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# The International Society of Hypnosis NEWSLETTER

## Building Bridges of Understanding 2023, Volume 47, No. 2

JUNE 2023

A LETTER FROM THE PRESIDENT



MARK JENSEN

### Happy 50<sup>th</sup> Anniversary, Dear ISH!

As you may have heard or as you already know, the inaugural ISH meeting was held 50 years ago from July 1 to July 4 in Uppsala, Sweden. This was billed as the 6<sup>th</sup> International Congress for Hypnosis, and was attended by 450 delegates from over 30 countries. Both ISH and the field of hypnosis have come a long way in the last 50 years.

Under the leadership of Anita Jung as the chair, a special committee (including as members, Éva Bányai, Cecilia Fabre, Camillo Loredio, Teresa Robles, Nicole Ruysschaert, Bernhard Trenkle, and Katalin Varga) has been working hard to plan multiple virtual and in-person events to celebrate our beloved association and its

accomplishments. With this letter I am inviting you to enjoy anticipating and then participating in each and every one of these events. Here is a taste of what you can expect.

First, given ISH's primary mission and theme – to build bridges of understanding – the committee will be reaching out to all of you soon to take a photo of a bridge from your town or community and submit it to ISH via social media or via email ([info@ishhypnosis.org](mailto:info@ishhypnosis.org)) to post on our social media platforms. Members will be invited to view and like the bridges submitted. We will offer a prize to the person whose bridge photo elicited the most likes at the Anniversary Reception at the ESH meeting in Antalya in October (see below). The history of the slogan can be found [in the interview with Peter Bloom](#):

Second, via email, social media, and our website, we will be providing members with links to videos of brief interviews of ISH members in the world, including (but not limited to) ISH's presidents. With these videos, you can hear in greater detail how ISH has contributed to these member's understanding of hypnosis as well as to the quality of their professional and personal lives.

Third, we will be inviting you, our dear members, to consider how hypnosis can and does build bridges in important ways, and share your ideas in an international post. These ideas will be used to inform the creation of a special anniversary poster which will be made available to all members as a .pdf towards the end of the year for you to print and display. We encourage the Constituent Societies to conduct a brain-storming session for this.



We would also enjoy posting a photo of your group working together and present the outcome of your brain-storming in the Newsletter and other social media platforms. Let's see what interesting and creative ideas about bridge building emerge (e.g., connecting left and right hemispheres, connecting theoreticians and clinicians, physicians and psychologists, etc.). Just use your native language for the collection, and perhaps then help us by preparing an English version.

Fourth, we are planning a special virtual event during our anniversary days from July 1 through July 4 of this year. This will include a special panel presentation by some of our past presidents, as well as special access to videos of three of our previously conducted Master class webinars for our members.

Fifth, at the upcoming European Society of Hypnosis Congress in Antalya, Turkey (<https://esh-hypnosis.eu/xv-esh-congress>), we will seek to have a special panel presentation by prior ISH presidents who will summarize some of ISH's most significant events and accomplishments. We are also planning a special anniversary reception for current and future ISH members to connect and celebrate together.

Sixth, we are in the process of planning a special live and in-person ISH Anniversary event at the Italian Hypnosis Society Annual Conference in Bologna, Italy, in November, 2023. This will include special ISH-sponsored workshops, a panel of ISH presidents, as well as yet another reception for all participants to meet and celebrate.

Finally, the last issue of ISH newsletter of this year will be a special issue, focusing on the 50<sup>th</sup> anniversary.

Our esteemed committee will work with the ISH BOD and all ISH members to give our anniversary the welcome and appreciation it deserves. In the meantime, given the number of virtual and in-person events planned, this will give us all an opportunity to enjoy and express appreciation to each other. I am looking forward to sharing the celebration of ISH's birth with you throughout the entire year!



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# EIN BRIEF DES PRÄSIDENTEN

ÜBERSETZT VON SHADY TONN

## Herzlichen Glückwunsch zum 50. Jahrestag, liebe ISH!

Wie Sie vielleicht gehört haben oder bereits wissen, fand die erste ISH-Tagung vor 50 Jahren vom 1. bis 4. Juli in Uppsala, Schweden, statt. Sie war als 6. Internationaler Hypnosekongress angekündigt und wurde von 450 Delegierten aus über 30 Ländern besucht. Sowohl die ISH als auch der Bereich der Hypnose haben in den letzten 50 Jahren einen langen Weg zurückgelegt.

Unter der Leitung von Anita Jung als Vorsitzende hat ein spezielles Komitee (dem Éva Bányai, Cecilia Fabre, Camillo Loredio, Teresa Robles, Nicole Ruysschaert, Bernhard Trenkle und Katalin Varga angehören) hart daran gearbeitet, mehrere virtuelle und persönliche Veranstaltungen zu planen, um unseren geliebten Verband und seine Errungenschaften zu feiern. Mit diesem Schreiben möchte ich Sie dazu einladen, sich auf jede einzelne dieser Veranstaltungen zu freuen und daran teilzunehmen. Hier ist ein Vorgeschmack auf das, was Sie erwarten können.

Erstens wird das Komitee in Anbetracht der Hauptaufgabe und des Themas der ISH - Brücken der Verständigung zu bauen - Sie alle bald dazu auffordern, ein Foto von einer Brücke in Ihrer Stadt oder Gemeinde zu machen und es über die sozialen Medien oder per E-Mail (<mailto:info@ishhypnosis.org>) an die ISH zu schicken, damit wir es auf unseren sozialen Medienplattformen veröffentlichen können. Alle Mitglieder werden eingeladen, die eingereichten Brücken zu betrachten und zu liken. Die Person, deren Brückenfoto die meisten Likes erhält, wird beim Jubiläumsempfang auf der ESH-Tagung im Oktober in Antalya mit einem Preis ausgezeichnet (siehe unten). **Die Geschichte des Slogans ist [im Interview mit Peter Bloom zu finden](#).**

Zweitens werden wir über E-Mail, soziale Medien und unsere Website Links zu Videos mit Kurzinterviews von ISH-Mitgliedern in aller Welt, einschließlich (aber nicht nur) der ISH-Präsidenten, zur Verfügung stellen. In diesen Videos können Sie detaillierter erfahren, wie die ISH zum Verständnis der Hypnose und zur Qualität ihres beruflichen und persönlichen Lebens beigetragen hat.

Drittens werden wir Sie, liebe Mitglieder, einladen, darüber nachzudenken, wie Hypnose auf wichtige Weise Brücken bauen kann und bereits tut, und Ihre Ideen in einem internationalen Beitrag zu teilen. Diese Ideen werden in die Gestaltung eines speziellen Jubiläumsposters einfließen, das allen Mitgliedern gegen Ende des Jahres als .pdf Datei zum Ausdrucken und Aushängen zur Verfügung gestellt wird. Wir möchten unsere Mitgliedsgesellschaften ermutigen, ein Brainstorming zu diesem Thema durchzuführen. Wir würden uns auch freuen, ein Foto Ihrer Gruppe bei der Zusammenarbeit zu posten und das Ergebnis Ihres Brainstormings im Newsletter und auf anderen sozialen Medienplattformen zu präsentieren. Lassen Sie uns sehen, welche interessanten und kreativen Ideen zum Thema Brückenbau entstehen (z. B. Verbindung von linker und rechter Gehirnhälfte, Verbindung von Theoretikern und Klinikern, Ärzten und Psychologen usw.). Verwenden Sie für die Sammlung einfach Ihre Muttersprache, und helfen Sie uns dann vielleicht bei der Erstellung einer englischen Version.

Viertens planen wir eine besondere virtuelle Veranstaltung während unserer Jubiläumstage vom 1. bis 4. Juli dieses Jahres. Dazu gehört eine besondere Podiumsdiskussion mit einigen unserer früheren Präsidenten sowie ein spezieller Zugang zu Videos von drei unserer bereits stattgefundenen Masterclass-Webinare für unsere Mitglieder.

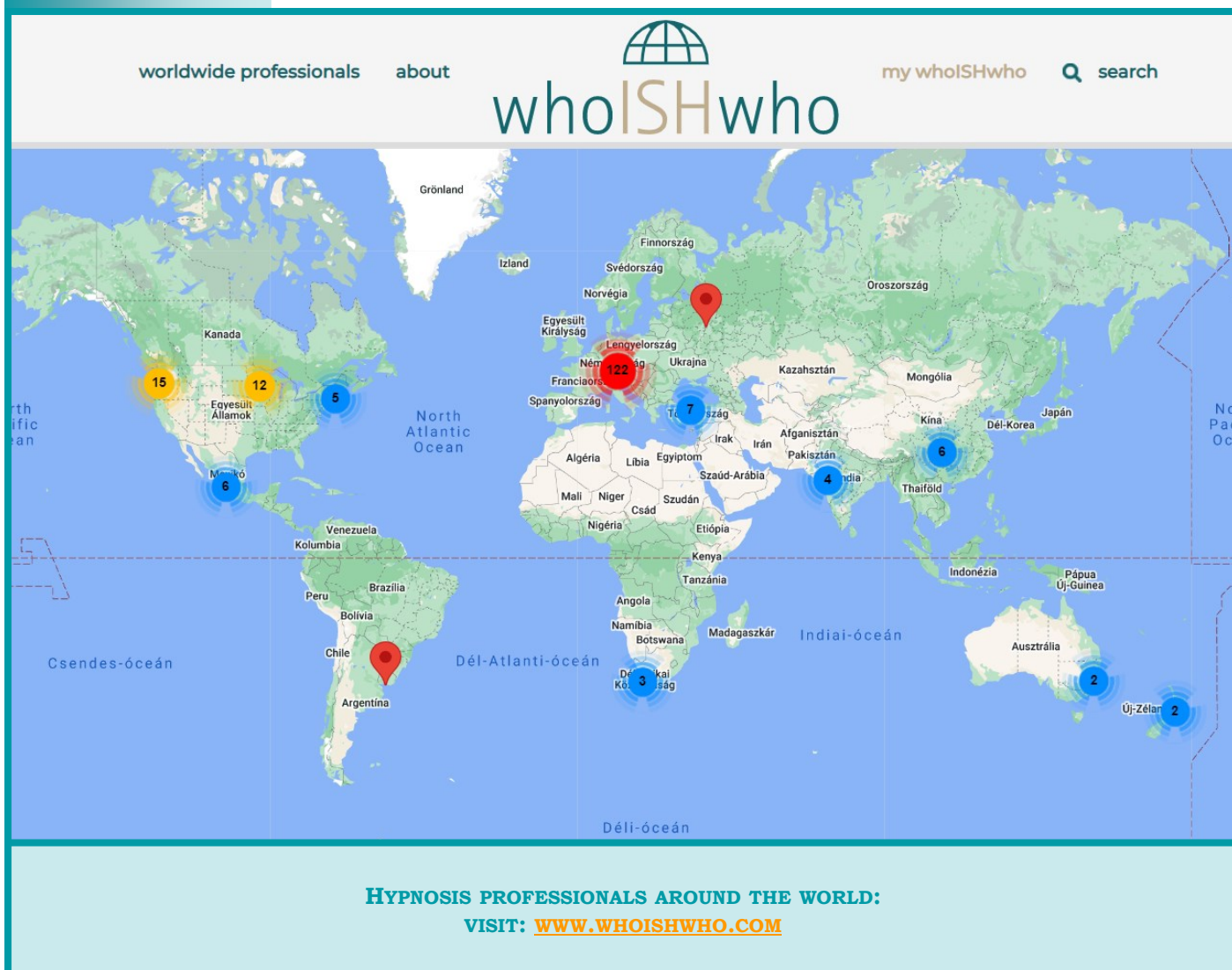


Fünftens werden wir auf dem kommenden Kongress der Europäischen Gesellschaft für Hypnose in Antalya, Türkei (<https://esh-hypnosis.eu/xv-esh-congress>), eine besondere Podiumsdiskussion mit früheren ISH-Präsidenten veranstalten, die einige der wichtigsten Ereignisse und Errungenschaften der ISH zusammenfassen werden. Außerdem planen wir einen besonderen Jubiläumsempfang für derzeitige und künftige ISH-Mitglieder, damit sie sich austauschen und gemeinsam feiern können.

