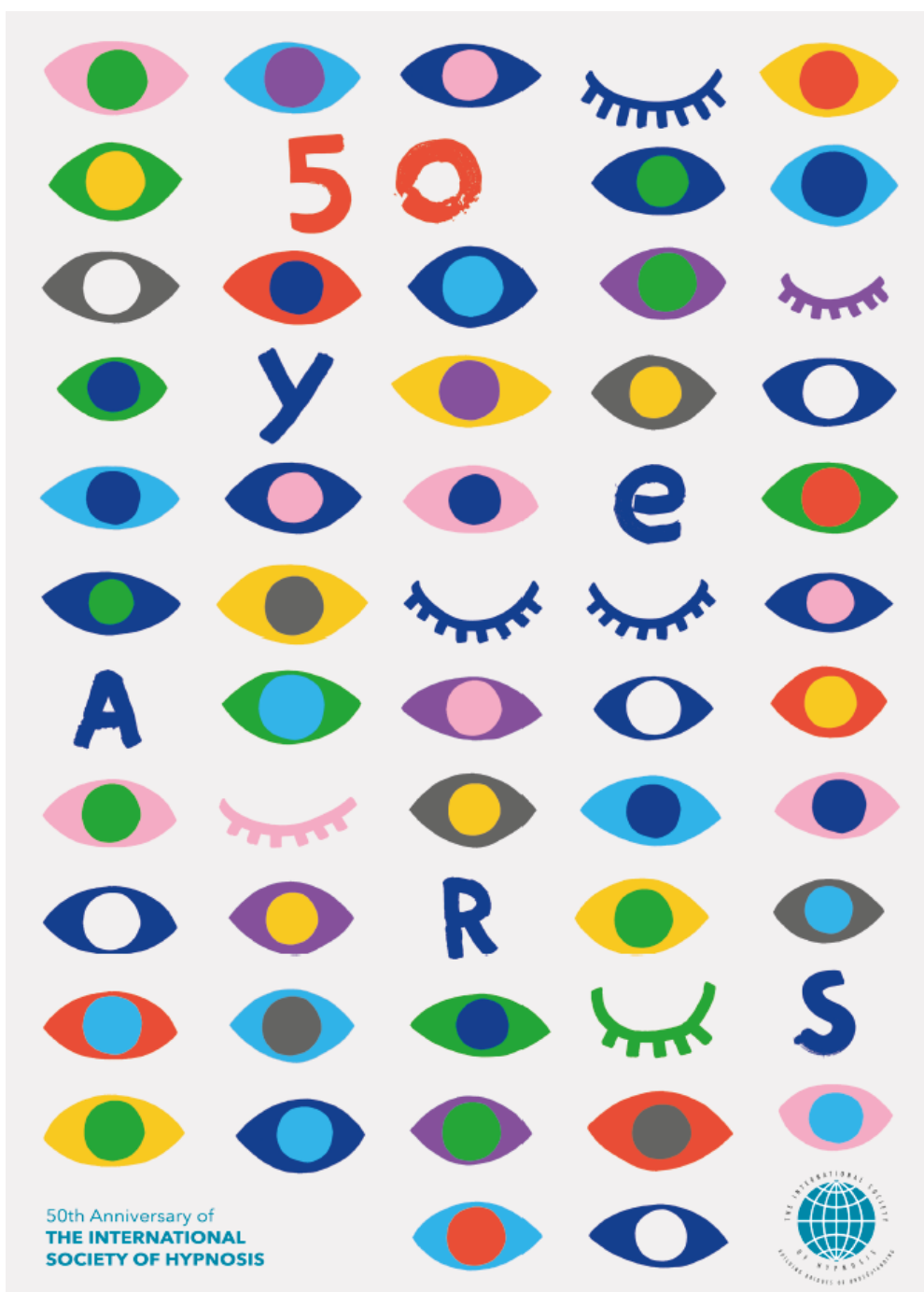


NEWSLETTER

Building Bridges of Understanding
2023, Volume 47, No. 4

HAPPY 50TH ANNIVERSARY ISH!





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JOINT LETTER OF THE PRESIDENT AND THE EDITOR

DECEMBER 2023

This newsletter is a special issue to commemorate 50 years of the International Society of Hypnosis.

Instead of the usual columns (with the only exception – the latest news from the *International Journal of Clinical and Experimental Hypnosis*) in this issue we are publishing special material:



MARK JENSEN

- Memories about ISH from past-presidents and thoughts about ISH from the current president and the president-elect.

- The inaugural congress document and other items of historical interest.

- Photos from ISH's history – many (with thanks!) from Julie Linden's keynote presentation presented at the Italian Society of Hypnosis meeting in November of this year, Bologna, Italy.

- The photo entries that illustrate ISH's official slogan – Building Bridges of Understanding – along with reflections of those who submitted them. As stated in the competition description, the entrant with the most „likes” will receive a registration to ISH's next World Hypnosis Congress, which will be held in Krakow in June of next year.

- Ideas related to the slogan, „Brain Storming” about what can be connected by bridges, by hypnosis, and by a deeper understanding, all collected by the Hungarian Association of Hypnosis.

We hope and anticipate that many of you have fond memories of ISH's history, and that over time you develop your own memories of your involvement in our international hypnosis community!

Mark P. Jensen
Katalin Varga



KATALIN VARGA



THE INTERNATIONAL
SOCIETY OF HYPNOSIS

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International Society of Hypnosis



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GEMEINSAMER BRIEF DES PRÄSIDENTEN UND DES HERAUSGEBERS ÜBERSETZT VON SHADY TONN

Dieser Newsletter ist eine Sonderausgabe zur Feier des 50-jährigen Bestehens der Internationalen Gesellschaft für Hypnose.

