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The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
2021, Volume 45, No. 4

DECEMBER 2021

A LETTER FROM PRESIDENT



MARK JENSEN

Dear ISH members:

I'd like to write you today about age progression. Specifically, what I hope and anticipate many of us may be remembering about 2022 a year from now.

ISH MONTHLY GLOBAL WEBINARS

I anticipate that in December of 2022, one year from now, we will look back over the last year, and feel appreciative of the new knowledge we gained by participating in the ISH Monthly Global Webinars. Thinking waaaay back to December 15, 2021, we learned about the Chinese Chest technique from Bernhard Trenkle. Then, in order, we learned more about Ericksonian Hypnosis from Teresa Robles, Hypnotherapy for Grief Process from

Consuelo Casula, Hypnotherapy of the Traumatized Patient from Enayat Shahidi, Emotional Process Work During Hypnotherapy from Dan Short, Hypnosis with Metaphorical Objects from Cecilia Fabre, and Self-Hypnosis to Decrease Risks of Burnout for Health Care Workers from Nicole Ruysschaert. And from Anita Jung we learned about the Symbiosis between Hypnotherapy and Music. These Webinars were a great value, costing only \$20 for ISH members, and \$50 for non-ISH members.

<https://www.ishhypnosis.org/ish-monthly-global-webinar-series>

Having participated in these webinars, we have not only increased our knowledge of interesting and useful therapeutic approaches, but also feel even more connected to each other and other ISH members throughout the world. We might even be considering facilitating a future Webinar in the series ourselves, and be planning on writing Enayat Shahidi (at dr.enayat.shahidi@gmail.com), the Chair of the ISH Education and Training Committee, to talk with him about your interest in facilitating a Webinar on a specific topic or technique, and becoming involved as a part of the ISH training team.

ISH WORLD CONGRESS IN KRAKOW

Also, in about a year from now – and given that the World Congress organizing committee had planned on having an in-person congress in Kraków from June 8 through June 11 – you will have very fond memories of the congress. It was very nice to be able to see and connect with your valued colleagues from around the world live and in person. You listened to wonderful keynote addresses that expanded your knowledge about hypno-



sis. You participated in a number of workshops that sharpened your skills; in fact, if you are a clinician, you probably already used some of these new skills with your patients and clients, and are happy to see their benefits. If you are highly experienced and facilitated a workshop at the congress, you may recall that it was one of the most satisfying workshops ever. One of the highlights might have been the full day of scientific presentations on the newest findings from hypnosis research around the world. Perhaps you were able to meet and get to know a number of people from other countries whom you had been wanting to meet. What a fantastic congress it was!

You can (and please consider doing so!) register for the congress now at <https://www.hypnosis2021.com>. And at this same time next year, I know I will have enjoyed seeing you in Kraków!

COFFEE WITH THE PRESIDENT

You probably already know that every month – the first Thursday of every month Seattle time (which might be a Friday in some countries) – we hold a “Coffee [or beverage of your choice....] with the President” event. This is a chance to get onto zoom and meet with your ISH colleagues to chat about whatever is on your mind about hypnosis. These events have been very successful, and we have had some wonderful conversations. Although they are held on the first Thursday of every month, the times during the day change to make it possible for everyone living anywhere in the world to participate at a time that works for them for at least some of the coffees. Perhaps a year from now, you will have participated in many of these conversations. Please look to the ISH website (<https://ishhypnosis.silkstart.com/events>) to see when the next Coffee with the President will be.

Feeling more a part a worldwide movement for the betterment of human-kind

However you have chosen to participate in ISH events, by participating in the Global Webinars, the World Congress, or the Coffee with the President conversations, I hope and anticipate that a year from now you will be feeling even more a part of ISH; a worldwide movement to enhance our scientific understanding and effective use of therapeutic hypnosis.

I am looking forward to seeing you in Kraków and in the Webinars and Coffee events in 2022... and beyond!

Warmly,
Mark P. Jensen
ISH President

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





GEDANKEN DES PRÄSIDENTEN

ÜBERSETZT VON SHADY TONN

Liebe ISH-Mitglieder:

Ich möchte Ihnen heute über die Altersprogression schreiben. Genauer gesagt über das, was ich hoffe und erwarte, an was sich viele von uns in einem Jahr über das Jahr 2022 erinnern werden.

MONATLICHE GLOBALE ISH-WEBINARE

Ich gehe davon aus, dass wir im Dezember 2022, also in einem Jahr, auf das vergangene Jahr zurückblicken und dankbar sein werden für das neue Wissen, das wir durch die Teilnahme an den monatlichen globalen ISH-Webinaren gewonnen haben. Wenn wir bis zum 15. Dezember 2021 zurückdenken, haben wir von Bernhard Trenkle etwas über die chinesische Truhentechnik gelernt. Danach erfuhren wir der Reihe nach mehr über Ericksonsche Hypnose von Teresa Robles, Hypnotherapie in Trauerprozessen von Consuelo Casula, Hypnotherapie bei traumatisierten Patienten von Enayat Shahidi, emotionale Prozessarbeit während der Hypnotherapie von Dan Short, Hypnose mit metaphorischen Objekten von Cecilia Fabre und Selbsthypnose zur Verringerung des Burnout-Risikos für Mitarbeiter im Gesundheitswesen von Nicole Ruyschaert. Außerdem über den Einsatz von Musik in Hypnotherapy von Anita Jung. Diese Webinare waren sehr preiswert und kosteten nur \$20 für ISH-Mitglieder und \$50 für Nicht-ISH-Mitglieder.

<https://www.ishhypnosis.org/ish-monthly-global-webinar-series/>

Durch die Teilnahme an diesen Webinaren haben wir nicht nur unser Wissen über interessante und nützliche therapeutische Ansätze erweitert, sondern fühlen uns auch untereinander und mit anderen ISH-Mitgliedern in der ganzen Welt noch stärker verbunden. Vielleicht ziehen wir sogar in Erwägung, selbst ein zukünftiges Webinar in dieser Reihe zu leiten, und planen, Enayat Shahidi (dr.enayat.shahidi@gmail.com), den Vorsitzenden des ISH-Ausbildungs- und Trainingskomitees, anzuschreiben, um mit ihm über Ihr Interesse an der Leitung eines Webinars zu einem bestimmten Thema oder einer bestimmten Technik zu sprechen und sich als Teil des ISH-Trainingsteams zu engagieren.

ISH-WELTKONGRESS IN KRAKAU

In etwa einem Jahr - und angesichts der Tatsache, dass das Organisationskomitee des Weltkongresses geplant hatte, den Kongress vom 8. bis 11. Juni persönlich in Krakau abzuhalten - werden Sie sehr gute Erinnerungen an diesen Kongress haben. Es war sehr schön, Ihre geschätzten Kollegen aus aller Welt live und persönlich zu sehen und mit ihnen in Kontakt zu treten. Sie haben wunderbare Hauptvorträge gehört, die Ihr Wissen über Hypnose erweitert haben. Sie haben an einer Reihe von Workshops teilgenommen, die Ihre Fähigkeiten geschärft haben. Wenn Sie aus dem klinischen Bereich sind, haben Sie wahrscheinlich schon einige dieser neuen Fähigkeiten bei Ihren Patienten und Klienten angewendet und freuen sich über deren Nutzen. Wenn Sie sehr erfahren sind und einen Workshop auf dem Kongress geleitet haben, erinnern Sie sich vielleicht daran, dass es einer der befriedigendsten Workshops überhaupt war. Einer der Höhepunkte war vielleicht der ganze Tag mit wissenschaftlichen Vorträgen über die neuesten Erkenntnisse aus der Hypnoseforschung in aller Welt.

Vielleicht konnten Sie eine Reihe von Menschen aus anderen Ländern treffen und kennen lernen, die Sie schon lange kennen lernen wollten. Was für ein fantastischer Kongress das war!



Sie können sich jetzt für den Kongress anmelden (und bitte tun Sie das auch!) unter <https://www.hypnosis2021.com> . Und ich weiß, dass ich Sie nächstes Jahr um dieselbe Zeit gerne in Krakau gesehen haben!

KAFFEE MIT DEM PRÄSIDENTEN

Sie wissen wahrscheinlich schon, dass wir jeden Monat - immer am ersten Donnerstag des Monats (in manchen Ländern ist das ein Freitag) - einen "Kaffee [oder ein Getränk Ihrer Wahl....] mit dem Präsidenten" veranstalten. Dies ist eine Gelegenheit, sich mit Ihren ISH-Kollegen zu treffen und über alles zu plaudern, was Ihnen zum Thema Hypnose auf dem Herzen liegt. Diese Veranstaltungen waren sehr erfolgreich, und wir haben einige wunderbare Gespräche geführt. Sie finden zwar jeden ersten Donnerstag im Monat statt, aber die Uhrzeiten ändern sich, damit jeder, je nachdem wo er oder sie auf der Welt wohnt, zumindest für einige der Kaffees die Möglichkeit hat, zu einer Zeit teilzunehmen, die ihr/ihm passt. Vielleicht werden Sie in einem Jahr an vielen dieser Gespräche teilgenommen haben. Bitte schauen Sie auf der ISH-Website:

(<https://ishhypnosis.silkstart.com/events>) nach, wann der nächste "Coffee with the President" stattfinden wird.

Sich mehr als Teil einer weltweiten Bewegung für die Verbesserung der Menschheit fühlen

Wie auch immer Sie sich entschieden haben, an den Veranstaltungen der ISH teilzunehmen, sei es durch die Teilnahme an den globalen Webinaren, dem Weltkongress oder den Gesprächen beim "Coffee with the President", ich hoffe und ahne, dass Sie sich in einem Jahr noch mehr als Teil der ISH fühlen, einer weltweiten Bewegung zur Verbesserung unseres wissenschaftlichen Verständnisses und der effektiven Anwendung der therapeutischen Hypnose.