Sechstens planen wir eine besondere Veranstaltung zum ISH-Jubiläum, die live und persönlich auf der Jahrestagung der Italienischen Hypnosegesellschaft in Bologna, Italien, im November 2023 stattfinden wird. Dazu gehören spezielle, von der ISH gesponserte Workshops, eine Podiumsdiskussion der ISH-Präsidenten sowie ein weiterer Empfang, bei dem sich alle Teilnehmer treffen und feiern können.

Schließlich wird die letzte Ausgabe des ISH-Newsletters in diesem Jahr eine Sonderausgabe sein, die sich mit dem 50-jährigen Jubiläum beschäftigt.

Unser geschätztes Komitee arbeitet mit dem ISH-Vorstand und allen ISH-Mitgliedern zusammen, um unserem Jubiläum den gebührenden Empfang und die entsprechende Würdigung zukommen zu lassen. In der Zwischenzeit werden wir angesichts der zahlreichen geplanten virtuellen und persönlichen Veranstaltungen Gelegenheit haben, uns gegenseitig zu erfreuen und unsere Wertschätzung zum Ausdruck zu bringen. Ich freue mich darauf, die Geburtsstunde der ISH das ganze Jahr über mit Ihnen zu feiern!







# LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

## Joyeux 50e anniversaire, chère ISH !

Comme vous l'avez peut-être entendu ou comme vous le savez déjà, la réunion inaugurale de l'ISH s'est tenue il y a 50 ans, du 1er au 4 juillet, à Uppsala, en Suède. Il s'agissait du 6e congrès international d'hypnose, auquel ont participé 450 délégués de plus de 30 pays. L'ISH et le domaine de l'hypnose ont parcouru un long chemin au cours des 50 dernières années.

Sous la direction d'Anita Jung en tant que présidente, un comité spécial (comprenant comme membres Éva Bányai, Cecilia Fabre, Camillo Loredio, Teresa Robles, Nicole Ruysschaert, Bernhard Trenkle, et Katalin Varga) a travaillé dur pour planifier de multiples événements virtuels et en personne afin de célébrer notre association bien-aimée et ses accomplissements. Par cette lettre, je vous invite à anticiper et à participer à chacun de ces événements. Voici un avant-goût de ce à quoi vous pouvez vous attendre.

Tout d'abord, étant donné la mission et le thème principaux de l'ISH - construire des ponts de compréhension - le comité vous demandera bientôt à tous de prendre une photo d'un pont de votre ville ou de votre communauté et de la soumettre à l'ISH via les médias sociaux ou par courriel ([info@ishhypnosis.org](mailto:info@ishhypnosis.org)) pour qu'elle soit publiée sur nos plateformes de médias sociaux. Les membres seront invités à voir et à aimer les ponts soumis. Nous offrirons un prix à la personne dont la photo de pont aura suscité le plus de likes lors de la réception d'anniversaire de la réunion de l'ISH à Antalya en octobre (voir ci-dessous). L'histoire du slogan peut être consultée [dans l'interview de Peter Bloom](#).

Deuxièmement, par le biais d'e-mails, de médias sociaux et de notre site web, nous fournirons à nos membres des liens vers des vidéos, de brèves interviews de membres de l'ISH dans le monde, y compris (mais sans s'y limiter) les présidents de l'ISH. Grâce à ces vidéos, vous pourrez entendre plus en détail comment l'ISH a contribué à la compréhension de l'hypnose par ces membres ainsi qu'à la qualité de leur vie professionnelle et personnelle.

Troisièmement, nous vous invitons, chers membres, à réfléchir à la manière dont l'hypnose peut construire et construit des ponts de manière importante, et à partager vos idées dans un poste international. Ces idées seront utilisées pour informer la création d'un poster spécial anniversaire qui sera mis à la disposition de tous les membres en tant que .pdf vers la fin de l'année pour que vous puissiez l'imprimer et l'afficher. Nous encourageons les sociétés constitutives à organiser une session de réflexion à ce sujet. Nous serions également ravis de publier une photo de votre groupe travaillant ensemble et de présenter les résultats de votre séance de réflexion dans le bulletin d'information et sur d'autres plateformes de médias sociaux. Voyons les idées intéressantes et créatives qui émergeront de la construction de ponts (par exemple, relier les hémisphères gauche et droit, les théoriciens et les cliniciens, les médecins et les psychologues, etc). Utilisez votre langue maternelle pour la collecte et aidez-nous à préparer une version anglaise.

Quatrièmement, nous prévoyons un événement virtuel spécial pendant nos journées d'anniversaire, du 1er au 4 juillet de cette année. Cet événement comprendra une présentation spéciale par certains de nos anciens présidents, ainsi qu'un accès spécial aux vidéos de trois de nos webinaires de classe de maître précédemment organisés pour nos membres.



Cinquièmement, lors du prochain congrès de la Société européenne d'hypnose à Antalya, en Turquie (<https://esh-hypnosis.eu/xv-esh-congress>), nous chercherons à organiser une présentation spéciale par les anciens présidents de l'ISH qui résumeront certains des événements et des réalisations les plus importants de l'ISH. Nous prévoyons également une réception spéciale pour l'anniversaire afin que les membres actuels et futurs de l'ISH puissent se rencontrer et célébrer ensemble.

Sixièmement, nous sommes en train de planifier un événement spécial en direct et en personne pour l'anniversaire de l'ISH lors de la conférence annuelle de la Société italienne d'hypnose à Bologne, en Italie, en novembre 2023. Cet événement comprendra des ateliers spéciaux sponsorisés par l'ISH, un panel de présidents de l'ISH, ainsi qu'une autre réception pour que tous les participants se rencontrent et fêtent l'événement.

Enfin, le dernier numéro du bulletin d'information de l'ISH de cette année sera un numéro spécial, consacré au 50e anniversaire.

Notre estimé comité travaillera avec le conseil d'administration de l'ISH et tous les membres de l'ISH pour donner à notre anniversaire l'accueil et l'appréciation qu'il mérite. En attendant, compte tenu du nombre d'événements virtuels et personnels prévus, nous aurons tous l'occasion de nous réjouir et d'exprimer notre gratitude les uns envers les autres. Je me réjouis de partager avec vous la célébration de la naissance de l'ISH tout au long de l'année !

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# LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

## Buon 50° anniversario, cara ISH!

Come avrete sentito dire o come già sapete, il meeting inaugurale della ISH si è tenuto 50 anni fa dal 1° al 4 luglio a Uppsala, in Svezia. Si trattava del 6° Congresso Internazionale di Ipnosi, al quale parteciparono 450 delegati provenienti da oltre 30 paesi. Sia la ISH che il campo dell'ipnosi hanno fatto molta strada negli ultimi 50 anni.

Sotto la guida di Anita Jung come presidente, un comitato speciale (di cui fanno parte Éva Bányai, Cecilia Fabre, Camillo Lorio, Teresa Robles, Nicole Ruysschaert, Bernhard Trenkle e Katalin Varga) ha lavorato strenuamente per pianificare diversi eventi virtuali e personali per celebrare la nostra amata associazione e i suoi risultati. Con questa lettera vi invito a divertirvi ad anticipare e a partecipare a ciascuno di questi eventi. Ecco un assaggio di ciò che potete aspettarvi.

In primo luogo, data la missione e il tema principale della ISH - costruire ponti di comprensione - il comitato si rivolgerà presto a tutti voi affinché scattiate una foto di un ponte della vostra città o comunità e la inviate alla ISH tramite i social media o via e-mail ([info@ishhypnosis.org](mailto:info@ishhypnosis.org)) per pubblicarla sulle nostre piattaforme di social media. I membri saranno invitati a vedere e apprezzare i ponti inviati. Offriremo un premio alla persona la cui foto del ponte ha suscitato il maggior numero di "mi piace" in occasione del ricevimento per l'anniversario al convegno ESH di Antalya in ottobre (vedi sotto). La storia dello slogan è riportata [nell'intervista a Peter Bloom](#).

In secondo luogo, tramite e-mail, social media e il nostro sito web, forniremo ai membri dei link a video di brevi interviste di membri ISH nel mondo, compresi (ma non solo) i presidenti ISH. Grazie a questi video, potrete sentire in modo più dettagliato come la ISH ha contribuito alla comprensione dell'ipnosi da parte di questi membri e alla qualità della loro vita professionale e personale.

In terzo luogo, inviteremo voi, cari soci, a riflettere su come l'ipnosi possa e riesca a creare ponti in modi importanti e a condividere le vostre idee in un post internazionale. Queste idee saranno utilizzate per la creazione di un poster speciale per l'anniversario, che sarà messo a disposizione di tutti i soci in formato .pdf verso la fine dell'anno per essere stampato ed esposto. Incoraggiamo le società costituenti a organizzare una sessione di brain-storming. Ci piacerebbe anche pubblicare una foto del vostro gruppo che lavora insieme e presentare il risultato del vostro brain-storming nella Newsletter e su altre piattaforme di social media. Vediamo quali idee interessanti e creative sulla costruzione di ponti emergono (ad esempio, collegare gli emisferi destro e sinistro, collegare teorici e clinici, medici e psicologi, ecc.) Utilizzate la vostra lingua madre per la raccolta, e magari poi aiutateci a prepararne una versione in inglese.

In quarto luogo, stiamo pianificando uno speciale evento virtuale durante i giorni del nostro anniversario, dal 1° al 4 luglio di quest'anno. Questo evento comprenderà una presentazione speciale di alcuni dei nostri ex presidenti, nonché l'accesso speciale ai video di tre dei nostri webinar Master class precedentemente condotti per i nostri membri.

In quinto luogo, in occasione del prossimo congresso della Società Europea di Ipnosi ad Antalya, in Turchia (<https://esh-hypnosis.eu/xv-esh-congress>), cercheremo di avere una presentazione speciale da parte dei precedenti presidenti ISH, che riassumeranno alcuni degli eventi e dei risultati più significativi della ISH. Stiamo anche pianificando un



ricevimento speciale per l'anniversario per i membri attuali e futuri della ISH per connettersi e festeggiare insieme.