Anstelle der üblichen Rubriken (mit der einzigen Ausnahme - den neuesten Nachrichten aus dem International Journal of Clinical and Experimental Hypnosis) veröffentlichen wir in dieser Ausgabe besonderes Material:

- Erinnerungen an die ISH von früheren Präsidenten und Gedanken über die ISH vom derzeitigen Präsidenten und dem President-elect.
- Das Dokument des Eröffnungskongresses und andere Gegenstände von historischem Interesse.

- Fotos aus der Geschichte der ISH - viele davon (Herzlichen Dank!) von Julie Lindens Hauptvortrag auf der Tagung der Italienischen Gesellschaft für Hypnose im November dieses Jahres in Bologna, Italien.

- Die Fotos, die unser offizielles Motto der ISH - Building Bridges of Understanding - illustrieren, zusammen mit den Reflexionen der Einsender. Wie in der Beschreibung des Wettbewerbs angegeben, erhält der Teilnehmer mit den meisten "Likes" eine Registrierung für den nächsten ISH-Weltkongress, der im Juni nächsten Jahres in Krakau stattfinden wird.

- Unter dem Motto "Brain Storming" hat der Ungarische Hypnoseverband Ideen gesammelt, was durch Brücken, durch Hypnose und durch ein tieferes Verständnis verbunden werden kann.

Wir hoffen und hoffen, dass viele von Ihnen schöne Erinnerungen an die Geschichte der ISH haben, und dass Sie im Laufe der Zeit Ihre eigenen Erinnerungen an Ihr Engagement in unserer internationalen Hypnosegemeinschaft entwickeln!

Mark P. Jensen
Katalin Varga





LETTRE CONJOINTE DU PRÉSIDENT ET DE L'ÉDITEUR

TRADUCTION NICOLE RUYSSCHAERT

Ce bulletin est un numéro spécial pour commémorer les 50 ans de la Société Internationale d'Hypnose.

Au lieu des rubriques habituelles (à la seule exception des dernières nouvelles du Journal International d'Hypnose Clinique et Expérimentale), nous publions dans ce numéro des documents spéciaux :

- Les souvenirs des anciens présidents sur l'ISH et les réflexions du président actuel et du président élu sur l'ISH.
- Le document du congrès inaugural et d'autres éléments d'intérêt historique.
- Des photos de l'histoire de l'ISH - dont beaucoup (avec nos remerciements !) proviennent de la présentation de Julie Linden lors de la réunion de la Société italienne d'hypnose en novembre de cette année, à Bologne, en Italie.
- Les photos qui illustrent le slogan officiel de l'ISH - Construire des Ponts de Compréhension - ainsi que les réflexions de ceux qui les ont soumises. Comme indiqué dans la description du concours, le participant ayant obtenu le plus grand nombre de "likes" recevra une inscription au prochain congrès mondial d'hypnose de l'ISH, qui se tiendra à Cracovie en juin de l'année prochaine.
- Les idées liées au slogan "Brain Storming" sur ce qui peut être relié par des ponts, par l'hypnose et par une compréhension plus profonde, qui ont toutes été collectées par l'Association Hongroise d'Hypnose.

Nous espérons et anticipons que beaucoup d'entre vous ont de bons souvenirs de l'histoire de l'ISH, et qu'au fil du temps vous développerez vos propres souvenirs de votre implication dans notre communauté internationale de l'hypnose !

Mark P. Jensen
Katalin Varga





LETTERA CONGIUNTA DEL PRESIDENTE E DEL EDITOR DELLA NEWSLETTER

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Questa newsletter è un numero speciale per commemorare i 50 anni della Società Internazionale di Ipnosi.

Invece delle solite rubriche (con l'unica eccezione delle ultime notizie dell'International Journal of Clinical and Experimental Hypnosis), in questo numero pubblichiamo del materiale speciale:

- Ricordi sulla ISH da parte dei past-president e pensieri sulla ISH da parte dell'attuale presidente e del presidente eletto.

- Il documento del congresso inaugurale e altri articoli di interesse storico.

- Foto della storia della ISH, molte delle quali (grazie!) tratte dalla presentazione di Julie Linden all'incontro della Società Italiana di Ipnosi nel novembre di quest'anno a Bologna.

- Le foto inviate che illustrano il nostro slogan ufficiale dell'ISH - Building Bridges of Understanding - insieme alle riflessioni di coloro che le hanno inviate. Come indicato nella descrizione del concorso, il partecipante con il maggior numero di "mi piace" riceverà una registrazione al prossimo Congresso Mondiale di Ipnosi dell'ISH, che si terrà a Cracovia nel giugno del prossimo anno.

- Idee legate allo slogan "Brain Storming" su ciò che può essere collegato con ponti e con l'ipnosi per una comprensione più profonda, tutte raccolte dall'Associazione Ungherese di Ipnosi.

Ci auguriamo e anticipiamo che molti di voi abbiano e avranno un bel ricordo della storia della ISH, e che nel tempo sviluppate i vostri ricordi del vostro coinvolgimento nella nostra comunità internazionale dell'ipnosi!

Mark P. Jensen
Katalin Varga





CARTA CONJUNTA DEL PRESIDENTE Y DEL EDITOR

TRADUCIDO POR TERESA ROBLES

Este boletín es un número especial para conmemorar los 50 años de la Sociedad Internacional de Hipnosis.

En lugar de las columnas habituales (con la única excepción de las últimas noticias del International Journal of Clinical and Experimental Hypnosis), en este número publicamos material especial:

- Recuerdos sobre la ISH de antiguos presidentes y pensamientos sobre la ISH del actual presidente y del presidente electo.
- El documento del congreso inaugural y otros artículos de interés histórico.
- Fotos de la historia de la ISH - muchas gracias a Julie Linden por su presentación en la reunión de la Sociedad Italiana de Hipnosis en noviembre de este año, Bolonia, Italia.
- Las fotografías que ilustran el lema oficial de la ISH - Construyendo Puentes de Entendimiento - junto con las reflexiones de quienes las enviaron. Como se indica en la descripción del concurso, el participante con más "me gusta" recibirá una inscripción para el próximo Congreso Mundial de Hipnosis de la ISH, que se celebrará en Cracovia en junio del próximo año.
- Ideas relacionadas con el lema, "Brain Storming" sobre lo que se puede conectar por puentes, por la hipnosis, y por una comprensión más profunda, todo esto, recopilado por la Asociación Húngara de Hipnosis.

