



## The International Society of Hypnosis

# NEWSLETTER

Building Bridges of Understanding  
2022, Volume 46, No. 1

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### MARCH 2022

#### A LETTER FROM PRESIDENT



MARK JENSEN

Dear ISH members:

As you know, due to the uncertainties related to the COVID pandemic, ISH's Board of Directors has elected to postpone the in-person 2022 World Congress that had been scheduled to occur in Kraków for June of this year to June of 2024. However, we also decided that we wanted to plan for a special virtual event this year that would help to keep us all connected. So we are currently deep into making plans for a special virtual event for all ISH members (and future ISH members) worldwide, to be held on June 10 and June 11 of this year.

We are creating a unique program that you can access via your favorite device, and that will occur from 15:00 to 19:00

(or, if you prefer, 3:00 pm to 7:00 pm) Central European Standard Time on both days. Please save those dates and times in your calendar.

Our primary goal for the event is *connection*. We wish to create an event that will help nurture and develop our connection with each other, as well as an event that will connect the live congress held in Montreal in 2018 with the live congress held in Kraków in 2024.

### Save the dates for *the* Event of 2022! ISH's Virtual Event on June 10 and 11, 2022

Yes, we will have both clinical and research Keynote addresses to keep you updated on the state-of-the-art and state-of-the-science discoveries about hypnosis. We will include skill-building workshops to give you tools for your clinical and research work in the area. We will also plan for a special awards event, during which we will announce the 2022 awardees of ISH's numerous awards, including the Ernest R. Hilgard Award for Scientific Excellence, the Pierre Janet Award for Clinical Excellence, the Kay F. Thompson Award for Clinical Excellence in Dentistry, the Jay Haley Early Career Award for Innovative Contribution to Hypnosis, the Helen H. and John G. Watkins Award for Excellence in Teaching, and the Benjamin Franklin Gold Medal.

We will also create opportunities for the event's participants –you and your ISH colleagues – to interact and connect with each other, and with ISH's Board of Directors.



Save the dates for the Event of 2022!  
ISH's Virtual Event on June 10 and 11, 2022

The event will be free for all ISH members (including anyone who joins ISH as a member prior to the event), although we will invite ISH member participants to donate 30 euros or more to help defray the costs of organizing the event if they so choose. The Polish Team has been working hard to organize World Family Meeting for more than 3 years on their own costs, and two more years of planning work are needed. So we are thinking that it would be fair to share at least some of the costs for all of this work. This is the reason to invite ISH members to make a donation. Non-ISH members who are eligible to participate in ISH training events will be able to participate in the virtual event for a 60-euro registration fee.

So please, *mark your calendars*, and get yourself ready to again feel connected with your international hypnosis community. We want to see you there!

Warmly,  
Mark P. Jensen

**P.S.** Some of you may have noticed that our webpage was hacked and not working for a few days. We thank Shady Tonn and Manni Henke for reacting very quickly to this hack, so that in 2-3 days all problems have been solved. The webpage now has a much higher level of protection from future potential hacks.

**P.P.S.** As another way for you to stay connected with your ISH colleagues, you can continue participating in ISH's virtual Monthly Masterclass Webinars. <https://www.ishhypnosis.org/ish-monthly-masterclass/> The upcoming masterclasses for 2022 are as follows:

- March 16, 2022. Enayat Shahidi will facilitate a workshop on using hypnotherapy to treat traumatized individuals.
- April 20, 2022. Dan Short will facilitate a workshop on the use of hypnosis to facilitate emotional processing.
- May 18, 2022. Cecilia Fabre will facilitate a workshop on the use of metaphorical objects in hypnotherapy.
- June 2022. ISH's 2022 Virtual Event.
- July 20, 2022. Nicole Ruysschaert will facilitate a workshop on hypnosis to address burnout and compassion fatigue for health care workers.
- August 17, 2022. Paola Maria Brugnoli will facilitate a workshop on hypnosis for palliative care.
- September 21, 2022. Brian Allen will facilitate a workshop on using hypnosis to help "change the world in the heart."
- October 19, 2022. Mark Jensen will facilitate a workshop on listening for effective hypnotic suggestions: Using open questions and reflective listening to boost treatment efficacy.
- November 16, 2022. Carl Hattingh will facilitate a workshop on contemporary approaches to ego state therapy.
- December 21, 2022. Anita Jung will facilitate a workshop on incorporating music in hypnosis treatment.

If you are interested in facilitating an ISH virtual Masterclass Workshop in 2023, please feel free to write to the chair of ISH's Education and Training committee, Enayat Shahidi ([dr.enayat.shahidi@gmail.com](mailto:dr.enayat.shahidi@gmail.com)).

All 3-hour Monthly Masterclass workshops are currently scheduled to occur from 17:00 to 20:00 Central European Time. However, they are recorded so that anyone who registers can watch the workshop after the live event. The registration fee for these masterclasses is only 20 US dollars (or its equivalent in euros) for Individual ISH members and ISH Constituent Society members. The registration fee for non-members who are eligible to participate in ISH training events is still only 50 US dollars (or its equivalent in euros). The monthly masterclass webinars are another wonderful opportunity to brush up on your clinical skills, as well as to connect with other ISH members. Please join us!



**P.P.P.S.** And of course, please continue to join me and each month's Constituent Society co-host for the monthly "Coffee with the President" event on the first Thursday of every month. Although we meet each first Thursday, the specific time changes as a function of the time zone of the co-host. If your Constituent Society wishes to co-host this event sometime in 2022, please feel free to write me ([mjensen@uw.edu](mailto:mjensen@uw.edu)).



THE INTERNATIONAL  
SOCIETY OF HYPNOSIS

## Follow us



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ishhypnosis



[www.ishhypnosis.org](http://www.ishhypnosis.org)



Merken Sie sich den Termin für die Veranstaltung 2022 vor!  
Die virtuelle Veranstaltung der ISH am 10. und 11. Juni 2022

# GEDANKEN DES PRÄSIDENTEN

ÜBERSETZT VON SHADY TONN

Liebe ISH-Mitglieder:

Wie Sie wissen, hat der Vorstand der ISH aufgrund der Unsicherheiten im Zusammenhang mit der COVID-Pandemie beschlossen, den Weltkongress 2022, der für Juni dieses Jahres in Krakau geplant war, auf Juni 2024 zu verschieben. Wir haben jedoch auch beschlossen, dass wir in diesem Jahr eine besondere virtuelle Veranstaltung planen wollen, die uns alle miteinander verbindet. Daher sind wir gerade dabei, eine besondere virtuelle Veranstaltung für alle ISH-Mitglieder (und zukünftige ISH-Mitglieder) weltweit zu planen, die am **10. und 11. Juni** dieses Jahres stattfinden soll.

Wir erstellen ein einzigartiges Programm, auf das Sie über Ihr bevorzugtes Gerät zugreifen können, und das an beiden Tagen von 15:00 bis 19:00 Uhr (oder, wenn Sie es vorziehen, von 3pm bis 7pm) mitteleuropäischer Standardzeit (CET) stattfinden wird. Bitte merken Sie sich diese Daten und Zeiten in Ihrem Kalender vor.

Unser Hauptziel für die Veranstaltung ist die Vernetzung. Wir möchten eine Veranstaltung schaffen, die dazu beiträgt, unsere Verbindung untereinander zu pflegen und weiterzuentwickeln, sowie eine Veranstaltung, die den Live-Kongress in Montreal im Jahr 2018 mit dem Live-Kongress in Krakau im Jahr 2024 verbinden wird.

Ja, wir werden sowohl klinische als auch forschungsbezogene Hauptvorträge halten, um Sie über den neuesten Stand der Hypnose und die neuesten wissenschaftlichen Erkenntnisse auf dem Laufenden zu halten. Wir werden Workshops anbieten, die Ihnen Werkzeuge für Ihre klinische und wissenschaftliche Arbeit in diesem Bereich in die Hand geben. Außerdem planen wir eine besondere Preisverleihung, bei der wir die Preisträger der zahlreichen ISH-Auszeichnungen für 2022 bekannt geben werden, darunter der Ernest R. Hilgard Award for Scientific Excellence, der Pierre Janet Award for Clinical Excellence, der Kay F. Thompson Award for Clinical Excellence in Dentistry, der Jay Haley Early Career Award for Innovative Contribution to Hypnosis, der Helen H. and John G. Watkins Award for Excellence in Teaching und die Benjamin Franklin Gold Medal.

Außerdem werden wir den Teilnehmern der Veranstaltung - Ihnen und Ihren ISH-Kollegen - die Möglichkeit geben, sich untereinander und mit dem ISH-Vorstand auszutauschen und zu vernetzen.

Die Veranstaltung ist für alle ISH-Mitglieder kostenlos (auch für diejenigen, die der ISH vor der Veranstaltung als Mitglied beitreten), obwohl wir die ISH-Mitglieder bitten werden, 30 Euro oder mehr zu spenden, um die Kosten für die Organisation der Veranstaltung zu decken, wenn sie dies wünschen. Das polnische Team hat mehr als drei Jahre lang hart gearbeitet, um das Weltfamilientreffen auf eigene Kosten zu organisieren, und es sind noch zwei Jahre Planungsarbeit nötig. Daher denken wir, dass es fair wäre, zumindest einen Teil der Kosten für all diese Arbeit zu teilen. Dies ist der Grund, warum wir ISH-Mitglieder zu einer Spende auffordern. Nicht-ISH-Mitglieder, die zur Teilnahme an ISH-Fortbildungsveranstaltungen berechtigt sind, können gegen eine Anmeldegebühr von 60 Euro an der virtuellen Veranstaltung teilnehmen.

Merken Sie sich also bitte Ihre Termine vor und machen Sie sich bereit, sich wieder mit Ihrer internationalen Hypnose-Community verbunden zu fühlen. Wir wollen Sie dort sehen!

Herzlichst,  
Mark P. Jensen



**P.S.** Einige von euch haben vielleicht mitbekommen, dass unsere Webseite gehackt wurde und ein paar Tage lang nicht funktionierte. Wir danken Shady Tonn und Manni Henke, dass sie sehr schnell auf diesen Hack reagiert haben, so dass innerhalb von 2-3 Tagen alle Probleme gelöst waren. Die Webseite ist nun wesentlich besser vor zukünftigen Hacks geschützt.

**P.P.S.** Eine weitere Möglichkeit für Sie, mit Ihren ISH-Kollegen in Verbindung zu bleiben, ist die Teilnahme an den virtuellen monatlichen ISH-Masterclass-Webinaren. Die kommenden Masterclasses für 2022 sind wie folgt:

- 16. März 2022. Enayat Shahidi wird einen Workshop über den Einsatz von Hypnotherapie zur Behandlung von traumatisierten Menschen leiten.
- 20. April 2022. Dan Short wird einen Workshop über den Einsatz von Hypnose zur Erleichterung der emotionalen Verarbeitung leiten.
- 18. Mai 2022. Cecilia Fabre wird einen Workshop über den Einsatz von metaphorischen Objekten in der Hypnotherapie leiten.
- Juni 2022. Virtuelle Veranstaltung der ISH 2022.
- 20. Juli 2022. Nicole Ruyschaert wird einen Workshop über Hypnose zur Behandlung von Burnout und Mitgefühlsermüdung bei Mitarbeitern des Gesundheitswesens leiten.
- 17. August 2022. Paola Maria Brugnoli wird einen Workshop über Hypnose in der Palliativmedizin leiten.
- 21. September 2022. Brian Allen wird einen Workshop über den Einsatz von Hypnose zur "Veränderung der Welt im Herzen" leiten.
- 19. Oktober 2022. Mark Jensen wird einen Workshop über das Zuhören für effektive hypnotische Suggestionen leiten: Offene Fragen und reflektierendes Zuhören zur Steigerung der Behandlungseffektivität.
- 16. November 2022. Carl Hattingh wird einen Workshop über zeitgenössische Ansätze der Ego-State-Therapie leiten.
- 21. Dezember 2022. Anita Jung wird einen Workshop über die Einbeziehung von Musik in die Hypnosebehandlung leiten.