In sesto luogo, stiamo pianificando un evento speciale per l'anniversario della ISH, dal vivo e di persona, in occasione del convegno annuale della Società Italiana di Ipnosi che si terrà a Bologna nel novembre 2023. Questo evento includerà speciali workshop sponsorizzati dalla ISH, un panel di presidenti della ISH e un altro ricevimento per tutti i partecipanti per incontrarsi e festeggiare.

Infine, l'ultimo numero della newsletter ISH di quest'anno sarà un numero speciale, incentrato sul 50° anniversario.

Il nostro stimato comitato lavorerà con il Consiglio direttivo e con tutti i membri della ISH per dare al nostro anniversario l'accoglienza e l'apprezzamento che merita. Nel frattempo, dato il numero di eventi virtuali e personali in programma, questo darà a tutti noi l'opportunità di divertirci ed esprimere apprezzamento reciproco. Non vedo l'ora di condividere con voi la celebrazione della nascita della ISH per tutto l'anno!





## CARTA DEL PRESIDENTE(ES)

TRADUCIDO POR TERESA ROBLES

### ¡Feliz 50 aniversario, querida ISH!

Como habrás oído o como ya sabrás, la reunión inaugural de la ISH se celebró hace 50 años, del 1 al 4 de julio, en Uppsala, Suecia. Fue anunciado como el 6º Congreso Internacional de Hipnosis, y asistieron 450 delegados de más de 30 países. Tanto la ISH como el campo de la hipnosis han recorrido un largo camino en los últimos 50 años.

Bajo el liderazgo de Anita Jung como presidenta, un comité especial (incluyendo como miembros a Éva Bányai, Cecilia Fabre, Camillo Loredio, Teresa Robles, Nicole Ruysschaert, Bernhard Trenkle y Katalin Varga) ha estado trabajando duro para planificar múltiples eventos virtuales y presenciales para celebrar nuestra querida asociación y sus logros. Con esta carta los invito a disfrutar anticipando y luego participando en todos y cada uno de estos eventos. He aquí una muestra de lo que pueden esperar.

En primer lugar, dada la misión y el tema principales de la ISH -construir puentes de entendimiento-, el comité se pondrá en contacto con todos ustedes próximamente para que tomen una foto de un puente de su ciudad o comunidad y la envíen a la ISH a través de las redes sociales o por correo electrónico ([info@ishhypnosis.org](mailto:info@ishhypnosis.org)) para publicarla en nuestras plataformas de redes sociales. Se invitará a los miembros a ver los puentes enviados y a darles "me gusta". Ofreceremos un premio a la persona cuya foto del puente obtenga más "me gusta" en la recepción del aniversario de la reunión de la ESH en Antalya en octubre (véase más abajo). La historia del eslogan puede encontrarse [en la entrevista con Peter Bloom](#).

En segundo lugar, a través del correo electrónico, las redes sociales y nuestro sitio web, proporcionaremos a los miembros enlaces a videos de breves entrevistas a miembros de la ISH en el mundo, incluidos (aunque no exclusivamente) los presidentes de la ISH. Con estos videos, podrás escuchar con más detalle cómo la ISH ha contribuido a la comprensión de la hipnosis de estos miembros, así como a la calidad de sus vidas profesionales y personales.

En tercer lugar, los invitaremos a ustedes, nuestros queridos miembros, a considerar cómo la hipnosis puede tender y tiende puentes de manera importante, y a compartir sus ideas en un post internacional. Estas ideas servirán de base para la creación de un póster especial de aniversario que se pondrá a disposición de todos los miembros en formato .pdf hacia finales de año para que lo impriman y lo expongan. Animamos a las Sociedades Constituyentes a que organicen una sesión de intercambio de ideas al respecto. También nos gustaría publicar una foto de su grupo trabajando juntos y presentar el resultado de su lluvia de ideas en el Boletín y otras plataformas de medios sociales. Veamos qué ideas interesantes y creativas surgen sobre la construcción de puentes (por ejemplo, conectar los hemisferios izquierdo y derecho, conectar teóricos y clínicos, médicos y psicólogos, etc.). Utiliza tu lengua materna para la recopilación, y quizá luego nos ayudes preparando una versión en inglés.

En cuarto lugar, estamos planeando un evento virtual especial durante los días de nuestro aniversario, del 1 al 4 de julio de este año. Incluirá una presentación especial a cargo de algunos de nuestros antiguos presidentes, así como acceso especial para nuestros miembros a los videos de tres de nuestros seminarios virtuales magistrales realizados con anterioridad.



Quinto, en el próximo Congreso de la Sociedad Europea de Hipnosis en Antalya, Turquía (<https://esh-hypnosis.eu/xv-esh-congress>), trataremos de tener un panel especial de presentación de anteriores presidentes de la ISH que resumirán algunos de los eventos y logros más significativos de la ISH. También estamos planeando una recepción especial de aniversario para que los miembros actuales y futuros de la ISH se conecten y celebren juntos.

En sexto lugar, estamos en proceso de planificar un evento especial en vivo y en persona del Aniversario de la ISH en la Conferencia Anual de la Sociedad Italiana de Hipnosis en Bolonia, Italia, en noviembre de 2023. Esto incluirá talleres especiales patrocinados por la ISH, un panel de presidentes de la ISH, así como otra recepción para que todos los participantes se conozcan y celebren.

Por último, el último número del boletín de la ISH de este año será un número especial, centrado en el 50 aniversario.

Nuestro estimado comité trabajará con la Junta Directiva de la ISH y con todos los miembros de la ISH para dar a nuestro aniversario la bienvenida y el aprecio que se merece. Mientras tanto, dado el número de eventos virtuales y presenciales previstos, esto nos dará a todos la oportunidad de disfrutar y expresarnos mutuamente nuestro agradecimiento. ¡Estoy deseando compartir con ustedes la celebración del nacimiento de ISH a lo largo de todo el año!



Summer clouds, photo by Judit Osvát



## NOTES FROM THE EDITOR



**Katalin Varga**

Dear Colleagues

Summer has come again on this side of the planet, and for a teacher like me, it's also the end of the year, because here, the semesters set the rhythm of the year.

Recently, there has been a welcome increase in joint activity between the European Society of Hypnosis (ESH) and the ISH: we have held a joint board meeting to coordinate how we can work more closely and in a more planned way. At the same time, there are already some good results of joint activities, such as the 50-hour basic training course for Ukrainian colleagues in hypnotherapy organised within the framework

of the CIC, which was organised by Borys Ivnyev, psychiatrist, Rector of the Kyiv Medical University (KMU) in Ukraine, and **Maria Paola Brugnoli**, President of SIPMU (Italian Scientific Society for Clinical Hypnosis in Psychotherapy and Humanistic Medicine), jointly recognized by ESH and ISH. Read the report on this fantastic collaboration. Special mention should be made of the beautiful photo taken by **Kathleen Long**, a worthy candidate for one of the highlights of our "Metaphorical Images" series.

This time, our main interview with Nicole was with **Ali Özden Öztürk** (Istanbul, Turkey). Ali has held several positions at ESH and is now chairing the main event in October this year. Ali is the President of the THD (Society of Medical Hypnosis), which will host the 16th ESH Congress in Antalya from 26 to 29 October 2023, the first time in so many years that many representatives of the European and international hypnosis scene will meet in person. Based on the excellent memories of the 2011 ESH Congress in Istanbul, I am sure that this occasion will also be a great atmosphere and rich in professionalism. The ESH Congress event will be an important highlight of the celebration of the 50th anniversary of the ISH, following the hard-working BOD meeting.

Since we were "forced" to do online hypnotherapy during the pandemic, as many of us were "left behind" for many reasons, it is highly recommended to read **Jorge Abia and Rafael Núñez's** summary of Hypnotherapy Online, Surprises of the Unconscious Mind. In addition to a literature review, they give important practical suggestions and illustrate their excellent work with case vignettes.

As part of the Building Bridges of Understanding column, a distinguished and dedicated Hungarian psychology student, **Boglárka Cserni**, summarised the latest findings on Gut-directed hypnotherapy in the treatment of irritable bowel syndrome.

Obviously, this time too, we bring you the latest abstracts and news from the International Journal of Clinical and Experimental Hypnosis by IJCEH Editor-in-Chief **Gary Elkins** and Managing Editor **Vanessa Muñiz**. We also link to and briefly summarise some other hypnosis-related articles.

We hope to see many of you in Antalya, Turkey this October! Until then: let us stay in touch. Give us feedback, suggestions





## SUMMER HAS COME...



photo by ZM



photo by András Osvát



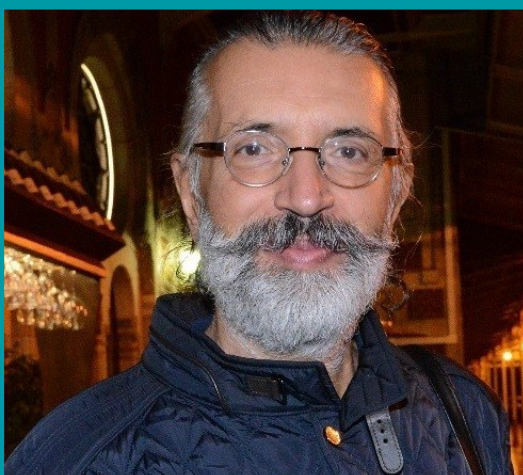


## MEETING OUR MENTORS

ALI ÖZDEN ÖZTÜRK

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.**



**Ali Özden Öztürk**

Ali Özden Öztürk, MD. (Istanbul, Türkiye), is a certified hypnotherapist, hypnosis trainer and supervisor, acupuncturist, positive psychotherapist, and family consultant.

He is the founder member and the current President of the Society of Medical Hypnosis (THD), Türkiye; the Treasurer and the BOD member of the European Society of Hypnosis (ESH); holder of the European Society of Hypnosis Certificate (ESHC); and the member of International Society of Hypnosis (ISH). He is also a member of the World Association for Positive Psychotherapy (WAPP), Acupuncture Society, Istanbul, Türkiye; and Istanbul Acupuncture and Integrative Medicine Society.

His specialty is the “Awareness Under Conscious Hypnosis (AUCH) Method.” AUCH has a complementary and integrative use bring-

ing together hypnosis, acupuncture, and positive psychotherapy in many different fields of hypnosis.

Besides his studies and teachings in numerous universities, he has had his private practice for more than 40 years with the applications of the AUCH Method for pain management, surgeries and hypoaesthesia, addictions and phobias, gynecology and obstetrics, anxiety, depression, PTSD, eating disorders, sleeping disorders, psychosomatic medicine, positive psychotherapy, family therapy, hypnoacupuncture and so on.

**HOW DID YOU FIRST ENCOUNTER HYPNOSIS – WHEN / WHERE? (PERHAPS SOME READING / MOVIES / SHOWS LONG BEFORE YOU STARTED IN THE PROFESSIONAL FIELD?) -WHAT WAS YOUR FIRST IMPRESSION IN CONTACT WITH THERAPEUTIC/ CLINICAL HYPNOSIS? HOW DID COLLEAGUES AROUND YOU REACT TO THAT?**

I earned my medical degree at Istanbul University. During this time, I started to study "Conscious Hypnosis" with Hüsnü İsmet Öztürk, MD, who is the founder of the Conscious Hypnosis method. I was the assistant of Dr. Hüsnü İsmet Öztürk in many applications of this method, especially in surgical hypnosis and hypoaesthesia. Dr. Hüsnü İsmet Öztürk was an outstanding professor and medical doctor. Also, my colleagues and I were very impressed with his Conscious Hypnosis applications, especially with the surgical operations done solely under hypnoanesthesia. He had conducted hundreds of surgeries with the Conscious Hypnosis method. Since then, I have devoted my professional career to hypnosis.

