output. After surgery, patients were asked to rate their pain on a numerical rating scale from 0-10 with higher scores indicating more severe pain. Every patient with a score of 3 or higher received an intravenous opioid bolus (pirtamide) administered either by the attending nurse (nurse-controlled analgesia) or by the patient (patient-controlled analgesia, using a bolus with a lockout interval).

Requirement of opioids within 24 hours after surgery was the main outcome variable of the investigation. After baseline assessment of patients' pain before surgery, pain was measured shortly after surgery and repeated at 15-minute intervals for two hours to calculate the mean pain score within that period. After 24 hours, the patients were asked again to rate their pain and had to rate maximal pain scores within the two-hour and 24-hour periods. In order to control systematic influences from different pain levels of different types of surgeries, the different types of surgeries were assigned to low pain vs. high pain groups, and a separate analysis was performed for each subgroup. Subgroup analyses were also done on patients who received patient-controlled and nurse-controlled analgesia.

Both the intervention and the control group did not differ in terms of duration of surgery, preoperative pain, intraoperative use of analgesics and surgical procedures. No patients remembered having earphones or listening to music and verbal suggestions, or were able to tell whether they had or not.

Opioid use in the first 24 postoperative hours was significantly lower in intervention patients compared with control patients. On average, the dose of opioids was reduced by 34%. The reduction in opioid requirement was already significant for the intervention group within the first two hours after surgery at the post-anesthesia care unit compared to the control group, which corresponds to a reduction of 28%. Significantly fewer patients in the intervention group (63%) than in the control group (80%) needed opioids within 24 hours postoperatively. In subgroup analyses by expected pain intensity from surgery (high or low) and by type of controlled analgesia (nurse or patient), the intervention was associated with lower opioid use postoperatively and the opioid consumption within 24 hours of surgery was not significantly different between patients receiving nurse controlled analgesia and those using patient controlled analgesia. Group allocation was the main determinant of postoperative opioid dose. Additionally, expected pain level by surgery type and individual level pain during surgery had a significant effect on the opioid consumption within 24 hours of surgery. Right after surgery and before any postoperative opioid was given, the intervention group showed significantly lower pain scores than the experimental group and more patients of the intervention group had a score of less than 3. The average pain score remained 25% lower in the intervention group. Additionally, significantly more patients in the control group showed ongoing clinically relevant pain compared with the intervention group.

In summary, the results of this study show both a reduction in the use of postoperative opioids in patients who received therapeutic suggestions



during surgery and a significantly lower number of patients who requested and received opioids after the intervention. The authors conclude that the phenomenon of “intraoperative awareness” cannot account for the observed portion of affected patients, because it only has been reported in a small number of patients.¹ The relative opioid dose reduction of 30% is considered clinically relevant, and for patients with a high need for postoperative analgesia, the opioid dose reduction of 41% was even higher. The results of this study also show that from admission to the post-anesthesia care unit to 24 hours after surgery, postoperative pain was significantly lower in the intervention group. For the relatively high pain scores the authors found out that the pain score and dosage of opioids were not matched. This means that the regular evaluation of pain could have taken place immediately before, immediately after, or at some time after a dose of the opioid. The results of the study are also remarkable in that the authors were able to find analgesic effects without addressing the topic “pain” or “analgesia” in the text of therapeutic suggestions. Compared to effects of previous studies, which used different verbal interventions for postoperative pain relief, the results of Nowak et al. showed even higher effects with less effort regarding the verbal interventions.

The authors consider a reduced resistance to suggestions after loss of critical, rational thinking and an access to the subconscious to be responsible. Another possible explanation for the stronger effect of therapeutic suggestions could be the study design, as the authors used self-ratings of experienced pain intensity as an indicator of analgesic requirement instead of arbitrarily administered analgesia. Generally, with liberal pain management and high opioid dosage, pain levels are low and differed little between study groups. Conversely, restricted analgesia leads to high pain scores with high discriminatory power. Only by using a well-defined strategy for pain treatment and by considering both pain level and opioid consumption, induced changes in pain and request for opioids can show. Another possible explanation for the stronger effects of this study could be the use of a highly developed text as therapeutic suggestion. In this text, negative expressions such as “feel no pain” were replaced by positive ones. Covered topics included support, contact, and comfort, just to name a few. The hypnotic interventions included dissociation to a safe place of wellbeing, reframing of disturbing sensations and noises, reinforcement of self-confidence, affirmation, and indirect suggestions. The combination and structure of these components is unique compared to previous studies.

The authors also highlighted possible limitations. First, it remained unclear which effects can be expected from the background music. In addition, the use of two methods for administering postoperative opioids might be considered a limitation, although either one was applied uniformly in both groups, and the effect of the intervention was shown with either type of analgesia. To enable the results.

Due to limitations in the overall invasiveness, extent, and duration of the surgeries, further studies are necessary to enable the results to be transferable to more invasive operations. Finally, the mechanisms and mediators of the treatment effects were not the focus of the study and thus require further research.

Based on the findings of this study, surgeons and anesthesiologists should be careful about background noise and conversations during surgery, and instead, use a patient’s perception for positive suggestions. Moreover, the results indicate a wide application of intraoperative therapeutic suggestions, especially in patients with high sensitivity to pain. A saving of one third of postoperative opioids and noticeably fewer patients using opioids is of high clinical interest. The efficacy of intraoperative therapeutic suggestions shown, together with the low effort and costs necessary for implementation and with no side effects observed, makes it hard to argue against using this simple method for reduction of postoperative pain and opioid use.



- Tasbihgou SR, Vogels MF, Absalom AR. Accidental awareness during general anaesthesia - a narrative review. *Anaesthesia* 2018;73:112-22. doi:10.1111/anae.14124
- Samuelsson P, Brudin L, Sandin RH. Late psychological symptoms after awareness among consecutively included surgical patients. *Anesthesiology* 2007;106:26-32. doi:10.1097/0000542-200701000-00009
- Merikle PM, Daneman M. Memory for unconsciously perceived events: evidence from anesthetized patients. *Conscious Cogn* 1996;5:525-41. doi:10.1006/ccog.1996.0031
- Rosendahl J, Koranyi S, Jacob D, Zech N, Hansen E. Efficacy of therapeutic suggestions under general anesthesia: a systematic review and meta-analysis of randomized controlled trials. *BMC Anesthesiol* 2016;16:125. doi:10.1186/s12871-016-0292-0
- Nowak, H., Zech, N., Asmussen, S., Rahmel, T., Tryba, M., Oprea, G., ... & Hansen, E. (2020). Effect of therapeutic suggestions during general anaesthesia on postoperative pain and opioid use: multicentre randomised controlled trial. *bmj*, 371. doi: 10.1136/bmj.m4284
- Hansen E, Zech N. Nocebo effects and negative suggestions in daily clinical practice - Forms, impact and approaches to avoid them. *Front Pharmacol* 2019;10:77. doi:10.3389/fphar.2019.00077
- Marret E, Kurdi O, Zufferey P, Bonnet F. Effects of nonsteroidal anti-inflammatory drugs on patient-controlled analgesia morphine side effects: meta-analysis of randomized controlled trials. *Anesthesiology* 2005;102:1249-60. doi:10.1097/0000542-200506000-00027
- Kekecs Z, Nagy T, Varga K. The effectiveness of suggestive techniques in reducing postoperative side effects: a meta-analysis of randomized controlled trials. *Anesth Analg* 2014;119:1407-19. doi:10.1213/ANE.0000000000000466
- Rosendahl J, Koranyi S, Jacob D, Zech N, Hansen E. Efficacy of therapeutic suggestions under general anesthesia: a systematic review and meta-analysis of randomized controlled trials. *BMC Anesthesiol* 2016;16:125. doi:10.1186/s12871-016-0292-0