¡Esperamos que muchos de ustedes tengan gratos recuerdos de la historia de la ISH, y que con el tiempo desarrollen sus propios recuerdos de su participación en nuestra comunidad internacional de hipnosis!

Mark P. Jensen
Katalin Varga



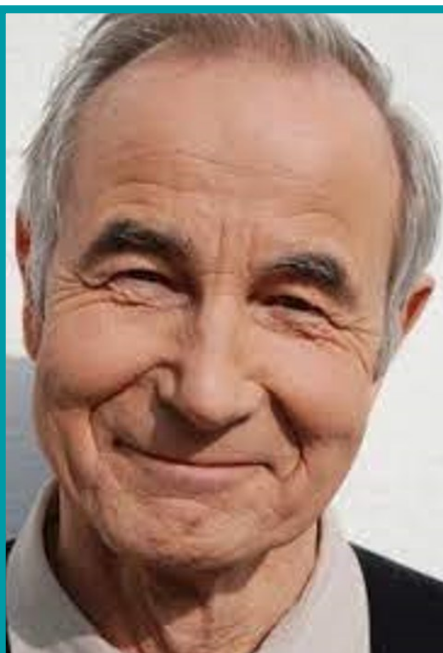


1997-2000



WALTER BONGARTZ 1997—2000

My presidential time began as president elect at the ISH Congress in 1997, in Melbourne/Australia. I was very fortunate to have Peter Bloom as my predecessor and teacher during my "apprenticeship" as president elect and as a true friend during my tenure as ISH President. I was also fortunate to be able to rely on the expertise and absolute reliability of Robb Stanley, then Secretary Treasurer of ISH.



WALTER BONGARTZ

My wife Bärbel and I had a special friendship with both of them and we also visited each other privately at our homes in America and Europe. In general, the many encounters and friendships with colleagues worldwide, from the Far East (Japan) to the Far West (California) were a special gift during my presidency and beyond.

In addition to the day-to-day business, two events during my presidency are particularly memorable. One was the discussion about the admission criteria for prospective members. Should only doctors (dentists), academic psychologists, and child and adolescent psychotherapists be allowed to become members of the ISH or should lay people or paramedical staff also have access to the ISH? At the time, the ISH Board opted for the first, more restrictive alternative, which I also favored.

The other discussion concerned the definition of hypnotherapy. Is hypnotherapy an independent form of therapy such as behaviour therapy, as was the case in continental Europe in particular, or is hypnosis merely an adjunct to psychotherapy, as was assumed by a large proportion of hypnotherapists in the English-speaking world at the time. The ISH Board made a Solomonic decision and confirmed that both views could be correct.



1973



1973 ISH CONGRESS UPPSALA, SWEDEN

The original bylaws for 1973.



HYPNOSIS in the seventies

Edited by
LARS-ERIC UNESTÄHL

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1973



THE VIth INTERNATIONAL CONGRESS FOR HYPNOSIS

was held in Uppsala, Sweden, July 1–4 1973. 450 delegates from over 30 countries were attending the Congress.

Uppsala is a beautiful old University town, situated 45 miles north of Stockholm. 1000 years ago Uppsala was a royal and ecclesiastical city. The burial mounds of the ancient kings of Sweden lie in the vicinity. The cathedral dates from the 12th century. Nowadays Uppsala is expanding rapidly with a population approaching 150,000. The University has about 25,000 students.

As Uppsala –

- was the place in Sweden first connected with hypnotic phenomena many hundreds of years ago
 - was the place in Sweden that first began to study hypnosis at an academic level 50 years ago
 - is today the centre of hypnotic research in Sweden
- it was quite natural that the first International Congress for Hypnosis in Sweden was held here in Uppsala.

INGMAR DUREMAN
Professor and Head of
the Department of Psychology
Uppsala University.

Constitution and by-laws of The International Society of Hypnosis

CONSTITUTION

ARTICLE I. NAME

The Society shall be known as The International Society of Hypnosis, hereinafter referred to as "the International Society."

ARTICLE II. OBJECT

The object of the International Society shall be to stimulate and to improve research, discussion, and publications pertinent to the scientific study of hypnosis. It shall encourage cooperative relations among scientific disciplines with regard to the study and applications of hypnosis, and it shall bring together persons who use hypnosis, and shall set up standards for professional training and adequacy in the field.

ARTICLE III. MEMBERSHIP

Membership shall be open to qualified individuals, as set forth in the By-Laws.

ARTICLE IV. CONSTITUENT SOCIETIES

The Board of Directors may accept as a Constituent Society or as Constituent Societies one or more societies within a nation. The qualifications for acceptance and the privileges of a Constituent Society are set forth in the By-Laws.

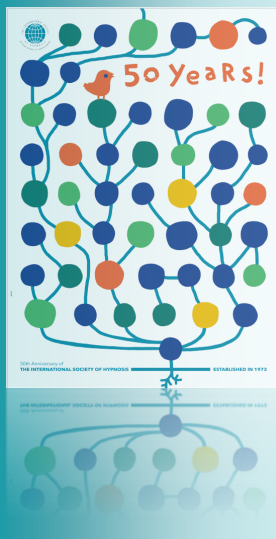
ARTICLE V. OFFICERS

Section 1. The officers of the International Society shall be a President, a President-Elect, a Past-President, and a Secretary-Treasurer, to be elected according to the procedures specified in the By-Laws, and to serve for the terms there indicated. Any officer will, however, continue in office until a successor has been elected and qualifies.

Section 2. The President shall also act as Chairman of the Board of Directors. He shall preside at all business meetings and at all scientific meetings of the International Society. In the event of his death, resignation, or absence, his duties shall devolve successively upon the President-Elect, Past-President, the Secretary-Treasurer, or a President Pro-tem appointed by the Board of Directors.