**CAN YOU TELL ME SOMETHING ABOUT THE CURRENT SITUATION OF HYPNOSIS IN TURKEY? HOW MANY SOCIETIES ARE THERE? WHAT DID YOU DO TO MAKE HYPNOSIS ACCEPTED AND ACKNOWLEDGED (IN YOUR COUNTRY)? WHAT DO YOU PERSONALLY SEE AS YOUR MOST IMPORTANT CONTRIBUTIONS TO THE FIELD?**

Hypnosis is an essential part of Turkish culture, history, and beliefs. Also, hypnosis has always been a part of Turkish daily life, religious ceremo-



nies, and healing rituals for centuries. For instance, we have the Asclepi-on Healing and Sleep Temple of Pergamum, Shamanic healing rituals of Turkish people, and Turkish Music Therapy Centers and Ceremonies since ancient times, Sufis and Whirling Dervishes, and teachings of Avicenna and Hippocrates.

Also, Dr. Hüsni İsmet Öztürk is an essential name in the recent history of hypnosis in Türkiye. I was lucky to be one of the assistants of dear Dr. Hüsni İsmet Öztürk. He significantly contributed to the medical and scientific use of hypnosis in Türkiye. Dr. Hüsni İsmet Öztürk has been using hypnosis since 1951, and he created a solid ground and a suitable environment for the medical use and scientific studies of hypnosis within many different fields of medicine.

So, when we came to the 2010s, the environment was ready for the recognition of hypnosis by the Turkish Government. The universities have already been teaching medical hypnosis courses in collaboration with national hypnosis societies; many health professionals know about medical hypnosis and international and national hypnosis congresses have been organized since the foundation of THD.



Besides, THD was a Constituent Society of ESH since 2005, and I have been serving ESH since 2008 in various posts such as Treasurer, BOD member, Chair of the Committee on Educational Programmes in Europe (CEPE), Fiscal Controller, and CoR member. Thus, as THD, we could pass on the ESH knowledge regarding the professional standards, ethics, constitution and regulations, training program, and guidelines to the Turkish Ministry of Health. The Ministry has given great importance to all this hypnosis knowledge and background since ESH is an esteemed international hypnosis umbrella organization. Also, ESH Certificate (ESHC) has played an essential role in recognizing hypnosis in Türkiye since the Turkish Ministry of Health sees ESH as a respected hypnosis certification and accreditation center and organization.

In 2012, a national commission was constituted by the Turkish Ministry of Health in order to create a national and international approach to hypnosis and "Traditional Alternative and Complementary Medicine" in Türkiye. The commission is dedicated to setting the standards and enacting the "Laws, Regulations and Requirements" for the ethics, accreditation, training, practice, and research studies of hypnosis in Türkiye. The commission also aims to monitor hypnosis's proper use and training in Medicine, Dentistry, and Clinical Psychology.

The commission comprised the Turkish Ministry of Health representatives, Health Education Bodies and Universities, and national hypnosis societies. Today, medical hypnosis is recognized by the Turk-



ish Government; furthermore, the "Laws, Regulations and Requirements" regarding the training, application, and ethics in clinical, research, and scientific studies of medical hypnosis have been enacted.

In Türkiye, hypnosis is legally restricted to Medicine, Dentistry, and Clinical Psychology; only specified health professionals (medical doctors, dentists, and clinical psychologists) can use hypnosis in their professional fields. Lay people cannot use hypnosis for entertainment and other purposes.

THD is the first national hypnosis society in Türkiye. After the recognition of hypnosis in Türkiye by the Turkish Government, the progress regarding the proper application and training of hypnosis continues further with the national hypnosis societies and "Hypnosis Training and Application Centers founded in Universities." Furthermore, "Hypnosis Training" and "Ethics in Hypnosis Research & Studies" are certified and accredited by the Turkish Ministry of Health.

Today, there are 4 Hypnosis Societies in Türkiye: The Society of Medical Hypnosis (THD), the Ankara Medical Hypnosis Society (AMHA), the Hypnosis Society (HD), and the Clinical and Applied Hypnosis Association (CAHA). All of them are a Constituent Society of ESH.

#### **WHY CHOOSE TURKEY FOR THE ESH CONGRESS? WHY CAN IT BE ATTRACTIVE FOR PARTICIPANTS TO COME TO TURKEY, ANTALYA?**

I am the Current President of THD (Society of Medical Hypnosis), and THD organizes the "International Medical Hypnosis Congress" every year. This provides us with significant experience in organizing international congresses. Also, in 2011, we had the honor to host the 12th Congress of ESH in Istanbul, which gave us an even more excellent experience.

Now, THD will host the 2023 ESH Antalya Congress, and this Congress has a special meaning to Turkish colleagues because October 29, 2023, is the 100th anniversary of the Turkish Republic.

THD will host the 16th ESH Antalya Congress between October 26 and 29, 2023. This is the first ESH congress to be held since 2017. As you may know, the 2020 ESH Basel Congress was unfortunately canceled due to Covid-19 Pandemic. Similarly, the 2021 ISH Krakow Congress was postponed to 2022 and 2024 due to Covid-19 and Russia-Ukraine war.

So, ESH 2023 Antalya Congress is an ample opportunity for all hypnotherapists and colleagues worldwide to meet face-to-face after a long time. Furthermore, essential gatherings regarding the current situation and the future of hypnosis will be held in Antalya. All ESH and ISH Constituent Society representatives and many members of ESH and ISH will come to Antalya. ESH and ISH Council of Representatives (COR) Meetings will be held in the ESH 2023 Antalya Congress. Also, we will have the chance to celebrate ISH's 50th anniversary. Moreover, this Congress will have many worldwide known keynote speakers, presenters, and workshop facilitators. So, we are looking forward to sharing this beautiful experience with all our colleagues.

The Motto of the Congress is "Hypnosis Food for Body and Mind: An Integrated Approach to Healing." The Abstract Submission is extended until





August 15, 2023. You can visit the Congress webpage for further information: [www.esh2023.org](http://www.esh2023.org).

Furthermore, Antalya is a fantastic place for a good holiday. Also, October is an excellent season to visit Antalya. During summer, Antalya is very hot (sometimes it is over 45 degrees Celsius). However, it is around 36 degrees Celsius in October, lovely weather to enjoy the sand and the sea of beautiful Antalya. Also, daily tours offer an adventurous or cultural visit to Antalya's natural and historical heritages. You, your family, or your friends can imagine one of the best holiday experiences and memories you can have. For instance, in Side, the ancient theater, the Temple of Apollo, dedicated to the Sun God, the site Apollo is amongst some of the famous attractions of Antalya.

**CAN YOU BRIEFLY OVERVIEW YOUR CAREER, YOUR WORK, AND THE PLACE HYPNOSIS HAS IN IT? WHAT IS YOUR PRIMARY AREA OF PRACTICE WITH HYPNOSIS? WHAT IS THE PLACE AND THE IMPORTANCE OF HYPNOSIS IN YOUR WORK? IS ANYTHING SPECIFIC THAT MAKES YOU / YOUR WORK DIFFERENT FROM OTHERS IN THE FIELD? WHO ARE/WERE YOUR MENTOR(S)? PEOPLE WHO INFLUENCE YOUR WAY OF THINKING AND WORKING?**

My specialty is Awareness Under Conscious Hypnosis (AUCH©) Method. AUCH© Method is based on Dr. Hüsnü İsmet Öztürk's Conscious Hypnosis method. I renamed the Awareness Under Conscious Hypnosis (AUCH©) Method by conducting further studies and emphasizing awareness of the applications and use of hypnosis. I also constructed the methodology of the AUCH© Method by introducing its main principles: "1) awareness, 2) differentiation, and 3) feeling" and by classifying it into three steps: "MAYA, induction, and auto-hypnosis."

Interestingly, I can summarize my hypnosis career with the three steps of the AUCH© Method. MAYA is the introduction to hypnosis, and the end of the MAYA step marks the patient's informed consent. MAYA is an acronym meaning "Making Acceptance with Your Awareness," it emphasizes the significance of awareness and acceptance. So, the MAYA step coincides with my hypnosis career with Dr. Hüsnü İsmet Öztürk. The hypnosis studies and applications I made with Dr. Hüsnü İsmet Öztürk aroused and enhanced my awareness of the medical applications of hypnosis.

The induction step of the AUCH© Method corresponds to my professional career when I started to use hypnosis actively. My private practice spans over 40 years with the applications of the AUCH Method for pain management, surgeries and hypnoaesthesia, addictions and phobias, gynecology and obstetrics, anxiety, depression, PTSD, eating disorders, sleeping disorders, psychosomatic medicine, positive psychotherapy, family therapy, hypnoacupuncture, and many more.

The Autohypnosis step of the AUCH© Method is basically about "achieving, reinforcing, and maintaining" the therapeutic aims and effects of hypnosis. Thus, it corresponds to my hypnosis studies with the Society of Medical Hypnosis (THD), ESH, Turkish Ministry of Health, and Universities. I aim to "achieve, reinforce and maintain" the highest professional standards in practicing, applying, and training medical hypnosis for clinical, academic, and scientific purposes.

**WHAT IS YOUR FAVORITE PROFESSIONAL HYPNOSIS BOOK?**

My favorite professional hypnosis book is "Clinical and Experimental Hypnosis: In Medicine, Dentistry, and Psychology" by William S. Kroger. My mentor Dr. Hüsnü İsmet Öztürk, suggested this book since it describes successful hypnotherapy techniques for a wide range of medical, psychiatric, and dental conditions. This book is about Dr. Kroger's work in developing the concept of clinical hypnosis. His work is widely accepted as the foundation of modern hypnotherapy.





**Abstract Submission is extended until August 15, 2023!!!**

Please fill in the 2023-ESH-Abstract-Submission-Form and send it to [esh@esh2023.org](mailto:esh@esh2023.org)

Download Form

**ANY RECOMMENDATIONS, HINTS, OR ADVICE YOU WOULD LIKE TO GIVE TO YOUNG(ER) COLLEAGUES?**

I want to suggest to young colleagues to apply the main principles of the AUCH© Method to their lives: "1) awareness, 2) differentiation, and 3) feeling".

So, they can gain an awareness of their potential and capabilities, and also the beauty in their lives and the life events around them. Then, they should differentiate the positive and negative aspects of all these inner and outer potentials and dynamics which will allow them to utilize the positive aspects and potentials and apply them to their lives. At the same time, they protect from the negative, which would also help them experience a state of feeling good and experience beauty. They can be happy, joyful, and peaceful, which will balance their physical, emotional, and spiritual needs, their relationships, the outer world, and the current and future potentials and dynamics of their lives.