Ich freue mich darauf, Sie im Jahr 2022 in Krakau und bei den Webinaren und Kaffeeveranstaltungen zu sehen... und auch darüber hinaus!

Herzlichst,
Mark P. Jensen
ISH-Präsident



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LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Chers membres de l'ISH :

J'aimerais vous écrire aujourd'hui sur le sujet de la progression d'âge. Plus précisément, j'espère et je prévois que beaucoup d'entre nous se souviendront de 2022 dans un an.

WEBINAIRES MONDIAUX MENSUELS DE L'ISH

Je pense qu'en décembre 2022, dans un an, nous nous souviendrons de l'année passée et nous apprécierons les nouvelles connaissances que nous avons acquises en participant aux webinaires mondiaux mensuels de l'ISH. Si l'on remonte loooooin dans le temps, jusqu'au 15 décembre 2021, où Bernhard Trenkle nous a parlé de la technique de la caisse chinoise. Puis, dans l'ordre, nous en avons appris davantage sur l'hypnose Ericksonienne avec Teresa Robles, l'hypnothérapie pour le processus de deuil avec Consuelo Casula, l'hypnothérapie du patient traumatisé avec Enayat Shahidi, le travail avec les émotions dans l'hypnothérapie avec Dan Short, l'hypnose avec des objets métaphoriques avec Cecilia Fabre, et l'autohypnose pour réduire les risques d'épuisement professionnel des professionnels de santé avec Nicole Ruysschaert. Ces webinaires étaient d'une grande valeur, ne coûtant que 20 \$ pour les membres de l'ISH, et 50 \$ pour les non-membres de l'ISH.

<https://www.ishhypnosis.org/ish-monthly-global-webinar-series/>

Après avoir participé à ces webinaires, nous avons non seulement approfondi nos connaissances sur des approches thérapeutiques intéressantes et utiles, mais nous nous sentons également encore plus liés les uns aux autres et aux autres membres de l'ISH à travers le monde. Nous pourrions même envisager d'animer nous-mêmes un futur webinaire dans cette série et nous envisageons d'écrire à Enayat Shahidi (à l'adresse dr.enayat.shahidi@gmail.com président du comité d'éducation et de formation de l'ISH, pour lui communiquer de notre intérêt à animer un webinaire sur un sujet ou une technique spécifique et à nous impliquer en tant que membre de l'équipe de formation de l'ISH.

CONGRÈS MONDIAL DE L'ISH À CRACOVIE

Dans un an environ - et étant donné que le comité d'organisation du congrès mondial avait prévu d'organiser un congrès en présentiel à Cracovie du 8 au 11 juin - vous garderez de très bons souvenirs à ce congrès. Il était très agréable de pouvoir voir vos collègues appréciés du monde entier et d'entrer en contact avec eux en présentiel et en personne. Vous avez écouté des plénières intéressantes qui ont élargi vos connaissances sur l'hypnose. Vous avez participé à un certain nombre d'ateliers qui ont permis d'affiner vos compétences. En fait, si vous êtes clinicien, vous avez probablement déjà utilisé certaines de ces nouvelles compétences avec vos patients et clients, et vous êtes heureux d'en constater les bénéfices. Si vous avez beaucoup d'expérience et que vous avez animé un atelier lors du congrès, vous vous souvenez peut-être que c'était l'un des ateliers les plus satisfaisants de votre vie. L'un des moments suprêmes a peut-être été la journée entière de présentations scientifiques sur les dernières découvertes de la recherche en hypnose dans le monde. Peut-être avez-vous pu rencontrer et faire connaissance avec un certain nombre de personnes d'autres pays que vous souhaitiez rencontrer. Quel congrès fantastique ce fut !

Vous pouvez (et pensez à le faire !) vous inscrire au congrès dès maintenant sur <https://www.hypnosis2021.com> Et l'année prochaine, le temps du congrès, je sais que j'aurai le plaisir de vous voir à Cracovie !



CAFÉ AVEC LE PRÉSIDENT

Vous savez probablement déjà que chaque mois - le premier jeudi de chaque mois, heure de Seattle (qui peut être un vendredi dans certains pays) - nous organisons un événement "Café [ou boisson de votre choix...] avec le président". C'est l'occasion d'aller sur zoom et de rencontrer vos collègues de l'ISH pour discuter de tout ce qui vous préoccupe à propos de l'hypnose. Ces événements ont eu beaucoup de succès, et nous avons eu de merveilleuses conversations. Bien qu'ils aient lieu le premier jeudi de chaque mois, les heures de la journée changent afin de permettre à chaque personne vivant n'importe où dans le monde de participer à un moment qui lui convient pour au moins certains des cafés. Dans un an, vous aurez peut-être participé à plusieurs de ces conversations. Veuillez consulter le site Internet de l'ISH (<https://www.ishhypnosis.org>) pour savoir quand aura lieu le prochain café avec le président.

Se sentir davantage de faire partie d'un mouvement mondial pour l'amélioration de l'humanité

Quelle que soit la façon dont vous avez choisi de participer aux événements de l'ISH, en participant aux webinaires mondiaux, au Congrès mondial ou aux conversations lors du Café du Président, j'espère et je prévois que dans un an, vous vous sentirez encore plus comme faisant partie de l'ISH, un mouvement mondial envisageant à améliorer notre compréhension scientifique et l'utilisation efficace de l'hypnose thérapeutique.

Je me réjouis de vous voir à Cracovie et lors des webinaires et des cafés en 2022... et au-delà !

Chaleureusement,
Mark P. 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:

Oggi vorrei scrivervi a proposito della progressione dell'età. In particolare, ciò che spero e prevedo che molti di noi possano ricordare del 2022, tra un anno.

WEBINAR MENSILI GLOBALI ISH

Prevedo che nel dicembre 2022, tra un anno, guarderemo indietro all'anno passato e ci sentiremo gratificati dalle nuove conoscenze che abbiamo acquisito partecipando ai webinar mensili globali della ISH. Ripensando al 15 dicembre 2021, abbiamo imparato una tecnica cinese (Chinese Chest) da Bernhard Trenkle. Poi, nell'ordine, abbiamo imparato di più sull'Ipnosi Ericksoniana da Teresa Robles, sull'Ipnoterapia per il processo di lutto da Consuelo Casula, sull'Ipnoterapia del paziente traumatizzato da Enayat Shahidi, sul lavoro sui processi emotivi durante l'ipnoterapia da Dan Short, sull'Ipnosi con oggetti metaforici da Cecilia Fabre, e sull'Autoipnosi per diminuire i rischi di burnout per gli operatori sanitari da Nicole Ruysschaert. Questi webinar sono stati di grande valore, e sono costati solo 20 dollari ai membri ISH e 50 dollari ai non membri ISH. <https://www.ishhypnosis.org/ish-monthly-global-webinar-series/>

Avendo partecipato a questi webinar, non solo abbiamo aumentato la nostra conoscenza di approcci terapeutici interessanti e utili, ma ci sentiamo anche più connessi tra di noi e con gli altri membri ISH in tutto il mondo. Potremmo anche considerare di facilitare noi stessi un futuro webinar della serie, e stiamo pensando di scrivere a Enayat Shahidi (all'indirizzo dr.enayat.shahidi@gmail.com), il Presidente del Comitato per l'Educazione e la Formazione di ISH, per parlare con lui del nostro interesse a facilitare un webinar su un argomento o una tecnica specifica, ed essere coinvolti come parte del team di formazione ISH.

CONGRESSO MONDIALE ISH A CRACOVIA

Inoltre, tra circa un anno - e dato che il comitato organizzatore del Congresso Mondiale aveva pianificato di fare un congresso di persona a Cracovia dall'8 all'11 giugno - avrete ricordi molto belli del congresso. È stato molto bello poter vedere e connettersi con i vostri stimati colleghi di tutto il mondo dal vivo e di persona. Hai ascoltato meravigliose relazioni che hanno ampliato le tue conoscenze sull'ipnosi. Hai partecipato a numerosi workshop che hanno affinato le tue abilità; infatti, se sei un clinico, probabilmente hai già usato alcune di queste nuove abilità con i tuoi pazienti e clienti, e sei felice di vederne i benefici. Se hai molta esperienza e hai facilitato un workshop al congresso, potresti ricordare che è stato uno dei workshop più soddisfacenti di sempre. Uno dei punti salienti potrebbe essere stata l'intera giornata di presentazioni scientifiche sulle più recenti scoperte dalla ricerca sull'ipnosi in tutto il mondo. Forse sei stato in grado di incontrare e conoscere un certo numero di persone di altri paesi che avresti voluto incontrare. È stato congresso fantastico!

Puoi (e ti prego di considerare di farlo!) registrarti al congresso ora su <https://www.hypnosis2021.com>. E in questo stesso periodo l'anno prossimo, so che mi sarà piaciuto vedervi a Cracovia!

CAFFÈ CON IL PRESIDENTE

Probabilmente già sapete che ogni mese - il primo giovedì di ogni mese ora di Seattle (che potrebbe essere un venerdì in alcuni paesi) - teniamo un evento "Caffè [o bevanda di vostra scelta...] con il Presidente". Questa è



un'occasione per utilizzare Zoom e incontrare i tuoi colleghi ISH per chiacchierare di qualsiasi cosa ti passi per la mente sull'ipnosi. Questi eventi hanno avuto molto successo e abbiamo avuto delle conversazioni meravigliose. Anche se si tengono il primo giovedì di ogni mese, gli orari cambiano per rendere possibile a chiunque viva in qualsiasi parte del mondo di partecipare ad un orario che funzioni per loro almeno per alcuni dei caffè. Forse tra un anno avrai partecipato a molte di queste conversazioni. Guardate il sito web di ISH (<https://www.ishhypnosis.org>) per vedere quando ci sarà il prossimo Caffè con il Presidente.