1973



Section 3. The Secretary-Treasurer shall maintain the records of the International Society, including historical records, the minutes of its meetings, and copies of its publications. He shall be responsible for receiving funds due the International Society from dues and other sources, accounting for them according to acceptable practices, and disbursing them according to instructions from the Board of Directors. He shall submit a budget annually to the Board of Directors and, subject to their approval, operate in accordance with it. He shall also be responsible for attending to correspondence relating to the International Society.

ARTICLE VI. BOARD OF DIRECTORS

Section 1. The Board of Directors shall be the governing body of the International Society. It shall call regular and special meetings. It shall have the power to fill vacancies in elective offices until the next election. The Board of Directors shall consist of the elected officers of the International Society, plus not less than three members elected by the Council of Representatives, according to the procedures specified in the By-Laws.

Section 2. The Board of Directors may conduct its business by mail. Replies by a majority of the members of the Board shall constitute a quorum for purposes of taking action, provided the notification has been by air mail 45 days prior to the date of counting the ballots.

Section 3. The Board of Directors shall approve the annual budget submitted by the Secretary-Treasurer, and be responsible for the disbursement of the funds of the International Society.

Section 4. The Board of Directors may establish such committees as may be necessary for the conduct of the affairs of the International Society.

ARTICLE VII. COUNCIL OF REPRESENTATIVES

Section 1. The Council of Representatives shall represent the membership in matters referred to it by the Board of Directors or upon matters referred to it by petition signed by twenty members in good standing, except that the right of voting for officers shall be reserved to the membership.

Section 2. The Council of Representatives shall consist of representatives from the Constituent Societies, according to the election procedures specified in the By-Laws.

Section 3. The officers of the Council of Representatives shall be a Chairman, a Vice-Chairman, and a Secretary elected from among its members.

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Section 4. The Council of Representatives may conduct its business by mail. Replies from 12 members shall constitute a quorum for purposes of taking action, provided the notification has been by air mail 45 days prior to the date of counting the ballots.

Section 5. A regular meeting of the Council of Representatives shall be called at the time of each International Congress of the International Society.

ARTICLE VIII. INTERNATIONAL CONGRESS OF HYPNOSIS

Section 1. There shall be an International Congress of Hypnosis held periodically at a time and place to be designated by the Board of Directors.

Section 2. The International Congress shall provide opportunities for invited addresses and volunteered papers on problems of mutual concern, covering research on hypnosis and closely related phenomena, and clinical and other applications of hypnotic procedures and knowledge.

Section 3. The Congress shall also provide opportunities to deal with the business affairs of the Society, including deliberations of the Board of Directors, and the Council of Representatives, and reports to those members who are in attendance.

ARTICLE IX. FUNDS AND ENDOWMENTS

The International Society may solicit and receive funds and endowments. Expenditures of all funds shall be authorized by the Board of Directors.

ARTICLE X. AMENDMENTS

Section 1. This Constitution may be amended by a two-thirds affirmative vote of those voting in a referendum submitted by mail to the members in good standing.

Section 2. Amendments may be proposed by the Board of Directors, the Council of Representatives, or a petition by any one hundred (100) members of the International Society.

Section 3. All proposed amendments to the Constitution shall be communicated to the members at least 90 days prior to the closing of the vote and the counting of the ballots.

BY-LAWS

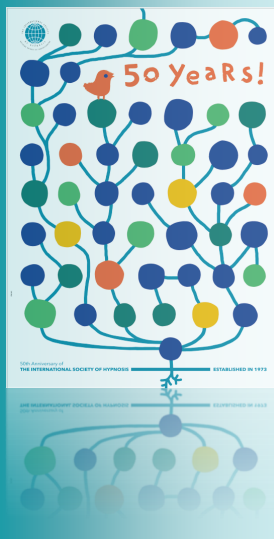
ARTICLE I. MEMBERSHIP

Section 1. The membership in the International Society shall consist of Members, Affiliate Members, and Honorary Members.

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Section 2. All applicants desiring to become Members shall be approved by a Credentials Committee appointed by the Board of Directors, subject to the following provisions:

(a) Any applicant from Constituent Societies shall automatically be eligible, and shall be approved to become a Member in the International Society upon presenting a statement from an officer of the Society that he is a member in good standing, and upon the payment of dues.

(b) Individual applications will be accepted from nations in which one or more Constituent Societies exist only if the applicant is excluded from membership in a Constituent Society solely because of the profession to which he belongs. In such a case his application will be judged according to the standards of the International Society relative to his profession. Otherwise his application will be referred back to a Constituent Society to which he may be eligible. An individual applicant, if approved, will be admitted to membership upon the payment of dues.

(c) Individual applications will be received and reviewed from any individual in a nation without a Constituent Society, provided the appropriate application forms are completed. If the applicant is approved he will be admitted to membership upon the payment of dues.

Section 3. The class of Affiliate Member is reserved for those who meet the standards of acceptability and have a serious interest in becoming colleagues upon currency exchange. When approved by the Credentials Committee they will be accepted as Affiliate Members, without dues.

Section 4. Honorary Members shall be elected, upon special invitation and without application, by the Board of Directors, and shall be limited to distinguished scientific contributors to hypnosis. They shall have all the privileges of membership, but be free of membership dues.

Section 5. Members, Affiliate Members, and Honorary members may all vote in the election of officers, but the right to hold office is restricted to Members.

Section 6. In the event of unethical or unprofessional behavior of a member (in any membership status) formal complaint shall be made in writing to the Chairman of the Committee on Ethical Practices. If that Committee deems necessary it may recommend that the Board of Directors take official action, which may be in the form of warning, suspension, or expulsion from the International Society, at the discretion of the Board of Directors. Appeal of such a decision may be made, and the defendant may request a hearing by a special committee appointed by the Board of Directors for that purpose.