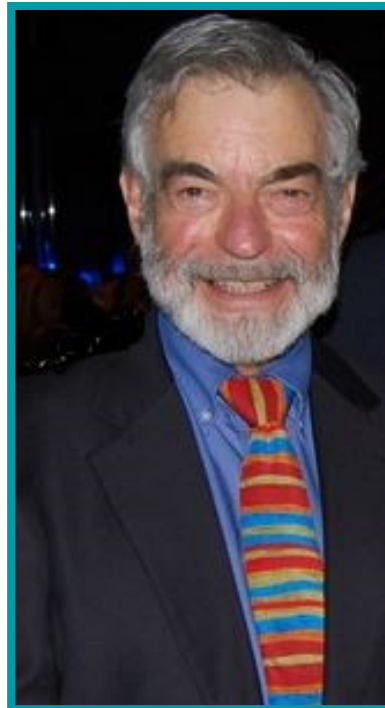


Nico Huisel, 28 years old, is an international Erasmus student from Germany. He is studying at Eötvös Loránd University during the spring semester 2021. At the University of Potsdam, he is studying for a Master's degree in psychology with a specialization in clinical psychology.

He successfully graduated from vocational training as a media designer in 2015 and practices a part-time profession as a self-employed media designer since then. After his vocational training he successfully completed a bachelor's degree in psychology at the University of Koblenz-Landau and passed with distinction. He gathered several years of work experience as a research assistant in the field of media psychology at the University of Koblenz-Landau and at the University of Würzburg. During his studies, he participated at several psychological congresses with publications and presentations about brand personality, brand relationships and their influence on brand loyalty.



CALL TO ATTENTION



WHAT IS YOUR FAVORITE HYPNOSIS APPLICATION?

There was a recent email to ISH members from President Bernhard Trenkle about a commission of the World Health Organization to “recognize hypnosis as an effective treatment, starting with the treatment of pain.” This is wonderful worldwide news for those of us who know how impactful hypnosis can be.

But many people still do not know about these effects. Granted, there has been a recent increase interest in hypnosis’s impact. For example, in a very large age and gender representative sample of the United States, Palsson, Twist, and Walker (2019) found that most of the respondents – 87% in fact! – had a neutral to very positive view of hypnosis and would be willing to use it. Sadly, 34% of younger respondents viewed hypnosis as potentially dangerous,

and feared getting stuck or being unable to resist hypnosis. It would be useful if information about WHO endorsement and the positive impacts and safety were more readily available, especially in the media used by younger generations.

I'd like your help in making that information available.

I'm proposing to develop a list of materials about hypnosis, selected and made available through the press and social media. Items on the list, available for public distribution, would summarize the impact of hypnosis. Please note that I'm looking for is much more than just medical applications. I would like to collect and distribute credible evidence, in the form of published articles, that hypnosis is a common human skill, usable by anyone, for enhancing health, learning, athletic and artistic performance, and controlling stress. The articles do not necessarily have to present finding from a gold standard randomized controlled trial. Rather, they should present findings could inform a possibly skeptical or doubtful reader.

Please send any articles and full cited information on how to download it, to Wark@umn.edu. I will begin collecting and periodically supply information to the newsletter about material, and where it is distributed.

This is a shared group effort, that has potentially positive wide impact on the field and the work we do.

- Palsson, O., Twist, S., & Walker, M. (2019). A NATIONAL SURVEY OF CLINICAL HYPNOSIS VIEWS AND EXPERIENCES OF THE ADULT POPULATION IN THE UNITED STATES. *Int J Clin Exp Hypn*, 67(4), 428-448. doi:10.1080/00207144.2019.1649538



BOOK REVIEW

DOCTEUR GÉRARD FITOUSSI
DISTIONNAIRE ENCYCLOPÉDIQUE D'HYPNOSE

FOREWORD BY DR CHARLES JOUSSELLIN
REVIEWED BY CONSUELO CASULA

Docteur Gérard Fitoussi

Président de l'European Society of Hypnosis

Préface du Dr Charles Jussellin

**Dictionnaire
encyclopédique
d'hypnose**



Anfortas



FOREWORD FOR DICTIONNAIRE ENCYCLOPÉDIQUE D'HYPNOSE

BY CHARLES JOUSSELLIN

Collecting documents for twenty years, then sorting them out and putting them in shape to propose them for publication can only be the work of a person passionate about a theme that requires it, here hypnosis.

In 1992, Jean Godin took a similar initiative with his book, *La nouvelle hypnose, vocabulaire principes et méthodes* (The New Hypnosis, Vocabulary, Principles and Method), in order to "fix the words". At that time, the emergence of the practice of Ericksonian hypnosis, which he guided, required such an approach. Today, Gérard Fitoussi takes a step forward, not an additional one, but rather a complementary one, by turning to the history of hypnosis and its developments thanks to the sagacity of many professionals, particularly Anglo-Saxons, in many countries. This dictionary does not fail to address our contemporary world, which is rapidly becoming digitalized, neurosciences, but also literature, the first to bring out the development of human thought.

Gérard Fitoussi, a clinical doctor who offers hypnosis sessions to his patients, when necessary, reveals here organizational skills, a great culture, especially Anglo-Saxon, and an uncommon strength of work. He gives us access to a large amount of rich and varied notions, sometimes unexpected, concerning clinical hypnosis for therapeutic purposes. All practitioners, but also those interested in hypnosis, will find much to gain from consulting this book.

Milton H. Erickson showed us the interest of a *Low profile* to accompany our patients in hypnosis. Combining discretion and erudition, Gérard Fitoussi testifies here to this notion, and we are grateful to him...

Charles JOUSSELLIN

Médecin et philosophe, M.D, Ph.D

Président Co-fondateur de l'Association Française d'Hypnose
charles@jousselein.fr



BOOK REVIEW FOR DICTIONNAIRE ENCYCLOPÉDIQUE D'HYPNOSE

BY CONSUELO CASULA

Only a Baby Boomer, born between 1946-1964 when there was no Internet and every scholar consulted heavy paper volumes, could attempt to write a dictionary; only a French cultural heir of Denis Diderot and Jean Baptiste D'Alambert, authors of the *Encyclopédie ou Dictionnaire raisonné des sciences, des arts et des métiers* in the years 1751-1780, and spiritual son of Jean Laplanche and Jean-Bertrand Pontalis, fathers of the *Vocabulaire de la psychanalyse*, published in 1967, could embark on this fascinating cultural adventure. Only Gérard Fitoussi succeeded in transforming the limitations imposed by Covid as an occasion to write this dense volume: only he, a doctor, a connoisseur of both healthy and body diseases, mysteries and meanders of the psyche, passionate traveler in foreign lands, explorer of ancient cultures, specialized in traditional and modern hypnosis.