Sentirsi più parte di un movimento mondiale per il miglioramento dell'umanità

In qualunque modo tu abbia scelto di partecipare agli eventi ISH, partecipando ai Webinar Globali, al Congresso Mondiale, o alle conversazioni del Caffè con il Presidente, spero e prevedo che tra un anno ti sentirai ancora più parte di ISH; un movimento mondiale per migliorare la nostra comprensione scientifica e l'uso efficace dell'ipnosi terapeutica.

Non vedo l'ora di vedervi a Cracovia, nei Webinar e nel Caffè nel 2022... e oltre!

Cordialmente,
Mark P. 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:

Me gustaría escribirles hoy sobre la progresión a futuro. Específicamente, lo que espero y anticipo que muchos de nosotros podemos estar recordando sobre el 2022 dentro de un año.

SEMINARIOS GLOBALES MENSUALES DE LA ISH

Anticipo que en diciembre de 2022, dentro de un año, miraremos hacia atrás en el último año, y nos sentiremos agradecidos por los nuevos conocimientos que adquirimos al participar en los Webinars Globales Mensuales de la ISH. Pensando en el 15 de diciembre de 2021, aprendimos sobre la técnica del pecho chino de Bernhard Trenkle. Luego, en orden, aprendimos más sobre la Hipnosis Ericksoniana de Teresa Robles, Hipnoterapia para el Proceso de Duelo de Consuelo Casula, Hipnoterapia del Paciente Traumático de Enayat Shahidi, Trabajo del Proceso Emocional durante la Hipnoterapia de Dan Short, Hipnosis con Objetos Metafóricos de Cecilia Fabre, y Autohipnosis para Disminuir los Riesgos de Burnout para los Trabajadores de la Salud de Nicole Ruyschaert. Estos seminarios web fueron de gran valor, y costaron sólo 20 dólares para los miembros de la ISH, y 50 dólares para los que no son miembros de la ISH. <https://www.ishhypnosis.org/ish-monthly-global-webinar-series/>

Al haber participado en estos seminarios web, no sólo habremos aumentado nuestros conocimientos sobre enfoques terapéuticos interesantes y útiles, sino que también nos sentimos aún más conectados entre nosotros y con otros miembros de la ISH de todo el mundo. Incluso podríamos considerar la posibilidad de facilitar nosotros mismos un futuro Webinar de la serie, y estar planeando escribir a Enayat Shahidi (en dr.enayat.shahidi@gmail.com), el Presidente del Comité de Educación y Formación de la ISH, para hablar con él sobre su interés en facilitar un Webinar sobre un tema o técnica específica, y participar como parte del equipo de formación de la ISH.

CONGRESO MUNDIAL DE LA ISH EN CRACOVIA

Además, dentro de un año aproximadamente -y dado que el comité organizador del Congreso Mundial había planeado celebrar un congreso presencial en Cracovia del 8 al 11 de junio- tendrás muy buenos recuerdos del congreso.

Fue muy agradable poder ver y conectar con tus apreciados colegas de todo el mundo en vivo y en directo. Escuchaste maravillosas conferencias magistrales que ampliaron tus conocimientos sobre la hipnosis. Participaste en una serie de talleres que afinaron tus habilidades; de hecho, si eres un clínico, probablemente ya utilizaste algunas de estas nuevas habilidades con tus pacientes y clientes, y estás feliz de ver sus beneficios.

Si tienes mucha experiencia y facilitaste un taller en el congreso, quizá recuerdes que fue uno de los mejor calificados. Uno de los aspectos más destacados puede haber sido el día completo de presentaciones científicas sobre los últimos hallazgos de la investigación en hipnosis en todo el mundo. Tal vez pudiste conocer a varias personas de otros países a las que deseabas conocer. Fue un congreso fantástico.

Puedes (¡y por favor considera hacerlo!) inscribirte en el congreso ahora en <https://www.hypnosis2021.com>. Y el año que viene por estas mismas fechas, ¡sé que habré disfrutado viéndote en Cracovia!



CAFÉ CON EL PRESIDENTE

Probablemente ya sepas que cada mes -el primer jueves de cada mes, hora de Seattle (que puede ser un viernes en algunos países)- celebramos un "Café [o bebida de tu elección....] con el Presidente". Se trata de una oportunidad para entrar en el zoom y reunirse con los colegas de la ISH para charlar sobre cualquier cosa que tengas en mente sobre la hipnosis. Estos eventos han tenido mucho éxito, y hemos tenido algunas conversaciones maravillosas. Aunque se celebran el primer jueves de cada mes, las horas del día cambian para hacer posible que todos los que viven en cualquier parte del mundo puedan participar a una hora que les funcione para al menos algunos de los cafés. Tal vez dentro de un año hayas participado en muchas de estas conversaciones. Consulta la página web de la ISH (<https://www.ishhypnosis.org>) para ver cuándo será el próximo Café con el Presidente.

Sentirse más parte de un movimiento mundial para ayudar a la humanidad a ser y estar mejor

Independientemente de cómo hayas elegido participar en los eventos de la ISH, participando en los Webinars Globales, en el Congreso Mundial o en las conversaciones del Café con el Presidente, espero y anticipo que dentro de un año te sentirás aún más parte de la ISH; un movimiento mundial para mejorar nuestra comprensión científica y el uso efectivo de la hipnosis terapéutica.

Espero verte en Cracovia y en los Webinars y Cafés de 2022... ¡y más allá!

Cordialmente,
Mark P. Jensen
Presidente de la ISH





NOTES FROM THE EDITOR



Katalin Varga

Dear Colleagues,

In this issue we have – again – several interesting topics.

Nicole Ruyschaert interviews **Carl (Callie) Hattingh**, a new BoD member, whose professional edge spans several continents. This broad perspective also characterizes how much he draws from in developing his own approach.

Dóra Ilona Muskovics, a psychology student at Eötvös Loránd University, Budapest summarizes the usage of hypnosis therapy to treat phobias.

Woltemade Hartman commemorating Maggie Phillips is moving. We present here the summary that he wrote also on behalf of: Ego State Therapy International (ESTI) friends and colleagues.

We are launching a new column! "Read more" will present very briefly a hypnosis-related article, which we hope will encourage many people to read the original articles. This summary is compiled by **Mariamy Chrdileli**.

In the column of *The International Journal of Clinical and Experimental Hypnosis* (IJCEH) the chief editor, **Gary Elkins** and managing editor **Joshua R. Rhodes** summarize the recent articles of the journal.

To review the book of Patrick McCarthy entitled *How to Cure Anxiety in Just Five Therapy Sessions* we publish the preface by **Kathleen Long**.



Let me invite you to experience a nice moment of 2019. We organized in Budapest, Hungary the Hypnosis: New generation conference with the aim of providing a platform for the younger colleagues to present their clinical or scientific findings, and to meet more experienced colleagues. I encountered some photos of the ISH board members' informal meeting at our home.

Recent research shows that the *central oxytocin*, when it functions within the brain as a neurotransmitter rather than as a hormone, is produced by mere recall of nice interpersonal events. Among other effects, central oxytocin reduces pain, fear, anxiety and stress, and increases trust, social support and longevity.

Let me invite you to share the nice warm atmosphere of this meeting, as now some years have passed during which we could not meet in person at hypnosis conferences.



Maybe that is one of the reasons of the success of the “Café with the president”. It is heartwarming how many people all around the world are devoted to our common interest that connects us: hypnosis... It is so nice to meet familiar colleagues, and sometimes new ones, from (literally) all around the world.

Katalin VARGA
PhD, DsC, psychologist





MAIN INTERVIEW

NICOLE RUYSSCHAERT INTERVIEWS CARL (CALLIE) HATTINGH

NR: How did you first come in contact with therapeutic hypnosis?

CH: As a clinical psychology student in the late 80s, I had an adventurous lecturer who taught us hypnosis. We experimented with various inductions and practised arm levitations on each other. This was a lot of fun and left me very curious to learn more about hypnosis.



Carl (Callie) Hattingh

NR: What were the influencing moments with hypnosis in your career?

CH: In the early 90's I received a flyer from the South African Society of Clinical Hypnosis (SASH) and did my first formal training in hypnosis. I was fascinated and immediately started practising and exploring the possibilities in therapy.

Psychotherapy was never the same again after attending a two-day workshop on the Ericksonian approach to hypnosis with Dr Jeffrey Zeig at the First South African Congress in Clinical Hypnosis and Psychosomatic Medicine in 1995. He did various live demonstrations and showed some videos of Erickson that left me fascinated about the art of skilfully using words and language. I was inspired.

In 1997 Professor John and Helen Watkins presented workshops on Ego State Therapy in South Africa. Listening to Prof. Watkins explain ego states and observing Helen Watkins demonstrate Ego State Therapy left me spellbound and eager to discover more.

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

CH: I completed my training as a clinical psychologist at the University of Stellenbosch in South Africa and started a private practice in George in the early 90s.

Throughout the 90s I read, attended trainings, experienced hypnosis in personal therapy, presented trainings at congresses and continued to explore the different ways of utilising hypnosis in psychotherapy. I was naturally drawn to the challenge of personalising and artfully communicating in hypnosis and fascinated by the multi-dimensional aspects of working with "parts" in hypnosis.

Exploring the many ways of utilising hypnosis in psychotherapy has always been an integral part of my work. The most rewarding moment is still when someone reorientates from a hypnosis session and there is that quiet moment with a deep mutual realisation that the penny has dropped in the experiential world.

Dr Woltemade Hartman approached me in 2000 to be part of the founding of the Milton H. Erickson Institutes of South Africa (MEISA). This was not only the new millennium, but it also launched me on the journey of teaching Ericksonian hypnosis and Ego State Therapy. During the next 17 years we worked together to establish MEISA. I was involved in organising many of the MEISA congresses and had the opportunity to initiate and organise two congresses on Contemporary Approaches to the Management of Trauma. It was a great honour to receive the Fuma award for promoting hypnosis and psychotherapy in South Africa in 2016.