**16<sup>th</sup> EUROPEAN CONGRESS OF HYPNOSIS**  
EUROPEAN SOCIETY OF HYPNOSIS  
OCTOBER 26-29 2023  
Türkiye  
Abstract Submission  
Deadline  
April 21, 2023  
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## HYPNOTHERAPY ONLINE

### Key words:

Hypnotherapy Online, Clinical Evidence, Distance Teaching and Training

### Abstract:

In this chapter we present the surprise that the Unconscious Mind had in store for us, its online response to the hypnotic trance. A series of adaptations that we have had to make to obtain the best response to video call care and statistical measurements that we have made to test if a significant statistical difference is shown before and after receiving online Hypnotherapy.

### Outline:

Since 1989 we have dedicated ourselves full time to Hypnotherapy, patient care and training of Hypnotherapists and scientific clinical research. We began in 2013 to give Hypnotherapy online, passing in 2020, 2021 and 2022, through the Pandemic, our patient care and training of Hypnotherapists and clinical research are completely online.

### HYPNOTHERAPY ONLINE

#### A SURPRISE THAT THE UNCONSCIOUS MIND HAD FOR US

Authors: Jorge Abia MD & Rafael Núñez MA



Jorge Abia



Rafael Núñez

### THEORETICAL FRAMEWORK

One of the first references to TeleMedicine was in 1950 (Zündel, 1996) in an article that described the transmission, beginning in 1948, of radiological images by telephone between West Chester and Philadelphia, Pennsylvania, a distance of 24 miles. In 1961, clinical psychology employed the new technology when they used videoconferencing in which Wittson, Affleck, and Johnson participated (Soto, et al., 2010). At the end of the 1990s, as the use of video calls became more popular, we saw the start of a new clinical modality of therapy that was practiced through this medium (Anderson, 2009).

There were a series of myths among TeleTherapy professionals that hindered the popularization of the use of technologies for teletherapy (Soto et al, 2010). One of these was that since there was no face-to-face contact,



the expected results were not going to be achieved. However, Kenardy et al., (2003) demonstrated in their research, a similar correlation with the results of the therapeutic intervention through video call, as with face-to-face therapy. Research of the therapeutic bond changes in face-to-face as opposed to virtual therapy, found that online attention brings about a feeling of anonymity in the consultant and the result is more disinhibition and sincerity in the online therapeutic relationship. In addition, therapeutic alliance scores for online therapy are roughly equivalent to those in studies of face-to-face therapy (Berger, 2017). Also, no significant difference was found in the therapeutic alliance between the face-to-face and the virtual context, in studies of panic disorder (Klein et al., 2001), and posttraumatic stress disorder with internet-based treatment (Knaeverlsrud et al., 2007).

Our perspective is that the therapeutic relationship changes when it is established by video call establishing a virtual space that has yet to be studied. Results, in our experience, have been good enough to keep on working with this modality, particularly in the role played by the therapist changing to that of video-therapist, cyber-therapist or tele-therapist and to the role of client becoming video-client, cyber-client, or tele-client. We will be observing how the polysemy of the web will color the terms used on the internet in combination with therapy (Anderson, 2009).

We are finding there are relevant extensions of therapeutic interventions through the internet, which include both synchronous and asynchronous contact. Synchronous communication happens when the sender and the receiver are communicating simultaneously, as in a video call. Asynchronous communication occurs when communication is not done simultaneously (Soto et al., 2010), either through a message service from the therapist's mobile phone to the client or vice versa, or through email. Additionally, there is the area of self-help services available on the therapist's website.

At our Milton H. Erickson Institute in Mexico City, we have created an attention model called Hipnoterapia Ericksoniana Estratégica, (Strategic Ericksonian Hypnotherapy) based on clinical statistical evidence, to treat adults and to use in group hypnotherapy (Abia & Núñez, 2012). We have designed the model to also work with children (Núñez & Abia, 2012), families, and couples (Núñez & Abia, 2009). We also have been working with Self-Hypnosis Audios on our website ([www.institutoerickson.com.mx](http://www.institutoerickson.com.mx)) that the patient can access, with their assigned username and password. This allows the consultant to carry out this activity asynchronously, so the client can continue benefiting from Hypnotherapy, and not use the synchronous session with the Hypnotherapist in this manner. There are educational books available on the website for children, their parents or teachers (Núñez, 2009, 2014) based on hypno-ludotherapy (see Núñez, 2012). The statistical evidence for our work is reported in a virtual magazine on our website (Núñez & Abia, 2001, 2005). We use all these tools to work clinically and do follow up.

The Unconscious Mind had a surprise in store for us. It is surprisingly adaptable to this new modality of receiving care through cyber-hypnotherapy. We can communicate through trance in online therapy, using the language of the Unconscious Mind: metaphors, anecdotes, memory traces, memories, future rehearsal. We can rely on propitious trance inductions to be used in video calls. This experience has led us to acknowledge how self-esteem is a cue to work along with (Núñez & Abia, 2018).

To achieve a hypnotic trance, we know dissociation of attention is one of the preponderant factors to induce it, as the suggestions are given to the unconscious mind to enter the trance. Attention dissociation is facilitated by the fact that a part of the attention is paid to the video call, and another part of the attention to hypnotic inductions of the therapist. Our brain





has to handle that the person seen in the video call is real, while it is receiving suggestions to enter a hypnotherapeutic trance.

However, in face-to-face or online hypnotherapy, the hypnotic trance is not the end, it is rather the means through which we are going to get the unconscious mind to communicate, first about how the problem behaves, and later to support the unconscious mind to build the solution to the problem.

### PRACTICAL ASPECTS TO CONSIDER

In order to establish an online session, it is necessary to ask the client:

- That you have a stable internet connection, either with data on your device or via Wi-Fi signal.
- Preferably, the video call is through the WhatsApp app, due to the popularity of said system, from there you can migrate to other options such as Skype, Zoom, that can be limited to 40 minutes if you do not pay, or more time if paid service is preferred, usually we work with paid system by our Institute. In some countries licensing boards require use of a secure communication vehicle to protect patient privacy.
- Ask the Patient to place their cell phone or device on a fixed surface, so that they can use their hands.
- The session should be held in a private place, both for the Hypnotherapist and for the patient. The client should remain seated in a comfortable chair or armchair and avoid lying down. If they have the session in bed, they should be sitting up the whole time and avoid lying down. In the video call we can observe from head to hands at rest, also have access to the face and hands movements. If the patient is a minor, we request that a Guardian be available in the next room.
- Make sure that the lighting shines in front. Avoid backlighting to have access to the facial non-verbal language.
- The use of headphones that includes "hands-free" (with microphone) for both the patient and the Hypnotherapist is suggested.
- Have paper and pencil or pen handy, which can be recharged to write or draw.
- When the agreed time for the appointment has arrived, inform the patient through the text service that the Therapist is ready to carry out the session and proceed to request the video call.
- The date and time of the next appointment is sent to you by the text message system so that there is a record for both parties.
- It is recommended that the scheduled appointment can only be changed at least 24 hours before, otherwise you are requested to cover the corresponding fee. If you change 2 appointments in a row 24 hours in advance, you are asked to review your agenda and when more stable schedules would be available, request a new appointment, kindly asking to avoid changes. Preferably consultation fees would be covered by transfer or deposit the appointment fee, in advance. It is customary to charge the same fee as in a face-to-face session, due to the fixed costs involved in an online session, which are equal or similar to those of a face-to-face session.
- Before the appointment we can request by text message, the material that we are going to use depending on the technique that we plan to apply, but considering that the patient might not have it ready it is necessary to have a "B Plan" for the session, in case the required material is not ready. For example, if Pendulum is going to be applied, it is requested beforehand a 10 to 15 cm long rope, or a chain, an object that weighs enough such as a pair of rings, or a small ball of clay.
- Some of the online video call trance induction techniques which have a very good response are: Pendulum; Falling Coin; Hand, Arm levitation; Hand Attraction; Holding hands; Lowering Arm; Upward Gaze with Eyes Closed, Physical Progressive Relaxation; Automatic





Drawing; Plasticine as a means of expression of the Unconscious Mind; and Automatic writing among others.

- It is recommended to add to the trance induction, the protection for a possible interruption of the video call, which consists of: "... your conscious mind remains observing this experience from the outside, protecting you. Feel how your breathing protects you all the time, if for any reason, this video call is interrupted, your breathing will be protecting your unconscious mind while we are reestablishing communication, your conscious mind will be taking charge to reestablish the video call".
- In order to provide additional protection, the client is requested to have paper and a pen to write their answers to the questions prior to the trance, as well as to write down the inner realities that they perceive during the hypnosis exercise and to write down the task that their unconscious mind asks them at the end of the trance.
- Sometimes the synchronization in the video call can be delayed, therefore, speaking slowly in a hypnotic voice will allow time for the necessary adjustments to be made to overcome any difficulty with synchronization. Those spaces that last 2 or 3 seconds can be covered with a protective word of the trance, such as healthy, protected, learning, automatically.

The authors of this chapter designed an adaptation of the Pendulum Technique for online intervention with a patient, which consists of asking the client to have a ball of plasticine and a cord approximately 15 centimeters in length. Before inducing the hypnotic trance, we ask the consultant to make a ball with plasticine and insert the cord at one end so that the patient can make their own pendulum.

Unlike the face-to-face session, when care is given online it is important that the client have proof that the appointment happened. For this reason, we ask them to write down the answers to the questions that applied prior to carrying out the hypnotic technique. During the trance we ask the person to open eyes and describe in writing the perceptions they are having during the trance about the problem and the solution. It can also be suggested that they draw the problem and the solution during the trance, or represent them with plasticine and, or other materials that the client was previously asked to have for the session.

## RESULTS

From August 2020 to September 2022, we have met with 110 patients online in our Postgraduate Hypnotherapy Specialization Course, as part of the training of our students.

The average age has been 30-years-old, with a minimum age of 3-years-old (Hypnotic Bridge through their parents or guardians) and a maximum age of 61 years.

In total there were 8 children, 1 adolescent, and 101 adults, 81 female and 29 male.

Each patient received 10 sessions with hypnotherapy, in total 1,110 consultations were held.

In order to standardize the measurement of the results, the Hospital Anxiety and Depression Scale was applied to all of them (Zigmond, et al, 1983). Validated in Mexico (López-Alvarenga, et al, 2002); the Global Assessment of Functioning (GAF) Scale (APA, 2000); Scale of Evaluation of Achievement of Hypnotherapy Goals. We evaluated results for Statistical Significant Difference, using Small Samples Methodology (Levin, 1990).

For the Hospital Anxiety and Depression Scale (HADS), ranges of:

- 0-7 normal
- 8-10 likely anxiety or depression
- 11-21 presence of anxiety or depression



At the beginning of hypnotherapy, patients presented an average anxiety index of 12.18, which means that at the beginning of therapy they had pathological anxiety.