ARTICLE II. DUES

Section 1. The annual dues will be set by the Board of Directors.

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Section 2. For those who do not subscribe to the official journal of the International Society, notices of dues will be sent in sufficient time, and if the dues have not been paid by the member within a 6-month time of the date on which they are due, he will be declared in arrears and his name dropped from the membership rolls. His membership can be reinstated by paying in full the dues for the year in which he became delinquent, and the dues for the current year in which the membership is reinstated.

Section 3. For those who subscribe to the official journal of the International Society, the dues payment will be included in the cost of the journal, so that no special dues notice will be received. Failure to pay the subscription price of the journal within 6 months of the time the subscription is due will cause a lapse in both the journal subscription and the membership, subject to reinstatement, as in Section 2.

Section 4. For those countries in which there are restrictions upon currency exchange and travel, the special class of membership called Affiliate Membership has been established (see Article 1. Section 3). The Affiliate Member is free of dues.

ARTICLE III. CONSTITUENT SOCIETIES

Section 1. A National Society may become a Constituent Society of the International Society upon application to the Board of Directors. Such an application shall include a copy of the National Society's constitution and by-laws, code of ethics (if any), and a current membership list and an indication of the qualifications for membership.

Section 2. If upon the review of a National Society's application the Board of Directors decides to admit the National Society as a Constituent Society, its officers shall be so notified, and thereafter the individual members of the Constituent Society shall become eligible for membership in the International Society upon application and payment of dues, without further review of the individual's application.

Section 3. A Constituent Society shall elect members to serve on the Council of Representatives, as indicated in Article VI, Section 1, with the proviso, however, that these Representatives shall be chosen from among the society members who hold membership in the International Society.

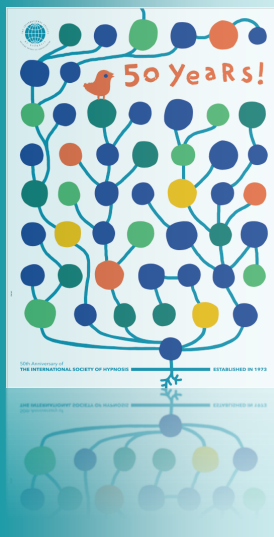
ARTICLE IV. ELECTION OF OFFICERS

Section 1. A President-Elect shall be elected every three years for a term of three years, except that the President-Elect shall serve another term of three years as President, and another term of three years as Past-President. The President-Elect shall not serve more than one term as President-Elect.

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Section 2. A Secretary-Treasurer shall be elected for a three-year term, but subject to renewal, in order to maintain the Permanent Office where the records of the International Society will be kept and through which its interim business will be conducted (see Article V, Section 4.).

Section 3. The Board of Directors shall appoint a Committee on Nominations and Elections proposing at least one name for the office of President-Elect and Secretary-Treasurer. A ballot shall be prepared, including some biographical information on each candidate, and allowing space for members to write in other names if they so wish.

These ballots shall then be mailed to the members. Votes, to be valid, must be returned to the Chairman of the Committee on Nominations and Elections by the date specified on the ballot, which shall be not less than 90 days from the date of mailing.

Section 4. If names written in by members are found on more than 10 percent of the ballots returned, a second vote shall be made, in which the written-in nominees are listed on the ballot.

Section 5. The candidates who receive the largest number of votes for each office shall be declared elected. In the case of a tie vote, the Chairman of the Committee on Nominations and Elections shall decide by lot between the two candidates. This shall be done in the presence of witnesses.

Section 6. The new officers shall be notified of their elections by mail, and shall take over office on January 1 in the year following election.

ARTICLE V. BOARD OF DIRECTORS

Section 1. The Board of Directors shall consist of the elected officers plus a number of members from the Council of Representatives designated by the Board, but at no time to be less than three. The Board shall instruct the Secretary of the Council of Representatives in sufficient time as to the number of its members to be elected to serve on the Board of Directors.

Section 2. The members from the Council of Representatives to serve on the Board of Directors shall be elected at the time of an International Congress, and shall serve for three years beginning January 1 following election. Prior members shall serve until the replacements have been elected and qualified.

Section 3. The Board of Directors shall review the financial situation of the International Society at least once each year, and approve a budget according to which the Secretary-Treasurer shall operate.

Section 4. The Board of Directors shall specify the location of a Permanent Office, at an address where the records of the International Society are kept, and through which the interim business of the

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International Society is conducted. This will normally be at the convenience of the Secretary-Treasurer, who will be given financial assistance for its management.

ARTICLE VI. COUNCIL OF REPRESENTATIVES

Section 1. Each Constituent Society shall send to the Secretary-Treasurer not later than November 1 of each year the names of two members of that Constituent Society who are also members of the International Society, to serve as representatives of the Constituent Society on the Council of Representatives. The appointments shall be made for a three-year term except that those Council members elected to the Board of Directors shall continue to serve on the Council of Representatives while serving on the Board of Directors (see Article V, Section 2). A Council Representative may succeed himself in the office. Alternates may be delegated to represent the Constituent Society at any International Congress, in case a regular Council Representative finds it impossible to attend.

Section 2. The President and Secretary-Treasurer of the International Society shall be considered ex officio members of the Council of Representatives, to receive its communications and to attend its meetings, but without vote.

Section 3. Service on the Council member on the Board does not preclude candidacy for elective office.

Section 4. The business of the Council may be conducted by mail, as indicated in the Constitution, but a regular business meeting will be held at each International Congress. A quorum for conducting business by mail shall consist of replies from representatives of 6 National Societies.

Section 5. The Council shall meet with its own Chairman as presiding officer.

ARTICLE VII. COMMITTEES

Section 1. The Board of Directors is responsible for appointing all regular and special committees.