After immigrating to Australia, I founded the Australian Institute of Clinical Hypnosis and Psychotherapy (AICHP) and the Ericksonian Institute of Sydney. We launched at the 2018 ISH congress in Montreal. In 2019 I established our clinical hypnosis program, and the following year initiated the Ego State Therapy training program.

Australia has a long history with hypnosis. I feel privileged to have worked collaboratively with the likes of Brian Allen and Dr. Alan Cyna. They have left deep footprints in the history of hypnosis in Australia.

Recently I became President-Elect of Ego State Therapy International (ESTI), which is a great honour.

NR: What is your main area of practice with hypnosis?

CH: I am currently in private practice in Sydney, Australia. I work with anxiety, depression, addictions, and trauma across the lifespan. I regularly work with clients with various medical conditions, somatic presentations, preparation for surgery and pain management.

Working with trauma and dissociation have always been a special interest. I am particularly interested in the effect of complex trauma and the development of the divided self, and specifically in Dissociative Identity Disorder.

Another field of personal interest is providing hypnosis interventions with amateur and professional athletes in various sports.

NR: What is the place, the importance of hypnosis in your work? Anything specific that makes you and/or your work different from others in the field?

CH: Hypnosis has always been a core part of my therapeutic work. I believe that the experiential process that we activate in hypnosis is complementary to the more cognitive process often used in psychotherapy and regard it as essential to restoring homeostasis.

My approach was influenced by the Ericksonian, Ego State Therapy, and Somatic Experiencing approaches. I think what makes my work different is being flexible in shifting between the different therapeutic approaches whilst working with a client in hypnosis. I may for example stimulate and guide associations using language and metaphor towards experiential solutions, whilst working with parts of the self and appreciating needs and psychodynamic functions, but also include an embodied experience to process physiology. This flexibility allows me to pace what works for the individual and creates options for intervention through the principles of accessing and pendulation.

Working with the physiology through sensory based interventions, that include resolving and completing survival responses in the physiology, have become an integral part of my interventions.

I have always been aware of the importance of the relationship in hypnosis, but the work of Dr Stephen Porges on the Polyvagal theory has contributed to me specifically incorporating interventions such as facial expressions to activate the ventral vagal system in hypnosis. I am convinced that safety and nurturing experiences can be elicited by activating nurturing ego states or utilizing memory to activate inner representations of nurturing figures through the mirror neurons. Activating the ventral vagal system is still one of the most effective ways to settle the nervous system.

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

CH: During hypnotic interventions I realized that I had a need for guiding



principles to allow me the flexibility to shift more comfortably between the different therapeutic approaches in hypnosis. Drawing on experience, knowledge, research, and discussions I presented a workshop in 2005 in Heidelberg, Germany, on the importance of **accessing** (or energizing) a neurophysiological system to facilitate change. The workshop title was: *To access or not to access, is access the axis.*

During this process, I became increasingly aware of the importance of **pendulation** (shifting energy back and forth between neurophysiological states). I presented on *Integrating the essential principles of Ericksonian and Ego State Therapy in weaving a new experiential context* at the 2006 MEISA congress. Whilst completing the Somatic Experiencing training, I started incorporating more body orientated interventions.

Through the years that followed I presented various workshops applying these principles in developing resilience, utilizing resourceful ego states, and treating complex PTSD. Further, I applied these principles in working with Dissociative Identity Disorder, with renurturing early childhood rejection and neglect, somatic ego states and fibromyalgia, as well as in the utilization of art and music.

This culminated in presenting a keynote at the MEISA, Cape of Good Hope Congress in 2016, on diverse neurophysiological systems and accessing these systems through stimulating associations, accessing states or the felt sense in different areas of the body. Integration and change are facilitated by guiding reassociation, shifting between ego states and/or pendulating between different physiological sensations in the body. It was titled: *All that Jazz: Promoting Change Through the Integration of Therapeutic Principles.*

NR: Who are the people who influenced your way of thinking and working?

CH: There have been many masters who have directly and indirectly contributed to my approach. My work was mostly influenced by the work of Milton H. Erickson and John and Helen Watkins. Dr. Woltemade Hartman has contributed tremendously to my development as a therapist, teacher, and presenter, and working with Dr. Jeffrey Zeig has always been an inspiration.

With sadness about her recent passing away, I want to acknowledge the personal contribution of Dr. Maggie Phillips in my life. I have worked very closely with her for many years and appreciate her wisdom in working with the body. And then, all the people that I have taught and the clients I have worked with: they have all been teachers and have contributed tremendously to my development.

NR: What is your favorite professional hypnosis book?

CH: Apart from Erickson's work, I have found the *Psychobiology of Mind Body Healing: New Concepts of Therapeutic Hypnosis*, by Dr. Ernest Rossi, so inspiring. I have a great respect for his work.

NR: During your career what kind of changes have you observed in the application of hypnosis?

CH: It has been wonderful to see hypnosis become more demystified without losing the sense of wonder. I have noticed that people in general have a much greater understanding of hypnosis and there is much less need to clarify all the myths. As a therapist I have developed from being a lot more structured and directed in my early career, to enjoying being freer to work creatively, spontaneously and integrating the physiology. In general, there is less dissociation and more integration between the different therapeutic approaches in hypnosis.



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

CH: I am very excited about the future of hypnosis and especially the integration of hypnosis with somatic approaches to facilitate change in both the medical and psychotherapeutic contexts. I am also of the belief that hypnosis should be an essential part of training programs not only in psychotherapy and medicine, but also in teaching communication in the medical and para-medical fields.

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

CH: Just do it! Start as soon as possible after the training. Practice with colleagues and with clients as much as you can. I have learnt so much of hypnosis through the people I have worked with. Remember to ask and get supervision when you feel uncertain as these are the best opportunities to grow and develop skills. Have personal hypnosis experiences. Learn to utilize, be process orientated and learn the art of permissive language. Individualize and personalize your interventions. Include the physiology and lastly, keep the sense of wonder and you will be pleasantly surprised time and time again. It is an enjoyable journey every step of the way.

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

CH: With the first lockdown in Australia, I noticed there was a lot of uncertainty projected into the future. This caused tremendous anxiety. Using hypnosis to reassociate clients with a sense of security in their own personal resources to cope with adversity was a helpful approach. During the second lockdown there was a lot more depressed resignation and immobilization. Creating a positive future projection, time-condensation and creating a sense of movement and mobilization in hypnosis were all useful approaches to change mood. I also specifically utilized positive imagery of friends and family to activate the ventral vagal system and create a sense of connection in the isolation.

NR: Being a BOD member – why are you taking up and accepting such a responsibility with so much enthusiasm?

It has been a great honour for me to be selected to the Board of ISH in 2021 to work with Dr. Mark Jensen and all the present and past board members whose work I have always admired.

Hypnosis has been a vehicle of change in my life and in those of my clients. I am excited to play my part in paying it forward.

Thank you very much!
Dr. Nicole Ruysschaert 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...



Dóra Ilona Muskovics is a psychology BA student at Eötvös Loránd University (ELTE) in Budapest, Hungary.

She always has held a deep fascination for understanding and learning about how the human mind works and why people behave the way they do. Albeit, it is social psychology which is closest to her heart, she stays open and curious about other fields in psychology, including hypnosis too.

In the future, she would like to continue her studies in a master program, still within ELTE.

USING HYPNOSIS THERAPY TO TREAT PHOBIAS A SUMMARY

Dóra Ilona Muskovics

Institute of Psychology, ELTE Eötvös Loránd University

According to the *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V)* (American Psychiatric Association, 2013), phobias are a sub-type of anxiety disorders, which manifest as intense fears of a specific object or situation. Affected people will try their best to avoid said specific objects or situations, even if the subject of their phobia is not necessarily dangerous or **poses** less danger than their behavior would suggest. Not being able to avoid the subject of their fear, will lead to significant distress, sometimes even fainting or panic attacks. Because of the extent of their avoidance, phobias can cause the affected people significant struggles with doing their everyday tasks.

Phobias can be categorized into three main groups (APA, 2013): Specific phobias, Agoraphobia and Social phobia. Specific phobias can be further classified into five types: animal phobias (e. g. snakes, spiders), natural environment phobias (e. g. clouds, heights, wind), blood-injection-injury phobias (e. g. blood, injuries, needles; dental phobia is also classified as BII), situational phobias (e. g. airplanes, driving) and other phobias (e. g. vomiting). It is evident from these different categories just how broad the term “phobia” is, and how many specific fears it includes. To further widen this already colorful picture, according to the DSM-V, many people who have a phobia, have multiple different phobias. This can cause further dif-



difficulties in giving the patients the help they need. In the case of agoraphobia and social phobia, often the cause of said phobias goes back to childhood, which the affected often does not remember or the memory is repressed (Kraft, 2011). It is also worth noting, that in my search for published cases I have read and present in this summary, I found that often the same phobias show noticeable differences in the way they manifest and/or in the way they have developed. Both Morgan (2001) and Kraft and Kraft (2004) detail a case of driving phobia in their studies, but in the case of Morgan's client, she had gotten into a minor car accident, which later caused her significant fear of driving a vehicle, traveling as a passenger in a car, or just being a pedestrian, while the client presented in Kraft and Kraft's study accidentally hit a goose on the road, and this – paired with an old, childhood fear of dead animals – subsequently caused her the driving phobia. Also, interesting to note, both women in the studies mentioned above, had more severe road accidents prior to the ones which ultimately caused their phobias, with seemingly no long-term effect on their mental health. Hirsch (2012) details his case with a patient with aviophobia (phobia of flying), who was not only afraid of traveling on an airplane, but he also avoided airports and reported anticipatory anxiety regarding his panic attacks, triggered by his phobia. I am detailing these different cases to demonstrate how differently even the same phobias can manifest, and how unpredictable the causes can be, with similar situations sometimes causing phobias, while sometimes seemingly not having long term effects (according to DSM-V, fears must persist for over 6 months to be classifiable as phobias (APA, 2013)).