Eine Übersicht und die Links zur Anmeldung finden Sie auch hier: <https://www.ishhypnosis.org/ish-monthly-masterclass/>

Wenn Sie daran interessiert sind, im Jahr 2023 einen virtuellen ISH-Masterclass-Workshop zu leiten, wenden Sie sich bitte an den Vorsitzenden des ISH-Aus- und Weiterbildungsausschusses, Enayat Shahidi ([dr.enayat.shahidi@gmail.com](mailto:dr.enayat.shahidi@gmail.com)).

Alle dreistündigen monatlichen Masterclass-Workshops sind derzeit für die Zeit von 17:00 bis 20:00 Uhr mitteleuropäischer Zeit angesetzt. Sie werden jedoch aufgezeichnet, so dass jeder, der sich anmeldet, den Workshop nach der Live-Veranstaltung ansehen kann. Die Anmeldegebühr für diese Masterclasses beträgt nur 20 US-Dollar (oder den Gegenwert in Euro) für ISH-Einzelmitglieder und Mitglieder der ISH Constituent Society. Die Anmeldegebühr für Nichtmitglieder, die zur Teilnahme an ISH-Fortbildungsveranstaltungen berechtigt sind, beträgt weiterhin nur 50 US-Dollar (oder den Gegenwert in Euro). Die monatlichen Masterclass-Webinare sind eine weitere wunderbare Gelegenheit, Ihre klinischen Kenntnisse aufzufrischen und sich mit anderen ISH-Mitgliedern auszutauschen. Bitte machen Sie mit!

**P.P.P.S.** Und natürlich freue ich mich, wenn Sie auch weiterhin jeden ersten Donnerstag im Monat mit mir und dem jeweiligen Gastgeber der Constituent Society zum "Coffee with the President" zusammenkommen. Obwohl wir uns jeden ersten Donnerstag treffen, ändert sich die genaue Uhrzeit je nach Zeitzone des Gastgebers. Wenn Ihre konstituierende Gesellschaft diese Veranstaltung im Jahr 2022 mit ausrichten möchte, schreiben Sie mir bitte ([mjensen@uw.edu](mailto:mjensen@uw.edu)).



Réservez les dates de l'événement de 2022!  
L'événement virtuel de l'ISH les 10 et 11 juin 2022

## LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Chers membres de l'ISH :

Comme vous le savez, en raison des incertitudes liées à la pandémie de COVID, le conseil d'administration de l'ISH a décidé de reporter le congrès mondial 2022 qui devait avoir lieu à Cracovie en juin de cette année à juin 2024. Pourtant, nous avons également décidé d'organiser un événement virtuel spécial cette année qui nous permettrait de rester tous connectés. Nous sommes donc en train de planifier un événement virtuel spécial pour tous les membres (et futurs membres) de l'ISH dans le monde entier, qui aura lieu les 10 et 11 juin de cette année.

Nous sommes en train de créer un programme unique auquel vous pourrez accéder via votre appareil préféré, et qui se déroulera de 15h00 à 19h00 (ou, si vous préférez, de 03:00 pm à 07:00 pm), heure d'Europe centrale - CET, les deux jours. Veuillez déjà réserver ces dates et heures dans votre calendrier.

Notre objectif principal pour cet événement est la connexion. Nous souhaitons créer un événement qui contribuera à nourrir et à développer notre connexion entre nous, ainsi qu'un événement qui reliera le congrès en présentiel organisé à Montréal en 2018 au congrès en présentiel organisé à Cracovie en 2024.

Oui, nous aurons des sessions Plénières d'orientation clinique et de recherche pour vous tenir au courant des découvertes les plus récentes et les découvertes scientifiques en matière d'hypnose. Nous incluons des ateliers de développement des compétences pour vous donner des outils pour votre travail clinique et de recherche dans ce domaine. Nous prévoyons également un événement spécial de remise de prix, au cours duquel nous annoncerons les lauréats 2022 des nombreux prix de l'ISH, notamment le prix Ernest R. Hilgard pour l'excellence scientifique, le prix Pierre Janet pour l'excellence clinique, le prix Kay F. Thompson pour l'excellence clinique en dentisterie, le prix Jay Haley Early Career pour une contribution innovante à l'hypnose, le prix Helen H. et John G. Watkins pour l'excellence de l'enseignement et la médaille d'or Benjamin Franklin.

Nous créerons également des opportunités pour les participants à l'événement - vous et vos collègues de l'ISH - d'interagir et de se connecter entre eux et avec le conseil d'administration de l'ISH.

L'événement sera gratuit pour tous les membres de l'ISH (y compris toute personne qui adhère à l'ISH en tant que membre avant l'événement), bien que nous invitons les participants membres de l'ISH à faire un don de 30 euros ou plus pour aider à couvrir les coûts d'organisation de l'événement s'ils le souhaitent. L'équipe polonaise a travaillé beaucoup pour organiser la « Réunion Mondiale de la Famille » pendant plus de 3 ans à ses propres frais, et deux années supplémentaires de travail de préparation sont nécessaires. Nous pensons donc qu'il serait juste de partager au moins une partie des coûts de tout ce travail. C'est la raison pour laquelle nous invitons les membres de l'ISH à faire un don. Les non-membres de l'ISH qui ont le droit de participer aux événements de formation de l'ISH pourront participer à l'événement virtuel en payant 60 Euros des frais d'inscription.

Alors s'il vous plaît, marquez vos calendriers, et préparez-vous à vous sentir à nouveau connecté avec votre communauté internationale d'hypnose. Nous souhaitons vous y voir !

Chaleureusement,  
Mark P. Jensen



**P.S.** Certains d'entre vous ont peut-être remarqué que notre page Web a été piratée et n'a pas fonctionné pendant quelques jours. Nous remercions Shady Tonn et Manni Henke d'avoir réagi très rapidement à ce piratage, de sorte qu'en 2 ou 3 jours, tous les problèmes ont été résolus. La page web a maintenant un niveau de protection beaucoup plus élevé contre les futurs piratages potentiels.

**P.P.S.** Comme autre moyen de rester en contact avec vos collègues de l'ISH, vous pouvez continuer à participer aux webinaires virtuels mensuels de l'ISH. <https://www.ishhypnosis.org/ish-monthly-masterclass> Les prochaines masterclasses pour 2022 sont les suivantes :

- Le 16 mars 2022. Enayat Shahidi animera un atelier sur l'utilisation de l'hypnothérapie pour traiter les personnes traumatisées.
- 20 avril 2022. Dan Short animera un atelier sur l'utilisation de l'hypnose pour faciliter la gestion des émotions.
- 18 mai 2022. Cecilia Fabre animera un atelier sur l'utilisation d'objets métaphoriques en hypnothérapie.
- Juin 2022. Événement virtuel de l'ISH 2022.
- 20 juillet 2022. Nicole Ruysschaert animera un atelier sur l'hypnose pour lutter contre l'épuisement professionnel et la fatigue de compassion chez les professionnels de la santé.
- 17 août 2022. Paola Maria Brugnoli animera un atelier sur l'hypnose pour les soins palliatifs.
- Le 21 septembre 2022. Brian Allen animera un atelier sur l'utilisation de l'hypnose pour aider à "changer le monde dans le cœur".
- 19 octobre 2022. Mark Jensen animera un atelier sur l'écoute pour des suggestions hypnotiques efficaces : L'utilisation de questions ouvertes et de l'écoute réflexive pour augmenter l'efficacité du traitement.
- Le 16 novembre 2022. Carl Hattingh animera un atelier sur les approches contemporaines de la thérapie par l'état du moi.
- 21 décembre 2022. Anita Jung animera un atelier sur l'intégration de la musique dans le traitement par hypnose.

Si vous souhaitez animer un atelier Masterclass virtuel de l'ISH en 2023, n'hésitez pas à écrire au président du comité d'éducation et de formation de l'ISH, Enayat Shahidi ([dr.enayat.shahidi@gmail.com](mailto:dr.enayat.shahidi@gmail.com)).

Tous les ateliers Masterclass mensuels de 3 heures sont actuellement programmés de 17h00 à 20h00, heure d'Europe centrale. Cependant, ils sont enregistrés afin que toute personne qui s'inscrit puisse regarder l'atelier après l'événement en direct. Les frais d'inscription à ces masterclasses ne sont que de 20 dollars américains (ou leur équivalent en euros) pour les membres individuels de l'ISH et les membres des sociétés constitutives de l'ISH. Les frais d'inscription pour les non-membres qui ont le droit de participer aux événements de formation de l'ISH ne sont toujours que de 50 dollars américains (ou leur équivalent en euros). Les webinaires mensuels de type "masterclass" sont une autre merveilleuse occasion de mettre à jour vos compétences cliniques, ainsi que d'entrer en contact avec d'autres membres de l'ISH. N'hésitez pas à nous rejoindre !

**P.P.P.S.** Et bien sûr, continuez à me joindre et à joindre le co-hôte du mois de la société constitutive pour l'événement mensuel "Café avec le président", le premier jeudi de chaque mois. Bien que nous nous rencontrions chaque premier jeudi, l'heure précise change en fonction de la zone horaire du co-animateur. Si votre société constituante souhaite coorganiser cet événement en 2022, n'hésitez pas à m'écrire ([mjensen@uw.edu](mailto:mjensen@uw.edu)).



Salva le date per l'evento del 2022!  
L'evento virtuale di ISH il 10 e 11 giugno 2022

## LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Cari membri di ISH:

Come sapete, a causa delle incertezze legate alla pandemia COVID, il Consiglio di Amministrazione di ISH ha deciso di posticipare il Congresso Mondiale del 2022, che era stato programmato a Cracovia per il giugno di quest'anno, al giugno del 2024. Tuttavia, abbiamo anche deciso che volevamo pianificare un evento speciale virtuale quest'anno che ci avrebbe aiutato a tenerci tutti connessi. Così siamo attualmente impegnati a fare piani per uno speciale evento virtuale per tutti i membri ISH (e futuri membri ISH) in tutto il mondo, che si terrà il 10 e 11 giugno di quest'anno.

Stiamo creando un programma unico a cui potrete accedere tramite il vostro dispositivo preferito, e che si svolgerà dalle 15:00 alle 19:00 (o, se preferite, dalle 15:00 alle 19:00) ora centrale europea in entrambi i giorni. Per favore salvate queste date e orari nel vostro calendario.

Il nostro obiettivo primario per l'evento è la connessione. Desideriamo creare un evento che aiuti a nutrire e sviluppare la nostra connessione tra di noi, così come un evento che colleghi il congresso dal vivo tenutosi a Montreal nel 2018 con il congresso dal vivo tenutosi a Cracovia nel 2024.

