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The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
2023, Volume 47, No. 1

MARCH 2023

A LETTER FROM THE PRESIDENT



MARK JENSEN

Special invitation to join us this year in Antalya, Türkiye

My message to all ISH members for this issue of the Newsletter is simple: Please register for and participate in the 2023 European Society of Hypnosis (ESH) Congress in Antalya, Türkiye, this coming October. The congress is a joint effort of the ESH and the Turkish Society of Hypnosis.

There are many excellent reasons to attend the Congress. First, attending the meeting is a way for you show support for our valued Turkish colleagues who are – and at the time of the congress will still be – working hard to provide care and support for their countrymen and countrywomen impacted by the devastating

earthquake that occurred in February of this year. As of the time of this letter, this first earthquake was followed by a second. Many lives were lost and negatively impacted by the earthquakes, and our Turkish friends have been working to ease the suffering. The meeting will provide you with the opportunity to meet with, listen to, encourage, and provide support for our colleagues who are on the front lines of the recovery. Your attendance at and participation in the congress will also contribute financial support for a country in need. In addition, ISH's and ESH's joint Crisis Intervention Committee, co-chaired by Kathleen Long and Callie Hattingh, is working to pull together resources to support recovery efforts. Please see the letter written by Kathleen and Callie in this issue for more details about these efforts, and what you can do to contribute to the collection of resources that would be helpful to people in crisis.

Attending the congress is also a way for you to show concrete support for ESH. As you know, because of COVID, the 2020 congress had to be cancelled. All hypnosis societies depend in part on the congress attendance for a part of their income. Coming to Antalya for this year's ESH congress provides you with an opportunity to show your support for nurturing the world's hypnosis community.

In addition, for over three years since the COVID pandemic began, our community has waited to be able to safely come together in person to connect with and learn from each other, and celebrate the work that we all do to help bring comfort to the world. We now have the opportunity to do so. For those of us who are lucky enough to have participated in prior ESH and ISH congresses, it will feel wonderful to again talk (in person!) with



and share meals with old friends, and have the opportunity to make new friends from all over the world. If you have not yet had the opportunity to participate in a large congress with like-minded people, here is your chance to begin your own set of warm connections and memories.

And of course, there is the opportunity to learn. The congress will provide you with the opportunity to obtain state-of-the-art knowledge about the science and practice of hypnosis. The most powerful and useful clinical skills I have learned are those that I learned at the workshops in international hypnosis meetings, because such meetings attract the most experienced and skilled master clinicians. The congress is your opportunity to develop your clinical skills, so that you can be of even more help to the clients you serve.

Then there is the adventure and excitement of visiting one of the most beautiful countries in the world, with its own wonderful cuisine, and a great depth of history. Türkiye is at the crossroads between Asia and Europe. Not only does Antalya have its own history, but if you are visiting from another country, there will be an opportunity to see and experience other cities in Türkiye on your way to Antalya or on your way home, including Istanbul.

If you have not already registered and made your reservations to travel to and participate in the ESH congress, please do so now:

<https://esh2023.org/registration/>

I look forward to seeing you in Antalya!



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EIN BRIEF DES PRÄSIDENTEN

ÜBERSETZT VON SHADY TONN

Besondere Einladung zu unserer diesjährigen Tagung in Antalya, Türkei

Meine Botschaft an alle ISH-Mitglieder in dieser Ausgabe des Newsletters ist einfach: Bitte melden Sie sich an und nehmen Sie am Kongress der Europäischen Gesellschaft für Hypnose (ESH) 2023 in Antalya, Türkei, im kommenden Oktober teil. Der Kongress ist eine gemeinsame Veranstaltung der ESH und der Türkischen Gesellschaft für Hypnose.

Es gibt viele gute Gründe, den Kongress zu besuchen. Erstens ist die Teilnahme an der Tagung eine Möglichkeit, unsere geschätzten türkischen Kollegen zu unterstützen, die zur Zeit des Kongresses immer noch hart daran arbeiten, ihren Landsleuten, die von dem verheerenden Erdbeben im Februar dieses Jahres betroffen sind, Hilfe und Unterstützung zukommen zu lassen. Zum Zeitpunkt dieses Schreibens folgte auf dieses erste Erdbeben bereits ein zweites. Die Erdbeben haben viele Menschenleben gekostet, und unsere türkischen Freunde haben sich bemüht, das Leid zu lindern. Das Treffen wird Ihnen die Möglichkeit bieten, unsere Kollegen, die an vorderster Front des Wiederaufbaus stehen, zu treffen, ihnen zuzuhören, sie zu ermutigen und zu unterstützen. Mit Ihrer Teilnahme am Kongress leisten Sie auch einen finanziellen Beitrag zur Unterstützung eines Landes in Not. Darüber hinaus arbeitet das gemeinsame Kriseninterventionskomitee von ISH und ESH unter dem gemeinsamen Vorsitz von Kathleen Long und Callie Hattingh daran, Ressourcen zur Unterstützung der Wiederaufbaubemühungen zusammenzustellen. Im Brief von Kathleen und Callie in dieser Ausgabe finden Sie weitere Einzelheiten über diese Bemühungen und darüber, was Sie tun können, um zur Sammlung von Ressourcen beizutragen, die für Menschen in Krisen hilfreich sind.

Die Teilnahme am Kongress ist auch eine Möglichkeit für Sie, konkrete Unterstützung für die ESH zu zeigen. Wie Sie wissen, musste der Kongress 2020 wegen der COVID abgesagt werden. Alle Hypnosegesellschaften sind zum Teil auf die Kongressbesuche angewiesen, um einen Teil ihrer Einnahmen zu erzielen. Die Teilnahme am diesjährigen ESH-Kongress in Antalya bietet Ihnen die Gelegenheit, Ihre Unterstützung für die Pflege der weltweiten Hypnosegemeinschaft zu zeigen.

Seit über drei Jahren, seit Beginn der COVID-Pandemie, hat unsere Gemeinschaft darauf gewartet, persönlich zusammenzukommen, um miteinander in Kontakt zu treten, voneinander zu lernen und die Arbeit zu feiern, die wir alle leisten, um der Welt Trost zu bringen. Jetzt haben wir die Gelegenheit dazu. Für diejenigen von uns, die das Glück haben, an früheren ESH- und ISH-Kongressen teilgenommen zu haben, wird es ein wunderbares Gefühl sein, sich wieder (persönlich!) mit alten Freunden zu unterhalten und gemeinsam mit ihnen zu essen, und die Gelegenheit zu haben, neue Freunde aus der ganzen Welt zu finden. Wenn Sie noch nicht die Gelegenheit hatten, an einem großen Kongress mit Gleichgesinnten teilzunehmen, haben Sie hier die Chance, Ihre eigenen herzlichen Verbindungen und Erinnerungen zu knüpfen.

Und natürlich gibt es auch die Möglichkeit zu lernen. Der Kongress bietet Ihnen die Möglichkeit, sich auf dem neuesten Stand der Wissenschaft und Praxis der Hypnose zu informieren. Die wirkungsvollsten und nützlichsten klinischen Fertigkeiten, die ich gelernt habe, sind die, die ich in den Workshops internationaler Hypnosekongresse erlernt habe, weil solche Kongresse die erfahrensten und kompetentesten klinischen Meister anziehen. Der Kongress bietet Ihnen die Möglichkeit, Ihre klinischen Fähigkeiten weiterzuentwickeln, so dass Sie Ihren Klienten noch besser helfen können.



Hinzu kommen das Abenteuer und die Aufregung, eines der schönsten Länder der Welt zu besuchen, mit seiner eigenen wunderbaren Küche und einer tiefgreifenden Geschichte. Die Türkei liegt an der Kreuzung zwischen Asien und Europa. Antalya hat nicht nur seine eigene Geschichte, sondern wenn Sie aus einem anderen Land kommen, haben Sie die Möglichkeit, auf dem Weg nach Antalya oder auf dem Rückweg andere Städte in der Türkei zu sehen und zu erleben, darunter Istanbul.

Wenn Sie sich bereits angemeldet und Ihre Reservierung für die Reise zum ESH-Kongress und die Teilnahme daran vorgenommen haben, tun Sie dies bitte jetzt: <https://esh2023.org/registration/>

Ich freue mich darauf, Sie in Antalya zu sehen!

LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Invitation spéciale à nous rejoindre cette année à Antalya, Türkiye

Mon message à tous les membres de l'ISH pour ce numéro de la Newsletter est simple : Inscrivez-vous et participez au congrès 2023 de la Société européenne d'hypnose (ESH) à Antalya, en Turquie, en octobre prochain. Le congrès est un effort conjoint de l'ESH et de la Société turque d'hypnose.

Il y a de nombreuses excellentes raisons de participer au congrès. Tout d'abord, en participant à la réunion, vous montrerez votre soutien à nos collègues estimés turcs qui travaillent - et travailleront encore au moment du congrès - dur pour apporter soins et soutien à leurs compatriotes touchés par le tremblement de terre dévastateur qui s'est produit en février de cette année. À l'heure où nous écrivons cette lettre, ce premier tremblement de terre a été suivi d'un second. De nombreuses vies ont été perdues et affectées par les tremblements de terre, et nos amis turcs ont mobilisé leurs forces pour alléger les souffrances. La réunion vous donnera l'occasion de rencontrer, d'écouter, d'encourager et de soutenir nos collègues qui sont en première ligne du rétablissement. Votre présence et votre participation au congrès contribueront également financièrement à un pays qui en a besoin. En outre, le comité d'intervention de crise commun à ISH et à ESH, coprésidé par Kathleen Long et Callie Hattingh, s'efforce de rassembler les ressources nécessaires pour soutenir la récupération. Veuillez consulter la lettre écrite par Kathleen et Callie dans ce numéro pour plus de détails sur ces efforts et sur ce que vous pouvez faire pour contribuer à la collection de ressources qui seraient utiles aux personnes en situation de crise.

La participation au congrès est également un moyen pour vous de montrer un soutien concret à l'ESH. Comme vous le savez, le congrès 2020 a dû être annulé à cause de COVID. Toutes les sociétés d'hypnose dépendent en partie de la participation au congrès pour une partie de leurs revenus. Venir à Antalya pour le congrès ESH de cette année vous donne l'occasion de montrer votre soutien à la communauté mondiale de l'hypnose.