Both previous dictionaries above mentioned have formed generations of philosophers, scientists, psychologists, and psychoanalysts. I have the impression that this one dictionary will have the same destiny: provide the necessary cultural background to future generations of hypnotists and give pearls of wisdom and knowledge to his fellow experts. And not only because a book like this one



was missing, but above all because its structure satisfies the criteria of a true encyclopaedia, where its content circulates old and new information around the fascinating world of hypnosis, following a precise procedure and a rational method that guide the readers in the realm of hypnosis.

The thematic axes on which Gérard Fitoussi bases his work is conceptual, historical and geographical, identifying hypnosis as a useful science not only in its theory background but in its practical use that creates a virtuous circle that can help expand theoretical speculative knowledge.

In this intense and deep dictionary, hypnosis is presented not only as a science that uses the art of a specific and indirect communication to send therapeutic messages to the unconscious mind of the patient, but also as the logic of the enunciation of the most effective suggestions. It also circulates knowledge related to the history of hypnosis in general and in the various nations all over the world wherever it is practiced and spread.

Fitoussi's intentional tension is to provide comprehensive education as it encompasses the most significant concepts concerning hypnosis. He offers a universal compendium of the state of the art of hypnosis in 2021, as well as the first example of a modern encyclopaedia of wide diffusion which, inspired by the structure of the previous ones, projects itself confidently to the next generations.

From the reading of the index, it is clear that the author respects the classical structure of every dictionary following the alphabetical order: interesting to notice that both this volume and the *Vocabulaire de la psychanalyse* start with the same word: Abreaction.

The author has inserted really interesting themes that go beyond the discipline of hypnosis, framing it in a bigger context.

Just as the two dictionaries have fed millions of philosophy and psychology students around the world, this one also provides the meaning of specialized language so that no longer belongs only to the restricted initiated experts.

This volume is comprehensible and comprehensive so that the world of hypnosis can become familiar to a wide range of scholars. This creates the basis for sharing the same solid knowledge that contributes to ward off prejudices or visceral aversion to hypnosis, especially when it was not known enough in its theoretical matrix and in its scientific and operational validity in its fields of application.

So what's the value of this dictionary for today's and future's readers?

Its value is in combining with creativity the stainless power of the printed paper created by Gutemberg in 1455 and the imperishable need of every person of culture to trust the author whose knowledge and information are not fake news, as often happens on the internet.

This *Dictionnaire encyclopédique d'hypnose*, written solely by Gérard Fitoussi, combines the value of a dictionary that collects the words that belong to the object of reference, in this specific case hypnosis, and follows an alphabetical order. To the nature of dictionary adds that of the encyclopaedia. The word *encyclopaedia* comes from the Greek *ἐγκύκλιος παιδεία*, meaning that "circular instruction" is able to provide a complete education.

This work of consultation systematically collects and orders notions pertaining to the disciplines of psychotherapy in general and hypnosis in particular, creating education and circulating knowledge.

Fitoussi offers his readers a courageous and commendable work.

It is courageous because it defies superficiality, impropriety, arbitrary positions that rarely discriminate opinions from knowledge, confusing or mismatching the two, as if they belonged to the same level of scientific reliability and informative and instructive value. It is courageous because he systematically offers an extensive knowledge of medicine, psychotherapy, and the use of hypnosis in different countries of the world.



It is commendable because writing this volume has required by the author a work of care, scruple, attention and selection of what is worth highlighting to give hypnosis its statute of scientific discipline, thus dispelling prejudices and what is worth preserving from the oblivion of time that sweeps away old and obsolete knowledge to welcome new and updated scientific results.

This book that you are about to consult is written by a doctor and hypnotherapist who belongs to the generation of Baby Boomers and addresses all generations of hypnotists, from Baby Boomers many of which have passed from psychoanalysis to ericksonian hypnosis, to X Generation, Millennials and Z generation who from time to time meet and experience other disciplines parallel, antagonistic or complementary to hypnosis, like EMDR, CBT and EST, just to name a few.

Gérard Fitoussi is not limited to a purely notional and descriptive contemplative work, but also to a comparison of how to use hypnosis in clinical, medical and research fields and in different nations, drawing historical theories and value judgments, establishing an order of the realm of hypnosis in accordance with the order of psychotherapy of other existing disciplines.

The careful choice of the words of their origin and their destiny of use makes it space and time, going to find correlations with similar words that, however, over time have taken on different connotations.

The passion for the linguistic precision typical of a hypnotist of the caliber of GF emerges from the careful choice of the hypnotic words, of their origin and their destiny of use, with their polysemy and synonymy, semantic intersections, ambiguities and positive connotations. This linguistic attention of the author helps readers orient themselves with this new map that puts in circulation a knowledge based not only on theory but above all on the practical experience of a medical doctor, a psychotherapist and a hypnotist.

The encyclopaedic approach of the author leads him to tell the story of the magnetism and brings the reader to visit several countries where hypnosis is practiced, underlining their cultural specificities: interesting are geographical references to countries where hypnosis has developed creating not only Societies of Hypnosis but also new approaches. The reader is invited to visit not only modern USA and China, but also the ancient Greek and its myths, the Iran of the Persians, the Egypt of the pharaohs, and the Europe of the druids.

Hypnosis is proposed as a therapy in itself and also in combination with other approaches, as a state of consciousness different from other states, such as waking and sleeping, according to the position of Jean-Martin Charcot and his followers, and also as a relational process where the relationship between the subject, what we call **rapport**, with his expectations and motivations, interacts and interferes with the operator, with his attitude and suggestions, according to Hippolyte Bernheim and his followers.

Many acknowledgements are given to the founding fathers of hypnosis, forcing me to recognize my ignorance of many French names cited by the author. I only partially absolve myself noticing that Fitoussi draws many names from his extensive repertoire of his fellow countrymen contributors. But I must admit that it is not limited to those ones but also covers with agile mastery ancestors coming from USA and several European countries, Belgium, Hungary, Italy, just to name a few.

It's interesting that in order to better circulate the knowledge regarding hypnosis, Gérard Fitoussi ranges to the search for the presence of hypnosis in art, TV, theatre, education, literature, cinema, music, philosophy, anthropology, where we meet, for example, some friends of Milton Erickson, like Margaret Mead, Gregory Bateson, and Aldous Huxley.

As well as, who loves literature, can feel pleasure in finding precise references to hypnosis in Balzac's, Goethe's, Strindberg's, Gogol's books, or in movies such as *Le cabinet du Dr Caligari*, *Le Dr Mabuse* or *Le sortilège du Scorpion*.