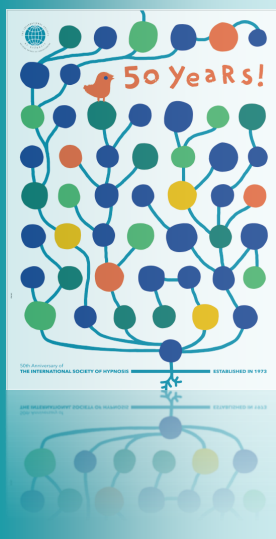
Section 2. The following regular committees shall be appointed:

- (a) **Committee on Nominations and Elections.** This Committee, consisting of not less than three members, shall provide nominees and conduct elections in accordance with Article IV, Section 3.
- (b) **Committee on Ethical Practices.** This Committee, consisting of not less than three members, shall receive ethical complaints against members, and make recommendations to the Board of Directors, according to Article I, Section 6.

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- (c) **Committee on Publications.** This Committee, consisting of not less than three members, shall supervise the publications policies of the International Society and make recommendations to the Board of Directors, in accordance with the provisions of Article VIII.

Section 3. Committee memberships shall be reviewed by the Board of Directors at least once a year, with assurances obtained that members asked to serve or asked to continue to serve are willing to do so.

ARTICLE VIII. PUBLICATIONS

Section 1. The Board of Directors shall appoint a Committee on Publications to recommend to the Board of Directors publication policies for the International Society. Such publications may include Directories of Members, Proceedings of the International Congress, Journals, Newsletters, Symposia, or other publications coherent with the objectives of the International Society.

Section 2. The Committee on Publications, with the approval of the Board of Directors, may from time to time designate an independent journal as the official scientific organ of the International Society, and the Board of Directors may enter into contractual arrangements with that journal.

Section 3. Subscription to the designated official journal shall not be mandatory upon the members.

ARTICLE IX. INTERNATIONAL CONGRESSES

Section 1. An International Congress of Hypnosis shall be held every three years, with the place of the next Congress announced, if possible, at the time of the prior Congress.

Section 2. The Congress shall provide opportunities for invited addresses and volunteered papers on problems of mutual concern, covering research on hypnosis and closely related phenomena, and clinical and other applications of hypnotic procedures and knowledge.

Section 3. The Congress shall provide opportunities to deal with the affairs of the International Society. (a) A regular meeting of the Board of Directors shall take place, with an agenda prepared by the President and the Secretary-Treasurer of the International Society. (b) A regular meeting of the Council of Representatives shall take place with an agenda prepared by its Chairman and Secretary. The President of the International Society and the Secretary-Treasurer shall be present ex-officio to report on the affairs of the International Society and to reply to inquiries. (c) A plenary session of all members in attendance at the Congress shall be called to hear reports and to discuss such matters as may be pertinent.

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ARTICLE X. AMENDMENTS

Section 1. Amendments to the By-Laws may be proposed by the Board of Directors, the Council of Representatives, or by petition signed by any one hundred (100) members of the International Society.

Section 2. Amendments to the Constitution require ratification by the membership (see Constitution, Article X, Section 1), but amendments to the By-Laws may be made by a two-thirds affirmative vote by those voting among the members of the Council of Representatives.

Section 3. Proposed amendments to the By-Laws shall be communicated to the members of the Council of Representatives at least 90 days prior to the closing of the vote and the counting of the ballots.

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2000-2003



ÉVA BÁNYAI 2000—2003

I grew up in a country where the “mystic” phenomena of hypnosis were regarded with suspicion, and the use of hypnosis was forbidden in the 1950s and 60s. Since I was interested in hypnosis from the age of 7, after graduating from university I managed to get the permission to research it “under cover” using Pavlovian terminology as a state of “higher nervous activity.” As my doctoral dissertation won a special prize from the Hungarian Academy of Sciences, I managed to get an exchange scholarship to



ÉVA BÁNYAI

Ernest R. Hilgard's Laboratory of Hypnosis Research at Stanford University, where I was able to prove with active-alert hypnosis that sleep-like quality does not necessarily characterize hypnosis. Then I had the honour of being accepted as a member of the ISH in 1974 on the recommendation of Professor Hilgard, the founding president of ISH. This opened the world of hypnosis to me: I had access to literature that I had not had access to before in Hungary, and I had personal contact with some of the most eminent experts in hypnosis. This has made it possible to legalise the research and therapeutic use of hypnosis in Hungary again.

When I was elected to be the president elect of ISH in 1997, I felt that this trust and honour gave me the opportunity as the first woman president of ISH, to emphasise the role of women's values in ISH, and as the first president from Central and Eastern Europe

I felt it was important to help hypnosis professionals from this region to become more involved in the international hypnosis scene. As a researcher, who had also a therapeutic practice, I felt it was important to bridge the gap between therapeutic and experimental hypnosis.

Unfortunately, 1 year after I started my presidency. I experienced a life-threatening personal crisis: I was diagnosed with cancer. I had to undergo 9 months of chemotherapy and radiotherapy. Of course, I immediately let the board know that I had become seriously ill, but they reassured me that the Central Office (in Australia) would take care of the conference organisation and finances, and that I should just continue the work I had started to make the ISH more open and democratic.

I did so, and perhaps this contributed to the fact that (after the collapse of the Central Office at the end of 2002) the conference in Singapore (2004) became so financially unprofitable that ISH had to face a financial crisis at the end of my term as president.

Although I felt very sorry for the financial crisis, I was glad to have been able to “open the door” to female presidents, and to get women colleagues and interested hypnosis professionals from “developing countries” more involved in the management of ISH. I feel that, although we still have a lot to do in getting clinicians and researchers closer to each other, we are in a good way to reach this goal, and thus ISH becomes even stronger in “Building bridges of understanding.” I hope to see the signs of this “post-traumatic growth” in our next ISH conference in Krakow!



1972-1994



THE STORY OF...