En outre, depuis plus de trois ans que la pandémie de COVID a commencé, notre communauté a attendu l'occasion de pouvoir se réunir en toute sécurité en personne pour se connecter et apprendre les uns des autres, et célébrer le travail que nous faisons tous pour aider à apporter du réconfort au monde. Nous avons maintenant l'occasion de le faire. Pour ceux d'entre nous qui ont eu la chance de participer aux précédents congrès de l'ESH et de l'ISH, il sera merveilleux de pouvoir à nouveau parler



(en personne !) et partager des repas avec de vieux amis, et d'avoir l'occasion de se faire de nouveaux amis venus du monde entier. Si vous n'avez pas encore eu l'occasion de participer à un grand congrès avec des personnes partageant les mêmes idées, c'est l'occasion de commencer votre propre série de connexions et de souvenirs chaleureux.

Et bien sûr, il y a la possibilité d'apprendre. Le congrès vous donnera l'occasion d'acquérir l'état des connaissances sur la science et la pratique de l'hypnose. Les compétences cliniques les plus puissantes et les plus utiles que j'ai acquises sont celles que j'ai apprises lors des ateliers des réunions internationales sur l'hypnose, car ces réunions attirent les maîtres cliniciens ayant le plus d'expérience et les plus compétents. Le congrès est l'occasion de développer vos compétences cliniques, afin que vous puissiez aider encore davantage les clients que vous servez.

Et puis il y a l'aventure et l'excitation de visiter l'un des plus beaux pays du monde, avec sa propre cuisine merveilleuse et une histoire très profonde. La Turquie est au carrefour de l'Asie et de l'Europe. Non seulement Antalya a sa propre histoire, mais si vous venez d'un autre pays, vous aurez l'occasion de voir et de découvrir d'autres villes de Turquie sur le chemin d'Antalya ou sur le chemin du retour, y compris Istanbul.

Si vous vous n'êtes pas encore inscrit et avez fait vos réservations pour vous rendre et participer au congrès de l'ESH, veuillez le faire maintenant: <https://esh2023.org/registration/>

Je me réjouis de vous voir à Antalya!

LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Invito speciale a unirsi a noi quest'anno ad Antalya, in Turchia

Il mio messaggio a tutti i membri dell'ISH per questo numero della Newsletter è semplice: Iscrivetevi e partecipate al Congresso della Società Europea di Ipnosi (ESH) 2023 che si terrà ad Antalya, in Turchia, il prossimo ottobre. Il congresso è uno sforzo congiunto dell'ESH e della Società Turca di Ipnosi.

Ci sono molte ottime ragioni per partecipare al Congresso. In primo luogo, partecipare all'incontro è un modo per dimostrare il proprio sostegno ai nostri stimati colleghi turchi che stanno - e al momento del congresso staranno ancora - lavorando duramente per fornire assistenza e supporto ai loro connazionali colpiti dal devastante terremoto che si è verificato nel febbraio di quest'anno. Al momento della stesura di questa lettera, a questo primo terremoto ne è seguito un secondo. I nostri amici turchi si sono adoperati per alleviare le sofferenze. L'incontro vi darà l'opportunità di incontrare, ascoltare, incoraggiare e sostenere i nostri colleghi che sono in prima linea nella ripresa. La vostra presenza e partecipazione al congresso contribuirà anche a sostenere finanziariamente un Paese in difficoltà. Inoltre, il Comitato congiunto di intervento in caso di crisi dell'ISH e dell'ESH, co-presieduto da Kathleen Long e Callie Hattingh, sta lavorando per raccogliere risorse a sostegno degli sforzi di ripresa. Per maggiori dettagli su questi sforzi e su cosa potete fare per contribuire alla raccolta di risorse utili alle persone in crisi, consultate la lettera scritta da Kathleen e Callie in questo numero.

Partecipare al congresso è anche un modo per dimostrare un sostegno concreto all'ESH. Come sapete, a causa del COVID, il congresso del 2020 ha dovuto essere annullato. Tutte le società di ipnosi dipendono in parte



dalla partecipazione ai congressi per una parte delle loro entrate. Venire ad Antalya per il congresso ESH di quest'anno vi offre l'opportunità di dimostrare il vostro sostegno al mantenimento della comunità mondiale dell'ipnosi.

Inoltre, da oltre tre anni, da quando è iniziata la pandemia di COVID, la nostra comunità ha aspettato di potersi riunire di persona in tutta sicurezza per entrare in contatto con gli altri, imparare da loro e celebrare il lavoro che tutti noi facciamo per contribuire a portare conforto al mondo. Ora abbiamo l'opportunità di farlo. Per coloro che hanno avuto la fortuna di partecipare ai precedenti congressi ESH e ISH, sarà meraviglioso parlare di nuovo (di persona!) con i vecchi amici e condividere i pasti con loro, e avere l'opportunità di fare nuove amicizie da tutto il mondo. Se non avete ancora avuto l'opportunità di partecipare a un grande congresso con persone che la pensano allo stesso modo, questa è la vostra occasione per iniziare a creare una serie di calde connessioni e ricordi.

E naturalmente c'è l'opportunità di imparare. Il congresso vi darà l'opportunità di acquisire conoscenze all'avanguardia sulla scienza e sulla pratica dell'ipnosi. Le competenze cliniche più potenti e utili sono quelle che ho appreso nei workshop dei convegni internazionali sull'ipnosi, perché questi convegni attirano i maestri clinici più esperti e qualificati. Il congresso è l'occasione per sviluppare le vostre competenze cliniche, in modo da poter essere ancora più utili ai clienti che servite.

E poi c'è l'avventura e l'emozione di visitare uno dei Paesi più belli del mondo, con una cucina meravigliosa e una storia di grande spessore. La Turchia si trova al crocevia tra Asia ed Europa. Non solo Antalya ha la sua storia, ma se venite da un altro Paese, avrete l'opportunità di vedere e sperimentare altre città della Turchia durante il viaggio verso Antalya o sulla via del ritorno, tra cui Istanbul.

Se non ti sei ancora registrato per partecipare al congresso ESH e non hai ancora prenotato il viaggio, fallo ora: <https://esh2023.org/registration/>

Non vedo l'ora di vedervi ad Antalya!

CARTA DEL PRESIDENTE(ES)

TRADUCIDO POR TERESA ROBLES

Invitación especial a unirte con nosotros este año en Antalya, Turquía

Mi mensaje a todos los miembros de la ISH para este número del Boletín es simple: Por favor, insímbete y participa en el Congreso 2023 de la Sociedad Europea de Hipnosis (ESH) en Antalya, Turquía, el próximo mes de octubre. El congreso es un esfuerzo conjunto de la ESH y la Sociedad Turca de Hipnosis.

Hay muchas razones excelentes para asistir al Congreso. En primer lugar, asistir a la reunión es una forma de mostrar apoyo a nuestros valiosos colegas turcos que están - y en el momento del congreso seguirán - trabajando duro para proporcionar atención y apoyo a sus compatriotas afectados por el devastador terremoto que tuvo lugar en febrero de este año. En el momento de redactar esta carta, a este primer terremoto le siguió un segundo. Se perdieron muchas vidas y los terremotos tuvieron un impacto negativo, y nuestros amigos turcos han estado trabajando para aliviar el sufrimiento de su gente. La reunión les brindará la oportunidad de reunirse con nuestros colegas que están en primera línea ayudando a la recuperación, escucharlos, animarlos y prestarles su apoyo. Su asistencia y par-



ticipación en el congreso también contribuirá a ayudar económicamente a un país necesitado. Además, el Comité de Intervención en Crisis conjunto de ISH y ESH, copresidido por Kathleen Long y Callie Hattingh, está trabajando para reunir recursos que apoyen los esfuerzos de recuperación. Consulta la carta escrita por Kathleen y Callie en este número para obtener más detalles sobre estos esfuerzos, y lo que puedes hacer para contribuir a la recopilación de recursos que serían útiles para las personas en crisis.

Asistir al congreso es también una forma de mostrar un apoyo concreto a la ESH. Como sabes, debido al COVID, el congreso de 2020 tuvo que ser cancelado. Todas las sociedades de hipnosis dependen en parte de la asistencia al congreso para obtener una parte de sus ingresos. Venir a Antalya para el congreso de la ESH de este año te ofrece la oportunidad de mostrar tu apoyo a la comunidad mundial de hipnosis.

Además, durante más de tres años desde que comenzó la pandemia de COVID, nuestra comunidad ha esperado poder reunirse en persona de forma segura para conectar y aprender unos de otros, y celebrar el trabajo que todos hacemos para ayudar a llevar consuelo al mundo. Ahora tenemos la oportunidad de hacerlo. Para los que tenemos la suerte de haber participado en anteriores congresos de la ESH y la ISH, será maravilloso volver a hablar (¡en persona!) y compartir comidas con viejos amigos, y tener la oportunidad de hacer nuevos amigos de todo el mundo. Si aún no has tenido la oportunidad de participar en un gran congreso con personas de ideas afines, esta es tu oportunidad de establecer relaciones cercanas y tener lindos recuerdos.

Y, por supuesto, la oportunidad de aprender. El congreso te brindará la oportunidad de obtener los conocimientos más avanzados sobre la ciencia y la práctica de la hipnosis. Las habilidades clínicas más poderosas y útiles que he adquirido son las que aprendí en los talleres de las reuniones internacionales de hipnosis, porque dichas reuniones atraen a los maestros clínicos más experimentados y capacitados. El congreso es tu oportunidad para desarrollar tus habilidades clínicas, para que puedas ayudar aún más a los clientes a los que atiendes.

Además, te esperan la aventura y la emoción de visitar uno de los países más bellos del mundo, con una maravillosa gastronomía y una gran historia. Turquía está en la encrucijada entre Asia y Europa. Antalya no sólo tiene su propia historia, sino que, si vienes de otro país, tendrás la oportunidad de ver y conocer otras ciudades de Turquía, como Estambul, de camino a Antalya o de vuelta a casa.

Si estás pensando en inscribirte, viajar y participar en el congreso de la ESH, hazlo ahora: <https://esh2023.org/registration/>

¡Espero verle en Antalya!



NOTES FROM THE EDITOR



Katalin Varga

Dear Colleagues

This issue combines two main themes: Cooperation with the European Society of Hypnosis (ESH) and crisis intervention.

The former is the theme of Nicole's interview with Kathleen Long. Kathleen, who has a very colorful and dynamic personality, is the current President of ESH. As a general practitioner, she is a fantastic master of suggestive communication and hypnosis techniques on various topics. The energy and effectiveness she represents, which I have experienced in her workshops and lectures, are highly engaging and pleasing.