Those who love to explore and deepen the versatility of hypnosis will be satisfied to discover its use not only in the clinical practice of psychologists and



psychiatrists and pain therapy but also in dental field, in forensic medicine, in criminology, in sports or to treat burns, war neurosis and post-traumatic stress disorders.

Hypnosis scholars, who are interested in understanding the meaning and the manifestation of the most important hypnotic phenomena, can be fully satisfied since they will find the most important ones such as amnesia, catalepsy, automatic writing, hypnotic trance clues, only to name a few. They will also find some suggestion on how utilize deep trance, age progression and age regression, ratification, restructuring, subliminal messages, substitution of symptoms, suggestibility, post-hypnotic suggestions, and utilization.

Hypnosis scholars who are more interested in knowing some instruments and techniques of hypnosis will find such a variety that will meet the needs of the most curious or most demanding: the use of quotations, metaphor, confusion, conversational hypnosis, or hypnotic conversation, rambling, tunnel effect, fractionation, levitation, literalism, meditation, pacing and leading, truism, yes set and so on.

This volume has finally some peculiarities that it is worth emphasizing before concluding this foreword.

Each theme contains bibliographic references that allow readers to deepen the topics of interest: every word that Gérard Fitoussi uses is based on solid theoretical and practical knowledge. He drew on his practical knowledge and was generous in making it available to us aspects to which few pay attention as for example the use of silence in hypnosis, the best time to perform a session of hypnosis, or similarities and differences with related disciplines such as Shamanism, Christianity, French Freemasonry, Islam, Jesuits, and Spiritism.

Are also remembered the most significant congresses in the history of hypnosis, such as the first International Congress on Experimental and Therapeutic Hypnosis held in Paris in 1889. The most important national and international societies such as CONFÉDÉRATION FRANCOPHONE D'HYPNOSE ET THÉRAPIES BRÈVES, the European Society of Hypnosis (ESH) and the International Society of Hypnosis, ISH, are also mentioned.

The intellectual honesty of Gérard Fitoussi stimulated him to speak openly also of the contraindications and dangers of hypnosis, the undesirable effects, and erroneous conceptions on hypnosis, as well as of some consequences of using stage hypnosis which unfortunately can do so much harm to the good reputation of hypnosis.

Reading this dictionary will help the reader to satisfy every curiosity and dissolve every doubt about hypnosis. Above all it will make the whole world understand the cultural scientific basis of hypnosis, so as to restore to this discipline not only the charm of mystery but also the evidence base of its true effectiveness.

Distionnaire Encyclopédique d'Hypnose

By Gérard Fitoussi

Foreword by Charles Jousselein

2021 [ANFORTAS](#)

ISBN 978-2375221143, 696 pages, €30

reviewed by Consuelo Casula



IJCEH

INTERNATIONAL JOURNAL
OF CLINICAL AND EXPERIMENTAL HYPNOSIS

JULY - SEPTEMBER 2021 JOURNAL ISSUE

Be sure to check out the most recent journal issue of 2021. This issue features six new articles covering a variety of topics including hypnosis treatments for pain, sleep, neural mechanisms of hypnosis and meditation-Induced analgesia, hypnotizability scale norms, post-hypnotic amnesia considerations, and, stomatodynia.

Publons

If you have been a peer reviewer for the journal recently, you may have noticed that our review forms include a new question asking if you would like to receive recognition on Publons.

Wondering what Publons is?

[Publons.com](https://publons.com) is a free service where academics can track and showcase peer review contributions for journals. IJCEH reviewers can now indicate on the review form whether they would like to have record of their review added to Publons. If indicated, the record will be automatically listed on Publons as a verified review, without the need to do so manually or provide further evidence to the site. Reviews are not published. The partnership between Publons and our system is about reviewer recognition, not open or transparent peer review. If a reviewer chooses to opt in, Publons will reflect that the individual carried out a review for the journal; the paper that was reviewed, and the content of the review, are not included. If a reviewer opts out, no record of the review is sent to Publons.



Gary R. Elkins, PhD
Editor-in-chief

Professor in the Department of Psychology & Neuroscience and the Director of the Mind-Body Medicine Research Laboratory at Baylor University in Waco, Texas, USA.

Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis.



Joshua Rhodes, MA
Managing Editor

M.A. in Psychology at Baylor University Department of Psychology and Neuroscience

Managing Editor of the International Journal of Clinical and Experimental Hypnosis.





OPEN ACCESS ARTICLE HIGHLIGHT

Increasingly authors choose to publish impactful articles open access. Please take a moment to check out the open-access article from the most recent issue below:

1. Elkins, G., Otte, J., Carpenter, J. S., Roberts, L., Jackson, L. S., Kekecs, Z., Patterson, V., & Keith, T. Z. (2021). Hypnosis Intervention for Sleep Disturbance: Determination of Optimal Dose and Method of Delivery for Postmenopausal Women. *International Journal of Clinical and Experimental Hypnosis*, 69(3), 323–345. <https://doi.org/10.1080/00207144.2021.1919520>

Also check out a recent IJCEH open-access article that has already been viewed over 1,000 times!

1. Ramondo, N., Gignac, G. E., Pestell, C. F., & Byrne, S. M. (2021). Clinical Hypnosis as an Adjunct to Cognitive Behavior Therapy: An Updated Meta-Analysis. *International Journal of Clinical and Experimental Hypnosis*, 69(2), 169–202. <https://doi.org/10.1080/00207144.2021.1877549>

Have you considered what Open Access Publishing can do for your research?

Publishing your accepted article in the IJCEH is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the IJCEH has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

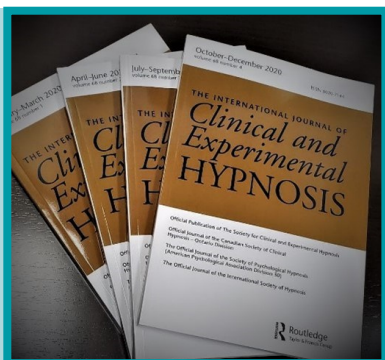
Taylor & Francis Sustainable Mailing Initiative

The T&F team is implementing a new sustainable mailing initiative that will eliminate the use of biodegradable polywrap that have traditionally covered the journals. Following an Alternative Mailing Packaging (AMP) trial in 2019, the T&F team has decided to move forward with a “naked” mailing process that does not include any additional packaging.

TOP 4 ARTICLES – MOST VIEWED

We would also like to bring to your attention some of the most viewed articles in the *International Journal of Clinical and Experimental Hypnosis*. The top 4 most viewed are below!