There was a decrease in the anxiety scale at the end of the 10 sessions with hypnotherapy, an average of 6.64, that is, within the normal range according to this scale. The difference is statistically significant ( $t=4.58$ ,  $p<0.05$ )

The average results we obtained from DEPRESSION in the EHAD were:

- Average depression symptoms index was 8.23 at the beginning of Hypnotherapy, corresponding to probable depression. These symptoms were reduced to 3.73, an average normal level at the end of the Hypnotherapy. The difference is significant ( $t=4.59$ ,  $p<0.05$ )
- For the Hypnotherapy Goal Achievement scale, we asked patients to state their goals to achieve with therapy and rate them on a 10-1 scale; where 10 is Target Achieved and 1 is Target Not Achieved at all.
- At the beginning of hypnotherapy, the patients rated their objectives in an average of 2.73/10 and at the end of the hypnotherapy they evaluated the achievement of their goals in an average of 7.58/10; a statistically significant improvement ( $t=4.59$ ,  $p<0.05$ ).
- The Global Activity Assessment Scale (EEAG) is rated by the hypnotherapist according to the symptoms that the patient presented at the beginning of his hypnotherapy and at the end of the 10 sessions; it is evaluated out of 100-1, where 100 is the highest degree of Global Activity Evaluation and 1 is the minimum.
- At the beginning of Hypnotherapy, the therapists rated the EEAG in an average range of 61.05/100 to their patients and at the end of the treatment they evaluated with an average of 79.05/100; a statistically significant improvement ( $t=4.59$ ,  $p<0.05$ ).

## CONCLUSIONS

As we have been able to observe, the patients reported important improvements according to the pre-test and post-test scales that we applied, demonstrated by the statistical difference that we obtained.

Patients evaluated they achieved 75.80% of the goals that were set at the beginning of hypnotherapy; therapists perceived an improvement of 79.05% according to the Global Activity Scale, an issue that allows us to appreciate and demonstrate an interesting coherence between what patients perceived about their own achievement and those observed by the hypnotherapist who treated them.

The difference between both groups of observers through non-shared observations was very small at 4.75%, very relevant. Correlatively, the agreement rank between both groups of observers was 95.25%, clinically very relevant.

In addition, in the 3 scales that we applied, a significant statistical difference was found between pre and post-test. We obtained a  $p<0.05$  with a  $t$  index greater than the minimum requested by the ratio table.

We have a qualitative description of each case, developed by the therapist who attended to the patient. This is the file where the applied hypnotic technique, the suggestions used for the hypnotic trance, expressly designed for the patient, and the patient's responses during trance are noted. In addition, all the sessions are recorded.



## CASE ILLUSTRATION

Among the cases was a group of 5 military personnel that were treated with this hypnotherapy modality. They were the crew of a helicopter that belongs to the Mexican Navy, part of the Mexican Militia. They were involved in an accident during filming on the runway, 2 pilots, 2 aviation mechanics and 1 aerial gunner. Physically they presented minor injuries, with the exception of one pilot, who received a blow to the head and lost consciousness for a few hours.

They were treated with hypnotherapy with the aim of reintegrating them into their service as soon as possible and reducing the sequelae of Post Traumatic Stress. They had to be attended to online, because each one returned with their family to different locations. At the start of hypnotherapy, they presented with pathological anxiety due to acute stress and, as a consequence, insomnia. One of the aviation mechanics was reluctant about hypnotherapy, but due to how high his anxiety was, he agreed the care. In the first session, trance was induced with a pendulum and the exercise focused on managing worry about trauma from the accident. One of them wanted to address that since the accident he had outbursts of anger. Another asked to start ordering his emotions that had been very mixed up, although he didn't want to feel bad, when he felt good for a moment, he considered that he should feel bad and got confused. One more worried that he had problems with his wife before, and now he had to be disabled at home. The person who helped his wounded companion could not get the image of his bloodied and unconscious companion out of his head. The latter was concerned about the outcome of the accident investigation.

In the following session, a personalized Scale for the Control of Physical and Emotional Pain was applied.

In the third session we asked each one to have a stuffed animal and a bandage to cure it. During the trance we suggested emotional wounds follow the same course as the physical ones. Nevertheless, the emotional ones are difficult to see, so it is necessary to induce the unconscious mind to project its emotional wounds onto the stuffed animal, and by applying the bandage onto it, healing emotional wounds that couldn't be easily seen before.

In the following session a hypnotic metaphor was used to manage alert mechanisms, so they will activate to face certain situations and relax when the stimulus has passed, improving anxiety management and relieving insomnia.

In the fifth session we apply a counter paradox to cause a paradigm shift, we promote a creative leap so that the unconscious mind invents a way out that did not exist to handle the trauma.

Then in the next treatment phase self-hypnosis audios were used and the patients went back to work reintegrating functionally in both their personal and work lives.

One last case we would like to share is that of a 60-year-old woman, working in a public health institution, that had breast cancer diagnosis. The first chemotherapy cycle was unhelpful and the disease spread through lymph nodes placing the patient in a severe risk category. She would be a candidate for a different chemotherapy protocol but due to administrative issues was not available in the institution where she worked. The patient entered online hypnotherapy setting the goals to control severe anxiety and to do everything necessary to improve her survival chances.

In the first session a caring life agreement hypnotic technique, writing down and signing the agreement before trance and in hypnotic trance



signed by her unconscious mind via automatic writing. In the second session an exercise was done to improve the relationship between emotions and the immune system. Also including the use of self-hypnosis specific recording, from our website, to repeat the exercise between sessions.

In the third session insomnia was the focus with a falling coin technique. This included the use of a specific self-hypnosis exercise of contained catharsis, also from our website, to improve the quality of sleep. In this session her unconscious mind gave her the assignment to do everything that would be necessary to get the new chemotherapy. After the session she pursued legal action to get the needed medication, and although she suffered rejection, she kept working in the institution and began to have less anxiety. She realized how very useful the self-hypnosis recorded exercises were to support her in her health endeavor. In the fourth session a hypnotic reinforcement was done to continue improving the relationship between emotions and the immune system.

The fifth session worked with counter paradox technique oriented towards a paradigmatic change in the unconscious mind. After this session she fully won the suit and secured her complete treatment. Surprisingly to her doctor, and to her, the cancer activity tests shown absence of cancer activity for the first time.

The sixth session addressed the physical and emotional pain to be worked out by means of a pain control scale and also by means of recorded self-hypnosis. The seventh session centered on medical hypnosis with the aim of activating body strategies to deactivate cancer. The eighth session again focused on emotional and physical pain with the glove analgesia technique. Finally, she got satisfactory pain control by means of self-hypnosis. The ninth session topic was about life planning since she continued with no cancer activity. She filled out a form previously given at her at the end of the eighth session. She worked the possible obstacles to her life plan by hypnotically reviewing her life path. In the tenth session hypnotherapy was paused to give her a therapeutic “vacation”. She informed us that due to her legal intervention, the chemotherapy that helped stop cancer activity in her case, is now a regular institutional option, useful for many patients. She keeps in touch, through periodic online hypnotherapy sessions and continues with no cancer activity for 12 months.

In hypnotherapy we conceive of the unconscious mind as the set of knowledge and experiences we do not recognize or are not aware of consciously. The set of neural networks always have been surprising us in clinical practice and in research. Online hypnotherapy is a very powerful methodology to work with, its neural correlates and psychophysiology are still to be studied. For those of us who study it, the mind has astonishing surprises for us.

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# 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...



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### GUT-DIRECTED HYPNOTHERAPY FOR THE TREATMENT OF IRRITABLE BOWEL SYNDROME (IBS) – INTRODUCTION

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Irritable bowel syndrome (IBS) is one of the most common gastrointestinal disorders, with a worldwide prevalence of 10 to 15% (Mayer, 2008, p. 1692). It is regarded as a functional gastrointestinal disorder without detectable organic causes (Mayer, 2008, p. 1692). Treatment with conservative medicine benefits only about 50% of patients (Palsson et al., 2002, p. 2605). It is typically adequate for patients with mild symptoms; however, treatment of patients with moderately severe symptoms is more challenging (Mayer, 2008, pp. 1694-1695). The gut-focused hypnotherapy, developed in Manchester, can improve symptoms even in severe, refractory cases (Vasant & Whorwell, 2019, p. 2) its effectiveness has been confirmed by several meta-analyses (Krouwel et al., 2021, p. 1). It is even superior to conservative medical treatment for reducing gastrointestinal symptoms and improving extra-intestinal and psychological symptoms and overall well-being (Vasant & Whorwell, 2019, pp. 6-8). However, access to Gut directed hypnotherapy is still minimal; therefore, it is essential to raise awareness of this method (Vasant & Whorwell, 2019, pp. 7-8).

### THE IRRITABLE BOWEL SYNDROME: SYMPTOMS, PATHOLOGY, AND TREATMENT

The symptoms of IBS are altered bowel habits, abdominal pain, and distention, and it is also common to have extra-colonic symptoms such as nausea, backache, and lethargy (Gonsalkorale et al., 2003, p. 1623). The



coexistence of other psychological conditions, such as somatization, anxiety, and symptom-related fears, contribute to impairments of quality of life (Mayer, 2008, p. 1692). Psychiatric conditions also coexist frequently (Mayer, 2008, p. 1693). The diagnosis of IBS is symptom-based, following the Rome criteria (Mayer, 2008, p. 1692).

The pathophysiology is uncertain; IBS is often referred to as a brain-gut disorder because of its relation to stress and comorbid psychiatric conditions. The abdominal pain and discomfort may be caused by the increased perception of visceral stimuli. The altered bowel habits may cause dysregulation of the gut-based serotonin signaling system, and alterations in intestinal microflora may also cause symptoms of IBS. However, more research is needed to establish causative links (Mayer, 2008, p. 1693). Environmental factors can also play a role in developing IBS, such as dietary intolerances, enteric infections, or early adverse life events (Liu et al., 2020, p. 304). For better understanding, the IBS can be described by the bio-psycho-social model, according to which IBS can be caused by biological factors (neuroanatomical and neuroimmunological factors such as a greater selective activation of the dorsal anterior cingulate cortex and the dorsolateral prefrontal cortex or alteration in the HPA), psychological factors (such as psychiatric disorders, personality factors like neuroticism, alexithymia and health beliefs and coping skills such as catastrophization, hypochondriacal beliefs, and disease phobia) and social factors (such as social learning of illness behavior and stressors like prenatal traumatic events, family dysfunctioning or stressful major life events and daily hassles) (Padhy et al., 2015, pp. 571-573).

Only 25-50% of people with IBS symptoms seek medical care (Mayer, 2008, p. 1692); however, conservative medicine benefits only about 50% of patients (Palsson et al., 2002, p. 2605), patients with mild symptoms typically benefit from this; however, treatment of patients with moderate-severe symptoms is more challenging (Mayer, 2008, pp. 1694-1695). Exclusion diets, such as the FODMAP diet, are helpful for 52-86% of patients who improve significantly with this strategy (Liu et al., 2020, p. 303). However, FODMAP diets have their drawbacks, and they can cause nutritional deficiencies, and their effects' durability is yet to be studied (Liu et al., 2020, p. 309). There are also psychological treatments such as cognitive-behavioral therapy, stress management training, psychodynamic therapy, and hypnosis, of which hypnosis has the best effect on IBS symptoms (Palsson et al., 2002, p. 2605). The gut-focused hypnotherapy, developed in Manchester, can improve symptoms even in severe, refractory cases (Vasant & Whorwell, 2019, p. 2).

### THE GUT DIRECTED HYPNOTHERAPY

Gut-directed hypnotherapy was developed in Manchester in the 1980s (Gonsalkorale, 2006, p. 27), and several meta-analyses have confirmed its effectiveness (Krouwel et al., 2021, p. 1). According to a large study, 76% of patients improved (a 50-point improvement in the IBS symptom severity score) from Gut directed hypnotherapy (Vasant & Whorwell, 2019, p. 6) and had long-lasting beneficial effects with continued improvement in symptoms (Gonsalkorale et al., 2003, p. 1628).