Kathleen is also the co-chair of the Crisis Intervention Committee (CIC), run jointly by ESH and ISH. You can read a report on the work of the CIC and its call for input and help. Unfortunately, the international (or global) crises of recent years have been intertwined, so we continuously have work to do. A summary of the topic, written by Lilla Rea Hévízi, reviews the potential of hypnosis in dealing with crises.

Also, Kathleen is one of the organizers and hosts of the ESH conference to be held this October in Antalya, Turkey. The picturesque scenery, the ancient cult, and the greats of the international hypnosis scene will all be present. The ISH board will also be in full attendance and will offer presentation sessions.

Our video series presenting a series of studies by hypnosis researchers has come to its conclusion. Zoltán Kekecs and colleagues "Alterations in electrodermal activity and cardiac parasympathetic tone during hypnosis." This is the first time in our newsletter that the author with ChatGPT has prepared a scientific article summary.

Of course, this time, as usual, we have the summary report of the International Journal of Clinical and Experimental Hypnosis, just like a book and conference reports.

I repeat my invitation: Please contact me with your ideas, suggestions for topics, questions, or new columns – and of course, your feedback on this issue.



SPRING AND / OR WINTER



photo by Katalin Varga



MEETING OUR MENTORS

KATHLEEN LONG - ESH PRESIDENT

Interview by Nicole Ruysschaert

Each issue will introduce one of our distinguished teachers in this column. We learn a lot from these scholars, read their books, follow their approaches, use their techniques – but perhaps we do not know them well enough.



Kathleen Long

Kathleen Long introduces herself as the President of ESH:

Source: <https://esh-hypnosis.eu/about/board-of-directors/kathleen-long/>

I am a sessional General Practitioner and Cosmetic Practitioner with a small private hypnosis practice in Glasgow. I graduated from Glasgow University with MBChB, later obtaining an MPH. I am a NLP Master Practitioner and qualified in Myers Briggs Type indicator.

I started using hypnosis in 1982 and I have been involved in teaching and course development with BSMDH-Scotland.

I am currently the President of ESH. I have been Treasurer, Secretary and Academic Secretary of BSMDH Scotland. I have also been responsible for running local conferences and the joint conference with BSCAH.

I worked as motivational coach to the Scottish National Netball team in European and World competitions. I

used hypnosis to help mental focus and recovery from injury as well as to improve performance. I have run workshops on communication in education and in the health service and have given workshops (lectures on NLP) communication in Scotland, Belgium, Sweden, Ukraine, Italy, Germany and England.

My hypnosis work varied and I have worked with PTSD, OCD, Phobias and Stress. I use the 'toolbox' of skills I have learned and tailor them to the patient. In General Practice where I have worked most I look for therapy that can work quickly.

I am an executive board member of the British College of Aesthetic Medicine (BCAM).

HOW DID YOU FIRST ENCOUNTER HYPNOSIS – WHEN / WHERE? (PERHAPS SOME READING / MOVIES / SHOWS LONG BEFORE YOU STARTED IN THE PROFESSIONAL FIELD?)

My first experience of hypnosis was stage hypnosis when I was a student at university. I was a member of the board of the women's union. I was one of the organizers of an entertainment event and a stage hypnotist was booked. He was the final act of the evening and I went to see him. The next thing I knew I was floating on a cloud and was part of the show. I didn't think anything more about it and assumed I'd just been tired because of the work I had been doing for the event. My second encounter was when I had just moved into general practice. There was a stage hypnotist show on at the local theatre. This time I went to see it thinking that I could work out what had happened the previous time. I was curious. I was also determined not to 'fall asleep' this time. Well, I went straight into trance again and once more was part of the show. I decided that I would have nothing more to do with hypnosis!

WHAT WAS YOUR FIRST IMPRESSION IN CONTACT WITH THERAPEUTIC/CLINICAL HYPNOSIS? HOW DID COLLEAGUES AROUND YOU REACT TO THAT?

I was at an educational event for doctors and there was an hour's lecture on hypnosis as part of it. Dr Gordon Kerr was a member of BSMDH and he asked me to volunteer for a demonstration. I told him about my previous experience and he said I was probably a deep trance subject. Very



quickly I was in trance and he asked me to go back to a time when I felt really happy. I felt like Alice in Wonderland tumbling down a big dark hole wondering when I would stop falling. I passed a lot of memories which I thought had made me happy but kept on falling. Then my subconscious suddenly stopped. I found myself in hospital in the operating theatre and I heard my new born baby cry in the distance. I knew she was alive and had an overwhelming sense of sheer joy and relief. I didn't have a conscious memory of that time, because I had needed to be resuscitated. The consultant anaesthetist who resuscitated me said I'd died. I vaguely remembered losing consciousness and then waking up in theatre. Dr Kerr had given me back a precious memory that I had totally missed because of the chaos around the birth. I am forever grateful to him for that. He also put in a post hypnotic suggestion which acted as an ethical block to make sure I wouldn't be hypnotized by stage hypnotists again. I was then a convert as I realized the therapeutic power of clinical hypnosis. The rest, as they say, is history.

CAN YOU GIVE A BRIEF OVERVIEW OF YOUR CAREER, YOUR WORK AND THE PLACE HYPNOSIS HAS IN IT?

My career has been more of a zig zag than a straight line. I am a curious person and like to do different things. After qualifying as a doctor in 1976 I spent time in general medicine, surgery, obstetrics, pediatrics and anaesthesiology. I then spent 13 years as a general practitioner, or generalist. During that time, I was also a local politician for 4 years, a union representative for doctors, worked on a sessional basis for the Medical Defence Union, became a motivational coach and doctor for the Scottish netball team and travelled to the world cup with them in New Zealand. I started doing medical journalism at this time and wrote for one of the medical newspapers on a weekly basis for around ten years, I also wrote health articles for local press and was a television doctor for 10 years. I did extensive hypnosis training during that time including attending the basic and advanced courses with BSMDH. I completed my NLP basic and Master Practitioner courses, Autogenic Training, EMDR, Callahan technique, amongst others. I also took a qualification in homeopathy (LFhom) and studied acupuncture. My next job was in management at the local health board, still doing clinical work. After this I spent 3 years as the Medical Director of one of the largest Health Boards in Scotland managing and being responsible for doctors, dentists, nurses, professions allied to healthcare and also psychiatrists and community pediatricians. I managed a budget of around £180million for prescribing and other things and developed clinical governance protocols and budget formulae for the allocation of funds. I did my master of Public Health (MPH) and also my training in Myers Briggs Type Indicator during this time. I then went back to General practice and worked all over Scotland particularly in rural areas. I have a small cosmetic practice that I set up in 1990. I also see patients privately for hypnosis therapy. I am a bit of a workaholic but given the opportunity I can be a couch potato as well!

WHAT IS YOUR MAIN AREA OF PRACTICE WITH HYPNOSIS?

I am a generalist and as such deal with all sorts of issues. Some of my work would be dealing with low self-esteem, addiction, phobias, anxiety, obsessive compulsive disorder, anorexia, behavioral issues in children, pain, pre operative preparation of patients, grief and anger issues. I deal with whatever the patient walks through the door with. I have 10 -15 mins with patients in General Practice and during this time I need to take a history, diagnose and treat the patient. It's different from private practice. In my private practice I have more time to spend with patient.

WHAT IS THE PLACE, THE IMPORTANCE OF HYPNOSIS IN YOUR WORK? ANYTHING SPECIFIC THAT MAKES YOU / YOUR WORK DIFFERENT FROM OTHERS IN THE FIELD?

I have learned to work quickly with patients using brief interventions. I use techniques that I have learned from hypnosis like rapport building, reframing, communication modalities, dissociation, confusion, intentional exercises in autogenic, future pacing, anchoring to name a few in a lot of



my consultations. I believe in the ripple effect. Change can happen gradually and often you just need to start the change. I build rapport with the patient as quickly as I can. I am a medical doctor and as such have very clear clinical responsibilities to make sure I look after the physical health of the patient sitting in front of me. I believe that every emotional issue has a physical representation and every physical issue has an emotional representation. I know that many people who suffer a major illness will have emotional issues like fear, anger, grief to deal with and they often shut these down only for them to resurface at a later date as e.g., as anxiety, obsessive behavior, irrational behavior or phobia and many more presentations. As a generalist I deal with patients from the cradle to the grave and that is a specialism, not generally recognized, in itself. I have breadth of knowledge as well as some depth. I don't restrict myself to one particular way of doing clinical hypnosis. I couldn't do my job if that were the case. As a medical doctor patients usually trust you and come in with the belief that you can and want to help them. You have often helped them or someone in their family before and that I believe is a huge advantage when I use hypnosis with a patient. I also teach all my patients self-hypnosis.

WHO ARE / WERE YOUR MENTOR(S)? PEOPLE WHO INFLUENCE YOUR WAY OF THINKING AND WORKING?

My first mentors were my parents and their influence remains. They were both from poor families with little access to education despite the fact that both had, in my opinion, significant intellectual abilities. My ancestors left Ireland during the great famine and my own genealogy is 93% Irish. My inspirational teachers will be unknown to most and include Dr Gordon Kerr and Dr Hetty MacKinnon who were members of BSMHD. Also Dr Willie Monteiro the consultant psychiatrist who taught me my neurolinguistics in an ethical way. I've never really stopped learning and have been lucky enough over the years to attend many training courses and workshops by presenters like Jeffrey Zeig and Betty Alice Erickson both of whom did superb workshops for us in Scotland, the late Dabney Ewin, who was the honorary president of BSMDH for many years. Dabney loved coming to Scotland because he had Scottish ancestors and he loved our Aberdeen Angus steaks. To continue my list, Irving Kirsch, Michael Yapko, Kata Varga all of whom have provided workshops in Scotland or the UK. Some others are Teresa Robles the founder of the Ericksonian institute in Mexico whose voice is like a warm bath. She did a workshop for BSMDH on Universal Wisdom which was inspiring and I admire her work with poor communities. Susanna Carolusson has also influenced me, particularly in dealing with people who have significant brain injury. I call Consuelo Casula the queen of metaphors and attend her workshops when I can. Camillo Loredio is also someone whose work I admire. I have attended workshops by Pat McCarthy, who is now honorary President of BSMDH, He has a generalist background like myself and provided many workshops during COVID and is very generous in sharing his expertise. I've been to Turkey several times in recent years and it has been interesting and stimulating to observe and to absorb some of the techniques that are less familiar to me. Their use of music and dance is fascinating, I did attend a weekend workshop with Richard Bandler out of curiosity where I was impressed by his fantastic use of metaphor but was glad to have had my ethical block in place. I would love to give you more names because in truth I learn something for everyone. As I've said I'm a generalist and curious!