1. Alladin, A. (2010). Evidence-Based Hypnotherapy for Depression. *International Journal of Clinical and Experimental Hypnosis*, 58(2), 165–185. <https://doi.org/10.1080/00207140903523194> - **14,968 views**
2. Elkins, G. R., Barabasz, A. F., Council, J. R., & Spiegel, D. (2015). Advancing Research and Practice: The Revised APA Division 30 Definition of Hypnosis. *International Journal of Clinical and Experimental Hypnosis*, 63(1), 1–9. <https://doi.org/10.1080/00207144.2014.961870> - **6,901 views**
3. Valentine, K. E., Milling, L. S., Clark, L. J., & Moriarty, C. L. (2019). The Efficacy of Hypnosis as a Treatment for Anxiety: A Meta-Analysis. *International Journal of Clinical and Experimental Hypnosis*, 67(3), 336–363. <https://doi.org/10.1080/00207144.2019.1613863> - **4,809 views**
4. Olendzki, N., Elkins, G. R., Slonena, E., Hung, J., & Rhodes, J. R. (2020). Mindful Hypnotherapy to Reduce Stress and Increase Mindfulness: A Randomized Controlled Pilot Study. *International Journal of Clinical and Experimental Hypnosis*, 68(2), 151–166. <https://doi.org/10.1080/00207144.2020.1722028> - **4,177 Views**





ARTICLES ONLINE AHEAD OF PRINT

Also, to keep current on the most recent and important research, accepted articles are made available online, ahead of print! Take a look at the most recent ones from the IJCEH.

1. Slonena, E. E., & Elkins, G. R. (2021). Effects of a Brief Mindful Hypnosis Intervention on Stress Reactivity: A Randomized Active Control Study. *International Journal of Clinical and Experimental Hypnosis*, 0(0), 1–15. <https://doi.org/10.1080/00207144.2021.1952845>
2. Rosati, A., Belcari, I., Santarcangelo, E. L., & Sebastiani, L. (2021). Interoceptive Accuracy as a Function of Hypnotizability. *International Journal of Clinical and Experimental Hypnosis*, 0(0), 1–12. <https://doi.org/10.1080/00207144.2021.1954859>
3. Eaton, L. H., Beck, S. L., & Jensen, M. P. (2021). An Audio-Recorded Hypnosis Intervention for Chronic Pain Management in Cancer Survivors: A Randomized Controlled Pilot Study. *International Journal of Clinical and Experimental Hypnosis*, 0(0), 1–19. <https://doi.org/10.1080/00207144.2021.1951119>
4. Gloede, M. E., Sapp, M., & Van Susteren, W. (2021). Hypnosis and Mindfulness Meditation: The Power of Suggestibility. *International Journal of Clinical and Experimental Hypnosis*, 0(0), 1–11. <https://doi.org/10.1080/00207144.2021.1908830>

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

Contact us at: IJCEH@baylor.edu



Stay in the know when new articles or issues are published by signing up for new content alerts at the IJCEH publisher's website: <https://tandfonline.com/ijceh>. Click "New Content Alerts", enter your email, and select your preferred frequency!



Follow us on Twitter

Here are some Twitter accounts to follow! You can keep up to date on recent articles, event information, the latest news from hypnosis societies, and discussion on hypnosis research.

@IJCEH – The IJCEH's Official Twitter Account

@ElkinsGary – Follow the Editor of the IJCEH

@tandfonline – Taylor & Francis Research Insights' Official Account

Find us online at: www.IJCEH.com or www.tandfonline.com/nhyp



HYPNOSIS AND THE ALLEVIATION OF CLINICAL PAIN: A COMPREHENSIVE META-ANALYSIS

LEONARD MILLING, KEARA VALENTINE, LINDSEY LOSTIMOLO, ALYSSA NETT, & HANNAH MCCARLEY

This is the first comprehensive meta-analysis in approximately 20 years of all controlled studies of the use of hypnosis for relieving clinical pain. To be included, studies were required to utilize a between-subjects or mixed model design in which a hypnosis intervention was compared with a control condition in alleviating any form of clinical pain. Of 523 records screened, 42 studies incorporating 45 trials of hypnosis met the inclusion criteria. Our most conservative estimates of the impact of hypnosis on pain yielded mean weighted effect sizes of 0.60 ($p \leq .001$) for 40 post trials and 0.61 ($p \leq .001$) for 9 follow-up trials. These effect sizes fall in the medium range according to Cohen's guideline and suggest the average participant receiving hypnosis reduced pain more than about 73% of control participants. Hypnosis was moderated by the overall methodological quality of trials—the mean weighted effect size of the 19 post trials without high risk ratings on any of the Cochrane Risk of Bias dimensions was 0.77 ($p \leq .001$). Hypnosis was also moderated by hypnotic suggestibility, with 6 post trials producing a mean weighted effect size of $r = 0.53$ ($p \leq .001$). Our findings strengthen the assertion that hypnosis is a very efficacious intervention for alleviating clinical pain.

HYPNOSIS INTERVENTION FOR SLEEP DISTURBANCE: DETERMINATION OF OPTIMAL DOSE AND METHOD OF DELIVERY FOR POSTMENOPAUSAL WOMEN

GARY ELKINS, JULIE OTTE, JANET CARPENTER, LYNÆ ROBERTS, LEA' JACKSON, ZOLTAN KEKECS, VICKI PATTERSON, & TIMOTHY KEITH

Sleep disturbances are a pervasive problem among postmenopausal women, with an estimated 40 to 64% reporting poor sleep. Hypnosis is a promising intervention for sleep disturbances. This study examined optimal dose and delivery for a manualized hypnosis intervention to improve sleep. Ninety postmenopausal women with poor sleep were randomized to 1 of 4 interventions: 5 in-person, 3 in-person, 5 phone, or 3 phone contacts. All received hypnosis audio recordings, with instructions for daily practice for 5 weeks. Feasibility measures included treatment satisfaction ratings and practice adherence. Sleep outcomes were sleep quality, objective and subjective duration, and bothersomeness of poor sleep. Results showed high treatment satisfaction, adherence, and clinically meaningful (≥ 0.5 SD) sleep improvement for all groups. Sleep quality significantly improved, $p < .05$, $\eta^2 = .70$, with no significant differences between groups, with similar results for the other sleep outcomes across all treatment arms. Comparable results between phone and in-person groups suggest that a unique "dose" and delivery strategy is highly feasible and can have clinically meaningful impact. This study provides pilot evidence that an innovative hypnosis intervention for sleep (5 phone contacts with home practice) reduces the burden on participants while achieving maximum treatment benefit.

HYPNOSIS IN TREATMENT OF STOMATODYNIA: PRELIMINARY RETROSPECTIVE STUDY OF 12 CASES

SERVANE MAIZERAY, JEAN DENIS, GIORGINA PICCOLI, ANTIONE CHATRENET, & HERVÉ MAILLARD

Stomatodynia is an oral dysesthesia with a psychosomatic component. Twelve consecutive patients with stomatodynia were offered hypnosis sessions. Measures of anxiety, depression, and pain were administered before



the first and after the last hypnosis session. Pain severity was assessed with a Numeric Rating Scale (NRS). Anxiety and depression were assessed with the Hospital Anxiety and Depression Scale (HADS). The data were collected retrospectively from medical records on the 12 patients. The difference between NRS pain ratings and HADS scores before and after hypnosis was significant ($p < .05$). Six patients reported receiving treatment for stomatodynia before hypnotherapy; 3 of them stopped treatment for stomatodynia before completion of the hypnosis intervention. Results provide support for potential positive effects of hypnosis intervention for stomatodynia and point to the need for additional research on this issue.