TREATMENTS OF PHOBIAS

Different types of treatment exist for treating phobias, but due to the colorful nature of these disorders, there is no one definitive method that works for everyone. Staub (1968) in his summary noted, that repeated and long term “flooding” - meaning the patient is exposed to their subject of fear repeatedly in hopes their high arousal levels will lower and eventually disappear (Wijesinghe, 1974) - might be the most successful method. However, this method cannot be used in some cases, due to varying reasons. Wijesinghe (1974) notes this in his own article about a woman, suffering from vomiting phobia: since her phobia mostly occurred when around people, in public areas – a situation which would be hard to present as a controllable exposure – a different approach was necessary. Kraft and Kraft (2004) also noted in their case study, that with driving phobia, it is quite impossible to use in vivo exposure, since the condition of the roads are unpredictable and the patient is experiencing a high level of anxiety, making this quite dangerous to themselves and others on the road. Some stimuli might be impossible to replicate or control in a way that is realistic for the client, like in the case of natural environment phobias. Walters and Oakley (2003) for example, dealt with a patient with a severe wind phobia, and they even noted that “She had not been able to test her greatest fear of very strong winds because the weather had been fairly good since the last session” (Walters & Oakley, 2003, p. 300). In the case of agoraphobia, patients may experience such extreme fear, that they cannot leave their homes to attend the therapy (Kraft, 2011).

This is where hypnosis can come in and offer a whole new way of in vivo exposure - without exposing the patient to actual, potentially dangerous situations, purely using their mind to create the desired stimuli. Szechtman et al. (1998) conducted a study, in which they used positron emission tomography to measure brain activity in hypnosis, while the subjects – in order - heard a recorded speech, were asked to imagine the speech as vividly as possible, and lastly, they were suggested they will hear the speech, but nothing was actually played. The results showed, when the speech was only suggested under hypnosis to highly hypnotizable people, it produced a very similar brain activation pattern to when the speech was actually heard by them. Meanwhile, the instruction, to imagine the speech, did not result in the same activation pattern. This shows



evidence, that when in hypnosis, the suggested experience is more than just an imagined scenario, instead, the patient feels like it is real. To further support this claim, multiple case studies I found and read also noted how their clients reported that what they experienced felt real. Walters and Oakley (2003) wrote “She felt as if she was really there in the garden” (p. 299). Kraft and Kraft (2004) stated “When describing these scenes she felt that she was actually re-living this experience in Devon” (p. 6). An interesting detail, the client in Walters and Oakley’s (2003) case study, reportedly changed the given suggestion and altered the way she experienced the situation. Kraft and Kraft (2004) note in their article, to make the experience feel as real as possible, the patient should be asked to describe every detail experienced in the hypnosis with utmost care. Hypnosis also has the advantage over in vivo exposure, that the patient can withdraw into a “safe space” anytime they feel like the experience overwhelms them, with the safe space feeling just as real (Callow, 2003, as cited in Kraft & Kraft, 2004).

As previously noted in this summary, in the cases of agoraphobia and social phobia, the cause of the phobia sometimes goes back in time to such an extent, the patient does not remember it, or the memory is repressed (Kraft, 2011). Hypnosis can be used to uncover these causes and thus, offer approaches previously not tried. Such was the case with a 55 years old male client, detailed in a case study by Rogers (2008), who suffered from social phobia for 30 years and, despite seeking out help multiple times before, the usual therapy had seemingly no effect on his phobia, and none of his previous therapists were able to determine what exactly caused his social phobia. Due to running out of options, but wanting a cure for his problem, he agreed to hypnosis, which he seemed enthusiastic about. The hypnosis seemed to work well for him, but he expressed the need to know the reason why his phobia developed, which was done by age regression. It turned out his phobia seemingly served as a secondary gain to please his father; this is the reason his phobia was so persistent, despite the numerous therapies before. In hypnosis, with a method he came up with on the spot, he was able to “discard” his father’s voice and with that, his anxieties. Without the age regression, it is likely he would not have been able to be cured, since he did not know of this secondary gain. Similar cases of age regression being the key to understanding and curing phobias are detailed in Kraft’s (2011) summary in the case of agoraphobic clients.

There are other benefits for using hypnosis too. Schmidt (1985, as cited in Kraft, 2011) details a case of an agoraphobic client who was unable to leave her home, her safe place, to get the treatment she needed. Thus, the therapist used audiotapes to give empowering suggestions to the client and phone calls to, eventually, give her hypnotherapy. The traditional relaxation hypnotic induction can offer a temporary relief from the fears and anxieties stemming from the phobias, one example of this would be the usage of hypnosis by dentists during procedures (Halsband & Wolf, 2016). One brief hypnosis is not enough to enter a proper hypnotherapy, which may require weeks, and cannot cure a phobia, but can be beneficial to reduce the dental phobic clients’ anxieties during urgent procedures. And sometimes, other options are simply not available. As detailed before, Rogers’ (2008) client, due to the secondary gain nature of his phobia, was unsuccessful with previous treatments, leaving only hypnosis as a possible solution that has not been tried before.

Of course, there are certain drawbacks to hypnosis, too, like any form of treatment. Certain drugs used as relaxants – for example benzodiazepine – may hinder the effect of exposure therapies (Wilhelm & Roth, 1997), thus including hypnosis too. Another major disadvantage to hypnosis is the fact that not everyone is highly imaginative (Hirsch, 2012). A good alternative for the not highly imaginative individuals would be Virtual Reality Exposure (VRE for short). VRE uses a computer based, three-dimensional, interactional environment, with the ability for the therapist to deliver sen-



sory stimuli to the patient, thus creating a situation which feels real, encourages interaction, and facilitates emotional involvement (Gerardi et al., 2010). VRE was proven to be a successful method in curing anxiety disorders - including phobias - and post-traumatic stress disorder (Gerardi et al., 2010). Hirsch (2012) reported the first case of VRE and hypnosis being used together in treating flying phobia, which also was deemed to be efficient.

So far, I have been only detailing cases from the “traditional” hypnosis, where the hypnosis is induced by relaxation hypnotic inductions. However, there is another type of hypnosis called active-alert hypnosis, which, judging by its detailed characteristics, might be even more efficient in treating phobias than the traditional, relaxation based one. Individuals in active-alert hypnosis reportedly have a heightened responsiveness to suggestions, feel emotionally more positive, and many of the subjects reported a bigger sense of agency (Bányai, 2018). The feeling of having a choice, having control is very important, when it comes to treating phobias, as phobic people often express the fear of losing control and self-control being highly important in the success of the treatment, as it is usually not a quick process. (Andrews et al., 2003). There is evidence of active-alert hypnosis being effective in curing phobias. Bányai (2021) herself retold an experience of hers in an online presentation made for her students, about a case of a young woman, who was successfully cured from her phobia after just one session of active-alert hypnosis. She developed swimming phobia after a traumatic event at the Adriatic Sea, where she almost drowned. She avoided swimming after this incident, despite being a very good swimmer. Having experienced active-alert hypnosis before, she asked herself if, during a recorded hypnosis induction made for the television, she could be cured of her phobia. As stated before, just after this one session, she no longer feared entering large bodies of water, and went swimming shortly after in a swimming pool and, eventually, in the Adriatic Sea as well. Of course, this does not mean that one session of active-alert hypnosis is enough for everyone, nevertheless, this case is a promising example of active-alert hypnosis being an efficient way to treat phobias too.

From this brief summary, detailing several different cases from multiple case studies written by therapists, it is clear hypnosis can be used effectively to treat phobias. Hypnosis possesses many advantages over the more traditional in vivo exposure, using the clients’ own mind to create a believable situation but also offering a safe space to return to, in case the stimuli proves to be too much. Hypnosis can be successful in unraveling old causes of phobias, offering a more personal approach and can be efficiently used together with different treatments, one example being Virtual Reality Exposure. With the relatively new form of hypnosis induction, active-alert hypnosis, there are even more possibilities in using hypnosis, not just for treating phobias, but for other disorders too.

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CELEBRATING THE LIFE OF MAGGIE PHILLIPS PH.D

A LEGACY OF GIFTS...



It was with great sadness that we learnt of the passing of our dear friend and colleague, Maggie Phillips. She was truly a giant in the field of Ego State Therapy and her work leaves with all of us a legacy of great gifts. Not only did she make a significant contribution to the fields of trauma, dissociation, clinical hypnosis, Somatic Experiencing for trauma and chronic pain management, but also contributed greatly to the foundational intervention model of Ego State Therapy that is used worldwide today.

She was particularly interested in the interface of trauma, dissociation, and emotional and physical pain conditions.

Maggie lived and worked as a licensed clinical psychologist in private practice in Oakland, California. She was the director of the California Institute of Clinical Hypnosis and past-president of the Northern California Society of Clinical Hypnosis. She has served on the faculties of the American Society of Clinical Hypnosis (ASCH), American and European Congresses of Ericksonian Hypnosis and Psychotherapy, the Eye Movement Desensitization and Reprocessing International Association (EMDRIA), the Esalen Institute, the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine, the International Society of Hypnosis (ISH), The Professional School of Psychology, the Society for Clinical and Experimental Hypnosis (SCEH), the International Society for the Study of Dissociation (ISSD), the International Transactional Analysis Association (ITAA), the University of California at Santa Cruz, Ego State Therapy International (ESTI) and Somatic Experiencing International.