WHAT IS YOUR FAVOURITE PROFESSIONAL HYPNOSIS BOOK?

I have a lot of books and cannot give you one favourite so this is a difficult question for me. Probably something familiar like Hartland's Medical and Dental Hypnosis is a favourite as it was what I used during my original training with BSMDH. Trance Work by Michael Yapko Autogenic Training by the late Dr Kai Kermani. I use a lot of the intentional exercises in my short therapies and for myself! When I did my training, I was very sceptical as it was classed as a para hypnotic technique. It is one of the most useful things I have even done. [101 Things I Wish I'd Known When I Started Using Hypnosis](#) by Dabney Ewin.



WHAT DID YOU DO TO MAKE HYPNOSIS ACCEPTED AND ACKNOWLEDGED?

In my own professional sphere, I have been teaching hypnosis to doctors and dentists for many years and developed and wrote the BSMDH basic training course. I sanctioned the use of hypnosis in dentistry by suitably qualified professionals when I was medical director. I have spoken on television and written about hypnosis in both the medical and lay press. I lecture in hypnosis to newly qualified psychiatrists, doctors and dentists. I have trained many clinical staff throughout the years. In ESH we have improved our presence on social media and are near completion of a dedicated website for research as well as our own research project.

WHAT DO YOU PERSONALLY SEE AS YOUR MOST IMPORTANT CONTRIBUTIONS TO THE FIELD?

I hope some of the work we are now taking forward in ESH as I previously mentioned. The research project, the social media presence, the meetings with our Constituent Societies to improve communication and networking. Working very hard in my own society to keep our training relevant and encouraging new member to join. I have done research in other areas of medicine like prescribing but not in hypnosis so I cannot claim any influence here but I support and promote hypnosis whenever I can. Letting people know through my previous media work that hypnosis is a therapy that can work for them. My biggest achievement as a clinician is helping people. That is my reward and it is the best reward that anyone can ask for.

WHAT MOTIVATED / STIMULATED YOU TO JOIN THE ESH BOD OF DIRECTORS, TO BE PRESIDENT OF ESH.

I was asked if I would consider standing for the BoD by some of my hypnosis colleagues. I like a challenge. It was a baptism of fire at the beginning because, while I had extensive experience on boards and in hypnosis, I had never worked with international representatives. No one could understand my Scottish accent at first. I have slowed down my speech a little. I was also aware that I was not well known. Someone said I would bring 'fun' to the board as I have a keen sense of humor. I did reply that I hoped to bring more to the ESH board than that and I hope I have. I decided to stand for the President's role because I thought I could do a good job and by this time I was passionate about ESH and felt that we needed to move forward in many ways to continue to increase our presence and relevance in the world of hypnosis. It was also important to improve our networking with the Constituent Societies and decrease what I saw was an artificial and unintentional distance between the BoD and the CS. We have such a rich heritage and wealth of talent in ESH and I wanted us to be able to share that with each other and also encourage more societies to join ESH. COVID did not stop us doing these things but it needed creative thinking to manage things like the CoR on-line, the elections, relocating Central Office and keeping in contact with the CS during lockdown. I am a good fire fighter.

WHAT ARE YOUR MAIN GOALS WITH THE SOCIETY?

To increase our membership; have a successful face to face Congress in Antalya; increase our presence in the field of research, to increase our presence on the world stage through social media, to encourage younger therapists to come forward and take part in our congress and board; to share educational resources and help our young societies gain the confidence to participate fully in ESH. Promote our ESH certificate. All of these things are currently being done. I think we have been able to achieve many of our goals because we have a team of excellent members on the ESH Board. A president is only as good as their board. It is not a one-person band but a team effort and I am lucky to have an excellent, diverse, committed group of professional people on the board of ESH who have a variety of strengths and interests.

HOW DO YOU SEE THE PLACE OF ESH AMONG OTHER INTERNATIONAL SOCIETIES?

ESH is represented in more than 20 countries and has over 40 constituent societies and by default 14,000 highly trained clinical professionals mak-



ing up our membership. I think that this makes ESH a well-respected society in the international arena. I am very proud to be the President of such an illustrious and talented society. The richness of history of hypnosis in Europe is inspiring. The early clinical hypnotherapists helped spread clinical hypnosis, not only throughout Europe but also to the so-called new world. Names like Mesmer, Charcot, Freud, Marquess de Puységur, James Braid, Emile Coue Ambroise-Auguste Liébeault are only a few of the well-known European pioneers in Clinical Hypnosis from history. In ESH we are also very fortunate to have Constituent Societies in Turkey where the culture is rich in hypnotic tradition. I am very aware of the fantastic cultural heritage that ESH brings together under the one umbrella organization.

DURING YOUR CAREER / TIME AT THE ESH BoD WHAT KIND OF CHANGES HAVE YOU OBSERVED IN THE APPLICATION OF HYPNOSIS (IN GENERAL AND/OR IN YOUR OWN PRACTICE)?

I've seen the popularity of hypnosis change over the years. When I trained there was a lot of interest in hypnosis amongst the doctors and dentists with large numbers attending training courses. With the streamlining and specialism that has taken place over the years in both medicine and dentistry the popularity of hypnosis training decreased. Patients, in my opinion, were, and still are, subjected to labelling in mental health and general medicine. In more recent years the understanding that the patient is a whole person and not a disease has helped introduce a more holistic approach. The belief that there is a pill for every ill is not true. There is widespread recognition that separating the psychology of the patient from the physical side of the patient is not possible and that stress and emotional wellbeing does influence the outcomes in many patients and impacts on their immune system. In the UK we are seeing more professionals seeking to train in hypnosis. We have also had CBT and Mindfulness included as part of the services that patients can access through the mental health teams. I regularly lecture to psychiatrists try to encourage them to undertake training in hypnosis. They are a powerful group of professionals who can, and hopefully will, have great influence on promoting clinical hypnosis in our national health service.

WHAT DO YOU LIKE OR DISLIKE IN THE FIELD / WORLD OF HYPNOSIS?

I like the hypnosis community. I find the people very stimulating, helpful and kind. I like the fact that they are willing to share their work for the benefit of others and their dedication to promoting hypnosis. I love the exchange of ideas and the things that I learn in Congresses. I find the history of hypnosis fascinating and the fact that before we had the word 'hypnosis' trance was part of just about every culture. I admire the researchers who strive to produce the proof and have done so effectively in areas like pain.

I dislike the misuse of hypnosis in stage hypnosis. This stems in part from my own early experiences but also from some of my patient experiences. Using such a powerful and healing therapy to ridicule people and sometimes not reversing the hypnosis properly I believe can be harmful.

HOW DO YOU SEE THE FUTURE OF HYPNOSIS? IN THE MEDICAL FIELD? IN THE PSYCHOTHERAPEUTIC FIELD? IF YOU HAD A DREAM ... ABOUT THE FUTURE OF HYPNOSIS ... WHAT HAPPENS IN YOUR DREAM?

Have the confidence to use your new skill.

Listen and learn and never think you know it all.

Network with many and not just the few.

Be prepared to be surprised at what you and your patients can achieve.

Listen to your patients. They are often the best teachers.

Have an open mind and feed it regularly.

Share your experience with others.

DO YOU SEE SOME IMPORTANT CONTRIBUTIONS OF HYPNOSIS/ESH/ISH IN DEALING WITH THE COVID 19 PANDEMIC?

I think that the response from both members of ESH and ISH was very heartening during the pandemic. It was fantastic to have so many share



their work and give their time to help each other. I think it also brought people together in a way which may have been virtual but was very relevant. It also showed a huge generosity by those who provided the on-line resources. I think it put us in a good position to ask our colleagues to help provide teaching and resources for Ukraine enabling us to jointly kick start the Crisis Intervention Committee

WHAT DO YOU THINK ABOUT ESH AND ISH WORKING MAINLY INDEPENDENT FROM EACH OTHER?

ESH has a strong identity and it has gone from strength to strength over the many years since its creation. In ESH we are looking forward not backwards. ESH is at present in expansion mode attracting new societies. This has been exciting as these new societies bring new energy and ideas into ESH.

I believe there are areas where we could work not only with ISH but with other societies where we have shared goals around clinical hypnosis, ethical and educational standards. ESH and ISH have worked together with the esteemed Giuseppe de Benedittis and the WHO and also in the setting up of the Crisis Intervention Committee, which I co-chair with Callie Hattigh (ISH BoD member). It was formed jointly to provide training and resources to support our colleagues in Ukraine and other countries helping people traumatized and displaced by the war in Ukraine. I know that Borys Inyev President of our Ukrainian Society is extremely grateful for this initiative. We are also now in a stronger position to supply help in other crises and have recently contacted our Turkish societies to offer help where we can. I have suggested to Mark Jensen, President of ISH, that the board of ESH and ISH meet once or twice a year on-line to discuss areas where it is beneficial to co-operate while maintaining our own distinct identities as separate but co-operating societies. We look forward to welcoming the ISH board to Antalya in October 2023 for a social gathering as well as a highly anticipated wonderful congress. The tragic earthquake in Turkey has shown us the resilience of our Turkish Societies who are determined to work hard towards October 2023. I have been in contact with our Turkish societies since the tragedy and I am humbled by their grateful responses for any help we may be able to jointly offer them. They are so grateful that the larger hypnosis community has them in their thoughts and prayers. I am looking forward to seeing them all in October.

WHERE / HOW DO YOU THINK MORE COMMON COOPERATION CAN BE USEFUL?

I am sure there are many areas where we can co-operate in the future.

THANK YOU VERY MUCH!

Dr. Nicole Ruysschaert MD Psychiatrist.

On behalf of ISH and our ISH Newsletter committee



BUILDING BRIDGES OF UNDERSTANDING

CLINICAL RELEVANCE OF RESEARCH FINDINGS

In each section of the NL we introduce you to a summary of recent research with short and easy explanations of some research concepts. Scientific reports are more and more complex and complicated; only a small portion of hypnosis experts enjoy them. For the majority of professionals it can even be frightening or boring. The aim of these letters is to bring researchers and clinicians closer together, to highlight the clinical relevance of research findings of hypnosis in a very simple user-friendly way. Clinicians are also encouraged to propose questions to be studied, clinically relevant phenomena to analyze, and hypnotic processes to be understood. Let's build the bridges of understanding together...