Si, avremo discorsi Keynote sia clinici che di ricerca per tenervi aggiornati sullo stato dell'arte e sulle scoperte scientifiche sull'ipnosi. Includeremo workshop di costruzione di abilità per darvi strumenti per il vostro lavoro clinico e di ricerca nel settore. Pianificheremo anche un evento speciale di premiazione, durante il quale annunceremo i premiati del 2022 dei numerosi premi ISH, tra cui l'Ernest R. Hilgard Award for Scientific Excellence, il Pierre Janet Award for Clinical Excellence, il Kay F. Thompson Award for Clinical Excellence in Dentistry, il Jay Haley Early Career Award for Innovative Contribution to Hypnosis, il Helen H. and John G. Watkins Award for Excellence in Teaching, e la Benjamin Franklin Gold Medal.

Creeremo anche opportunità per i partecipanti all'evento - tu e i tuoi colleghi ISH - per interagire e connettersi tra loro, e con il Consiglio di Amministrazione di ISH.

L'evento sarà gratuito per tutti i membri ISH (incluso chiunque si unisca a ISH come membro prima dell'evento), anche se inviteremo i partecipanti membri ISH a donare 30 euro o più per aiutare a sostenere i costi di organizzazione dell'evento, se lo desiderano. Il team polacco ha lavorato duramente per organizzare l'Incontro Mondiale delle Famiglie per più di 3 anni con i propri costi, e sono necessari altri due anni di lavoro di pianificazione. Quindi pensiamo che sarebbe giusto condividere almeno una parte dei costi di tutto questo lavoro. Questa è la ragione per invitare i membri ISH a fare una donazione. I non membri ISH che hanno diritto a partecipare agli eventi di formazione ISH potranno partecipare all'evento virtuale per una quota di iscrizione di 60 euro.

Quindi, per favore, segnate i vostri calendari e preparatevi a sentirvi di nuovo connessi con la vostra comunità internazionale dell'ipnosi. Vogliamo vederti lì!

Cordialmente,  
Mark P. Jensen





**P.S.** Alcuni di voi avranno notato che la nostra pagina web è stata violata e non ha funzionato per alcuni giorni. Ringraziamo Shady Tonn e Manni Henke per aver reagito molto velocemente a questo hack, così che in 2-3 giorni tutti i problemi sono stati risolti. La pagina web ora ha un livello molto più alto di protezione da futuri potenziali hackers.

**P.P.S.** Come un altro modo per rimanere in contatto con i tuoi colleghi ISH, puoi continuare a partecipare ai Webinar mensili di Masterclass di ISH. <https://www.ishhypnosis.org/ish-monthly-masterclass/> Le prossime masterclass per il 2022 sono le seguenti:

- - 16 marzo 2022. Enayat Shahidi faciliterà un workshop sull'uso dell'ipnoterapia per trattare individui traumatizzati.
- - 20 aprile 2022. Dan Short faciliterà un workshop sull'uso dell'ipnosi per facilitare l'elaborazione emotiva.
- - 18 maggio 2022. Cecilia Fabre faciliterà un workshop sull'uso di oggetti metaforici in ipnoterapia.
- - Giugno 2022. Evento virtuale di ISH 2022.
- - 20 luglio 2022. Nicole Ruyschaert faciliterà un workshop sull'ipnosi per affrontare il burnout e la fatica della compassione per gli operatori sanitari.
- - 17 agosto 2022. Paola Maria Brugnoli faciliterà un workshop sull'ipnosi per le cure palliative.
- - 21 settembre 2022. Brian Allen faciliterà un workshop sull'uso dell'ipnosi per aiutare a "cambiare il mondo nel cuore".
- - 19 ottobre 2022. Mark Jensen faciliterà un workshop sull'ascolto per suggerimenti ipnotici efficaci: Usare domande aperte e ascolto riflessivo per aumentare l'efficacia del trattamento.
- - 16 novembre 2022. Carl Hattingh faciliterà un workshop sugli approcci contemporanei alla terapia dello stato dell'Io.
- - 21 dicembre 2022. Anita Jung faciliterà un workshop sull'incorporazione della musica nel trattamento dell'ipnosi.

Se sei interessato a facilitare un workshop di Masterclass virtuale di ISH nel 2023, non esitare a scrivere al presidente del comitato Istruzione e Formazione di ISH, Enayat Shahidi ([dr.enayat.shahidi@gmail.com](mailto:dr.enayat.shahidi@gmail.com)).

Tutti i workshop Masterclass mensili di 3 ore sono attualmente programmati dalle 17:00 alle 20:00 ora dell'Europa centrale. Tuttavia, sono registrati in modo che chiunque si registri possa guardare il workshop dopo l'evento dal vivo. La quota di iscrizione per queste masterclass è di soli 20 dollari USA (o l'equivalente in euro) per i membri individuali ISH e i membri ISH Constituent Society. La quota di iscrizione per i non membri che hanno diritto a partecipare agli eventi di formazione ISH è ancora di soli 50 dollari USA (o l'equivalente in euro). I webinar mensili della masterclass sono un'altra meravigliosa opportunità per rispolverare le tue abilità cliniche, così come per connetterti con altri membri ISH. Per favore, unisciti a noi!

**P.P.P.S.** E naturalmente, continuate ad unirvi a me e al co-conduttore della Constituent Society di ogni mese per l'evento mensile "Coffee with the President" il primo giovedì di ogni mese. Anche se ci incontriamo ogni primo giovedì, l'orario specifico cambia in funzione del fuso orario del co-ospite. Se la vostra Constituent Society desidera ospitare questo evento nel 2022, non esitate a scrivermi ([mjensen@uw.edu](mailto:mjensen@uw.edu)).



¡Reserve las fechas para el Evento de 2022!  
Evento virtual de la ISH los días 10 y 11 de junio de 2022

## COLUMNA DE LA PRESIDENCIA (ES)

TRADUCIDO POR TERESA ROBLES

Estimados miembros de la ISH:

Como saben, debido a las incertidumbres relacionadas con la pandemia de COVID, la Junta Directiva de la ISH ha elegido posponer el Congreso Mundial de 2022 en persona que había sido programado en Cracovia para junio de este año a junio de 2024. Sin embargo, también decidimos que queríamos planificar un evento virtual especial este año que nos ayudara a mantenernos todos conectados. Así que actualmente estamos haciendo planes para un evento virtual especial para todos los miembros de la ISH (y futuros miembros de la ISH) en todo el mundo, que se celebrará los días 10 y 11 de junio de este año.

Estamos creando un programa único al que podrás acceder a través de tu dispositivo favorito, y que tendrá lugar de 15:00 a 19:00 hora estándar de Europa Central en ambos días. Guarda esas fechas y horas en tu calendario.

Nuestro principal objetivo para el evento es la conexión. Deseamos crear un evento que ayude a nutrir y desarrollar nuestra conexión con los demás, así como un evento que conecte el congreso en vivo celebrado en Montreal en 2018 con el congreso en vivo que se celebrará en Cracovia en 2024.

Sí, tendremos conferencias magistrales tanto clínicas como de investigación para mantenerte actualizado sobre la práctica y los descubrimientos de la ciencia sobre la hipnosis. Incluiremos talleres de desarrollo de habilidades para darte herramientas para tu trabajo clínico y de investigación en el área. También planearemos un evento especial de premios, durante el cual anunciaremos los ganadores de 2022 de los numerosos premios de la ISH, incluyendo el Premio Ernest R. Hilgard a la Excelencia Científica, el Premio Pierre Janet a la Excelencia Clínica, el Premio Kay F. Thompson a la Excelencia Clínica en Odontología, el Premio Jay Haley a una vida dedicada a lograr contribuciones Innovadoras a la Hipnosis, el Premio Helen H. y John G. Watkins a la Excelencia en la Enseñanza y la Medalla de Oro Benjamin Franklin.

También crearemos oportunidades para que los participantes del evento - tú y tus colegas de la ISH- interactúen y se conecten entre sí, y con la Junta Directiva de la ISH.

El evento será gratuito para todos los miembros de la ISH (incluyendo a cualquier persona que se afilie a la ISH como miembro antes del evento), aunque invitamos a los participantes miembros de la ISH a donar 30 euros o más para ayudar a sufragar los gastos de organización del evento, si así lo desean. El equipo polaco ha estado trabajando duro para organizar el Encuentro Mundial de nuestra Familia de la ISH durante más de 3 años cubriendo sus propios gastos, y se necesitan dos años más de trabajo de planificación. Así que pensamos que sería justo compartir al menos una parte de los gastos de todo este trabajo. Esta es la razón para invitar a los miembros de la ISH a hacer una donación. Los no miembros de la ISH que participen en los eventos de formación de la ISH podrán participar en el evento virtual por una cuota de inscripción de 60 euros.

Así que, por favor, marca tus calendarios y prepárate para volver a sentirte conectado con tu comunidad internacional de hipnosis. ¡Queremos verte allí!

Cordialmente,  
Mark P. Jensen



**P.S.** Algunos de ustedes habrán notado que nuestra página web fue hackeada y no funcionó durante unos días. Agradecemos a Shady Tonn y a Manni Henke que hayan reaccionado muy rápidamente a este hackeo, de modo que en 2-3 días se han solucionado todos los problemas. La página web tiene ahora un nivel mucho más alto de protección contra futuros hackeos potenciales.

**P.P.S.** Como otra forma de estar conectado con tus colegas de la ISH, puedes seguir participando en los seminarios virtuales mensuales de Masterclass. <https://www.ishhypnosis.org/ish-monthly-masterclass/> Las próximas clases magistrales para 2022 son las siguientes

- 16 de marzo de 2022. Enayat Shahidi facilitará un taller sobre el uso de la hipnoterapia para tratar a individuos traumatizados.
- 20 de abril de 2022. Dan Short facilitará un taller sobre el uso de la hipnosis para facilitar el procesamiento emocional.
- 18 de mayo de 2022. Cecilia Fabre facilitará un taller sobre el uso de objetos metafóricos en hipnoterapia.
- Junio de 2022. Evento virtual de la ISH 2022.
- 20 de julio de 2022. Nicole Ruysschaert facilitará un taller sobre hipnosis para tratar el agotamiento y la fatiga en trabajadores de la salud.
- 17 de agosto de 2022. Paola Maria Brugnoli facilitará un taller sobre hipnosis para cuidados paliativos.
- 21 de septiembre de 2022. Brian Allen facilitará un taller sobre el uso de la hipnosis para ayudar a "cambiar el mundo en el corazón".
- 19 de octubre de 2022. Mark Jensen facilitará un taller sobre la escucha de sugerencias hipnóticas efectivas: El uso de preguntas abiertas y la escucha reflexiva para aumentar la eficacia del tratamiento.
- 16 de noviembre de 2022. Carl Hattingh facilitará un taller sobre los enfoques contemporáneos de la terapia de estados del yo.
- 21 de diciembre de 2022. Anita Jung facilitará un taller sobre la incorporación de la música en el tratamiento de la hipnosis.

Si estás interesado en facilitar un taller de Masterclass virtual de la ISH en 2023, no dudes en escribir al presidente del comité de Educación y Formación de la ISH, Enayat Shahidi ([dr.enayat.shahidi@gmail.com](mailto:dr.enayat.shahidi@gmail.com)).

Todos los talleres Masterclass mensuales de 3 horas de duración están programados actualmente de 17:00 a 20:00, hora central europea. Sin embargo, se graban para que cualquiera que se inscriba pueda ver el taller después del evento en directo. La cuota de inscripción para estas clases magistrales es de sólo 20 dólares estadounidenses (o su equivalente en euros) para los miembros individuales de la ISH y los miembros de las sociedades constituyentes de la ISH. La cuota de inscripción para los no miembros sigue siendo de sólo 50 dólares estadounidenses (o su equivalente en euros). Los webinars mensuales de masterclass son otra maravillosa oportunidad para repasar tus habilidades clínicas, así como para conectarte con otros miembros de la ISH. Únete a nosotros.