SEMANTIC ADAPTATION AND VALIDATION OF THE STANFORD HYPNOTIC SUSCEPTIBILITY SCALE, FORM C, IN THE CHILEAN POPULATION

ERIK ÁLVAREZ-MABÁN, MARITZA MUÑOZ-PAREJA, BRYAN CHAMORRO-VELÁSQUEZ, DANIEL MONTECINOS-RECAL, FLOR PEDREROS-CARTES, & CARLA SEPÚLVEDA-LEAL

One of the difficulties of evaluating hypnotizability in Chile is the limited existence of validated instruments. In this study, the Mexican version of Stanford Hypnotic Susceptibility Scale, Form C, was semantically adapted and validated. A descriptive cross-sectional study was carried out in 102 Chilean university students. The content validation was performed by 3 experts; the internal consistency was evaluated with KR-20. The difficulty of the items was measured with a difficulty index. The majority of the students were classified with high hypnotizability. The mean score obtained was 7.41 ($SD = 1.84$). The internal consistency was acceptable ($KR-20 = 0.73$). The item with the least difficulty was arm lowering, whereas the auditory hallucination was the item with the greatest difficulty. The survey showed metric properties to be considered as a valid and reliable instrument to measure the level of hypnotizability in the Chilean population.

NEURAL MECHANISMS OF HYPNOSIS AND MEDITATION-INDUCED ANALGESIA: A NARRATIVE REVIEW

GIUSEPPE DE BENEDITTIS

Meditation and hypnosis have both been found to attenuate pain; however, little is known about similarities and differences in the cognitive modulation of pain. Hypnotic and meditative states (e.g., mindfulness) reduce pain by sharing and overlapping multiple neuro-cognitive mechanisms, but they differ in many respects. While there are overlapping brain networks involved, the nature of these effects seems different. Both phenomena involve frontal modulation of pain-related areas. The role of the dorsolateral prefrontal cortex appears to depend, in hypnosis, on the type of suggestion given and, in meditation, on the level of practice. Whereas the anterior cingulate cortex seems to be a key node in both hypnosis and meditation, the dorsolateral prefrontal cortex appears to engage in hypnosis as a function of suggestion and, in meditation, as a function of proficiency.

RECOGNITION IN POSTHYPNOTIC AMNESIA, REVISITED

JOHN KIHLMSTROM

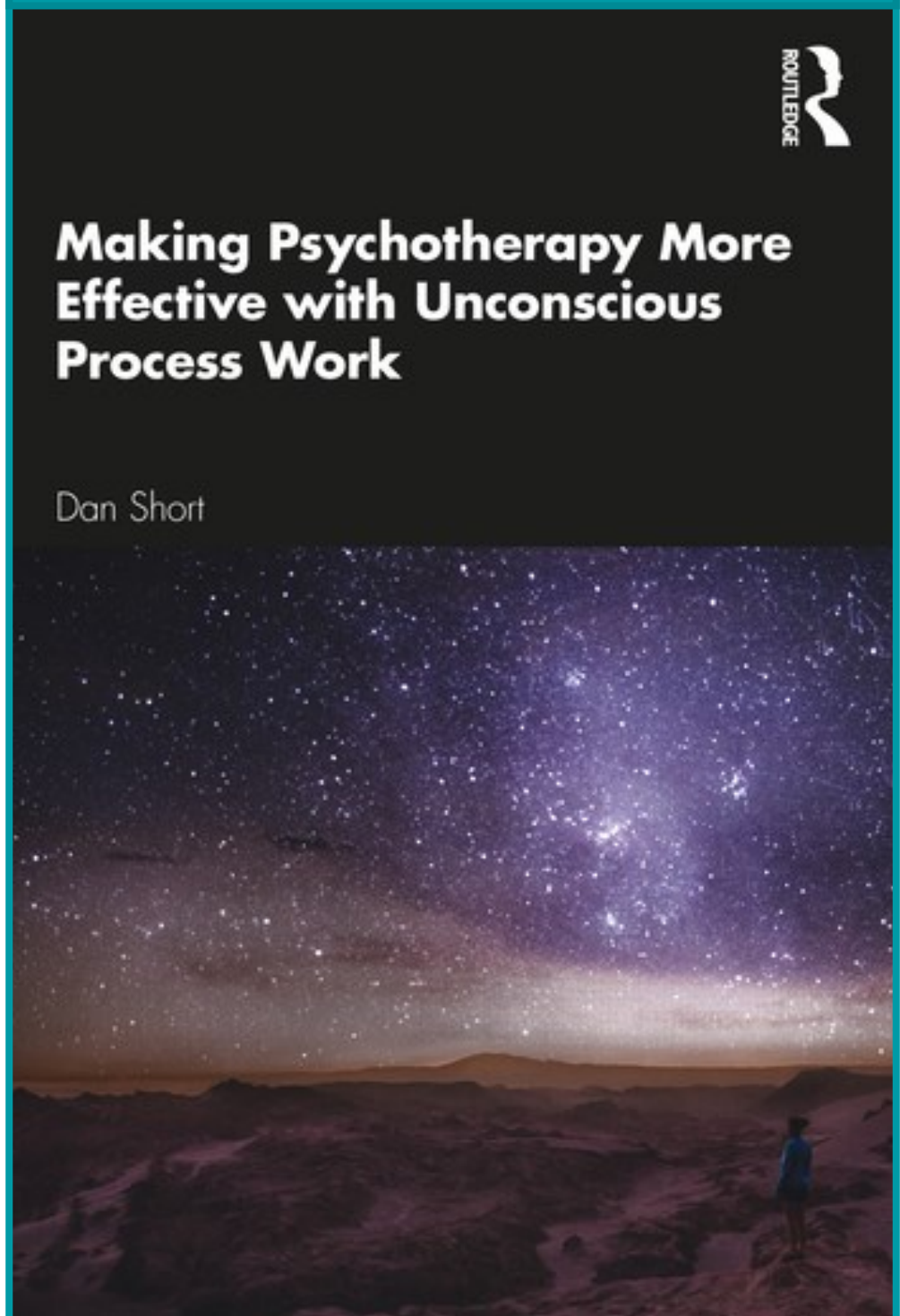
Three experiments studied recognition during posthypnotic amnesia (PHA) employing confidence ratings rather than the traditional yes/no format. As the criterion for recognition was loosened, an increase in hits was accompanied by an increase in false alarms, especially to distractor items that were conceptually related to, or semantically associated with, targets. Nevertheless, hits exceeded false alarms at every level of confidence. In addition, amnesic subjects had difficulty identifying the particular list on which recognized items were presented for study or the correct order in which targets appeared on the study list. Taken together, these findings support the conclusion that successful recognition during PHA is more likely to be mediated by a priming-based feeling familiarity than conscious recollection.