Gut-focused hypnotherapy effectively treats functional gastrointestinal disorders even when conventional treatments have failed (Vasant & Whorwell, 2019, p. 2). The most crucial step is the precise diagnosis of IBS; treatment can only be applied. Gut-directed hypnotherapy (GDH) is indicated for patients with severe symptoms refractory to 12 months and is also beneficial for children; however, it is not appropriate for patients with severe psychopathologies. The GDH usually consists of 30 to 60-minute sessions at weekly intervals for 6 to 12 weeks (Vasant & Whorwell, 2019, p. 2). In order to increase chances, GDH should be complemented by dietary modifications (Vasant & Whorwell, 2019, pp. 4-5). GDH aims to teach patients how to control and normalize gut functions (Gonsalkorale, 2006, p. 27). It involves explaining IBS symptoms (for example, that the brain



may falsely interpret signals from the Gut, which can cause an increased awareness) and explaining why hypnosis can be beneficial. Hypnosis might be the preferred treatment since mental skills that control physiological mechanisms consciously can be developed during GDH (Gonsalkorale, 2006, p. 30). Such techniques can involve the hand warmth on the abdomen or the imagery of a normal gut. These skills are to be practiced by patients (Gonsalkorale, 2006, pp. 33-34). Other techniques such as breathing correctly, taking breaks to fit the ultradian rhythms, lifestyle changes such as change of hurried eating, self-hypnotic techniques to influence digestion, changing of attitudes towards specific types of food believed to trigger a bad reaction, imaginal rehearsal of remaining calm meanwhile being in social situations or traveling, anchors of control and change in stressful self-talk can all be learned during GDH and practice (Gonsalkorale, 2006, pp. 38-43).

GDH is effective for patients with severe or refractory symptoms (Vasant & Whorwell, 2019, p. 2). GDH has many benefits, and it is even superior to conservative medical treatment (Vasant & Whorwell, 2019, p. 8) because it not only changes abdominal pain, bloating, and bowel-habit disturbances (Gonsalkorale, 2006, p. 27) and normalizes stool consistency and reduces the frequency of stools (Palsson et al., 2002, p. 2612), it improves general well-being and extra-intestinal and psychological symptoms (Vasant & Whorwell, 2019, p. 8). The extra-intestinal symptoms can be nausea, thigh pain, backache, lethargy, and urinary and gynecological problems, which are usually very difficult to treat but can significantly be improved by GDH. GDH has a reasonable patient satisfaction rate, and patients usually experience reduced medication use. Concerning the improvement of psychological symptoms, it reduces anxiety and depression and improves cognitive functioning (Vasant & Whorwell, 2019, p. 6) and cognitive styles, such as catastrophization (Gonsalkorale, 2006, p. 43) and selective attention to somatic sensations and false beliefs (Palsson et al., 2002, p. 2612), which can worsen symptoms catastrophization (Gonsalkorale, 2006, p. 43).

The exact mechanism of GDH remains unclear; however, a study found that the gut microbiome remained essentially unchanged after treatment with GDH which suggests that it affects the higher levels of the brain-gut axis (Peter et al., 2018, p. 8) and the central nervous system (Peter et al., 2018, p. 1) and related peripheral gut-brain neuronal pathways. Research suggests that it can induce neuroplastic changes in the brain, such as the modulation of the ACC and the posterior insula. GDH can also impact prefrontal insular and somatosensory regions. Abnormal signaling in visceral afferent pathways and central pain amplification, and key pathophysiological processes like visceral pain sensitivity and motility can be changed by hypnotherapy. This can also explain the functional, psychological, and clinically relevant benefits of GDH (Vasant & Whorwell, 2019, pp. 2-4).

GDH is proven effective in IBS; however, access to it is limited (Vasant & Whorwell, 2019, pp. 7-8). It is costly, but group hypnotherapy might be a solution, proven non-inferior to individualized therapy. However, its effects have only been tested 12 months after the treatment (Flik et al., 2019, p. 20). A meta-analysis found that high-volume hypnotherapy (more than eight sessions with more than six contact hours) proved more effective than low-volume hypnotherapy and that high frequency might be more beneficial, yet, more research is needed to provide evidence (Krouwel et al., 2021, p. 8). Other disadvantages are that GDH demands time and effort (practice at home), the requirement for trained therapists, expense, misconceptions about hypnosis, and that it requires highly motivated patients (Vasant & Whorwell, 2019, pp. 6-7). Overall effects of GDH (Vasant & Whorwell, 2019, pp. 6-7), although time-consuming and expensive, are durable (Gonsalkorale et al., 2003, p. 1628). GDH reduces healthcare and medication usage. Therefore, gastroenterologists might refer patients with severe and refractory symptoms to GDH-trained therapists (Vasant & Whorwell, 2019, pp. 6-8).





## CONCLUSIONS

Irritable bowel syndrome has a worldwide prevalence of 10 to 15% (Mayer, 2008, p. 1692), and conservative treatment does not always cause relief for patients (Palsson et al., 2002, p. 2605). Gut-directed hypnotherapy is highly efficient even in severe and refractory cases, its benefits are extreme security, reduction of extra-intestinal symptoms, reduction of healthcare utilization and medication, socioeconomic benefits, improvement of resilience, psychological and cognitive functioning, and learning of self-management skills and the overall improvement of the quality of life are all benefits of the gut-directed hypnotherapy, which has a high (76%) response rate. However, access to GDH is minimal. There are also many misconceptions about hypnosis itself (Vasant & Whorwell, 2019, pp. 6-8); therefore, more attention should be given to this subject in order to make use of this highly effective evidence-based treatment (Krouwel et al., 2021, p. 1).

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# IJCEH

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## RECENT ISSUE: VOLUME 71, ISSUE 2

The most recent issue of the IJCEH features the publication of an international survey across 31 countries regarding current practices, experiences, and views of clinical hypnosis. The article, **Current Practices, Experiences, and Views in Clinical Hypnosis: Findings of an International Study** by Olafur S. Palsson, Zoltan Kekecs, Guiseppa De Benedittis, Donald Moss, Gary R. Elkins, Devin B. Terhune, Katalin Varga, Philip D. Shenefelt, & Peter J. Whorwell is published with OPEN ACCESS for a limited time – please share this landmark article widely with colleagues. The remainder of Volume 71(2) is devoted to additional articles in this issue that are commentaries offered by leading experts in the field of clinical and experimental hypnosis. The article entitled **“The Emerging New Reality of Hypnosis Teletherapy: A Major New Mode of Delivery of Hypnotherapy and Clinical Hypnosis Training”** by Syed S. Hasan & Dipesh Vasant is also OPEN ACCESS. This is the second issue of 2023 and we look forward to publishing many more outstanding articles in the new year!

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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).

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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!

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WE ARE PLEASED TO SHARE ABSTRACTS  
FROM THE ARTICLES PUBLISHED IN THE  
MOST RECENT ISSUE OF THE  
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ABSTRACTS FROM THE  
APRIL 2023 ISSUE – VOLUME 71 (2)

**CURRENT PRACTICES IN CLINICAL HYPNOSIS: RESEARCH AND COMMENTARY (EDITORIAL)**

*GARY ELKINS*

This issue of the International Journal of Clinical and Experimental Hypnosis provides a landmark international survey of clinicians across 31 countries regarding current practices and views of clinical hypnosis. Thirty-six common uses of hypnosis were identified including stress reduction, wellbeing, and other applications. The most common approaches to hypnotherapy were Ericksonian, Hypnotic Relaxation Therapy, and Traditional Hypnosis. Commentaries are provided by leading experts in the field of clinical and experimental hypnosis.

**CURRENT PRACTICES, EXPERIENCES, AND VIEWS IN CLINICAL HYPNOSIS: FINDINGS OF AN INTERNATIONAL STUDY –OPEN ACCESS**

*OLAFUR S. PALSSON, ZOLTAN KEKECS, GIUSEPPE DE BENEDITTIS, DONALD MOSS, GARY R. ELKINS, DEVIN B. TERHUNE, KATALIN VARGA, PHILIP D. SHENEFELT, & PETER J. WHORWELL*

An online survey of 691 clinicians who use hypnosis was conducted in 31 countries to gain a broad real-world picture of current practices, views, and experiences in clinical hypnosis. Among 36 common clinical uses, stress reduction, wellbeing and self-esteem-enhancement, surgery preparations, anxiety interventions, mindfulness facilitation, and labor and childbirth applications were the most frequently rated as highly effective (each by  $\geq 70\%$  of raters) in the clinicians' own experience. Adverse hypnosis-associated effects had been encountered by 55% of clinicians but were generally short-lived and very rarely judged as serious. The most common hypnosis approaches used were Ericksonian (71%), hypnotic relaxation therapy (55%), and traditional hypnosis (50%).

Almost all respondents reported regularly using other therapeutic modalities alongside hypnosis. Among a range of client variables potentially affecting therapy, most clinicians rated hypnotist-client rapport (88%) and client motivation (75%) as very or extremely important factors for successful hypnotherapy. The majority of respondents had conducted hypnosis treatment via teletherapy, and 54% of those estimated it to be as effective as in-person treatment.

**HYPNOTIZABILITY IN THE CLINIC, VIEWED FROM THE LABORATORY**

*JOHN F. KIHLSROM*

A recent international survey discovered that clinicians who use hypnosis in their practice rarely assess the hypnotizability of their patients or clients. This contrasts sharply with the practice in laboratory research. One reason offered for this discrepancy is that hypnotizability does not strongly predict clinical outcome. But a comparison of this relationship with similar correlations in other domains shows that this criticism is misleading – especially when the treatment capitalizes on the alterations in perception, memory, and voluntary control that characterize the domain of hypnosis. Routine assessment of hypnotizability improves clinical practice by enabling clinicians to select patients for whom hypnosis is appropriate; and it improves clinical research by providing important information about the mechanisms underlying hypnotic effects.





## **ENHANCING CONNECTIONS BETWEEN CLINICIANS AND RESEARCH IN HYPNOSIS PRACTICE: STRATEGIES FOR PRACTICE AND TRAINING**

*LINDSEY C. MCKERNAN & ELIZABETH G. WALSH*

Findings from the Task Force for Efficacy Standards in Hypnosis Research hypnosis clinician survey provide new insight into current practice trends in clinical hypnosis internationally. The clinician-focused survey highlighted several interesting imbalances between hypnosis research evidence and its practice applications. Inconsistencies arose in clinician experiences of adverse events in treatment, reported conditions treated using hypnosis, and for what conditions hypnosis is considered most effective. This commentary aims to better elucidate the differences noted and offers recommendations for training and teaching hypnosis. Potential areas for improvement involve the monitoring and inquiry of adverse events posthypnosis, approaches for identifying and working with individuals who have trauma-related symptoms in hypnosis, and potential methods for supporting clinician competency development in hypnosis.