**P.P.P.S.** Y por supuesto, por favor, continúe uniéndote a mí y al coanfitrión de la Sociedad Constituyente de cada mes para el evento mensual "Café con el Presidente" el primer jueves de cada mes. Aunque nos reunimos cada primer jueves, la hora concreta cambia en función de la zona horaria del coanfitrión. Si tu Sociedad Constituyente desea ser coanfitriona de este evento en algún momento de 2022, no dudes en escribirme ([mjensen@uw.edu](mailto:mjensen@uw.edu)).



## NOTES FROM THE EDITOR



**Katalin Varga**

Dear Colleagues,

So many things have occurred since the last issue not just at ISH but also in the world from good news to bad news. However, we can provide the following new additions to our members.

Our main interview introduces **Jeffrey K. Zeig**, Ph.D., from The Milton H. Erickson Foundation. Obviously, he really doesn't need much of an introduction as he is one of the most influential teachers of his time, and a mentor to many of you. Nevertheless, Dr. Zeig shares many interesting details about his view and current issues.

Additionally, we are happy to share a report on a broadcast entitled '180 years of hypnosis' by **Dr Mike Gow**. The report is illustrated with really special photos of Dr. Gow. The broadcast is available to watch and you can leave comments on YouTube at <https://youtu.be/WZiJK-W5vml>

**Valentina Rossi** from Italy, Rome, La Sapienza, provides a summary on the paper and video of **Mark Jensen**: *Effects of hypnosis, cognitive therapy, hypnotic cognitive therapy, and pain education in adults with chronic pain: a randomized clinical trial*

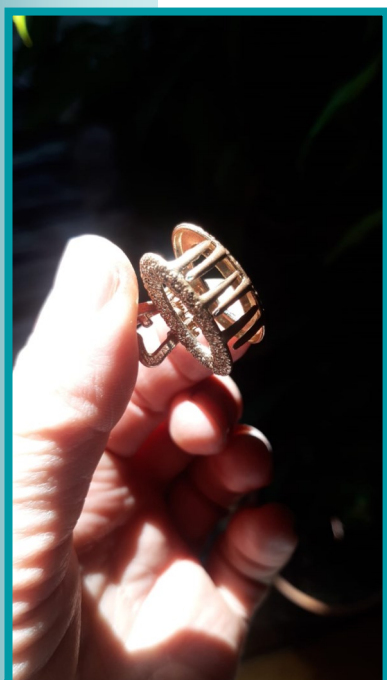
The Editor-in-chief: **Gary R. Elkins**, PhD and Managing Editor: **Joshua R. Rhodes**, MA shares the latest news of *The International Journal of Clinical and Experimental Hypnosis*.

**Donald Moss**, PhD reports on the Task Force for *Efficacy Standards in Hypnosis Research*, a committee consisting of many distinguished members who are really active and productive. The papers written by the committee members are published in the following weeks and months.

**David Wark** shares the audio track, connected to his article in the *American Journal of Clinical Hypnosis* (2020),63,(1) titled "Hypnosis and End-Stage Renal Disease: Review and Treatment."

I would like to acknowledge the help of many colleagues and friends who contributed to the work of "Building Bridges of Understanding" that originated from the Crisis and Intervention Committee, an exciting collaborative initiative between ISH and ESH. The co-chairs Callie Hattingh (ISH) and Kathleen Long (ESH) summarize the main goals of this initiative.

A Ukrainian family, a mother with three children, sought shelter in our house. The next morning, I found a hair clip next to one of the beds. I sent the following photo to them: *I found this next to the bed. I will give it back when I visit you in Ukraine. Have a safe trip! Kata*



"I FOUND THIS NEXT TO THE BED.  
I WILL GIVE IT BACK WHEN I VISIT  
YOU IN UKRAINE.  
HAVE A SAFE TRIP!  
KATA"

It is my personal pleasure to share the joy of Éva Bányai, when she shows us the Széchenyi Prize for her work in the field of hypnosis.



I would like to repeat my invitation to all members:

Please, do contact me with your ideas, suggestions for topics, questions, or new columns – and, of course, your feedback on this issue. Your comments continue to improve our newsletter.

Katalin Varga, PhD, DsC



**Éva Bánvai, past president of ISH, psychologist, professor emeritus, was awarded the Széchenyi Prize, the highest possible award for scientific achievement in recognition of her outstanding scientific career in the field of hypnosis research and its practical application, as well as her outstanding role in psycho-oncology and in the training of psychologists.**





# BUILDING BRIDGES OF SUPPORT

CRISIS AND INTERVENTION COMMITTEE

## A COLLABORATIVE INITIATIVE BETWEEN ISH AND ESH BY CALLIE HATTINGH & KATHLEEN LONG

I recently watched a news reporter spontaneously put his arms around a woman who has just lost her house in a bombing. It is often in the face of severe adversity that we also find strength, resilience, hope and kindness.

The war in Ukraine has again made us acutely aware of the traumatic circumstances fellow human beings are experiencing due to the circumstances of war, natural disasters, or other traumatic events. Many of us know of colleagues, family and friends that are subjected to these extreme events.

Following a recent ISH Coffee with the President, Dr. Kathleen Long from the European Society of Hypnosis and Dr. Jane Boissière of the British Society of Clinical and Academic Hypnosis, started a discussion with Dr. Mark Jensen, on how to collaboratively work together to develop and contribute resources in supporting people in need and in crisis.

Dr. Woltemade Hartman suggested a Crisis and Intervention Committee that was subsequently formed as a collaborative venture between the International Society of Hypnosis, the European Society of Hypnosis and other motivated societies and individuals, to support health care professionals working with the trauma of war and disaster. It has been heartwarming to experience colleagues from various societies become involved to offer support.

The initial focus of the CIC will be to establish support for health care professionals working with people affected by trauma and displacement. We have started collecting resources to provide a resource hub that connects various resources from different societies, organisations, and individuals. The CIC also aims to provide a survival kit that offers a smorgasbord of





resources for therapists working with people traumatised by the effects of such events.

We have set out on this journey to develop resources in the form of scripts, audio recordings and guidelines, that therapists can utilise and making it available in the home language where possible. The goal is also to develop and offer support to therapists through training opportunities, such as the ISH Monthly Masterclasses, workshops, webinars on trauma, intervision, supervision groups and individual supervision support. We want to communicate to therapists that they are not alone during these times.

This is an inclusive venture and any society that has resources to offer and individuals with a passion for supporting others in these circumstances can contribute and become involved.

When I recently met up with Kathleen to discuss the agenda for the first committee meeting, she mentioned that it should really read Action Crisis and Intervention Committee. We want to thank everyone that has already jumped in to make a difference during the past few days. The hope is that the compassion for others can become the passion to “Build Bridges of Support”.

Please contact Kathleen (or Callie) if you want to contribute or be part of this project.

Callie Hattingh [calliehattingh@gmail.com](mailto:calliehattingh@gmail.com)  
Kathleen Long [drkathleen.esh2020@gmail.com](mailto:drkathleen.esh2020@gmail.com)

Meeting of the Crisis and Intervention Joint Committee of ESH and ISH on 15 March 2022.



# MAIN INTERVIEW

WITH JEFF ZEIG BY NICOLE RUYSSCHAERT

## INTERVIEW DR. JEFF ZEIG. QUESTIONS ASKED BY DR. NICOLE RUYSSCHAERT.

Mon, 1/24 12:30PM • 14:23

### SUMMARY KEYWORDS

Erickson, hypnosis, experiential, Milton Erickson, person, conceptual communication, psychotherapy,

### SPEAKERS

Dr. Zeig



Jeff Zeig

This is an interview for the newsletter of the International Society of Hypnosis.

Nicole has been kind enough to provide excellent questions ... more than I can answer. I will do my best to answer several of them.

### 1. What was your first impression of Milton Erickson?

Before I met Erickson, I read a number of his papers and was amazed and intrigued by his ingenuity. In 1973, I was fortunate enough to meet him. I will admit, I was at first intimidated by Erickson because he was so unusual in his presentation. He was so perceptive and precise in his communication, and so focused on me that it threw me off.

He was the most impressive human being that I had ever met. And even though I have been blessed in my professional life, meeting many impressive professionals, including Viktor Frankl, Salvador Minuchin, Virginia Satir, and Carl Whitaker, Erickson to this day, still stands as the most impressive. He was the archetype of someone who meets adversity with dignity.

From 1973 to 1978, I studied intermittently with Erickson, and in 1978, I moved to Phoenix to be closer to him. After all those years of teaching and guiding me at no charge, I wanted to thank him in some way. So, in 1979, I presented him with a proposal: I told him that I would like to organize a congress in his honor to coincide with his 79th birthday. He finally agreed, and in December 1980, the first *International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy* was held in Phoenix. Unfortunately, Erickson, died six months prior to the congress at the age of 78. But by then, 750 people had already registered—that many people had never before been to a hypnosis conference. In December, more than 2,000 people attended the congress.

As far as I know, our 1978 brochure for the congress was the first time “Ericksonian hypnosis” and “Ericksonian psychotherapy” appeared in print.

### 2. What was it exactly that made Erickson so efficient?

Erickson was primarily a conceptual communicator. Now, he was didactic in his professional writing, contributing more than 100 professional papers on many important topics. But it seemed to me that interpersonally he was always targeting a concept, eliciting in someone a realization for more adaptive living.

Essentially, an hypnotic induction relies on conceptual communication. We want the client to realize the concept of trance. So, to prompt this realization we can use metaphor, allusion, storytelling, and speaking in





parallel, all of which are literary techniques. Communicating conceptually is nothing new to artists. Poets, novelists, and choreographers want the viewer to realize a concept. Targeting concepts is common in human communication. And not only is the realization of a concept targeted in hypnosis, but the subsequent therapy can also target a realization of a concept .

When I first met Erickson nearly 50 years ago, I had just earned my masters degree and was immersed in didactic education—trying to understand technique, research, and theory. Erickson was the first person I met in the field who was a conceptual communicator, and that confused me. It was only years later, in retrospect, that I fully understood his unusual interpersonal communication.

Animals are conceptual communicators. An animal communicates to another animal to move closer or to move away. Conceptual communication is the socio-biological basis of our verbal communication. We need verbal communication to create computers or send a rocket into space, but it is not so effective in prompting happiness, responsibility, motivation, and creativity. These states of being must be realized, and that best happens through experience, offered by using conceptual communication.

### **3. Can you talk about studying hypnosis?**

I started studying hypnosis a few years before I met Erickson, when I was in the master's program. Eric Greenleaf had been invited to lecture at my graduate school class. I also learned about hypnosis from Kay Thompson and Bob Pearson, and other experts who lived in the San Francisco Bay Area. They helped me to understand the principles of traditional hypnosis, semi-traditional hypnosis, and Ericksonian hypnosis.

### **4. How would you define your practice?**

I define it as being experiential, more so than hypnotic. People change by virtue of the experiences that they have, and less from the information they receive.

Erickson was the most experiential communicator I had ever met, and he continues to serve as a communications role model. But there are also experiential elements in the therapy of Albert Ellis and his Rational Emotive Behavior Therapy, in Aaron Becks' Cognitive Therapy, as well as in the therapies of Salvador Minuchin, and Virginia Satir. I have integrated all these approaches and many others into my work.

I use hypnosis as a way of making an experience come alive.