BOOK REVIEW

DAN SHORT
**MAKING PSYCHOTHERAPY MORE EFFECTIVE WITH UNCONSCIOUS
PROCESS WORK**

REVIEWED BY MICHAEL F. HOYT





Dan Short, Ph.D., is deservedly well-known as a leading international teacher of Ericksonian therapy and hypnosis. The director of the Milton H. Erickson Institute of Phoenix and former Assistant Director of the Milton H. Erickson Foundation, his previous excellent books include *Hope and Resilience: The Psychotherapeutic Strategies of Milton H. Erickson, M.D.* (2005, with Betty Alice Erickson and Roxanna Erickson Klein) and *From William James to Milton Erickson: The Care of Human Consciousness* (2020).

This latest, *Making Psychotherapy More Effective with Unconscious Process Work*, is another gem. As Short says on page 1, “If the question for psychotherapy is how to best make use of a person’s mental faculties, then the answer must include some activation of tacit knowledge, or what I call *unconscious process work*.” The contents are original and an excellent blend of theory and practical tools. It features Ericksonian ideas, of course, but should have appeal to professional therapists and graduate students across the theoretical gamut – CBTers, redecision therapists, psychoanalysts, brief therapists, couple counselors, and others – interested in the *how* and *why* of effective therapy.

Short is a scholar par excellence. The writing is engaging, and the author easily moves back and forth between illuminating fundamental texts, fascinating clinical examples (including important cautions), and recent supporting research. “How does he know all this?” was a recurrent thought I had while reading.

The book comprises 10 chapters: 1. What is Unconscious Process Work? 2. Perception and Memory, 3. Choice and Deliberation, 4. Motivation and Goal Setting, 5. Nonlinear Multidimensional Language, 6. Prediction, 7. Reimagining, 8. Mental Contrasting, 9. Incubated Cognition, and 10. Unconscious Process Work: A Growth Mindset. Short cogently quotes Antoine de Saint-Exupéry: “Your task is not to foresee the future, but to enable it.” At the end of each chapter, a list of bullet points, each exemplified in the preceding text, nicely summarizes key lessons. Overall, there are 48 such points. Here are a few:

- Unconscious process work does not require conscious insight. It also does not require trance states or suggestions for change. Instead, it is an exercise of unconscious creativity and personal problem-solving (self-organizing change).
- People are often unaware of the knowledge they possess and how to utilize it while problem-solving their greatest challenges.
- Priming is the easiest way to reduce conscious interference while activating unconscious problem-solving.
- Stories are an elaboration of metaphorical meaning that can facilitate unconscious learning by conveying novel experiential realities.
- Decisions about orderly, rule-governed issues are best processed in conscious thought, whereas decisions about chaotic situations require unconscious processing.

In his Foreword to the book, Richard Hill, Director of the MindScience Institute and managing editor of *The Science of Psychotherapy*, comments: “There are so many interesting things in this book that make reading it both enjoyable and educational. From Stroop tests to metaphors to the powerful effects of imagination, you will find that this journey will reveal something more than gold or gems. It will reveal more of you, your clients, and, I suggest, your life.”

Primed by Richard Hill’s comments, I went for a walk with my dog, LexiLou. As we strolled, it felt like little computer files in my head began to pop open. I suddenly recalled an episode, a couple of years ago, when my wife Jennifer and I had recently gotten Lexi. As we pulled into a parking lot, Lexi jumped out of the car before we could leash her and began to run around with gleeful abandon – but into traffic! Cars slammed on brakes and swerved to miss her as she darted in and out, into the street, back



and forth. She was about to get killed. We called and frantically chased her, but to no avail. Suddenly, I opened the hatchback of the car, yelled “Lex!” and I dove into the car – and she followed me to safety. “Wow -- fast thinking!” said my wife. “How’d you know to do that?” My answer: “I dunno.” And then, after catching my breath and having time to slow down and think rationally, I remembered: I had been at a workshop a few years before and the presenter had told a story about a little 2-year-old boy who, rambunctiously playing “Catch me” had tragically run into a street and been hit by a car – and the presenter had mentioned how different it would have been if, instead of chasing the boy, someone had reversed the game and gotten the boy to chase him or her. “At a workshop?” asked my wife, cuddling our sweet girl. “Yeah,” I replied, “with a guy named Dan Short.”

I highly recommend *Making Psychotherapy More Effective with Unconscious Process Work*.

Making Psychotherapy More Effective with Unconscious Process Work
By Dan Short
2022 Routledge (Taylor & Francis Group), New York and London
ISBN 978-0-367-64965-4, 177 pages, US\$42.95
Reviewed by Michael F. Hoyt, Ph.D. (DrMHoyt@comcast.net)



ARTICLES WORTH READING

NEURAL MECHANISMS OF HYPNOSIS AND MEDITATION-INDUCED ANALGESIA: A NARRATIVE REVIEW

GIUSEPPE DE BENEDITTIS

INTERDEPARTMENTAL PAIN CENTER, DEPARTMENT OF NEUROSURGERY
UNIVERSITY OF MILANO, ITALY

ABSTRACT

Meditation and hypnosis have both been found to attenuate pain; however, little is known about similarities and differences in the cognitive modulation of pain. Hypnotic and meditative states (e.g., mindfulness) reduce pain by sharing and overlapping multiple neuro-cognitive mechanisms, but they differ in many respects. While there are overlapping brain networks involved, the nature of these effects seems different. Both phenomena involve frontal modulation of pain-related areas. The role of the dorsolateral prefrontal cortex appears to depend, in hypnosis, on the type of suggestion given and, in meditation, on the level of practice. Whereas the anterior cingulate cortex seems to be a key node in both hypnosis and meditation, the dorsolateral prefrontal cortex appears to engage in hypnosis as a function of suggestion and, in meditation, as a function of proficiency.

[Continue reading...](#)

To cite this article:

Giuseppe De Benedittis (2021) Neural Mechanisms of Hypnosis and Meditation-Induced Analgesia: A Narrative Review, *International Journal of Clinical and Experimental Hypnosis*, 69:3, 363-382, DOI: 10.1080/00207144.2021.1917294

To link to this article:

<https://doi.org/10.1080/00207144.2021.1917294>

NEUROPHYSIOLOGY AND NEUROPSYCHOLOGY OF HYPNOSIS

GIUSEPPE DE BENEDITTIS

INTERDEPARTMENTAL PAIN CENTER, DEPARTMENT OF NEUROSURGERY
UNIVERSITY OF MILANO, ITALY

“Over the last decades hypnosis, which is the oldest psychotherapy, has matured as both as a fascinating topic for scientific research and an effective technique for clinical application. Hypnosis has been defined as “a state of consciousness involving focused attention and reduced, awareness characterized by an enhanced capacity for response to suggestion” (Elkins, Barabasz, Council, & Spiegel, 2015). In recent years, hypnotherapy practices have become increasingly popular in health care and education (Thompson et al., 2019).”

[Continue reading...](#)

To cite this article:

Giuseppe De Benedittis (2021) Neurophysiology and neuropsychology of hypnosis, *American Journal of Clinical Hypnosis*, 63:4, 291-293, DOI: 10.1080/00029157.2021.1892411

To link to this article:

<https://doi.org/10.1080/00029157.2021.1892411>



SPECIAL EVENTS

PHOTO GALLERY CAPTURES

COFFEE WITH THE PRESIDENT

It's a magical feeling that there are colleagues literally on the other side of the world with whom we are brought together by our common calling: hypnosis.