## **PREVALENCE OF DIFFERENT APPROACHES TO CLINICAL HYPNOSIS: BRIDGING RESEARCH AND PRACTICE**

*BARBARA S. MCCANN*

A recent survey conducted by the Society of Clinical and Experimental Hypnosis Task Force for Efficacy Standards in Hypnosis Research found that clinicians reported using one or more of several different styles of hypnosis in their work. The most common of these was Ericksonian, used by over 2/3rds of clinicians, followed by hypnotic relaxation therapy and traditional hypnosis. Surprisingly, a little less than a 3rd of respondents indicated using the evidence-based practice of hypnotherapy. The present paper discusses these findings from the perspective of optimal survey methodology, examines areas of differences and overlap among response options, and considers the question of the evidence base for the practice of clinical hypnosis.

## **THE EMERGING NEW REALITY OF HYPNOSIS TELETHERAPY: A MAJOR NEW MODE OF DELIVERY OF HYPNOTHERAPY AND CLINICAL HYPNOSIS TRAINING – OPEN ACCESS**

*SYED S. HASAN & DIPESH VASANT*

Remote hypnotherapy is a treatment that is increasingly being utilized internationally. Its adoption has been accelerated following the COVID-19 pandemic when infection control measures mandated its implementation. Remote hypnotherapy via video, rather than telephone therapy, appears to be more popular and effective, which appears to be acceptable to patients and – compared to face-to-face therapy – has the potential to improve access. In this state-of-the-art article, the authors therefore review the latest literature in this exciting field of remote teletherapy, discussing adoption of video hypnotherapy; its evidence, including efficacy compared to face-to-face therapy; patient satisfaction; advantages and disadvantages of teletherapy; as well as practical considerations and factors that should be considered when deciding on the mode of delivery. They also discuss training implications of the recent developments. Finally, they highlight areas for future research and development. Overall, it is likely that remote hypnotherapy via video platforms is here to stay long term and has potential to become the standard form of therapy worldwide. However, recent data suggest that there may still be a need for face-to-face therapy with patient choice being an important factor.



## BLOG

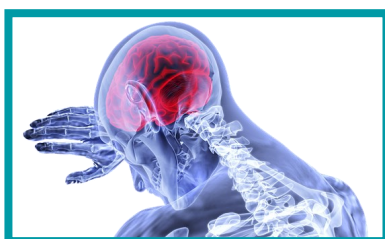
### HYPNOSIS NEWS FROM AROUND THE WORLD



#### FLOW AND HYPNOTIZABILITY.

Flow is a term of positive psychology. It was coined by Mihály Csíkszentmihályi, a Hungarian positive psychologist. Flow refers to a state of heightened attention and concentration when experiencing positive activities. It shows a significant correlation with hypnotizability, suggesting that hypnosis can be used to reach Flow states

more frequently (Bowers et al., 2018). Link: <https://www.tandfonline.com/doi/full/10.1080/00207144.2018.1468159>



#### CLINICAL HYPNOSIS AS AN ALTERNATIVE FOR PSYCHOPHARMACOLOGICAL INTERVENTIONS IN PAIN CONTROL

Hypnotic analgesia is not an alternative medicine. It is rather a way of dislocating the pain or distracting the patient to reduce the perception of pain. Patterson argues that it can be used to help patients

with many types of acute and chronic pain, such as burn wounds, headaches and even cancer (Patterson, 2010). Link: <https://psycnet.apa.org/doiLanding?doi=10.1037%2F12128-000>



#### SELF-HYPNOSIS CAN BE USED TO PROMOTE WEIGHT LOSS.

While they may not directly reduce weight, self-conditioning techniques can be used to improve satiety and the quality of life when dealing with severe obesity (Bo et al., 2018). Link: <https://onlinelibrary.wiley.com/doi/abs/10.1002/oby.22262>



#### HYPNOSIS IS BETTER THAN REGULAR POLICE INTERVIEWS.

When talking to eyewitnesses, there are several ways to optimize memory performance. Hypnosis was compared to standard police interventions and cognitive methods. Hypnosis and cognitive interview proved to be way more effective than the regular police interviews. This effect is the

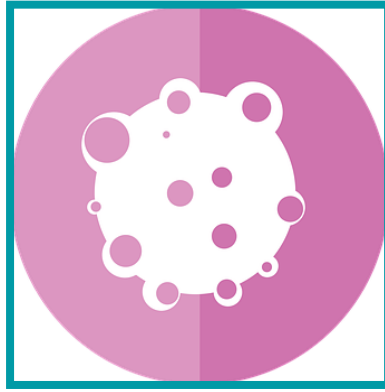
largest when talking about a dense, hectic situation (Geiselman et al., 1985). Link: <https://psycnet.apa.org/record/1985-22506-001>



#### HYPNOSIS CAN CHANGE SKIN TEMPERATURE.

Hypnotic glove anesthesia is a way of pain reduction using hypnosis. It was proven that the procedure of “putting on” these gloves can induce skin temperature changes significantly. It takes effect at the hand, the wrist, and the forearm too (Paqueron et al., 2019).

Link: <https://www.tandfonline.com/doi/full/10.1080/00207144.2019.1649544>



#### HYPNOTIC RELAXATION TO REDUCE HOT FLASHES.

Breast-cancer survivors often experience anxiety and hot flashes (a sudden feeling of warmth in the upper body). Hypnotic relaxation therapy was proven to be successful in reducing these symptoms and improve the quality of life of these patients (Johnson et al., 2016). Link: <https://www.tandfonline.com/doi/full/10.1080/00207144.2016.1209042>



#### HYPNOSIS AND MUSIC IN THE HOSPITAL.

Breast biopsy receiving patients experience emotional and physical disturbance during the procedure. When listening to music, anxiety and pain are reduced. When pairing music with audio-recorded hypnosis, optimism is increased in addition to the reduced pain (Télez et al., 2016). Link: <https://www.tandfonline.com/doi/full/10.1080/00207144.2016.1209034>



#### HYPNOSIS TO IMPROVE SLEEP AMONG POSTMENOPAUSAL WOMEN.

Sleep disturbances are common among postmenopausal women. Hypnosis is successful in sleep improvement. It can be done through phone calls, reducing the burden on patients, while being just as effective as a face-to-face situation (Elkins et al., 2021). Link: <https://www.tandfonline.com/doi/full/10.1080/00207144.2021.1919520>



#### IRRESPONSIBLE HYPNOSIS APPS.

More than 1000 hypnosis apps are available via iTunes. These target self-help, but rarely provide disclaimers. Although being a useful way of hypnosis delivery, the apps need to inform the users about responsible app use (Sucala et al., 2013). Link: <https://www.tandfonline.com/doi/full/10.1080/00207144.2013.810482>



#### SUGGESTION OR PLACEBO? WHY NOT BOTH?

When helping patients with depression, most of the effect of antidepressants can be replaced by placebo. Suggestion is a way of consciously using placebo. Therefore, it is important to be aware of this effect and use it accordingly (Kirsch & Low, 2013). Link: <https://www.tandfonline.com/doi/abs/10.1080/00029157.2012.738613>





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# CLINICAL HYPNOSIS COURSE

FOR UKRAINIAN PHYSICIANS AND PSYCHOLOGISTS

In September 2022, Prof. Borys Ivnyev Physician, Specialist in Psychiatry and Rector of Kiev Medical University (KMU) in Ukraine, and Dr. Maria Paola Brugnoli, MD, PhD, President SIPMU (Italian Scientific Society Clinical Hypnosis in Psychotherapy and Humanistic Medicine) decided to organize a 50-hour basic clinical hypnosis course for Ukrainian physicians and psychologists in KMU.



**Prof. Borys Ivnyev, MD, Psychiatrist  
Kiev Medical University KMU, Rector**

The course was in cooperation with UAPP Ukrainian Association of Psychotherapists and Psychoanalysts. UAPP and SIPMU are constituent societies of ESH, and SIPMU is recognized internationally by ESH as a training society. The course has been internationally approved by ESH and ISH.

The course was free of charge and online. Many topics in hypnosis were explained and studied: from Ericksonian hypnosis techniques to the neuroscience and neuropsychology of the modified states of consciousness and hypnosis, to numerous hypnosis techniques in: pain therapy, palliative care, anesthesia, in psychosomatic disorders, in cognitive hypnotherapy, anxiety and depression. Special emphasis was also given to hypnotic techniques in children.



**Dr. Maria Paola Brugnoli, MD, PhD,  
President of SIPMU**

The lessons were given by Dr. Maria Paola Brugnoli, MD, PhD, president of SIPMU, and past research fellow at Verona University in Italy and at NIH, National Institutes of health, Clinical Center, Bethesda, USA.

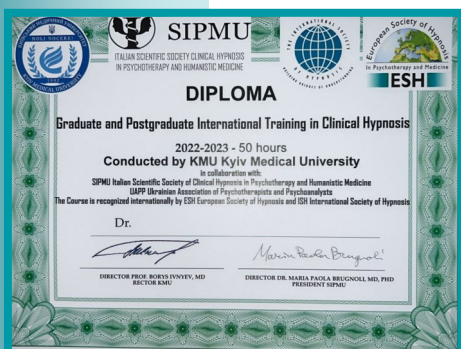
The following colleagues also made important contributions: Dr. Giuseppe Regaldo, president of IPNOMED, with a relevant lecture on rapid medical hypnosis in emergencies, and Dr. Consuelo Casula, past president ESH, with an important lecture on resilience and metaphors. In addition to the lectures, pdfs of English-language books on clinical hypnosis and scientific papers were sent to the colleagues to simplify and deepen their preparation in clinical hypnosis and hypnotic psychotherapy.

The course began in September 2022 and ended on May 20, 2023, with the awarding of hypnotherapist diplomas to fellow KMU physicians and psychologists. Rector of KMU Prof. Borys Ivnyev and ESH President Dr. Kathleen Long, MD, also participated in the online graduation.

This course was greatly appreciated by Ukrainian colleagues, not only because they were able to learn hypnosis techniques that are very useful in their therapy of this particularly difficult time, but also because they themselves felt supported psychologically.

From this course an important friendship and collaboration between our scientific hypnosis societies was born, which will continue over the time.

Summary by Paola Brugnoli  
(president of SIPMU)







## COMMENT

BY KATHLEEN LONG

It was a great pleasure to be invited to and attend the awarding of the Ukrainian hypnotherapy Diploma to Ukrainian physicians and psychologists, on 20<sup>th</sup> May 2023. The 50-hour course in hypnotherapy was provided and taught by Maria Paola Brugnoli who gave her expertise and knowledge freely to our Ukrainian colleagues at the Kiev Medical University where Boris Ivnyev is the rector. This was a wonderful initiative and a great example of how we can help our colleagues even in the most difficult of situations. I recently took a photograph of some small flowers struggling to grow in a very hard stony soil. To me it symbolized resilience and beauty. The resilience of our Ukrainian colleagues who, despite being in the middle of a terrible war, continue to reach out to increase their knowledge to allow them to help those traumatized by the war. The beauty is the kindness and dedication of colleagues like Maria Paola Brugnoli. I like to believe that the Crisis Intervention Committee had a small hand in stimulating all the help that has been made available to our Ukrainian colleagues. The simple truth is that the thanks really goes to those who over the past many months have given freely of their time and expertise. Thank you all.

Kathleen Long







## 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 “100<sup>th</sup> 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

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Default



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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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