Let's say my client is blocked. I may ask him or her to show me a posture that represents the state of being blocked, and likewise to show me a posture that represents being unblocked. We might call this posture, "being open."

*So, take a moment, close your eyes, feel your body in this posture that we call being open. Now, let's create a trance around this idea so that it will imprint into your body as a realization. And let's establish an orientation to build that realization into a more adaptive future.*

Hypnosis could be one step in a succession of experiential moments that would advance the therapy but hypnosis is not medicine to cure someone of a problem. Therefore, I do not practice hypnosis as a medical device. I like to think of hypnosis as the entree into an experiential meal that feeds the client new ways to adapt. Hypnosis offers someone an experience, the imperative of which is, "You can change your state." And if you can change your state in trance, then there are other states in which you can change. This idea could lead to a reconceptualization in methods of



induction. Hypnotic induction is a good reference for being able to initially change your state in order to further change your state when dealing with life's difficulties. I am a poet in my approach to therapy and not a rigorous scientist. But I am grateful to other experts who wish to research the methods that I find useful.

### 5. What can we learn from the history of hypnosis?

Hypnosis was first used as a medical device, and in medicine, there is cause and effect. What is the cause of the problem and what medicine will cure the problem? In the same way, what is the right induction to use and what are the right therapy suggestions to use for this condition?

But if we think about hypnosis as a medicine, we lose its experiential and evocative basis, –and we lose sight of the fact that hypnosis is essentially conceptual communication. When I am doing an induction, I first think about what concept, state, and identity the client needs to realize, and then I think about how I can create evocative forms, beginning with hypnosis. It is a way of better understanding human communication and the human condition.

The problem many of us encounter, is that we have been trained to think about technique, as if our client has an infection. We have been trained to determine the proper “medication” for what ails the clients. Now if someone has a bacterial infection, giving them an antibiotic will likely increase their chances of recovering faster. But hypnosis does not neatly fit it in the world of cause and effect. It is more conceptual, because there is no way of specifically defining the exact nature of a hypnotic trance. Is it that you change your attention? Is it that you alter the intensity of your experience? Is it that things just happened and there are dissociative elements? Or is it that you respond to the meaning of the communication? There is no singular definition of hypnosis. Hypnosis is more like a syndrome. It is a series of components. And if a person says, “I changed my attention,” they then may say, “I am hypnotized.” Another person might need intense relaxation or intense unawareness of his body to feel hypnotized.

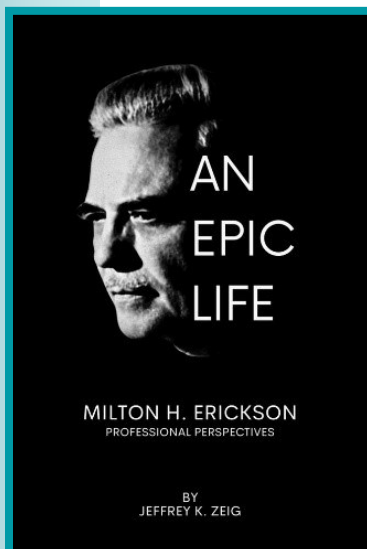
### 6. Do you do hypnosis online?

I do online sessions in which I use hypnosis. But every art form has its limitations. A poet has the page in which to work; a painter has a canvas; a choreographer has a stage. Art needs to be modified to fit within its limitations. But art can also expand and evolve. Consider the art of moviemaking. A movie made 50 years ago, can seem antiquated compared to current movies. Artistic fields evolve quickly, and I am interested in evolving the art of hypnosis. I leave the research to people who are better prepared to study the data.

### 7. You wrote a biography about Milton Erickson.

Yes, and it has been 40 years in the making. In 1980, a year after Erickson died, I began interviewing everyone who knew Milton Erickson—those who knew him professionally and those who knew him in his personal life. And I recorded the memories and stories—the good, bad, and indifferent. Last year, I began the task of compiling dozens of these interviews with professionals to create the first in a two part biography on Erickson. The first book, *An Epic Life: Milton H. Erickson Professional Perspectives*, is available at: [ericksonbiography.com](http://ericksonbiography.com).

Currently, I am working on the second biography which will feature familial and personal perspectives on Erickson. My goal in writing these biographies is to provide a robust,





full picture of Erickson that is representative of the way he worked and lived. The interviews serve as elements that I am able to assemble for a more complete picture. They shed light on how Erickson operated in the world and how he was inspirational as both a person and therapist.

I am also publishing another book this year called *Advancing Psychotherapy: Transforming Conversations*. It is primarily a transcript of Erickson’s meetings with Jay Haley and John Weakland in 1955.

I provide background, commentary, and annotations in these three books, that together offer a fuller picture of Milton Erickson. My hope is that both professionals and lay people will use these books to help bring out the best in themselves, either personally or professionally.

See [erickson-foundation.org](http://erickson-foundation.org) for more information.

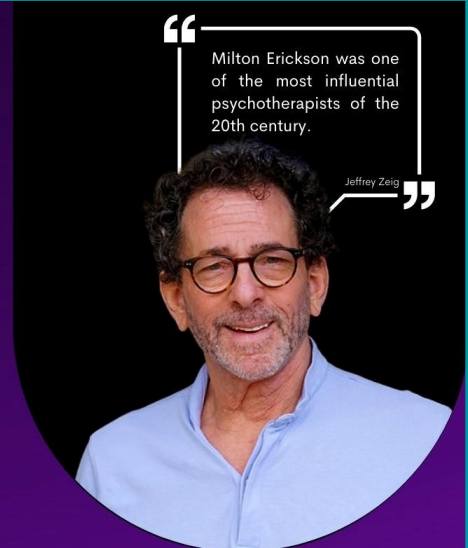
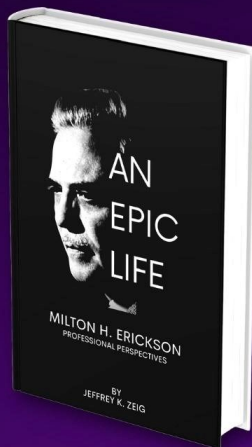
Thank you so much.

<http://jeffreyzeig.com/>

**ERICKSON FOUNDATION ON [INSTAGRAM](#): “VIEW THIS COMPELLING AUTHOR INTERVIEW THAT FEATURES DR. JEFFREY ZEIG, PHD AS HE DISCUSSES HIS NEW RELEASE, “AN EPIC LIFE: PROFESSIONAL...”**

## OVER 30 YEARS IN THE MAKING...

*An Epic Life* is a biography written by many authors. Throughout his professional life, Milton H. Erickson attracted a diversity of critics and supporters, and this book gives all a voice. Erickson was known to work with patients to elicit in them the innate ability to “connect the dots” to discover their adaptive potentials. Readers will delight in being able to connect the dots too, piecing together a portrait of an extraordinary and complex figure, as they look through the eyes of the men and women who met him at important junctures.



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# 180 YEARS OF HYPNOSIS

BY DR MIKE GOW

My name is Mike. I am a dentist in Glasgow, Scotland with a special interest in dental anxiety management, bruxism and dental hypnosis. I am a past president of The British Society of Medical and Dental Hypnosis (Scotland) and have a Masters in Hypnosis Applied to Dentistry from University College London.

I want to tell you about a YouTube 'live' broadcast that we recently had to celebrate the '180<sup>th</sup> birthday of hypnosis', but I need to take you back six years first of all if I am to fully explain how it came about.

In 2015 I was invited to give a dental hypnosis lecture for the British Dental Association in a small town called Neston, which is south of Liverpool in England. During my preparation for the lecture, I realised that I would be 60 miles from Manchester, where I knew Scottish doctor James Braid had lived and worked. I decided that a short detour en-route would be worthwhile if I could find out where in Manchester my fellow Scottish hypnotist was buried! So, I started an internet search, and nearly fell off my chair when I discovered that he had in fact been buried in Neston, the very town I would be visiting! It turns out that Braid's son Dr James Braid Jr was the town doctor in Neston and after his father had died, brought him to the family grave in the church graveyard. I contacted the church and they kindly met me with a map of the graveyard to help me locate the grave. They were aware that he was buried there but were not sure exactly where. We gave up that first night as we had lost the daylight and so the following morning, at the crack of dawn, my wife and I started the search again before I had to give my hypnosis lecture. To my great joy, we found it! It then dawned on me that the date was 27<sup>th</sup> November 2015 and Braid had in fact given his first lecture on what he would later call hypnotism on 27<sup>th</sup> November 1841 in Manchester! It was a strange twist of fate that I was I the town where he was buried to give a talk on hypnosis on that specific date, and that it was also the date of when I found his grave!

Finding the grave stimulated my interest in Braid and when the ESH Congress was announced to be in Manchester in 2017, I contacted the organisers to suggest that a hypnosis conference in Manchester really had to have a presentation about Dr James Braid. Of course, in doing so I had inadvertently nominated myself for the job! I started researching Braid more in depth for the presentation and discovered many fascinating stories about his life and work. I decided that it would be fun to present 'in character' as Dr James Braid himself at the conference, dressed in authentic 1840s attire! I perhaps enjoyed this experience more than I should have, especially posing for photos swinging my pocketwatch in front of some of the world's top hypnotists!

After the lecture I started on a new project. I wanted to visit all of the significant locations from Braid's life and make a short documentary, detailing some of the remarkable stories I had discovered.

Work, family and a global pandemic have made this a very slow burning project! I have however managed to now complete all of the 'on location' filming and I am now in the process of editing! It is my hope that the project will be completed and ready in 2022. If you wish to follow @drjamesbraid on [Instagram](#) and





[Facebook](#), you can see short videos and photos taken during filming.

When I realised that this year was a significant milestone in that it would be the 180<sup>th</sup> anniversary of that first lecture that Braid gave in Manchester, I wondered how the occasion could best be marked.

Speaking with my good friend Gabor Filo, we concocted the idea that we should give a live, free, online presentation on the exact same day, at the exact same time as Braid's original lecture. Coincidentally- both dates were Saturdays as well!

We agreed that Gabor would give a short presentation on the history of magnetism / mesmerism and I would then give a short talk about Dr James Braid's life and his presentation 180 years prior. We then talked about what else the broadcast should be about and quickly decided that we should invite some guests to join us to talk, unscripted, about hypnosis. We were delighted when Prof Mark Jensen (President of ISH), Dr Kathleen Long (President of ESH) and Dr Bridget Bongaard (President of ASCH) all immediately agreed! The final ingredient was to invite Dr Marcello Romei from Uruguay. Marcello started his personal hypnosis journey a number of years ago however hypnosis was virtually unknown at the time in his native country of Uruguay. Marcello has been the vanguard of Uruguayan hypnosis ever since and we felt his unique perspective on how he is establishing a reputation for medical and dental hypnosis would be most interesting for our talk.

The presentation on Saturday 27<sup>th</sup> November started as advertised at 8pm sharp. Both in 1841 and 2021!