BUILDING BRIDGES OF UNDERSTANDING

FORMING OF THE EUROPEAN SECTION OF ISH, ORIGINALLY CALLED THE EUROPEAN SECTION OF THE INTERNATIONAL SOCIETY OF HYPNOSIS (ESISH)

BY STEFAN FRANSSON

Per-Olof Wikström DDS from Stockholm or Peo, as he was called, joined the international arena of hypnosis in 1972. He became an unstoppable force for the propagation and impact of hypnosis in Sweden and abroad during more than 40 years. He joined a committee with the purpose to prepare the 6th ISH congress to be held in Uppsala, Sweden the year after, (1973). In the old university town with history from the days of the Vikings, we enjoyed learning from celebrities like Erika Fromm, Ernest Hilgard, Kay Thompson and Ainsley Meares among others.

Sweden's representative Peo Wikström had a pathos for the bon mot "We must build bridges between the Old and the New World". Peter B Bloom, MD President of ISH 1994 – 97 asked permission to transform and make the slogan official. The new bon mot became "Building Bridges of Understanding".

Seeing 1976 as the first step – the conception of ESH – made 2006 a very special year for ESH, when they celebrated their 30th anniversary during the 2006 ISH congress in August in Acapulco under the leadership of Peo Wikström.

At the 1976 ISH congress in Philadelphia, Per-Olof Wikström (Peo), DDS –



A large Swedish group attended the 7th ISH Congress in Philadelphia. The board of the Swedish SSCEH could meet with Milton H. Erickson at his hotel room to present the Diploma of Hon. Member SSCEH. The picture shows Milton H. Erickson with wife receiving the diploma from the hands of Basil Finer.



1972-1994



together with a group of European professionals, including, Basil Finer, MD also from Sweden, Vladimir Gheorghiu from Romania, Dietrich Langen and Hanscarl Leuner from Germany, Marjan Pajntar from Slovenia, Heinrich Wallnöfer and Gerhard Barolin from Austria – presented the idea of a European section of ISH, called the European Section of the International Society of Hypnosis (ESISH).

During this year USA was also celebrating the 200-year jubilee in remembrance of United States Independence Day and it was in Philadelphia where the declaration of independence was signed.

The Swedish Society of Clinical and Experimental Hypnosis (SSCEH) had a large group of participants at the 1976 ISH congress who took active part lecturing and attending seminars and lectures. The board of SSCEH had also a meeting with Milton H Erickson to honour him with an award from the Swedish society.

A psychologist from Sweden, Mats Fridell brought the honourable mission back to Sweden. After two years of preparation the First European Congress for Hypnosis in Psychotherapy and Psychosomatic Medicine was held in Malmö. It was a congress, partly different from other congresses because of the broader perspective on hypnosis and psychotherapy. 432 participants from all around the world expressed their appreciation for the presentation of different psychotherapeutic schools and the application of hypnosis.

The first European congress of Hypnosis in Psychotherapy and Psychosomatic Medicine was held in Malmö, Sweden, 1978.

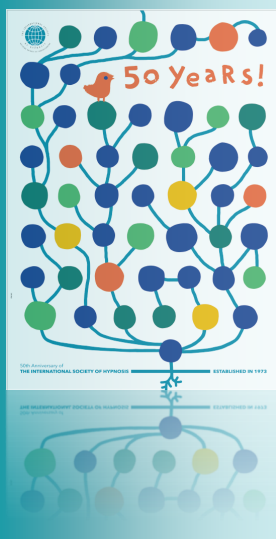
Stefan Fransson,
lic psychologist, lic psychotherapist, MSc
Past president SSCEH 1991 – 2000
Past Editor in Chief, HypnosNytt and Hypnos Journal 2000 – 2015
Hypnos – Swedish Journal of Hypnosis in Psychotherapy and Psychosomatic Medicine and the Journal of European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine. 1989 - 2006



On the photo above is Milton H. Erickson sitting beside his wife. He has just received his honourable membership in SSCEH. He is surrounded by (from left) Kay Thompson, Kjell Waara, Peo Wikström, Britta Swedhner, Peo's wife and Lars-Eric Uneståhl.



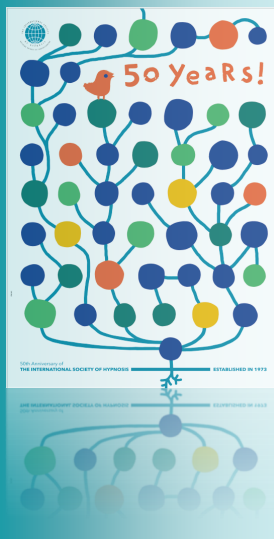
1972-1994



At Malmöhus Castle, the VIKING DINNER with the Introductory Beer Contest and Reception – 1st ESH Congress in Malmö, Sweden 1978. Celebrating independence, cooperation and co-existence.



2003-2006



KAREN OLNESS 2003—2006

I was President of the ISH 2003-2006. Before that ISH was in a financial crisis. The ISH Central Office in Australia had collapsed in December 2002 when the secretary-treasurer resigned.

As a result the Singapore Congress was postponed, dues were not collected and ISH elections were not held. Advertisements for the Singapore meeting were sent late. Attendance at the Singapore meeting was about



KAREN OLNESS

80. Income did not cover meeting expenses and the ISH had no reserves. Health Frontiers covered the \$30,000 short fall and the ISH survived.

In October 2004 I prepared a detailed “To Do Time Plan” for the Mexico meeting. This included plans for application for CME credit, advertising to begin in August 2005 and finalization of the program by September 2005. In March 2006 Marisa Herran and I flew to Mexico City to meet with Teresa Robles who provided gracious hospitality at her home.

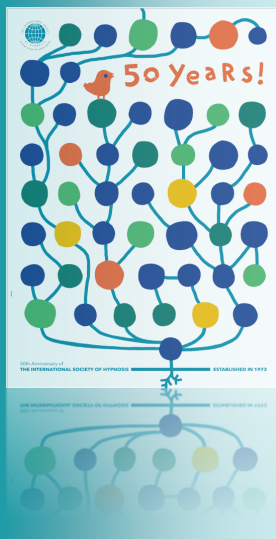
We worked on details for the 2006 meeting in Acapulco. The theme was “Hypnosis in Critical Times”. Because the ISH had no money for planning expenses, several ISH Board members donated to pay for the cost of printing brochures. Eric Vermetten, Secretary-Treasurer, used email to advertise the 2006 ISH meeting. Members of the ISH Board of Directors also sent hundreds of individual letters of invitation and distributed several thousand brochures.