You can shed tears that she is gone
Or you can smile because she has lived
You can close your eyes and pray that she will come back
Or you can open your eyes and see all that she has left
Your heart can be empty because you can't see her
Or you can be full of the love that you shared
You can turn your back on tomorrow and live yesterday
Or you can be happy for tomorrow because of yesterday
You can remember her and only that she is gone
Or you can cherish her memory and let it live on
You can cry and close your mind, be empty and turn your back
Or you can do what she would want: smile, open your eyes, love and go on.

- David Harkins -

She was co-recipient of the Cornelia Wilbur Award from the International Society for the Study of Trauma and Dissociation and recipient of the President's Award and the Crasilneck Award for the best new writing in the field of hypnosis from ASCH. Maggie presented, amongst others, training in hypnosis, psychotherapy, chronic pain, Somatic Experiencing, Ego State Therapy and mind-body healing in the USA, Canada, France, Italy, South Africa, Australia, Scandinavia, Hong Kong, China, Malaysia and Japan.

In an interview for the ESTI Newsletter (Newsletter 2 of 2015) she was asked what she regarded as her contribution to psychology: "I've always been interested in how to combine different methods and ideas. Years ago, I published a paper on AIDS based on my work with several aids patients. I realized that my approach was something like the "AIDs Cocktail". I think that's a good metaphor for my approach."

As a young clinical psychologist Maggie moved to California, where she met Steve Gilligan, a well-known Ericksonian therapist. She attended the Ericksonian Congress in Phoenix, Arizona and became an enthusiastic follower of the ideas of Milton Erickson. His utilization approach



helped her to connect well with her clients and to teach them that they had resources and solutions within them that could be used to resolve many of their symptoms and difficulties. She remained fascinated with this approach and as a passionate Ericksonian psychotherapist, Maggie became involved in the activities of the Northern California Society of Clinical Hypnosis, which was affiliated with the American Society of Clinical Hypnosis. She served on the board of this society, became its president, and during this time met Dr. Claire Frederick and Dr. Shirley McNeal who were also active in the society. Dr. Frederick convinced her to start attending the ASCH annual conferences. During the first congress she attended in 1990, Dr. Frederick encouraged her to attend the workshop of Jack and Helen Watkins. She was mesmerized by what they were teaching, namely, an approach they referred to as Ego State Therapy. She found that Ego State Therapy was what had been missing in her hypnotic interventions and discovered that clients who did not respond to her usual applications of direct and indirect suggestions, responded very favourably when asked to find and communicate with various parts of the self. The ego state approach allowed her to effectively help traumatized clients and basically opened a new therapeutic approach for her to use in her work. This approach she shared with all of us.

Maggie authored numerous papers and articles in the areas of ego-state therapy, clinical, medical, and Ericksonian hypnosis, and the treatment of post-traumatic and dissociative conditions. She has written four books, Healing the Divided Self (written with Dr. Claire Frederick). In this book they presented the SARI model, a four-stage method of using hypnotic Ego State Therapy to heal the self that has been fragmented through trauma. Her second book, Finding the Energy to Heal, combines the principles of Energy Psychology with hypnosis, EMDR, imagery and Somatic Experiencing to heal mind body symptoms and disorders. Her last two books, Reversing Chronic Pain, and Freedom From Pain (written with Dr. Peter Levine), focus on a 10-Step Model to reverse the effects of chronic pain, and the use of Somatic Experiencing to prevent and resolve pain conditions that result from trauma, respectively. From the aforementioned it is clear that she made significant contributions to the fields of Ericksonian Psychotherapy, Somatic Experiencing, Ego State Therapy and in the areas of pain and mind body healing.

Maggie and I closely collaborated on the idea of establishing an international academic forum for Ego State Therapy. This idea led to the establishment of Ego State Therapy International. She served on the board of ESTI since its inception in 2011 and also served as newsletter editor.

On a more personal level, who will forget her love for Ego State Therapy, her enthusiasm for psychotherapy, and of course, her tremendous sense of humour. She was a great mentor, master teacher, and friend to her students and colleagues alike, always encouraging, motivating and sharing her knowledge. She leaves a legacy of gifts to all who knew her and also to future generations.

What struck me most about Maggie was her passion for and commitment towards democratic values, racial equality, the rights of women and the LGBTQI community.

Let we all carry her values and the gifts she left us.

Woltemade Hartman Ph.D
On behalf of: Ego State Therapy International (ESTI)
friends and colleagues.



READ MORE...

COMPILED BY MARIAMY CHRDILELI

HYPNOSIS DECREASES CHRONIC PAIN IN HOSPITALIZED ELDERLY PATIENTS

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4714456>



It is very important to manage chronic pain in elderly patients to improve their quality of life; one of the non-pharmacological and safe ways to do so is hypnosis! A study conducted in hospitalized elderly patients revealed that sessions of hypnosis can significantly decrease chronic pain (Ardigo et al., 2016).

HYPNOSIS IS HELPFUL IN STRESS REDUCTION

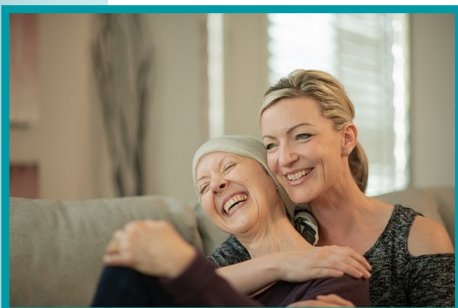
Link: <https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-017-1806-0>



A systematic review of studies, mostly involving medical students as participants, revealed that induction of hypnosis can reduce effects of burnout and decrease perceived stress (Fisch et al., 2017)

HYPNOSIS IS A HELPFUL SUPPLEMENT TO TREATMENT FOR CONTROLLING PAIN IN CANCER PATIENTS

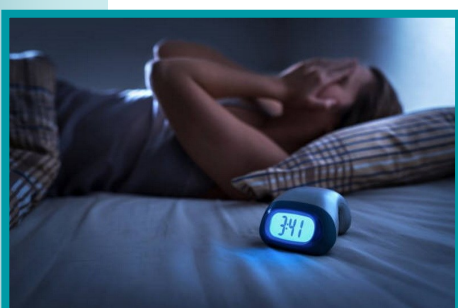
Link: <https://acsjournals.onlinelibrary.wiley.com/doi/epdf/10.3322/canjclin.35.4.221>



Pain control techniques involving hypnosis were found to be effective in reduction of pain as well as dependence on analgesic medication in cancer patients. Hypnosis can also increase patients' sense of autonomy, in terms of dealing with the disease (Spiegel, 1985).

HYPNOTHERAPY CAN HELP WITH SYMPTOMS OF SLEEP DISORDERS

Link: <https://annals.edu.sg/pdf/37VolNo8Aug2008/V37N8p683.pdf>



A good night's sleep after a long day can be a precious gift; however, those with sleep disorders unfortunately struggle to have a healthy sleep hygiene. Although literature is still limited, some studies reveal that hypnosis has a great therapeutic potential for dealing with sleep disorders, in combination with medical and psychological interventions (Ng & Lee, 2008).



SPORTS HYPNOSIS CAN IMPROVE PERFORMANCE OF ATHLETES

Link: <https://health.clevelandclinic.org/improving-sports-performance-hypnosis/>



Excellent concentration and low levels of stress are important parts of a good athletic performance. Hypnotherapy can assist athletes in improving concentration as well as reducing stress (Bone et al., 2009)

HYPNOTHERAPY ALLEVIATES SYMPTOMS OF IRRITABLE BOWEL SYNDROME

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1773844/>



A study of 207 patients who were suffering with irritable bowel syndrome revealed that hypnotherapy can be alleviate their symptoms, improve quality of life, and help with anxiety and depression (Gonsalkorale, 2003).

CAN HYPNOSIS HELP WITH COVID-19 RELATED ANXIETY?

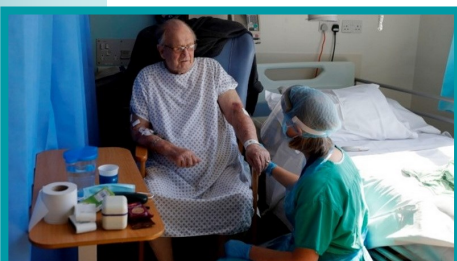
Link: <https://eu.detroitnews.com/story/life/2020/11/03/hypnotherapy-can-help-stress-anxiety-covid-19-fears/6069111002/>



Dealing with COVID-19 related anxiety is a very relevant issue nowadays. With rapid changes of our lifestyle, we need to make sure that our mental health is being cared for as much as our physical well-being. According to hypnotist David R. Wright, hypnotherapy can help alleviate COVID-19 related anxiety (Zlatopolsky, 2021).

HOW HYPNOTHERAPY CAN HELP PATIENTS WITH SERIOUS ILLNESSES

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1295911/?page=1>



61% of patients in hospice care, who underwent hypnotherapy, reported improvements in their ability to deal with the disease. Patients who did not report any change in their condition, expressed sympathy for the experience itself (Finlay & Jones, 1996).



CAN SKYPE HYPNOTHERAPY BE EFFECTIVE IN TREATMENT OF IRRITABLE BOWEL SYNDROME?

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6538308/>



Due to COVID-19, a lot of people turned to e-therapy. Although gut-focused hypnotherapy has been found as an effective treatment in the past, utilizing hypnosis through screen is a newer concept. A study revealed that 65% of participants who participated in hypnotherapy through Skype showed improvements. Although the results are less promising than face-to-face hypnotherapy (75% improvement), they are still beneficial, accessible, and convenient (Hasan et al., 2019).