As planned, Gabor and I gave our short presentations (mine included some preview footage from my upcoming documentary!) and then we invited our guests into the broadcast. The conversation was effortless and flowed between each of the highly knowledgeable guests. Our intent was that the presentation could be viewed and enjoyed by people who were both new to and experienced in hypnosis. I believe that we achieved our aim and indeed we all agreed that we could have gone on talking for far longer than we did! We had some live questions and comments from viewers of the live stream. We talked about what hypnosis is, its applications, how studying it assists in your daily rapport and treatment of patients, how hypnosis might become better accepted by the medical professions and what the future might be for hypnosis- among other things! I think that Dr James Braid would have greatly approved of our efforts, exactly 180 years after his own first presentation! We hope that you agree. The broadcast is available to watch and leave comments on YouTube at <https://youtu.be/WZiJK-W5vmI>



## 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.**

**Effects of hypnosis, cognitive therapy, hypnotic cognitive therapy, and pain education in adults with chronic pain: A randomized clinical trial.**

Mark P. Jensen, Ph.D.  
University of Washington, Seattle, WA USA

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

### **EFFECTS OF HYPNOSIS, COGNITIVE THERAPY, HYPNOTIC COGNITIVE THERAPY, AND PAIN EDUCATION IN ADULTS WITH CHRONIC PAIN: A RANDOMIZED CLINICAL TRIAL MARK P. JENSEN, 2021**

#### **Summary by Valentina Rossi**

Institute of Psychology, ELTE Eötvös Loránd University

Chronic pain is an important problem worldwide, with a prevalence that goes from 9% to 64% depending on how chronic pain is defined. People with disabling conditions, including those with multiple sclerosis and spinal cord injury, often also have chronic pain. One of the most common types of chronic pain is low back pain.

Although cognitive therapy is often used to treat pain, and hypnosis is often used to teach people strategies for reducing pain. Jensen and his colleagues<sup>1</sup> conducted a study based on a pilot study to research the possibility that hypnosis could be used to target and modify thoughts about pain (Hypnotic Cognitive Therapy; HYP-CT).

This study evaluated potential differences in efficacy between (HYP-CT), traditional Cognitive Therapy (CT), and a hypnosis treatment focused on pain reduction (HYP), relative to a pain education control condition (ED).

The hypothesis was that four sessions of the three treatments would result in larger decreases in daily pain intensity (primary outcome) than the four sessions of the control condition (ED). In addition, the effects of the three treatment conditions, relative to the control condition, on secondary outcomes (i.e., depression, pain interference, opioid medication use, general satisfaction with the treatment) were also examined.



## METHODS

The study was a 4-arm randomized clinical trial. Randomization was stratified by baseline pain intensity. Outcomes were assessed by a research staff member blind to treatment condition. Participants were then provided with four 60-minute sessions of their assigned treatment. They were also provided with audio recordings to listen to between the sessions, and workbooks which reviewed the content of each explained the session and provided specific practice materials to use at home on a daily basis.

## PARTICIPANTS

Participants were adults with low back pain or chronic pain secondary to multiple sclerosis, spinal cord injury, acquired amputation or muscular dystrophy. The inclusion criteria were being at least 18 years old, diagnosis of one of the conditions leading to chronic pain previously described, worsening pain after the onset of the primary physical condition, having chronic pain (i.e., pain present for at least 6 months, having pain for at least 50% of the days), and being able to read and understand English.

Exclusion criteria were presence of confounders that could interfere with planned EEG measures (which measures brain electrical activity and will be used to understand the role of brain activity on outcome), having undergone or is currently undergoing a psychological treatment for pain, past or current participation in a study similar to this study, severe cognitive dysfunction or psychiatric instability that would interfere with participation.

A total of 2,349 potential participants were approached, including patients in the University of Washington's medical system who had a relevant diagnosis, people who had participated in prior research, or word of mouth. Potential participants were contacted through mailed recruitment brochures and a cover letter. Research staff called potential participants about 2 weeks after the letter was sent to provide an overview of the study and to screen those who expressed interest. Of the people contacted, 173 were enrolled and randomized into one of the four treatment conditions.

## INTERVENTIONS

### Hypnotic condition (HYP)

Hypnosis treatment usually involves 2 steps. First, is the induction. Hypnotic inductions usually invite the subject to focus his or her attention on and become absorbed by a single object or experience. Induction is then followed by suggestions that are designed to result in "changes in subjective experience, alterations in perception, sensation, emotion, thought, or behavior." (Jensen, 2020, pag. 2285).

The effects of hypnosis depend on the suggestions provided.

Each HYP session began with a cue (which the participants could use for self-hypnosis), a relaxation and "favorite place" induction, suggestions for pain intensity reduction, reductions in the bothersomeness of pain, and an increased ability to ignore pain, and post-hypnotic suggestions that the benefits would last beyond the sessions. Each HYP session was audio recorded and the participants could use the recording to practice self-hypnosis. They were encouraged to listen to the recordings daily.

### Cognitive Therapy condition (CT)

The aim of the CT intervention was to teach participants skills to monitor and evaluate their pain-related thoughts, and to challenge and replace any unhelpful thoughts (catastrophizing) with ones that were more helpful, accurate, and balanced by using specific cognitive restructuring techniques.

### Hypnotic cognitive therapy condition (HYP-CT)

The HYP-CT intervention included training the participants in cognitive therapy skills, and then used hypnosis to enhance the efficacy and extend



the duration of the positive effects of the cognitive restructuring. Thus, while the HYP intervention used suggestions to achieve reductions in pain intensity and pain awareness, while the suggestions in the HYP-CT protocol focused on changing the meaning of pain.

#### Pain education condition (ED)

This was the control condition, which involved educating the participants about pain, including its costs, neurophysiology, nature, and impact. They were taught both general pain information and the particulars of their specific condition.

#### OUTCOME ASSESSMENT

Outcome data were collected at pretreatment, mid-treatment, and post-treatment (primary endpoint), and later in three follow-up sessions. All outcome data were collected over the phone.

- Average pain intensity: Average pain intensity was the primary outcome. It was measured at each telephone assessment period;
- Depressive symptom severity: Depressive symptom severity was a secondary outcome and was assessed once at each telephone assessment period using the 8-item Patient Health Questionnaire;
- Pain interference: Pain interference was a secondary outcome and was assessed once at each telephone assessment period using 7 pain interference items from the Brief Pain Inventory;
- Change in opioid medication use: Opioid medication use was a secondary outcome. Participants were asked to indicate all the medications they were taking at each assessment point and they were classified as either taking or not taking opioids.
- Global impression of change and treatment satisfaction: Global impression of change and treatment satisfaction were additional secondary outcomes, and were assessed at posttreatment only.

#### RESULTS

##### Average pain intensity:

The largest mean changes from pretreatment to posttreatment were in the HYP-CT group, followed by CT, with less change for the HYP and ED groups. Pairwise contrast comparisons of the mean values of intervention groups (after adjusting for the pretreatment values) with the mean of the ED group were not statistically significant for the CT and the HYP groups, but were statistically significant for the HYP-CT group. Within all groups, on average, there was a decrease in pain intensity from pretreatment to posttreatment. The effects within each group were medium to large. The change was generally maintained 12 months after the end of the treatment.

##### Depressive symptom severity:

The largest improvements occurred for the HYP-CT group, followed by the CT and HYP groups, with the least change for the ED group. The groups' results were not statistically different. The depressive symptom severity scores tended to revert in the direction of – but did not reach -- pretreatment levels over the course of 12 months.

##### Pain interference:

The largest improvements occurred in the HYP-CT group, followed by the CT and HYP groups, which had similar values, with the least change for the ED group. However, only the contrast comparison of HYP-CT with the ED group was statistically significant. The improvements that occurred were generally maintained 12 months after the end of the treatment.

##### Change in opioid medication use:

The treatment groups did not differ significantly with respect to opioid medication use.





### Global impression of change and treatment satisfaction:

The rates of individuals who reported no change or worsening of their condition were the largest in the ED group (29%), followed by CT (20%), HYP-CT (16%), and HYP (10%). The rates of individuals who reported that they were “Much improved or very much improved” were highest in the HYP-CT group (45%), followed by ED (29%), HYP (24%), and CT (18%).

Overall, while participants in each treatment condition (including the ED condition) reported significant improvements in most outcomes, the largest improvements were found for the participants in the HYP-CT condition.

### REFERENCES

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- Mark P. Jensen, 2020, pag. 2285.



Valentina Rossi is an Erasmus student and her home university is in Italy, Rome, La Sapienza, in the Clinical Psychology degree course.

She is at her second year of Master degree (in Italy the first degree of Master lasts two years) and she is very happy for having had the opportunity to see Hungary with Erasmus where she is a student at ELTE University in Budapest.



# IJCEH

INTERNATIONAL JOURNAL  
OF CLINICAL AND EXPERIMENTAL HYPNOSIS

## RECENT ISSUE: VOLUME 70, ISSUE 1

The most recent issue of the IJCEH features six articles covering a variety of topics including hypnosis treatments for pain reduction and changes in various physiological measures. Additionally, articles discuss concepts such as dispositional self-consciousness, association of scales and hypnotherapy-seeking, and hypnotizability norms. This is the first issue of 2022 and we look forward to publishing many more outstanding articles throughout the year!

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THE INTERNATIONAL JOURNAL OF  
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HYPNOSIS



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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, research-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).

#### **IJCEH Author Video Series**

Take a moment to check out some of the recent Author Video Series posted to the IJCEH twitter page. These brief interviews are conducted with published authors in the IJCEH and allow readers to learn about the findings directly from the authors themselves.

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### **CLINICAL HYPNOSIS FOR PAIN REDUCTION IN BREAST CANCER MASTECTOMY: A RANDOMIZED CLINICAL TRIAL**

DIANA MORENO HERNÁNDEZ, ARNOLDO TÉLLEZ, TERESA SÁNCHEZ-JÁUREGUI, CIRILO H. GARCÍA, MANUEL GARCÍA-SOLÍS & ARTURO VALDEZ

Surgical procedures for breast cancer treatment are commonly followed by pain. Clinical hypnosis has been shown to be effective in reducing pain during and after surgery, but most of the studies have used analogical scales, which only measure pain intensity. The aim of this study was to evaluate the effect of clinical hypnosis on pain intensity and its interference in daily activities in patients before and after mastectomy. The patients were evaluated using the Brief Pain Inventory. Forty patients were randomly assigned to an experimental or control group and evaluated 5 times: 1) baseline, 2) after clinical hypnosis session, 3) before surgery, 4) 1 day after surgery, and 5) 1 week after the surgery (follow-up). The results showed that after surgery the hypnosis group had a statistically significant reduction in pain intensity, less interference of pain with daily activities, sleep and life enjoyment compared with a control group. Clinical hypnosis may be recommended as a complementary treatment procedure for post-mastectomy pain reduction and improving the quality of life of these patients.

### **DISPOSITIONAL SELF-CONSCIOUSNESS AND HYPNOTIZABILITY**

ETZEL CARDEÑA, LENA LINDSTRÖM, ANN ÅSTRÖM & PHILIP G. ZIMBARDO

The abeyance of self-consciousness (SC) during hypnosis has been discussed as a central aspect of hypnosis, yet dispositional SC has been very rarely evaluated as a correlate of hypnotizability. In this study (N = 328), the authors administered the Harvard Group Scale of Hypnotic Susceptibility (HGSHS), the Inventory Scale of Hypnotic Depth (ISHD), and the Self-Consciousness Scale-Revised (SCS-R). Women tended to score higher than men on the HGSHS, besides experiencing greater ISHD automaticity. The Discontinuity (with everyday experiences) subscale of the ISHD correlated with the Public Self-Consciousness scale of the SCS-R and with the Private Self-Consciousness subscale (using simple, quadratic, and cubic regressions). Being concerned about the perception of others related to experiencing hypnosis as discontinuous with everyday life, which also related to being more introspective and interested in subjectivity at the middle range of scores. The article concludes with suggestions on how to pursue the implications of these results, including testing for nonlinear relations.