Lilla Rea Hévízi currently studies psychology in the bachelor program of Eötvös Loránd University. She strives to understand and help people live better, more fulfilling lives. She noticed an alarming rate of depressive and anxious tendencies and suicidal ideation among her peers. Although it does not constitute systematic observation, it piqued her interest. Ms. Hévízi is motivated to ease the suffering of individuals regardless of or due to societal problems.

HYPNOSIS IN CRISIS INTERVENTION

LILLA REA HÉVIZI

INSTITUTE OF PSYCHOLOGY, ELTE EÖTVÖS LORÁND UNIVERSITY

Crisis intervention and theory were first developed by Lindemann and then later by Caplan to provide an effective therapeutic model and framework for individuals dealing with emotional crises (Baldwin, 1979). Emotional crises occur when the individual faces a stressful situation in which their existing coping mechanisms are no longer effective (Baldwin, 1978). These situations can stem from the disruption of the psychological homeostasis, which the individual's coping mechanisms failed to restore, and the distress causes some functional impairment within the individual (Flannery & Everly, 2000). Crises are usually experienced during development or adversity in life (Baldwin, 1978). Adversity in this context could mean a critical incident, which is defined by any stressor event that could trigger a crisis response in many individuals, such as facing or witnessing a threat of death, a severe injury, or a contradiction to a deeply held belief (Flannery & Everly, 2000). During an emotional crisis, the individual experiences a disparity between affect and cognition. Affective responses to situations become more prominent at the expense of cognitive responses. The individual is overwhelmed by a dysphoric affect, which damages their self-confidence, problem-solving skills, and sense of control (Baldwin, 1978). Possible symptoms include hypervigilance, sleep disturbance, intrusive recollections of the critical incident, and a tendency to withdraw from social situations (Flannery & Everly, 2000). Fortunately, emotional crises are usually resolved in four to six weeks, with either adaptive or maladaptive outcomes (Baldwin, 1978).

Crisis intervention can be applied during this period to assist the individual and ensure that the resolution of the crisis is adaptive and is in the



direction of an enhanced coping ability, avoiding regression and maladaptive coping (Baldwin, 1978). It strives to restore the individual's functioning to at least its pre-crisis state while averting the potential negative outcome of the crisis (Flannery & Everly, 2000). Furthermore, crisis interventions could prevent the occurrence of similar crises (Baldwin, 1978).

Crisis therapy is a limited framework, not a theory of personality or a comprehensive theory of psychotherapy. Thus, it cannot be discussed with more inclusive models; it is a specialized use of the therapist's preferred orientation, such as psychodynamic or gestalt therapy (Baldwin, 1977).

Baldwin (1977) collected the most common misconceptions and myths regarding crisis intervention, which the lack of clear conceptualization by professionals causes. Crisis intervention is not only for responding to psychiatric emergencies, those only being a minor portion of the crisis situations a crisis therapist faces. Furthermore, it is effective not only in primary prevention programs but also at secondary and tertiary levels. Crisis therapy does not consist of only one session, without the need for a follow-up session or continuity. It usually involves one to ten sessions four to six weeks after resolving the crisis. It is also not temporary support to stabilize the patient until long-term therapy can start. It is more of choice, and most patients do not require further therapy. This corresponds with the notion that crisis intervention does produce lasting change; it is not just a procedure to de-escalate the situation. While crisis intervention is a brief therapy, it is not an easy form of therapy. It requires a similar skillset as long-term therapy and additional skills.

The goals of crisis intervention differ from the goals of long-term therapy (Baldwin, 1977). The primary objective of crisis intervention is stabilizing the patient, alleviating their distress, and restoring their adaptive functioning at least to the level before the crisis (Flannery & Everly, 2000). One of the unique features of crisis intervention is that it does not aim to resolve deeply rooted intrapersonal conflicts. It sets a specific, attainable goal and focuses on coping with the present stress. After the goal is achieved and the patient can adaptively cope with the stress, the therapy ends (Baldwin, 1977).

The psychodynamic view of hypnotic trance defines it as a result of dissociation. Dissociation is a coping mechanism, and many theorize that hypnotic trance and other alternative states of the mind might serve a defensive purpose. Spontaneous hypnotic trances may result from sufficient levels of anger, sadness, and anxiety, which causes the mind to demand some defense (Prankel, 1974). As a result, many individuals facing crises might be more receptive to hypnosis than otherwise would be.

As mentioned before, the crisis intervention model can be adapted to all of the different orientations in psychotherapy, hypnosis included. With hypnosis, the patient can achieve a relaxed state, which helps ease the emotional distress experienced during a crisis. Relaxation techniques are the basis for gaining control over affective responses, which can be crucial in crisis intervention. If the patient learns relaxation as an active coping skill, it can also revive their sense of control. It may also enhance the effectiveness of other techniques utilized in psychotherapy while also providing techniques specific to hypnosis. For instance, during a hypnotic state, the patient's ability to focus and concentrate is increased, which aids problem-solving; thus, a client can achieve a more objective view of the problem. Hypnosis can also bring the past to the forefront, providing critical insight for the client as to when their maladaptive behavior originated. Hypnosis heightens the vividness of fantasy production and the patient's involvement. Many psychotherapeutic techniques rely on role-playing or experiencing the self in different ways; therefore, an increased engagement strengthens the effectiveness of such methods. Clients are more susceptible to suggestions during the hypnotic state, which, if utilized well, can facilitate adaptive crisis resolution. General suggestions can



rehabilitate one's sense of control, whereas crisis-specific suggestions could help significantly. Additionally, hypnosis can remove the boundaries in cognitive functions, and the client can perceive the problem more constructively and produce more methods to resolve the crisis (Baldwin, 1978).

Not only are there many different techniques of hypnosis, but the utilization of it also varies significantly from therapist to therapist. One of the possible uses of hypnosis is directly removing the symptoms; however, this is not recommended, as it serves as pattern interruption and could only be an acceptable form of therapy if paired with pattern building. Hypnosis could also contribute to behavior change and skill enhancement, for example, posture modification, attention switching, skills needed for social interactions, and setting goals. Moreover, it can aid with increasing self-esteem, empowerment, control, positive thoughts and feelings within the patient, and allowing them to express unacceptable anger. Hypnosis could be used in managing anxiety, however, only in milder cases, as many professionals worry that anxiety reduction could be a potential suicide risk. However, hypnosis may have the ability to remove the hindering factor of anxiety long before depression is eased. The evidence can be predominantly found in clinical case studies. Some therapists believe hypnosis can be addressed before the intervention to eliminate risk factors. Therefore, the patient will not have unrealistic expectations. Orientation-specific uses for hypnosis exist, such as restructuring the cognitive experience, or uncovering, age regression approaches and intrapsychic conflicts (Burrows et al., 2002).

Another direct approach to treating emergencies with hypnosis is to give them a suggestion during their trance not to commit suicide. For instance, the therapist offers the hypnotic suggestion to call the therapist first if the patient is contemplating suicide. Most suicidal impulses are brief, especially if the individual has a support system to rely on in breaking the suicidal ruminations or if the problem can be identified. However, hypnosis is only a temporary deterrent against suicide and should not be relied on in the long term. It is also essential to not give the patient a suggestion that poses a challenge, such as a sentence involving "cannot ever." However, a temporary deterrent is often necessary to prevent suicide attempts permanently, as it gives time for the therapist to work with the patient and decide if hospitalization is required. Furthermore, it gives an alternative solution to suicide for the patient: calling their therapist. Nevertheless, this might promote a dependent relationship on the therapist and does not eliminate the root of the problem (Hodge, 1972).

One possible area where hypnosis can be used is marital interventions, especially in impotence and frigidity cases. Its theoretical basis is that most impotence and frigidity cases are rooted in denial or shut down of feelings due to depression and guilt stemming from anger towards the spouse. This anger is deemed unacceptable by societal standards, thus inexpressible, which fuels feelings of depression and guilt. By being allowed to express the hostility, the guilt can finally fade, which eases the feelings of depression. Therefore, the involved spouse can respond normally to romantic and sexual advances, and the marriage can be salvaged (Levit, 1971).

Hypnosis can be used with patients suffering from Dissociative Identity Disorder. *Dissociative Identity Disorder* is a condition in which the individual develops two or more distinct personalities. Each personality has different attitudes and behavioral and intrapersonal patterns, which can be observed when the personality is dominant. (Kluft, 1983).

The personalities are usually a result of trauma. The differentiative factor between trauma, crisis, and stress is the perception of the person who experiences the event. How people view a particular stressor event is not homogeneous, it differs from person to person. *Trauma* is defined as a physical and psychological injury, reflected in the original Greek meaning of the



word. Thus, trauma develops when the individual understands, through thoughts and feelings, that a physical and/or psychological injury is present in their worldview. Conversely, a crisis is a decisive, crucial time, stage, or event, usually after experiencing a traumatic event, which the individual failed to cope with using their existing coping mechanisms (Dulmus & Hilarski, 2003).

These patients are often predisposed to crises, as most have significant personalities with severe masochistic or depressive tendencies; thus, their cognition usually focuses on negative aspects. Additionally, these patients may experience problems with their memory, leaving them with discontinuous recollections of events. Another factor, social support, is also often lacking in these individuals' lives. They are often estranged from their family and may include family dysfunction. Coping mechanisms also vary from alter to alter, some choosing to endure in silence, some prone to dramatic measures. Crises are often caused by different personalities attempting to take control, especially if there is a suicidal, homicidal, inappropriate, and antisocial alter present (Kluft, 1983).

Treatment involves repressed materials and profound divisions of self. Personalities must cooperate, compromise, and share for the treatment to be effective. Moreover, not all alters share the same bonds and attitudes as their therapist, complicating the treatment further (Kluft, 1983).

Hypnotic work must be preceded by informed consent. Hypnosis, in this case, can be used to contact alters or connect them, helping them communicate. It also aids in gaining a more comprehensive picture of the patient's crisis. Moreover, symptom removal or substitution can be utilized to express and de-escalate the crisis, as sometimes alters can struggle for control. Sometimes a reliable alter can be taught autohypnosis or hypnotically control their other alters; caution is still necessary (Kluft, 1983).