PATIENTS WITH COVID-19 CAN BENEFIT FROM HYPNOSIS

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7102525/>



A study of 51 patients revealed that patients with COVID-19 can significantly benefit from hypnotherapy in terms of relaxation and improvement of sleep quality (Liu et al., 2020)

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2021 ANNUAL REPORT HIGHLIGHTS

The IJCEH continues to have worldwide participation and a global reach. Twenty-eight articles were published in 2021. These papers represent authors from 12 countries, across 5 continents. Article downloads and citations primarily come from Europe and North America, but individuals on almost every continent have accessed IJCEH papers. Of the 28 articles, 4 were reviews, 3 were theory papers, 1 was a case study, 6 were measurement validation studies, and 14 were pilot studies or randomized controlled trials. The authors were affiliated with institutions in 12 countries across 5 continents. Five papers included collaborations between authors in more than one country.

As of September, there were already 35,060 article downloads in 2021, approximately 3,895 per month. This is 12% higher than YTD article downloads in 2020. Volume 68 included the article, *Mindful Hypnotherapy to Reduce Stress and Increase Mindfulness: A Randomized Controlled Pilot Study* that has been viewed almost 5,000 times in just one year since publication!

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Joshua Rhodes, MA
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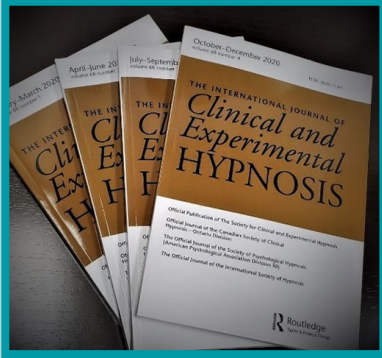


available to anyone online. The number of authors electing to publish their articles with Open Access in the *IJCEH* has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

LIMITED TIME OPEN ACCESS ARTICLES

For a limited time, readers have open access to the most recent APA Division 30 hypnosis definition article. This article (citation below) has been viewed almost 7,000 times and cited over 154 times to date.

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>



The IJCEH accepts many types of papers, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, re-

search-informed theoretical papers, & significant historical or cultural material. **Topics can include:** Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

OPEN ACCESS ARTICLE HIGHLIGHT

Take a moment to check out some of the Open Access articles from the *IJCEH* in the past few years.

- 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>
- Kekecs, Z., Roberts, L., Na, H., Yek, M. H., Slonena, E. E., Racelis, E., Voor, T. A., Johansson, R., Rizzo, P., Csikos, E., Vizkievich, V., & Elkins, G. (2021). Test-retest reliability of the Stanford Hypnotic Susceptibility Scale, Form C and the Elkins Hypnotizability Scale. *International Journal of Clinical and Experimental Hypnosis*, 69(1), 142–161. <https://doi.org/10.1080/00207144.2021.1834858>
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RECENT ISSUE: VOLUME 69, ISSUE 4

The most recent issue of the IJCEH features five articles covering a variety of topics including chronic pain management in cancer survivors, mindful hypnosis for stress reactivity, and a prospective study in mastocytosis treatment. This is the last issue for the year and the IJCEH already has a great line-up of articles to be published in the 2022 issues!

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**ABSTRACTS FROM THE
OCTOBER – DECEMBER 2021 ISSUE**

HYPNOSIS AND MINDFULNESS MEDITATION: THE POWER OF SUGGESTIBILITY

MICHELE E. GLOEDE, MARTY SAPP, & WILLIAM VAN SUSTEREN

Recent studies have suggested that mindfulness meditation and hypnosis are similar, but there is a lack of empirical data to support this claim. In this current study, college students were randomly assigned to a hypnosis or mindfulness meditation condition, and they were tested on the Waterloo Stanford Group Scale of Hypnotic Susceptibility, Form C. Results from this study suggest that, while under hypnotic induction and after engaging in mindfulness meditation, participants experienced similar results on the WSGC. That is, participants experienced the same bodily feelings and reactions regarding a standardized hypnotic suggestibility test.

AN AUDIO-RECORDED HYPNOSIS INTERVENTION FOR CHRONIC PAIN MANAGEMENT IN CANCER SURVIVORS: A RANDOMIZED CONTROLLED PILOT STUDY

LINDA H. EATON, SUSAN L. BECK, & MARK P. JENSEN

This pilot study evaluated the feasibility, acceptability, and potential efficacy of a 4-week hypnosis audio-recording intervention in cancer survivors with chronic pain. Forty participants were randomly assigned to treatment ($n = 21$) or wait-list ($n = 19$) conditions. Pain intensity ratings were lower at Week 4 for both groups. The effect size for pain reduction in the treatment group was $d = 0.25$ from baseline to 4 weeks, and the inter-



action effect (Time x Group) was $F = .024$; $\eta^2_p = .001$. The small interaction effect may be due to the availability of only one recording and large variability in dose. Qualitative data indicated that the intervention's benefits included participation in self-care, improved relaxation, and an opportunity to focus on oneself in a positive way. Further efficacy testing of an audio-recording intervention in a fully powered clinical trial is warranted.

INTEROCEPTIVE ACCURACY AS A FUNCTION OF HYPNOTIZABILITY

ANNA ROSATI, IACOPO BELCARI, ENRICA L. SANTARCANGELO, & LAURA SEBASTIANI

This study aimed to measure the interoceptive accuracy (IA) of individuals with high (*highs*), medium (*mediums*), and low hypnotizability (*lows*) through the heartbeat-counting task during 3 relaxation trials. Participants completed the Multidimensional Assessment of Interoceptive Awareness (MAIA), ECG and skin conductance (SC) were monitored, and the experienced difficulty in counting was reported. Results showed similar counting difficulty and number of actual heartbeats in highs, mediums, and lows. SC decreased in highs during all trials, in mediums and lows only in the third trial. IA measured as $[1 - (\text{recorded heartbeats} - \text{counted heartbeats}) / \text{recorded heartbeats}]$ was negatively correlated with hypnotizability and not correlated with interoceptive sensitivity (IS) measured by MAIA scales. Among mediums, IA was higher in males than in females.

EFFECTS OF A BRIEF MINDFUL HYPNOSIS INTERVENTION ON STRESS REACTIVITY: A RANDOMIZED ACTIVE CONTROL STUDY

ELIZABETH E. SLONENA & GARY ELKINS

A novel, audio-based brief mindful hypnosis (BMH) intervention for reducing stress-reactivity during the Trier Social Stress Test (TSST) was investigated. Fifty-five college-aged participants with elevated stress were randomized to BMH or a cognitive training (CT) active-control condition. Participants received a BMH or CT session and downloaded the audio-recorded intervention for daily home practice. Approximately 1 week later, participants received their second BMH or CT session and then completed the TSST. Results indicated BMH produced significant and medium effects in reducing stress reactivity and weekly stress and increasing mindfulness, with large increases in immediate relaxation compared to the CT active control. BMH demonstrated excellent adherence and was rated highly regarding satisfaction, ease of practice, perceived benefit, and likelihood of future use. This study provides the first empirical support that BMH is superior to an active-control intervention for reducing stress reactivity while significantly increasing mindfulness and relaxation.

HYPNOTHERAPY IN TREATMENT OF MASTOCYTOSIS: A PROSPECTIVE STUDY

FRÉDÉRIQUE RETORNAZ, MICHEL GRINO, AUDREY VANHAUDENHUYSE, LAURENT CHICHE, CHLOÉ STAVRIS, MYRIAM BENNANI, MARIE ELISABETH FAYMONVILLE, & ANOUK ALITTA

Mastocytosis is an orphan disease associated with many systemic symptoms, chronic handicap, and potentially marked social consequences despite improved therapies. In this study, the authors aimed to measure the effect of 2 hypnosis sessions on mastocytosis symptoms in a clinical setting. Questionnaires (pain, flushes, energy, digestive symptoms, quality of life, perceived symptom severity, and global impression of change) were completed pre- and posthypnosis intervention. Data from 20 patients were analyzed (mean age: 53.3 years, 75% female). Compared to baseline assessment, patients exhibited a significant improvement immediately after the first and second hypnosis sessions with regard to the number of days with abdominal pain, abdominal pain intensity and fatigue ($p = .03$ and $p = .005$; $p = .05$ and $p = .02$; $p = .034$, and $p = .039$, respectively). Perceived severity of symptoms was significantly improved throughout the study ($p = .0075$). Long-term improvement in global impression of change was observed in half the responders (8/16). Patients with mastocytosis had an improvement in disabling symptoms with the impact of hypnotic intervention persisting at 1 month. Several patients experienced long-term improvement.



BOOK REVIEW

PATRICK MCCARTHY
HOW TO CURE ANXIETY IN JUST FIVE THERAPY SESSIONS
PREFACE BY DR KATHLEEN LONG

HOW TO CURE ANXIETY IN JUST FIVE THERAPY SESSIONS

BY PATRICK MCCARTHY

The purpose of this book is to carefully explain to therapists, who may have little or no experience with hypnosis, a simple therapeutic solution to anxiety and panic that often cures patients. My method works by addressing the answer to HOW we become anxious (the mechanisms that always exist) and not WHY we become anxious or WHAT makes us anxious. It is different from other methods because it essentially forgoes much if any history taking, which many patients enjoy as it so unexpected and different from any other therapists before. It focuses on the patient feeling understood rather than heard. Using this unorthodox method can transform your practice by quickly curing and relieving anxiety and panic in many patients.



The book begins on the opening page with a joke but the joke is a powerful metaphor for my philosophical approach to therapy. The book conveys the cadence and rhythm for delivery and the precise words and meticulous reasons for my words. This book lets you understand the importance of precise language in order to generate hope and expectancy from the very first moments to ensure that the patient returns.

This novel approach has been used with over 15,000 people in New Zealand. This step by step rapid therapy for anxiety that is standard for all types of anxiety and all problems that arise from anxiety is crucial with the current pandemic of anxiety. It is the same therapy for every patient yet is perceived as being unique.