### **ASSOCIATION OF THOUGHT IMPACT SCALE SCORES WITH HYPNOSIS TREATMENT RESPONSES AND HYPNOTHERAPY-SEEKING: A CONFIRMATION STUDY**

OLAFUR S. PALSSON, SARAH BALLOU & MARCIA E. WALKER

Previous research has indicated that high Thought Impact Scale (TIS) scores are associated with greater therapeutic response to hypnosis treatment and greater tendency to seek such treatment. This study aimed to confirm those findings in a new population-based subject sample and also evaluate hypothesized associations of TIS scores with several hypnotic phenomena. An internet survey of 1,500 U.S. adults identified 80 individuals who had undergone hypnosis treatment. As previously found, high TIS scorers were much more likely than low scorers (median-split) to have undergone hypnosis treatment (7.2% vs. 3.2%,  $p < .0001$ ), but, in contrast with prior findings, high TIS scorers did not report a significantly higher rate of moderate or greater improvement from hypnosis treatment (58.6% vs. 40.9%,  $p = .12$ ). TIS scores were positively correlated with greater imagery vividness, sense of automaticity, and altered body perception during hypnosis.



## **HYPNOTIZABILITY NORMS MAY NOT BE REPRESENTATIVE OF THE GENERAL POPULATION: POTENTIAL SAMPLE AND SELF-SELECTION BIAS CONSIDERATIONS**

BURKHARD PETER & R. LYNÆE ROBERTS

The analysis of the methods sections of 66 normalization tests of hypnotizability scales reveals that out of 33,338 subjects, 58.57% were college and university students, and the majority of these were students of psychology. Of all subjects, 7.45% were younger school children, 27.63% were patients treated with hypnosis, and out of these, 85.26% were patients of 1 single therapist. Only 0.51% were trainees of dental or nursing schools, 0.13% were prisoners, and 5.71% were other adults. These figures suggest a sample-selection bias. As 83.08% of these subjects were told beforehand that they were to undergo a hypnosis study, a self-selection bias is also implied in the data. It can be presumed that those interested in hypnosis participated, whereas others who had no interest in hypnosis may have refrained. It is concluded that some of the published norms of hypnotizability tests may not be adequately representative of the general population. Many hypnosis studies, whether clinical or experimental, which are based on hypnotizability, may be afflicted by these biases.

## **POSITIONS OF FRENCH NURSES REGARDING THE USE OF HYPNOTHERAPY TO RELIEVE PAIN IN POSTOPERATIVE SETTINGS**

MARIA DOLORES CANO ROMERO, MARIA TERESA MUNOZ SASTRE, PAUL CLAY SORUM & ETIENNE MULLET

The objective of this study was to carry out a detailed mapping of the different personal positions of French nurses concerning the practice of hypnotherapy. Factorial design was used to assess the impact of 4 situational factors: type of postoperative care and degree of pain associated with it (chemotherapy, wound cleansing and bandaging, or body grooming that leads to pain on mobilization); whether paracetamol (also known as acetaminophen) was administered along with hypnosis or not; professional credentials of the hypnotherapist; and patient's identity (adult, young person, elderly person, or young person with learning difficulties). A combination of scenario technique and cluster analysis was implemented. Participants were 91 registered nurses and, for comparison, 19 nurse's aides, 9 physicians, 5 psychologists, and 77 laypersons. Seven qualitatively different positions were found. Only a minority of French nurses were convinced that hypnotherapy is an indisputably acceptable practice in postoperative care. Most of them were indifferent to the issue as long as pain medication was used. Nurses' views appeared to be similar to physicians' views.

## **PILOT STUDY OF A BRIEF HYPNOTIC INDUCTION: EFFECTS ON BLOOD PRESSURE, HEART RATE, AND SUBJECTIVE DISTRESS IN PATIENTS DIAGNOSED WITH HYPERTENSION**

ARIF SETYO UPOYO, ENDANG TRIYANTO & AGIS TAUFIK

The feasibility of hypnotherapy interventions for lowering blood pressure and psychological stress in hypertensive patients was investigated in a pilot study. The research objective was to determine the effect of audio hypnotherapy on blood pressure, stress levels, and heart rate in primary hypertension patients. The study randomized 64 hypertensive patients to the intervention or usual care. The intervention group received hypnotherapy through audio recordings for 15 minutes, while the control group took a rest for about 15 minutes. Blood pressure and heart rate were measured with digital tensimeter and stress levels with the Subjective Units of Distress Scale. Data analysis used Kruskal Wallis Test. The results showed a significant difference between the intervention and control groups with  $p$  value  $< .001$  for decreasing in systolic blood pressure and  $p$  value  $< .001$  for decreasing in stress levels. This pilot study suggests that a hypnotherapy intervention may be feasible and of benefit in a clinical population of hypertensive patients, however further study is needed.



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# REPORT ON TASK FORCE...

BY DONALD MOSS, PHD

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## **Report on the Task Force for Efficacy Standards in Hypnosis Research** **Donald Moss, PhD**

Hypnosis has a rich basis in pure and applied research, with thousands of published studies. Nevertheless, the outcomes literature on applying hypnosis to clinical disorders in medicine and mental health is often inconsistent with many methodological lapses. The emphasis in healthcare today is on the use of Evidence-Based interventions, and the methodological standards in outcomes research have advanced dramatically, with expectations of randomized controlled trials, pre-registration of research protocols, and research designs of adequate power.

In 2018, then SCEH President Donald Moss reached out to representatives of ASCH, APA Division 30, the Milton Erickson Foundation, the National Pediatric Hypnosis Training Institute, and the International Society for Hypnosis, and proposed an international Task Force on Efficacy Standards for Applications of Hypnosis. All of the professional groups agreed on the need for such a Task Force. Zoltan Kekecs and Donald Moss agreed to co-convene the Task Force, nine researchers from the US, Belgium, Great Britain, Hungary, Italy, and Belgium committed to participate in the Task Force discussions. The participants are: Giuseppe De Benedettis; Gary Elkins; Marie Faymonville; Olafur Palsson; Phil Shenefelt; Eric Spiegel; Devin Terhune; Katalin Varga, and Peter Whorwell. In addition, six additional researchers agreed to serve as consultants to the Task Force: Walter Bongartz; Mark Jensen; Krjjs Klajs; Elvira Lang; David Patterson, and Dirk Revenstorf. The Task Force began its work in February 2019 and continues to meet on a monthly basis.

The Task Force has formulated initial recommendations for rating the efficacy of various clinical applications of hypnosis. These recommendations are intended to guide researchers who want to assess the accumulated evidence about the efficacy of various hypnosis applications. The Task Force recommendations will appear in an upcoming article in the *International Journal of Clinical and Experimental Hypnosis*, as “Guidelines for the Assessment of Efficacy of Clinical Hypnosis Applications.”

Members of the Task Force decided that it is important to align the Task Force recommendations with current practices and perspectives in the hypnosis field, and accordingly decided to conduct a broad international survey of clinicians and researchers, covering current hypnosis practices, needs, and outlook in the field of clinical and experimental hypnosis. Olafur Palsson led this project and created a Qualtrics XM-based online survey covering common practices, respondents views of the relative effectiveness of various applications, sources of training, hypnotic techniques employed, adverse effects, and a variety of other areas.

Several major hypnosis organizations co-sponsored the survey, including the Society for Clinical and Experimental Hypnosis, the American Society of Clinical Hypnosis and its component societies, the International Society of Hypnosis, the European Society of Hypnosis, the American Psychological Association’s Division 30 (Society of Psychological Hypnosis), the Italian Society of Hypnosis and the British Society of Clinical and Academic Hypnosis. With this broad organizational support, 791 hypnosis clinicians responded to the survey and 691 completed the survey, representing 31 countries. A preliminary report on the clinicians’ responses to the survey has been presented at the APA and SCEH Annual Meetings, and the paper detailing those findings will shortly be submitted for publication, with the



title: "Current Practices, Experiences, and Views in Clinical Hypnosis: Findings of an International Survey." This is the broadest sampling to date of hypnosis practitioners and their perspectives on hypnosis practice.

Future articles will examine the survey responses from researchers. In addition, the Task Force is currently formulating a report recommending best practices for future hypnosis research.

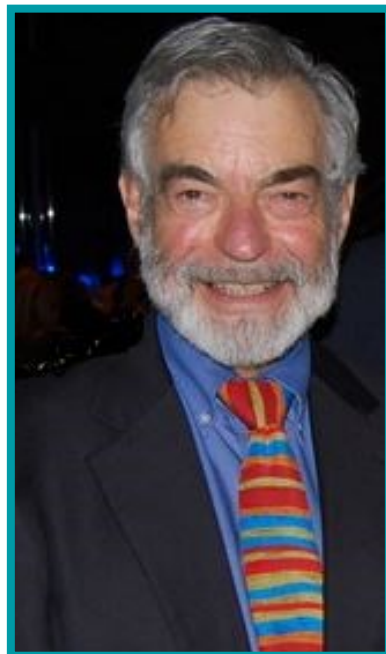
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## CALL TO ATTENTION

BY DAVID WARK

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### 49WORDS



Recently I published an article in the American Journal of Clinical Hypnosis (2020),63,(1) titled *Hypnosis and End-Stage Renal Disease: Review and Treatment*.

The focus was reduction of stresses encountered by dialysis patients. The technique involved an eyes-open, alert, self-directed treatment that patients learned in the clinic and used independently.

Subsequently, clients without kidney disease used the treatment to reduce a variety of stressful situations. It works for seniors, adults, teens and preteens. In fact, my granddaughter Anika and her team developed a website for individual independent practice.

Because you might find it useful, I'm publishing the link with an audio track.

[www.49words.org](http://www.49words.org)

Readers, or clients, can check it out, freely download the exercise, read why it works, and use it. For any questions, and a template to print out instructions, contact me back channel.

Dave



# HYPNOSIS IN MEDICINE

THE FUTURE HAS AN ANCIENT HEART

On May 5, 2022, an important [conference](#) on Integrated Medicine (“Medicina dei Sistemi”) sponsored by WHO will be held at the University of Milano (Italy).

For the first time a scientific event sponsored by WHO will host a presentation by **prof. De Benedittis** on "**Hypnosis in Medicine: The Future has an Ancient Heart**".

We believe this is an important achievement obtained by the hypnotic community for the **recognition of hypnosis in global health**.

**Università degli Studi di Milano**  
World Health Organization (WHO) Collaborating Center for Integrative Medicine  
PRM  
International Academy of Physiological Regulating Medicine  
FEMTEC  
Worldwide Federation of Hydrotherapy and Climatotherapy

CON IL PATROCINIO  
**Ministero della Salute**  
(Mistral)

## SYMPOSIUM

# MEDICINA DEI SISTEMI

### MODELLI DI INTEGRAZIONE NELLA PRASSI CLINICA E NUOVE SOLUZIONI TERAPEUTICHE

giovedì, 5 maggio 2022 ore: 9.30-17.45

in diretta streaming dalla Sala Napoleonica - Università degli Studi di Milano

**Premessa**  
Grazie alla **Medicina dei Sistemi**, negli ultimi venti anni, si sta assistendo ad un vero cambio di paradigma in Medicina: dalla visione strettamente bio-medica e specializzata della fisiopatologia umana alla visione interdisciplinare che comprende anche percorsi e approcci terapeutici delle Medicine Tradizionali validati scientificamente.  
È da questo nuovo paradigma della Medicina che deve derivare l'approccio diagnostico personalizzato al paziente, che consideri tutti i diversi aspetti del cammino etio-patogenetico della malattia: fisici, emozionali, mentali, socio-culturali e ambientali.  
Ed è da esso che deve derivare anche il fine ultimo dell'approccio medico-integrato e personalizzato al paziente: il raggiungimento ed il mantenimento del suo equilibrio e benessere psico-fisico e sociale, attraverso tutti gli strumenti offerti dalla Medicina del XXI secolo e nel rispetto del Principio Ippocratico *primum non nocere*.