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Dr Nicole Ruysschaert is a physician, psychiatrist-psychotherapist with training in cognitive behavioural therapy (CBT), hypnosis, EMDR, psycho-traumatology and solution-

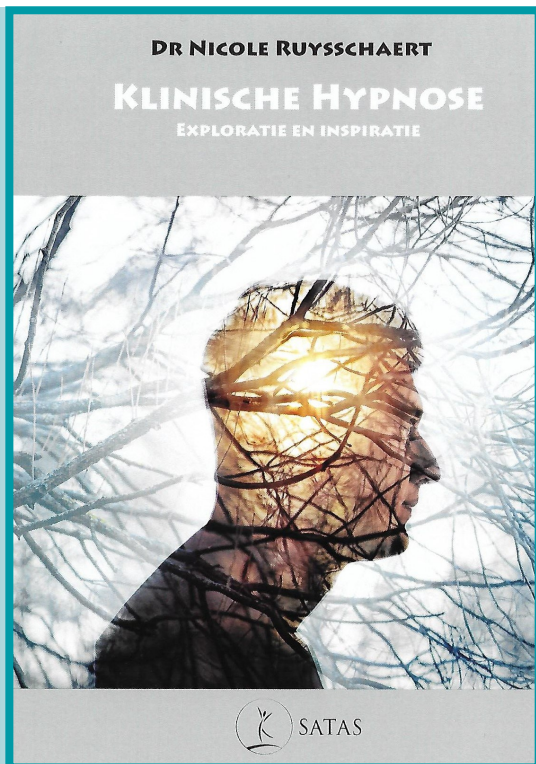
focused Ericksonian therapy methods.

She has been an active board member of the VHYP (Flemish Scientific Hypnosis Association) since 1983 as president, training coordinator and responsible for accreditation and public relations. She was a board member of the ESH (European Society of Hypnosis) from 2002 to 2017, association of which she was president from 2011-2014. She was a board member of the ISH (International Society of Hypnosis) from 2015-2018 and still actively works on various committees there.

She provides training and supervision in hypnosis and is a speaker at various hypnosis-related conferences. These activities take place in Belgium, in several European countries such as France, Germany, UK, Turkey, Sweden, and USA, Canada, China, Iran and Australia, in Dutch, French, English and German.

She has a broad interest in the integration of hypnosis within psychotherapy and in the possibilities of hypnosis within medical treatments and in medical settings.

In 2019, she received the Shirley Schneck Award from the US Society for Clinical and Experimental Hypnosis (SCEH) in recognition of her significant contribution to the development of medical hypnosis.





IJCEH

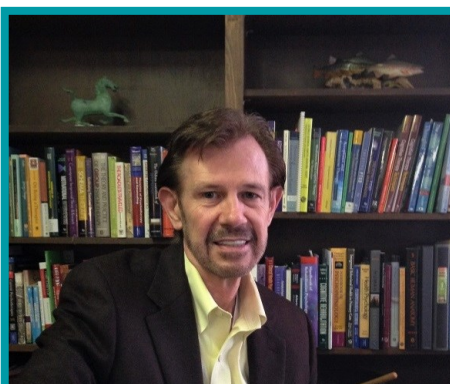
INTERNATIONAL JOURNAL
OF CLINICAL AND EXPERIMENTAL HYPNOSIS

RECENT ISSUE: VOLUME 71, ISSUE 1

The most recent issue of the IJCEH features five articles covering a variety of topics including two systematic reviews – one examining applications of hypnosis in oncological settings and another examining the use of hypnosis during the perinatal period. Additional article topics include Buddhist meditation-informed hypnotic techniques for rumination, mindful hypnotherapy for females with major depressive disorder, and hypnoanalgesia during nasogastric tube insertion. This is the first issue of 2022 and we look forward to publishing many more outstanding articles in the new year!

HAVE YOU CONSIDERED WHAT OPEN ACCESS PUBLISHING CAN DO FOR YOUR RESEARCH?

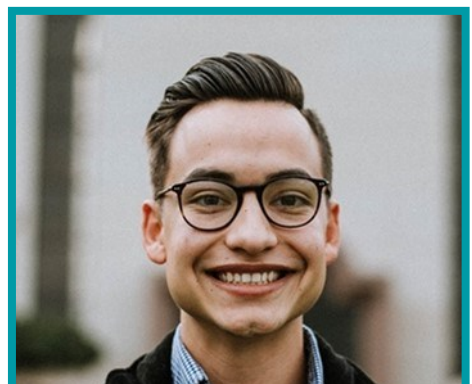
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Editor-in-chief

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

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



Joshua Rhodes, MA
Managing Editor

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

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

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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).

CALL FOR PAPERS: SYSTEMATIC REVIEWS & META-ANALYSES

The IJCEH has issued a call for systematic reviews and meta-analyses of hypnosis interventions for psychological and health-related conditions. Meta-analyses and systematic review papers can help enrich our understanding of key topics and can help to advance clinical research. They can provide an accessible resource for clinicians and researchers on existing research and evidence. Review articles serve to provide an up-to-date overview of the current state of knowledge of hypnosis interventions for a particular disorder or domain. Submit your systematic review or meta-analysis to the IJCEH using the submission instructions below!

IF YOU HAVE A PAPER TO SUBMIT

Go to mc.manuscriptcentral.com/ijceh and create a username. Everything you submit will be conveniently available for you to view on the online system. Contact us at: IJCEH@baylor.edu

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<https://tandfonline.com/ijceh>. Click "New Content Alerts", enter your email, and select your preferred frequency!

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THE INTERNATIONAL JOURNAL OF
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HYPNOSIS

WE ARE PLEASED TO SHARE ABSTRACTS
FROM THE ARTICLES PUBLISHED IN THE
MOST RECENT ISSUE OF THE
INTERNATIONAL JOURNAL OF CLINICAL
AND EXPERIMENTAL HYPNOSIS

ABSTRACTS FROM THE
JANUARY 2023 ISSUE – VOLUME 71 (1)

APPLICATIONS OF HYPNOSIS AS AN ADJUVANT IN ONCOLOGICAL SETTINGS: A SYSTEMATIC REVIEW

MARC FRANCH, ANA ALARCON, ANTONIO CAPAFONS

Previous research has shown promising results in using hypnosis to treat various symptoms and side effects of medical treatments. The objective was to identify studies that use hypnosis as an adjuvant to evidence-based treatments to evaluate its benefits in patients with cancer. The search identified 873 articles published between 2000 and February 2021, of which 22 were selected using the principles of the PRISMA. Apart from 1 study, all studies showed that interventions improved the measured variables compared to a control group. Most studies showed that hypnosis has positive effects on reducing anxiety, pain, nausea, fatigue, drug use, and length of hospital stays. Hypnosis also improves depressive symptoms, insomnia, hot flashes, well-being, and quality of life, and helps increase adherence to treatment. When used by qualified professionals as an adjuvant to well-established treatments, hypnosis improves symptoms caused by oncological interventions and the disease itself. In addition, hypnosis has no side effects.

THE USE OF HYPNOSIS DURING THE PERINATAL PERIOD: A SYSTEMATIC REVIEW

EMILIE DUMONT, DAVID OGEZ, SABINE NAHAS, GHASSAN EL-BAALBAKI

This systematic review aims to identify current protocols involving the use of hypnosis during the perinatal period and to examine its effects on mothers' well-being. Seven electronic databases were searched for articles published from 1960 to April 1, 2021, that assessed the effectiveness of hypnosis during the perinatal period. All published randomized, controlled trials and nonrandomized, controlled trials studies assessing the effectiveness of hypnosis used during the perinatal period with healthy adult women were included. The quality of the included studies was assessed using the Risk of Bias in Nonrandomized Studies of Interventions or the Revised Cochrane risk-of-bias tool for randomized trials. Article screening, methodological-quality assessment, and data extraction were performed by 2 independent reviewers. Twenty-one articles, corresponding to 16 studies met inclusion criteria. Apart from 2 studies, all included studies reported the benefits of implementing a hypnosis intervention during the perinatal period. However, methodological limitations relative to intervention implementation and assessment methods might have led to the observed variability in results across studies. Future studies should consider a more standardized methodology.

USING BUDDHIST MEDITATION-INFORMED HYPNOTIC TECHNIQUES TO MANAGE RUMINATION: TWO CASE ILLUSTRATIONS

AKIRA OTANI

Rumination is a clinical phenomenon that causes significant distress in clients who suffer from various psychological and physical disorders. It also has a deleterious impact on both therapeutic process and outcome. One approach that holds promise to manage rumination is mindfulness meditation in combination with clinical hypnosis. This article: (1) reviews the concept of and techniques to manage rumination in the Buddhist psychological framework, (2) introduces 2 simple mindfulness-based tech-



niques to deal with rumination, i.e., mindful thought detachment and mindful dereflection, and (3) describes 2 case studies in which these strategies were applied successfully. Hypnosis-informed clinicians are encouraged to integrate these approaches in their practices.

THE EFFECTIVENESS OF MINDFUL HYPNOTHERAPY ON DEPRESSION, SELF-COMPASSION, AND PSYCHOLOGICAL INFLEXIBILITY IN FEMALES WITH MAJOR DEPRESSIVE DISORDER: A SINGLE-BLIND, RANDOMIZED CLINICAL TRIAL

HASSAN KHAZRAEE, MARYAM BAKHTIARI, AMIR SAM KIANIMOGHADAM, & ELAHEH GHORBANIKHAH

The effectiveness of the novel intervention *mindful hypnotherapy* on depression, self-compassion, and psychological inflexibility in females with major depressive disorder was examined in a randomized, clinical trial. Thirty-four participants were randomly allocated into mindful hypnotherapy and waitlist control groups. The intervention group was treated in 8 face-to-face, 60-minute weekly therapy sessions along with mindful hypnosis audio tapes to be used daily. The results of analysis of covariance indicated that there were significant differences between the mindful hypnotherapy and waitlist control groups after intervention and at 2-month follow-up ($p < .001$). The between-subject test of repeated measures ANOVAs also indicated a clinically significant difference between groups across time (baseline, postintervention, and 2-month follow-up) in depression, $F = 53.86$, $p < .001$, effect size = .65, and in self-compassion, $F = 33.18$, $p < .001$, effect size = .53, as well as psychological inflexibility, $F = 26.84$, $p < .001$, effect size = .48. In conclusion, this study indicates that mindful hypnotherapy is an effective intervention for treating depression as well as reducing psychological inflexibility and improving self-compassion for patients with major depressive disorder.