PREFACE

BY DR KATHLEEN LONG

Dr Pat McCarthy is a great and generous friend to the British Medical and Dental hypnosis Society Scotland and our Honorary President. It is no surprise to me that he has written this great and generous book on how to cure patients who suffer from anxiety in five sessions. Pat, is a fellow Scot, living in New Zealand for many years and an experienced General Practitioner., a Fellow of the NZ College of General Practitioners a past president of the NZ Society of Medical Hypnosis, Member of the International Society of Hypnosis, and, Director and Founder, Milton H. Erickson Institute of Wellington. He is a well-qualified hypnotherapist with over 20 years' experience and 20,000 successful treatments under his belt. That makes him a force to be reckoned with and someone who thinks critically and rapidly.



Pat's generalist background has meant that he has dealt with a huge range of people, from cradle to grave, ensuring that he has experience of everything affecting the human condition. This has made him challenging and fearless in his study and application of hypnosis as a healing therapy. It has allowed him to develop his own unique therapeutic style. These skills coupled with his genuine compassion for his patients make him not only a superbly effective clinical hypnotherapist but also a charismatic teacher. His generosity to his colleagues is demonstrated in this book. Clear effective techniques explained in a straightforward way that allows colleagues to understand and use them for the benefit of their patients. His five therapy sessions to cure anxiety not only allows his patients to disinvest themselves of debilitating anxiety but to realise their own potential for healing and personal growth. Pat wants his patients to fly away and get on with their lives free from the negativity they have been living with, often for many years, despite multiple interventions. This is not an elaborate tome that you need to decipher but a clever clear and concise description of how to treat anxiety effectively in five sessions. This book is must have for any clinical hypnotherapist. I highly recommend it to you.

Dr Kathleen Long
MBChB MPH DRCOG
NLP Master Practitioner MBTI trained
Secretary BSMDH(Scotland)
Past President BSMDH(Scotland)
President European Hypnosis Society

How to Cure Anxiety in Just Five Therapy Sessions
by Patrick McCarthy



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**DOES NEUROSCIENCE ELUCIDATE HYPNOSIS?
TAKING A CRITICAL STANCE TOWARDS THE NEUROSCIENTIFIC
EXPLORATION OF HYPNOTIC PHENOMENA
LANDRY ET AL, 2017**

<https://pubmed.ncbi.nlm.nih.gov/28238944/>

Summary by Tom Barr

Institute of Psychology, ELTE Eötvös Loránd University

A common description of hypnosis is that it is a state of mind which enhances focused attention, reduces peripheral awareness, increases suggestion response capacity. This process can ultimately modulate the state of consciousness, such as changes in; perceptual, cognitive or emotional processes (Kihlstrom, 2008). Moreover, there are three main factors that influence the response to hypnosis; individual differences in susceptibility to hypnosis induction, the method of induction, and the suggestions used (Mazzoni, 2013). With that in mind, many researchers have investigated the brain structure and neural correlation of those three factors in hypnosis. Despite many studies being conducted on the topic, they did not yield a coherent body of research that could explain the common neural dynamics of hypnosis phenomenon, as various inconsistencies of the brain patterns have been found (Landry, 2015, 2016).

Regardless of those limitations, the available body of research on the brain networks of hypnosis does provide enough information and even acts as a stepping stone for an extensive review of the matter. Therefore, in the current study by Landry et al (2017), the researchers aimed to present a holistic neuro-biological framework of hypnosis, by systematically reviewing neural patterns related to hypnotic susceptibility, induction, and suggestion, as well as by conducting a meta-analysis in order to find overlapping trends of neuroimaging in studies of hypnosis.



The findings discussed in the paper are built upon a leading conceptual framework regarding the neural mechanisms of hypnosis, which is referred to as a “top-down” mental process, such as attention, and executive control. Moreover, the study simultaneously focuses on theories that attempt to explain hypnosis addressing the altered feeling of typical hypnotic response (Barnier et al, 2008; Weitzenhoffer, 1980).

Top-down processes, such as increased control and regulations, are implemented by frontal networks of the brain, specifically the central executive network (CEN) and salience network (SN), which are two brain systems that are responsible for higher order cognition. In view of top-down hypnosis, activity of those networks has been found to involve neurocognitive systems that typically incorporate attention and executive control (Raz et al, 2016). Furthermore, cognitive findings in the field emphasizes the correlation between hypnosis and deactivation in the medial prefrontal cortex (mPFC). The medial prefrontal cortex is the main node of the default networks (DN) associated with internal attention, autobiographical thought, social cognition, and mind-wandering (Christoff et al., 2009; Mason et al., 2007). The hypnotic brain mechanism is derived by these neural patterns.

Two of the most predominant models in the science of hypnosis that best explain the mechanisms behind the altered sense of agency that often accompany hypnotic responding are: dissociated control theory and COLD control. Dissociated control theory refers to theories which suggest that hypnosis weakens sensory and executive systems, thereby allowing suggestions to bypass monitoring and act directly on the executive systems. On the other hand, the COLD control theory refers to the idea that hypnosis largely reflects unconscious executive control. Therefore, a successful response to hypnotic suggestion required the intention of action, without using higher order thoughts regarding the specific action. Both theories advance the field by creating reliable experimental paradigms and good predictors (Dienes, 2012; Jaffer and Jamieson, 2012). As a result, they tend to focus more narrowly on the classic suggestion effect. Which suggest that in order for suggestion to be genuinely experienced it needs to do so involuntarily (Bornstein et al, 1980).

However, this approach appears quite limited in explaining the cognitive mechanism behind hypnoses, given that it is unlikely that only a single mechanism can explain the entire realm of hypnosis phenomena (Terhune, 2015). Therefore, to better understand the base mechanism of hypnosis, the current research conducted a wide review on the theoretical models for each individual factor of hypnotic response, hypnotic susceptibility, hypnotic induction, and hypnotic suggestions.

The review of the literature on the factors of hypnotic responding produced a key understanding of the underlying mechanisms of the phenomena. Neuroimaging studies have supported the existence of a connection between top-down processes and hypnotic susceptibility, which occur as a result of complex differences in processing styles (McConkey et al., 1989, Terhune, 2015). Hypnotic induction, on the other hand, seems to alter the activity and connectivity of three intrinsic networks in the human brain, the CEN, SN, and DN. Lastly, hypnotic suggestions have been found to be highly connected to the central executive network (Raj et al., 2009, Landry et al, 2017). These results support the proposal of a relationship between hypnotic behaviors and executive functions.

The synthesis proposed by the literature review suggests a wide range of hypotheses regarding the contribution of the CEN, SN and DN to hypnosis. Specifically, CEN is thought to enable the maintenance of attention, and may also enable the deployment of mental strategies during the hypnotic response. Moreover, with respect to the SN, this network integrates signals from internal and external sources involved in modulations changes in awareness, and coordinate altered CEN and DN dynamics frequently during hypnosis. Lastly, reduced activity in the frontal part of the DN parallels



decreases in self-related or internally directed thoughts. This review offers a comprehensive framework for hypnotic phenomena and enables its evaluation through quantitative meta-analysis of neuroimaging studies. The meta-analysis was carried out to quantify the brain patterns associated with hypnosis. However, instead of confirming the role of higher-order networks as suggested in the review, CEN, SN or DN, the results revealed that the most correlated area in the brain of hypnotic responses is the lingual gyrus, which is likely indexing mental imagery during the hypnotic procedure. Nonetheless, this finding has been found through post-hoc test, therefore caution is advised.

To conclude, even with the growing number of neuroimaging studies on hypnoses, there still remain a lot of inconsistency among the different findings (Landry and Raz, 2015). The study managed to conduct a comprehensive review and a meta-analysis of neuroimaging findings to assess the reliability of brain patterns associated with hypnosis. Additionally, the review highlighted the CEN, SN and DN networks as key components in the hypnotic response factors, which are - susceptibility, hypnotic induction, and response to hypnotic suggestions. Finally, the study synthesis managed to highlight novel ways to link higher order cognitive processing with the hypnotic phenomena. While the results from the meta-analysis did not support this notion, this study still managed to pave the road to a more coherent understanding of the mechanisms of hypnotic responses, and enable future research in the field.

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Tom Barr is a Master's student in psychology at Eötvös Loránd University (ELTE) in Budapest, Hungary. His chosen specialization in the program is in clinical and health psychology.

Graduated with Bachelor's degree in Psychology from Haifa university. During his studies he found an increasing interest in the interaction between technology and the human psyche. His BA thesis seminar researched the relations between social media usage and loneliness.

Thus, his interests continued, he aims to further his understating in the matter and specifically to investigate how technology might help further our understanding and treatment capabilities.



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Bernhard Trenkle, Dipl. Psych. (Germany)

ISH World Headquarters

Post Office Box 602

Berwyn, Pennsylvania USA 19312

T: +1 (800) 550-ISH1

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LIST OF CONTRIBUTORS

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

Mark Jensen
mjensen@uw.edu
President, ISH

LIST OF CONTRIBUTORS

Tom Barr
tombarr9@gmail.com

Consuelo Casula
consuelocasula@gmail.com

Mariamy Chrdileli
mchrdileli@student.elte.hu

Gary Elkins
Gary_Elkins@baylor.edu

Woltemade Hartman
drw@meisa.co.za

Callie Hattingh
calliehattingh@gmail.com

Julie Linden
julie@drjulielinden.com

Kathleen Long
drkathleen.esh2020@gmail.com

Patrick McCarthy
dr.pat@medicalhypnosis.co.nz

Dóra Ilona Muskovics
dora.muskovics@gmail.com

Joshua Rhodes
ijceh@baylor.edu

Teresa Robles
tere@grupocem.edu.mx

Nicole Ruysschaert
nicole.ruysschaert@skynet.be

Shady Tonn
info@ishhypnosis.org

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

Judit Osvat
Layout Editor