**Obiettivi**  
Il Symposium, rivolto alla classe medica, ha l'obiettivo di valorizzare l'approccio terapeutico della **Medicina Integrata** come espressione conseguente del paradigma della **Medicina dei Sistemi** che rappresenta, oggi, uno dei modelli più convincenti nell'interpretazione medica di salute e di malattia.  
Il Symposium si prefigge di esplorare e di offrire possibili risposte ad alcuni dei principali interrogativi della Medicina del XXI secolo: come affrontare i *vacuum terapeutici* (mancanza di terapie, pazienti *non-responders*, malattie orfane)?  
Come rispondere ai bisogni del *paziente-persona*, soprattutto in condizioni cliniche sempre più caratterizzate da cronicità e multimorbilità, attraverso gli strumenti della Medicina predittiva e della Medicina di precisione nel rispetto di una visione personalizzata di ogni singolo paziente?

**Finalità**  
Condividere visioni ed esperienze nella gestione sanitaria del paziente-persona secondo:

- Un **approccio multidisciplinare** alla scienza medica, che consenta una "nuova" comprensione della malattia, riconoscendo e dando importanza alle multi- e comorbilità così come agli endofenotipi per una definitiva e profonda comprensione della Medicina personalizzata e, soprattutto, per la sua reale applicazione nella pratica clinica.
- Un **paradigma integrato** della Medicina che non deve e non vuole essere differente perché antitetico ma l'espressione delle diverse possibilità offerte dal sapere medico-scientifico all'interno di un'unica Medicina intesa come **Medicina Integrata**, nel rispetto dell'elemento unificante e caratterizzante di questa nuova visione: la centralità del paziente come "persona", espressione della complessità del suo essere - insieme - corpo, mente e spirito.
- Una **visione allargata e sistemica** della salute e della malattia, coerente ed affine all'emergente concetto di **One Health**, sancito dall'OMS, che include nella visione del benessere umano anche tutta l'ecosfera: uomo, animali, piante, clima ed ambiente.

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# PROGRAMMA

## Ore 9.30-10.00 • APERTURA DEI LAVORI

- Rappresentanti istituzionali
- **Umberto Solimene**, Direttore WHO (World Health Organization) Collaborating Center for Integrative Medicine - State University of Milan (Italy); Presidente FEMTEC (Worldwide Federation of Hydrotherapy and Climatotherapy)
- **Zhang Qi**, WHO (World Health Organization) Ginevra (invitato)
- **Marco del Prete**, Presidente dell'International Academy of Physiological Regulating Medicine, Milano

## Ore 10.00-11.30 • SESSIONE 1 - MEDICINA DEI SISTEMI: MODELLI DI RICERCA E DI APPLICAZIONE CLINICA

**Moderatore: Paolo Inghilleri**, Professore Ordinario di Psicologia sociale, Università degli Studi di Milano.

- Ore 10.00 - **Jeanette Maier**, Professore Ordinario di Patologia Generale e Patologia Clinica presso il Dipartimento di Scienze Biomediche e Cliniche L. Sacco, Università degli Studi di Milano. *"Reti, interazioni e circuiti nel fenotipo di salute e malattia"*
- Ore 10.15 -  **Davide Lauro**, Professore Ordinario di Endocrinologia, Università degli Studi di Roma "Tor Vergata". Direttore UOC Endocrinologia, Diabetologia e Malattie Metaboliche - Dipartimento di Medicina, Fondazione Policlinico di Tor Vergata, Roma. *(MANCA TITOLO)*
- Ore 10.30 - **Claudio Molinari**, Professore Associato di Fisiologia Umana, Università del Piemonte Orientale, Vercelli. *"La neuroinfiammazione come fattore di aging cerebrale e ruolo del BDNF low dose"*
- Ore 10.45 - **Alessandro Genazzani**, Professore Associato di Ostetricia e Ginecologia, Università degli Studi di Modena-Reggio Emilia. *"Somministrazione di estradiolo low dose nei quadri di amenorrea ipotalamica: come sfruttare i meccanismi di feedback per indurre effetti terapeutici"*

Ore 11.00: *Discussant*

## Ore 11.30-12.45 • SESSIONE 2 - INFIAMMAZIONE: FIL ROUGE DELL'ALTERAZIONE SISTEMICA. QUALI SOLUZIONI?

**Moderatore: Fabio Esposito**, Professore Ordinario di Scienze dell'Esercizio Físico e dello Sport, Università degli Studi di Milano.

- Ore 11.30 - **Andrea Modesti**, Professore Ordinario di Patologia Generale, Università degli Studi di Roma, "Tor Vergata". *"Il Processo infiammatorio: microambiente, cellule e matrice extracellulare; si riapre il dialogo locale e sistemico"*
- Ore 11.45 - **Mario Clerici**, Professore Ordinario di Immunologia ed Immunopatologia, Università degli Studi di Milano. *"L'inflammasoma in patologia umana"*
- Ore 12.00 - **Giuseppe Bellelli**, Professore Associato, Università degli Studi di Milano Bicocca. Direttore della Scuola di Specializzazione in Geriatria e Gerontologia. Direttore dell'Unità Geriatrica Acuta Ospedale San Gerardo di Monza. *"Il ruolo dell'infiammazione cronica di basso grado nello sviluppo della Sindrome da Fragilità dell'anziano"*

Ore 12.15: *Discussant*

## Ore 14.30-16.15 • SESSIONE 3 - OVERLAPPING: STRATEGIA TERAPEUTICA D'ELEZIONE DELLA MEDICINA INTEGRATA

**Moderatore: Umberto Solimene**, Direttore WHO (World Health Organization) Collaborating Center for Integrative Medicine State University of Milan (Italy); Presidente FEMTEC (Worldwide Federation of Hydrotherapy and Climatotherapy).

- Ore 14.30 - **Gianni Bona**, Professore Ordinario di Clinica Pediatrica; già Direttore della Clinica Pediatrica dell'Università del Piemonte Orientale "A. Avogadro", Novara. Primario Emerito presso l'Azienda Ospedaliero-Universitaria Maggiore della Carità - Novara. *"Convergenze ed overlapping terapeutici nei trattamenti di immunomodulazione in età pediatrica tra evidenze esistenti e prospettive future"*
- Ore 14.45 - **Marco Matucci Cerenic**, Professore Ordinario di Reumatologia, Università degli Studi di Firenze. *"Il management delle malattie reumatiche: monoterapia, terapia di combinazione ed adesso anche terapia di supporto?"*
- Ore 15.00 - **Alberto Migliore**, Direttore della UOS di Reumatologia, Ospedale San Pietro Fatebenefratelli, Roma. *"L'opportunità della Low Dose Medicine nel management della terapia a lungo termine nelle malattie reumatiche croniche"*
- Ore 15.15 - **Stefano Masiero**, Professore Ordinario di Medicina Fisica e Riabilitativa, Università degli Studi di Padova. *"Il progetto multidisciplinare in Medicina Fisica e Riabilitativa"*
- Ore 15.30 - **Giuseppe De Benedittis**, Professore Associato di Neurochirurgia, Università degli Studi di Milano. *"Ipnosi in Medicina: il futuro ha un cuore antico"*

Ore 15.45: *Discussant*

## Ore 16.15-17.45 • SESSIONE 4 - NUOVE ESIGENZE DEL PAZIENTE: LA RISPOSTA DELLA MEDICINA DEI SISTEMI

**Moderatore: Mario Clerici**, Professore Ordinario di Immunologia ed Immunopatologia, Università degli Studi di Milano.

- Ore 16.15 - **Sergio Bernasconi**, Professore Ordinario di Clinica Pediatrica; già Direttore della Clinica Pediatrica delle Università di Parma, di Reggio Emilia e di Modena. *"Scelte terapeutiche e rispetto dell'ambiente"*
- Ore 16.30 - **Valter Santilli**, Professore Ordinario di Medicina Fisica e Riabilitativa, Università di Roma, "La Sapienza". *"Indagine conoscitiva sull'uso delle medicine complementari in Italia"*
- Ore 16.45 - **Paolo Inghilleri**, Professore Ordinario di Psicologia sociale, Università degli Studi di Milano. *"La Medicina dei Sistemi come bene comune per la cura e lo star bene della persona e della collettività"*
- Ore 17.00 - **Emilio Minelli**, WHO (World Health Organization) Expert Advisory, Panel Member Clin. Research on integrative Medicine.  
**Roberto Gatto**, Vicepresidente dell'Associazione Medica Italo-Cinese *"Un nuovo paziente per la nuova Medicina Sistemica: il contributo dell'OMS"*

Ore 17.15: *Discussant*

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# XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS

“COOPERATION IN HYPNOSIS. CHALLENGES & BENEFITS”

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

**WHEN:** **!!! POSTPONED TO 2024 !!!**

**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](mailto:fundacja@p-i-e.pl) ; [info@p-i-e.pl](mailto:info@p-i-e.pl)

## POSTPONED TO 2024

Dear Colleagues,

Although we are really willing to make the Congress happen in 2022, the pandemic situation is getting more and more serious. Many countries in Europe are experiencing significant increases in the number of people who are having COVID. Probably the situation will improve by June, but some say that the June 2022 regulations in Poland will allow a maximum of 150-200 people to hold a meeting.

Additionally it was clear that participants from some countries like China or Australia are not able to come because of travel restrictions. It is very important to us that specialists from all over the world could meet in Krakow.

That is why, the ISH BOD decided to postpone the congress once again to 2024. (2023 there will be an European plus an Asian Hypnosis Congress)

## XXII WORLD CONGRESS WILL TAKE PLACE IN KRAKOW IN 2024.

Both participation and speaking submissions will be transferred automatically to 2024.

The ISH will organize an online meeting in June 2022, so please save the date 10-11.06.2022. Further information will be sent shortly.

Kind regards,  
Kris Klajs

### CONTACT DETAILS

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



## EVENT CALENDAR

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



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

**SPREAD THE WORD!**

## FREE MEMBERSHIP OFFER FOR STUDENTS

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

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

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

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



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### INDIVIDUAL MEMBERS:

- Reduced fees for all ISH International Congresses and other scientific events sponsored by ISH
- A certificate acknowledging your membership
- A reduced-fee subscription to [The International Journal of Clinical and Experimental Hypnosis \(IJCEH\)](#), the most prestigious publication in the field of hypnosis.
- Free subscription to the ISH E-Mail Newsletter
- Automatic access to the Hypnosis Listserv
- Eligibility to vote in elections and to run

for office

- Access to the Members Only Video Library, as well as the ability to participate in and access the Members Directory
- Invitations to participate and to present in the Triennial Congresses, and other scientific events

For a NEW Individual membership application, if you are already a member of a Constituent Society of ISH, [click here](#).

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You can find a current list of ISH Constituent Societies here: <http://ishhypnosis.org/about-ish/constituent-societies/>.

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### CONSTITUENT SOCIETY MEMBERS:

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- The right and the privilege to represent your society at the Council of Representatives (COR) meetings.

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You may apply and renew **online** and upload the necessary documents. A copy of your bylaws and ethics code, in English, are required, as well as the list of officers and contact information. Click [here](#) for **online** application.

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