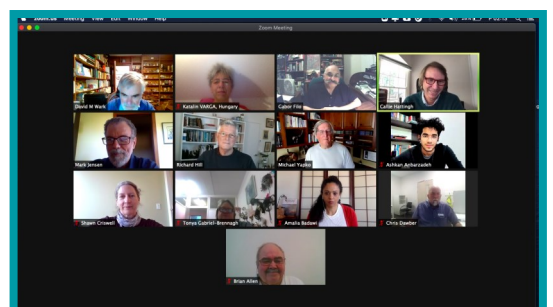
All of the 1-hour Coffee with the ISH President events will be held on the first Thursday of every month. In order to be able to accommodate different time zones around the world, the starting times will differ.

The invitation will arrive from the central office of ISH. All individual members of our constituent Societies are welcome to join! View the [event details here](#).

The very next Coffee with the President will be held on [Oct 7, 2021](#), and this event will begin at 16:00 Central European Time.

The November Coffee with the President will be on Thursday, November 11, with the time to be determined.

Feel free to contact us with any questions: info@ishhypnosis.org





XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS

“COOPERATION IN HYPNOSIS. CHALLENGES & BENEFITS”

WHAT: XXII World Congress of Medical & Clinical Hypnosis
“Cooperation in Hypnosis. Challenges & Benefits”

WHEN: **!!! NEW DATES !!! 8-11th of June, 2022**

WHERE: Krakow, one of the most beautiful medieval cities in Europe. Auditorium Maximum Conference Center of Jagiellonian University, the oldest Polish university

WHO: International Society of Hypnosis (ISH), The Polish Milton H. Erickson Institute

CONTACT: fundacja@p-i-e.pl ; info@p-i-e.pl

Dear Colleagues

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

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

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

Please spread this information to your national and international colleagues.

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

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

Looking forward to seeing you in person soon,

Bernhard Trenkle,

Dipl. Psych. President ISH

Kris Klajs, Dipl. Psych.

Congress Chair, ISH BOD Member

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

REGISTER NOW
8-11th of June, 2022

fundacja@p-i-e.pl ; info@p-i-e.pl
<https://www.hypnosis2021.com/en>



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!



XXII
WORLD CONGRESS
OF MEDICAL & CLINICAL
HYPNOSIS
KRAKOW2022



POLSKI INSTYTUT
ERICKSONOWSKI



www.hypnosis2022.com

contact: info@p-i-e.pl, fundacja@p-i-e.pl



EVENT CALENDAR

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



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

SPREAD THE WORD!

FREE MEMBERSHIP OFFER FOR STUDENTS

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

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

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

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





FOUNDED 1973

BOARD OF DIRECTORS

PRESIDENT

Mark P. Jensen, PhD (USA)

SECRETARY-TREASURER

Enayatollah Shahidi, MD (Iran)

PRESIDENT-ELECT

Krystof Klajs, Dipl. Psych. (Poland)

IMMEDIATE PAST PRESIDENT

Bernhard Trenkle, Dipl. Psych. (Germany)

MEMBERS-AT-LARGE

Anita A. Jung, MS (USA)

Cecilia Fabre, MA (Mexico)

Giuseppe DeBenedittis, Prof., MD, PhD (Italy)

Katalin Varga, Prof. PhD DSc (Hungary)

COUNCIL OF REPRESENTATIVES

CHAIRPERSON

Woltemade Hartman, PhD (South Africa)

VICE CHAIRPERSON

Callie Hattingh (Australia)

SECRETARY

Brian Allen, B. Psych. B.Sc. (Australia)

NEWSLETTER EDITOR

Katalin Varga, PhD (Hungary)

EDITOR, INTERNATIONAL JOURNAL OF CLINICAL & EXPERIMENTAL HYPNOSIS

Gary Elkins, PhD, ABPP, ABPH

PAST PRESIDENTS

Ernest R. Hilgard, PhD (USA)

Founding President

Martin T. Orne, MD, PhD (USA)

Fred G. Frankel, MB, ChB, DPM (USA)

Germain F. Lavoie, PhD (Canada)

David R. Collison, MB, BS (Australia)

Frederick J. Evans, PhD (USA)

Graham D. Burrows, AO, KCSJ MD (Australia)

Peter B. Bloom, MD (USA)

Walter Bongartz, PhD (Germany)

Éva Bányai, PhD (Hungary)

Karen Olness, MD (USA)

Eric Vermetten, MD, PhD

(The Netherlands)

Camillo Loredi, MD (Italy)

Julie H. Linden, PhD (USA)

Claude Virot, MD (France)

Bernhard Trenkle, Dipl. Psych. (Germany)

ISH World Headquarters

Post Office Box 602

Berwyn, Pennsylvania USA 19312

T: +1 (800) 550-ISH1

E: Contact@ISHHypnosis.org

W: http://www.ISHHypnosis.org

INDIVIDUAL ISH MEMBERSHIP

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

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

FOR A CS MEMBER TO BECOME A MEMBER OF ISH:

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

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

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

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



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

NEW CONSTITUENT SOCIETY MEMBERSHIP

If you would like to become a **NEW INTERNATIONAL SOCIETY OF HYPNOSIS (ISH)** Constituent Society Member, you can:

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



CONDOLENCES

Dr Maggie Phillips, internationally renowned clinical psychologist, psychotherapist, teacher and Ego State Therapist has unexpectedly passed away September 1, 2021. She has been a loyal member of ISH for many, many years.



We'll miss you

**MAGGIE
PHILLIPS**



THE INTERNATIONAL
SOCIETY OF HYPNOSIS





LIST OF CONTRIBUTORS

Katalin Varga
varga.katalin@ppk.elte.hu
EDITOR

Mark Jensen
mjensen@uw.edu
President, ISH

LIST OF CONTRIBUTORS

Giuseppe De Benedittis
giuseppe.debenedittis@unimi.it

Consuelo Casula
consuelocasula@gmail.com

Gary Elkins
Gary_Elkins@baylor.edu

G rard Fitoussi
drgerardfitoussi@yahoo.fr

Ernil Hansen
ernil.hansen@ukr.de

Michael F. Hoyt
DrMHoyt@comcast.net

Nico Huisel
nicohuisel@student.elte.hu

Charles Joussellin
charles@joussellin.fr

Julie Linden
julie@drjulielinden.com

Joshua Rhodes
ijceh@baylor.edu

Teresa Robles
tere@grupocem.edu.mx

Teresa Robles
tere@grupocem.edu.mx

Nicole Ruysschaert
nicole.ruysschaert@skynet.be

Dan Short
dan@iamdrshort.com

Shady Tonn
info@ishhypnosis.org

Udi Vaknin
udivak@gmail.com

David Wark
wark@umn.edu

**For more information, contact ISH headquarters at
info@ishhypnosis.org**

Judit Osvat
Layout Editor