PATIENTS PARTICIPATING IN NASOGASTRIC TUBE INSERTION THROUGH HYPNOANALGESIA DURING HIGH-DOSE CHEMOTHERAPY-INDUCED APLASIA

MAGALI GRANGER, NORAH ANTHONY, CECILE LERMENIER, DELPHINE HUE, JEAN-BAPTISTE MEAR, ROCH HOUOT, ALINE MOIGNET-AUTREL, MARC BERNARD, THIERRY LAMY

The insertion of a nasogastric (NG) tube is often a difficult experience for both patients and caregivers. This often results in a high failure rate of NG insertion. This pilot study aimed to evaluate the effectiveness, tolerance, and acceptability of hypnoanalgesia to assist self-insertion of an NG tube. Patients undergoing high-dose chemotherapy for autologous or allogeneic hematopoietic stem cell transplantation (HSCT) or acute leukemia and with high risk of aplasia were included in the study. A total of 38 patients were included during 6 consecutive months. They all achieved successful NG tube self-insertion. The NG tube remained in place during hospitalization in 32 cases for an average duration of 15 days. Six patients rejected the NG tube during vomiting but they all voluntarily attempted it again later on and succeeded. The discomfort related to NG-tube insertion was mild. This pilot study suggests that NG tube self-insertion assisted by hypnoanalgesia may be effective, well-accepted, and well-tolerated in patients. These promising findings will need further confirmation.

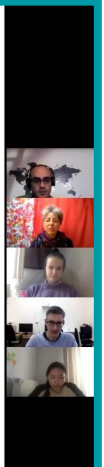


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Prominent researchers of our time will present their work, followed by a discussion with ELTE psychology MA students. Follow the details on free video recording of the session.

Changes in autonomic nervous system and stress-biomarkers during hypnosis
- Towards understanding the mechanisms behind the somatic effects of hypnosis

Hypnosis Research Seminar
Zoltan Kekecs, PhD



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INFLUENCING AUTONOMIC NERVOUS SYSTEM BY HYPNOSIS

Summary made by ChatGPT

on Kekecs, Z., Szekely, A., & Varga, K. (2016). Alterations in electrodermal activity and cardiac parasympathetic tone during hypnosis. *Psychophysiology*, 53(2), 268–277. <https://doi.org/10.1111/psyp.12570>

INTRODUCTION

As a clinical psychologist who uses hypnotherapy, it is important to understand the autonomic nervous system (ANS) and how it can be influenced by hypnosis. The ANS is a part of the nervous system that controls involuntary bodily functions, such as breathing, heart rate, and digestion. There are two main branches of the ANS, the sympathetic nervous system (SNS) and the parasympathetic nervous system (PNS), which work in opposition to each other to regulate these functions. The SNS is responsible for the body's "fight or flight" response, while the PNS is responsible for the body's "rest and digest" response.

RESEARCH FINDINGS

A study by Kekecs, Szekely, and Varga (2016) investigated the effects of hypnosis on the ANS in a laboratory setting. The study found that hypnosis decreased sympathetic nervous system tone, which is responsible for sympathetic arousal, compared to music-induced relaxation. However, there was no hypnosis-specific effect found within the cardiac parasympathetic tone.

CLINICAL IMPLICATIONS

The study's findings have implications for clinical psychologists who use hypnotherapy as a treatment modality. Hypnosis has been shown to be effective in treating somatic disorders such as autoimmune diseases, hot flashes, hypertension, and chronic pain. A common characteristic of these diseases is that they are associated with dysregulation of the sympathetic



nervous system. The down-regulation of sympathetic arousal in hypnosis, verified in our study, might be an integral part of the mechanism governing the beneficial effects of hypnosis and similar mind-body techniques in these disorders. Other disorders have also been known to have an association with dysfunctional SNS activity, such as Postural orthostatic tachycardia syndrome (POTS), Hyperhidrosis, Raynaud's disease, and Migraines. By altering sympathetic nervous system tone, hypnosis may help to alleviate symptoms associated with these conditions as well.

Furthermore, understanding the ANS effects of hypnosis in a neutral, relaxed state provides a stable baseline to which additional suggestion-induced effects can be compared. This knowledge can help clinicians tailor their hypnotherapy interventions to target specific ANS functions, depending on the needs of their clients.

FUTURE RESEARCH

The study's authors note that further research is needed to investigate the long-term effects of hypnosis on sympathetic tone and to uncover the underlying mechanisms that contribute to the effectiveness of hypnotic techniques in therapies of somatic illnesses. Specifically, they suggest that future research should investigate the mediating role of the anterior cingulate cortex (ACC) and emotional states in the inhibition of the SNS activity in hypnosis, and on the differential effects of hypnosis and other mind-body techniques such as meditation or T'ai Chi Chih.

CONCLUSION

In conclusion, the study by Kekecs, Szekely, and Varga (2016) provides valuable insights into the ANS effects of hypnosis. As a clinical psychologist who uses hypnotherapy, understanding the autonomic nervous system and how hypnosis can influence it is important in tailoring interventions to specific client needs. Hypnosis may be particularly effective in treating somatic disorders with strong sympathetic involvement, and further research is needed to explore the underlying mechanisms and long-term effects of hypnosis on sympathetic tone.



For more that 25 years, the Couples Conference has been the premier continuing education event promoting the evolving approaches in couples therapy through research and practice. Our faculty teaches on a range of topics including kinks, family systems, polyamory, infidelity , and more. Visit www.couplesconference.com for more information and to register for the conference for the best rate.



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FOR ANOTHER YEAR!**

MAY 5-7, 2023





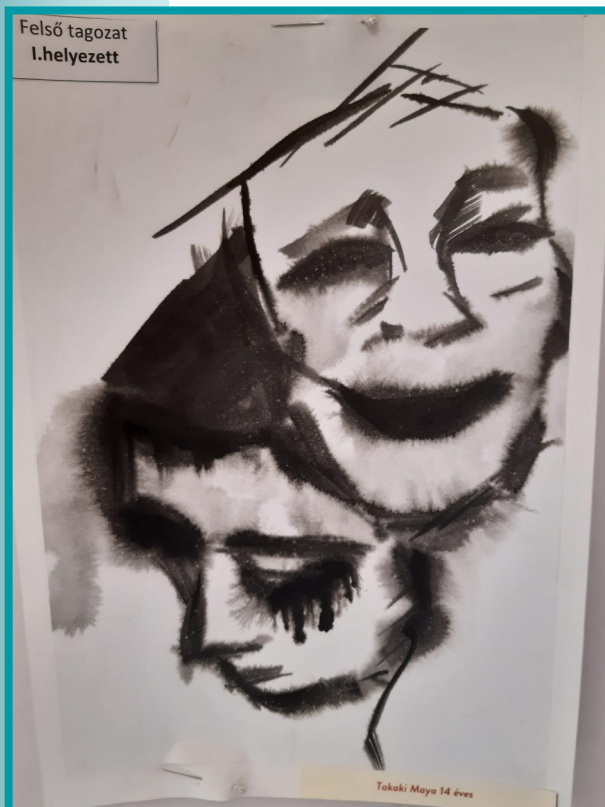
1ST BETHESDA PAIN MANAGEMENT DAY

CHILDREN AND YOUNG ADULT PAIN THERAPY TRAINING COURSE

Pain management professionals at Bethesda Childrens' Hospital in Budapest are increasingly using suggestive and hypnotherapy methods in their daily practice.

A drawing competition for children on the theme of "pain" has been announced for the 1st Bethesda Pain Management Day - Children and Young Adult Pain Therapy Training Course.

Here are some of the entries.



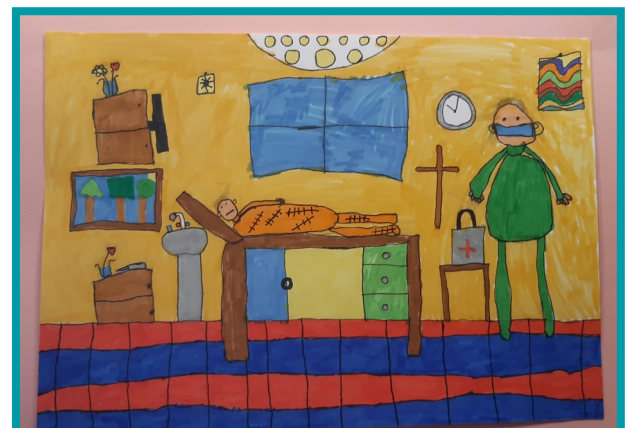
**1st place, secondary school
Maya Takaki, 10 years old**



**1st place, highschool
Csenge Erika Fehérvári, 17 years old**



Lilla Németh, 9 years old



Lilla Németh, 9 years old



**Pain and healing
/we are small heroes/**

**One night I just tossed and
turned in bed.
I couldn't sleep, I walked up and
down.
My hot body burned with high
fever.
Everything in the house was
spinning with me.**

**I sat in a cold bathtub.
Where after a few minutes I was
very cold.
I shivered and shivered in the
apartment.
I toweled myself off and put on
my warm pyjamas.**

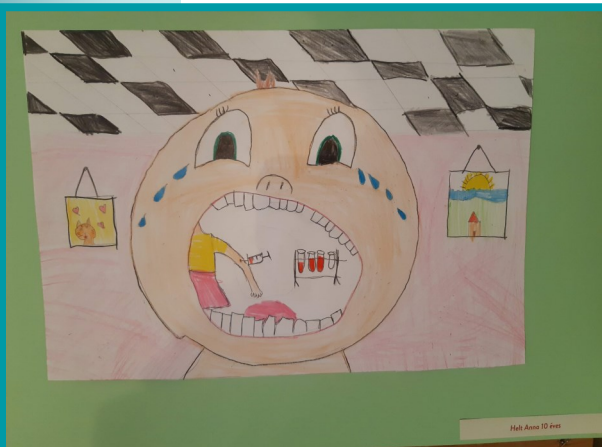
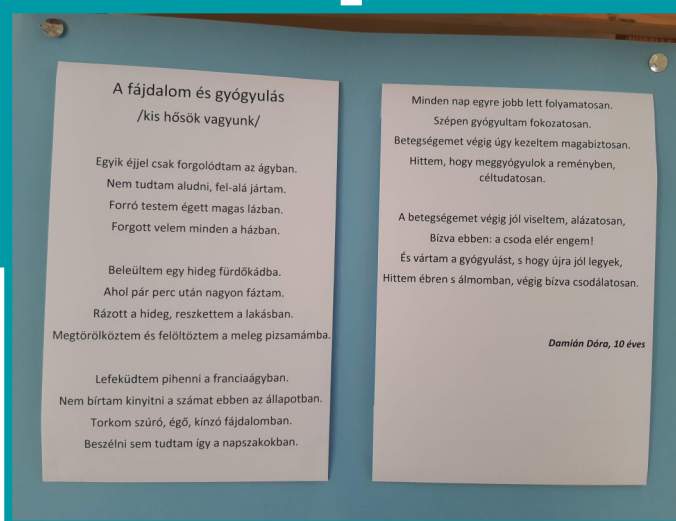
**I lay down to rest in the double
bed.
I couldn't open my mouth in
this state.
My throat stabbed, burning, in
excruciating pain.
I couldn't speak at times of day
like this.**

**Each day got better and better.
I recovered nicely gradually.
All the time I was managing my
illness with confidence.
I believed I would be cured in
hope,
with purpose.**

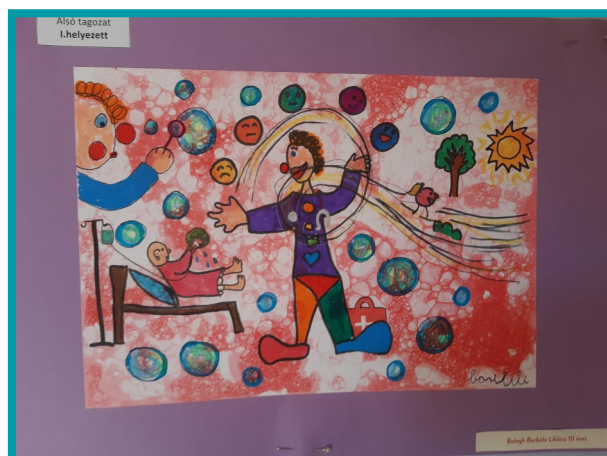
**All the time, I handled my ill-
ness well, with humility,
Trusting that: a miracle will
come to me!
And I waited to be cured and
well again,
I believed in my waking and
dreaming, Trusting all the time
with wonder.**

Dora Damian, 10 years old

**Translated with
www.DeepL.com/Translator
(free version)**



Anna Helt, 10 years old



**1st place, primary school
Borbála Liliána Balogh, 10 years old**



**HYPNOSIS IN PAIN TREATMENT
PRESENTATION BY KATALIN VARGA
AT THE 1ST BETHESDA PAIN MANAGEMENT DAY**



**HYPNOSIS IN PAIN TREATMENT
PRESENTATION BY KATALIN VARGA
AT THE 1ST BETHESDA PAIN MANAGEMENT DAY**



**HYPNOSIS IN PAIN TREATMENT
PRESENTATION BY KATALIN VARGA
AT THE 1ST BETHESDA PAIN MANAGEMENT DAY**



CRISIS INTERVENTION COMMITTEE

Dear ESH and ISH members,

We are writing to you on behalf of the **Crisis Intervention Committee** which as you will be aware was formed in co-operation between ESH and ISH. The mission was to provide hypnosis resources for our colleagues in Ukraine and those colleagues dealing with the displaced and traumatised people as a result of the war. We want to thank everyone who contributed to this centralised set of resources. We also want to let you know that it has been very much appreciated by those who accessed the resources and Professor Borys Inyev of the Ukrainian society has personally thanked us for the support that was and continues to be provided.

Our belief was, that although this was the first crisis, we had attempted to provide resources for, it would not be the last. Our belief was regrettably validated with the tragic earthquake in Turkey and Syria. With the resources already on offer, the Turkish societies were contacted and offered any help that the CIC could currently provide. Turkey has a large network of health integrated hypnotherapy resources, but they are aware that the CIC are there for them and that is important. We were personally humbled by their responses which essentially said that they were very grateful that we had them in our thoughts and wanted to help. We all know that food, water, shelter, and medical resources are the main priorities facing people in crisis. We also know that this is inevitably, for many, followed by the psychological impact that not only affects mental but physical health outcomes.

We are asking everyone in ESH or ISH who want to help to contribute what they can in terms of their work and experience. If you have a training course, research paper, a workshop, or technique that you think would be helpful to people in crisis then we would like you to share that resource if you can. If you have any expertise in treating PTSD, we ask your support. You can define whether a resource is for crisis situations only or for general access by our members. You can define how we use the resource you provide and any intellectual or copyright that you may want to maintain. All resources contributed will be credited to the donor. Our goal is to build a crisis resource survival kit that can easily be translated into other languages in times of crisis.

Contributions of resources (scripts, webinar, audio, video, etc) can be uploaded [here](#) (preferable) or alternatively e-mailed to cicsocietieshypnosis@gmail.com. Towards this goal and to help us organise resources, it would be very helpful if you could provide a script or short description in English.

It would also be greatly appreciated if you could make us aware of any specific **available resources** that may already be available through ESH and ISH, or with any constituent societies or individuals, that may be helpful for us to add.

Lastly, it is at times difficult for us to know who to contact in countries or societies affected by crisis that may benefit from the resources. It would be helpful if the CIC could be notified of **who to contact in countries in crisis**. This could include specific key organisations or health care providers that we could contact or to inform them to contact us at cicsocietieshypnosis@gmail.com

We are hoping that the CIC is not only a committee, but a way for all of us to contribute to building bridges of support to people in need.

On behalf of the Crisis and Intervention Committee,
Kathleen Long (ESH) and Callie Hattingh (ISH)
Co-chairs CIC



ESH 2023

**HYPNOSIS FOOD FOR BODY AND MIND:
AN INTEGRATED APPROACH TO HEALING
26 – 29 OCTOBER, 2023.
ANTALYA, TURKIYE**

We are very pleased to invite you to the XVI ESH Congress organized under the cooperation of the Society of Medical Hypnosis (THD) and the European Society of Hypnosis (ESH).

The Congress will take place in Antalya, Turkiye on **26 – 29 October, 2023.**

We are delighted to be encouraged by ESH for creating a common platform and network to share and improve the knowledge and experience of hypnosis in an international dimension.

The motto of the Congress is: **“Hypnosis Food for Body and Mind: an Integrated Approach to Healing”.**

It can be said that mind, body, and soul constitute a unique wholeness while interacting, connecting and changing each other. So, the healthier the balance among them, the healthier the entity is. Hypnosis can provide an integrated approach to achieve this balance while bridging each variable in a harmonious and peaceful way. So, we would like to discuss together the use of hypnosis to achieve an integrated approach in Medicine, Dentistry and Psychology.

Our congress has been awarded ESH Certificate (ESHC) Credit Points by ESH.

Also, here is some other good news for you. As you may know, ESH 2020 Basel Congress was unfortunately cancelled due to Covid-19 pandemic. However, the abstracts that were submitted to Basel Congress can be re-submitted to 2023 ESH Congress.

There are also some other good news about the congress registration fee. ESH CS Presidents, ESHC holders, ESH Members, ISH Members and Students will receive a special discount on the congress registration fee. Also, please do not miss the Early-Bird registration which has very good rates for everyone.

2023 ESH Congress has a special importance for THD and Turkish nation since 2023 is the “100th Anniversary of Turkish Republic”. So we look forward to welcoming you in Antalya in 2023. We would like to enjoy the beauty of Antalya in October together, and to celebrate the fest of Republic in peace, joy and harmony.

Congress President
Dr. Ali Özden Öztürk

<https://esh2023.org/>

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EUROPEAN SOCIETY OF
HYPNOSIS

SMH Society of Medical
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16th European Congress of Hypnosis

Hypnosis Food for Body and Mind an Integrated Approach to Healing
October 26 – 29, 2023

Sueno Hotel Beach Side

ANTALYA, TÜRKİYE

Here is some info about the 2023 ESH Antalya Congress!!!

Abstract Submission, Congress Motto and Themes:

- ✓ The last date of Abstract Submission is April 21st, 2023. (Extensions can be considered especially for research studies, authors can contact esh@esh2023.org if they need more time for submitting their abstract.)
- ✓ You can use this link to submit your abstract:
<https://www.abstractmodule.com/2023esh/?plng=eng>
- ✓ For more info about abstract submission: <https://esh2023.org/abstract/>
- ✓ The Motto of the Congress is "Hypnosis Food for Body and Mind: an Integrated Approach to Healing". You can see the Congress Themes below this message.

Congress Registration

- ✓ The last date of early rate for Congress Registration is April 21st, 2023.
- ✓ For more info about registration and registration fees: <https://esh2023.org/registration-en/>

Registration Type	Early Registration August 2, 2022 April 21, 2023	Late Registration April 22, 2023 October 25, 2023	On-Site Registration After October 26, 2023
ESH C8 Presidents or ESHC Holders B Countries*	○ 300. Euro	400. Euro	475. Euro
ESH C8 Presidents or ESHC Holders A Countries	○ 400. Euro	500. Euro	575. Euro
ESHISH Members B Countries*	○ 320. Euro	420. Euro	495. Euro
ESHISH Members A Countries	○ 420. Euro	520. Euro	595. Euro
Non-Members B Countries*	○ 370. Euro	470. Euro	525. Euro
Non-Members A Countries	● 470. Euro	570. Euro	625. Euro
Students**	○ 300. Euro	400. Euro	475. Euro

REGISTRATION: [HTTPS://ESH2023.ORG/REGISTRATION-EN](https://esh2023.org/registration-en)

Congress Hotel:

- ✓ The last date of early rate for Congress Hotel booking is April 21st, 2023.
- ✓ For more info about Congress Hotel Booking: <https://esh2023.org/registration-en/>
- ✓ Sueno Hotel Beach Side is the Congress Venue (Ultra All Inclusive)



EVENT CALENDAR

Event Categories



Default



ISH Monthly Masterclass



ISH Coffee with the President

[CLICK HERE TO SEE THE ISH EVENTS CALENDAR](#)

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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.

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The ISH is a non-profit organization of members in the health professions. Its membership is comprised of both individual members and society membership from all over the world who meet the qualifications for membership. Individual membership draws from those who are members of ISH constituent societies (CS), those who are non-CS members, and representatives to the ISH Council of Representatives (COR). Constituent Societies of the ISH have similar missions and by-laws to those of ISH. Read about the ISH mission and its By-Laws to learn more about the ISH.



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](#).

For a NEW Individual membership application, if you are not a member of a Constituent Society of ISH, [click here](#).

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

For a RENEWAL Individual membership application, [click here](#).

CONSTITUENT SOCIETY MEMBERS:

Constituent Society members receive all of the above benefits, plus:

- Dedicated space for posting information about your organization
- The right and the privilege to represent your society at the Council of Representatives (COR) meetings.

For a NEW Constituent Society membership application, click [here](#).

For a RENEWAL Constituent Society membership application, click [here](#).

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.

Click [here](#) for **online** Renewal.



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