The 17th ISH Congress was held August 20 to 26 with faculty from 23 different countries and clinical demonstrations provided in five different languages. There was also daily simultaneous translation into Spanish, English and French and other languages if more than 30 participants requested this. Although the Congress was successful, profit was insufficient to resolve the financial issues. In spite of these challenges, the ISH has survived and is strong.

My first ISH Congress was in Philadelphia in 1976 and I have attended 12 ISH Congresses since. I have found the meetings exciting, the camaraderie wonderful and I hope to experience it once again in Krakow!



1982-2023



THE CONTEST OF...

BUILDING BRIDGES OF UNDERSTANDING

QUOTE FROM THE INTERVIEW WITH PETER BLOOM:

Full interview can be found here:
[ISH NL 2015 March, page 10.](#)

The excellent slogan of ISH "Building Bridges of Understanding" came from you. Please tell us how this idea was born.

Per-Olöf Wikström and I were very close friends since the ISH Congress in Glasgow in 1982. In Glasgow, Peo told me that Europe exported the early hypnosis history to America and then years later returned it with new and exciting research results. He said our two continents were building bridges of understanding. I immediately told him of my boyhood at a summer camp for boys which I attended for many years as a camper and later as a counselor teaching canoeing. Chauncey G. Paxson, Chum to me, was a member of the Society of Friends (Quakers).

As the camp owner and director, he sponsored many campers and counselors from different countries. I became accustomed to international groupings of friends at an early age. Chum deeply felt he was building bridges of understanding. All who knew him for so many years were inculcated with his philosophy and so it was natural that I would share this same sentiment with Peo.

When I became President of ISH, I asked our Board of Directors whether they would approve this slogan to appear underneath and as a part of our logo. They agreed unanimously and the rest is history. So, the credit goes to both Peo and me.

"BUILDING BRIDGES OF UNDERSTANDING" contest to celebrate the 50th anniversary of the ISH together!

We invited all members and constituent societies working with hypnosis to join this initiative and contribute to the construction of bridges of understanding.

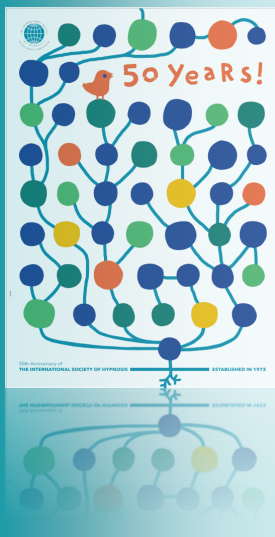
What did you need to do to participate? It was very simple: just sending a photo of a bridge from your country or region, along with your personal interpretation of our slogan.

We wanted you to share your ideas and reflections that bring us closer to continuing to build bridges of understanding.

Please find the photos received the most likes.



2023



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BUILDING BRIDGES OF UNDERSTANDING

Windsor Covered Bridge,
United States



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17 Me gusta

ishhypnosis The Cornish - Windsor Covered Bridge in the United States is the longest two - span, covered bridge in the world.

The bridge connects the green mountains of Vermont whose motto is "Freedom and Unity" with the white mountains of the state of New Hampshire whose motto is "Live free or die".

By Linda Thomson



2023



UNDERSTANDING Laguna Garzón, Uruguay



30 Me gusta

ishhypnosis The Laguna Garzón Bridge crosses the lagoon (with the same name) in my beloved Uruguay, on the border between two cities; Maldonado and Rocha. Its structure symbolizes the alliance of the two cities, in a magical environment.

It is the work of the famous Uruguayan architect Rafael Viñoli, recognized for various worldwide works and for the Carrasco International Airport design, in the capital which is Montevideo.

The bridge entails a perfect fusion between architecture and natural beauty.

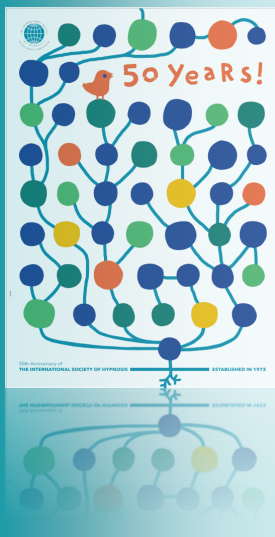
This immediately brought to my mind the analogy with the idea that I believe the I.S.H seeks as a bridge of understanding; of connection.


Its biological diversity and panoramic view make it a m use to see place for travelers; the view from the bridge offers a panoramic landscape of the nature reserve.

By @kin_odontologia



2023







ishhypnosis...



BUILDING BRIDGES OF UNDERSTANDING

Graubünden, Switzerland

THE INTERNATIONAL SOCIETY OF HIPNOSISISHhypnosis.org



27 Me gusta

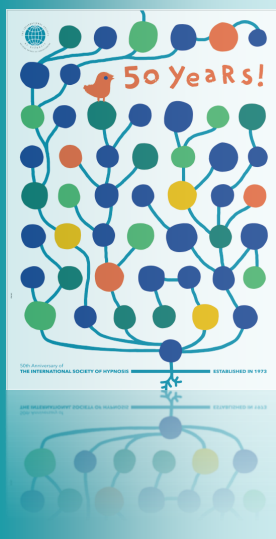
ishhypnosis A bridge is leading me from one world to another. The abyss is under me, I could fall, but I trust the stones that carried so many people and trains. Although being in a felt danger, I enjoy the ride. On the other side a tunnel is waiting for me a moment of darkness, in which I dare to dive, for getting into a new world, experiencing what is on the other side.....

Location: Graubünden, Switzerland
Name: Schmittenobel Viadukt

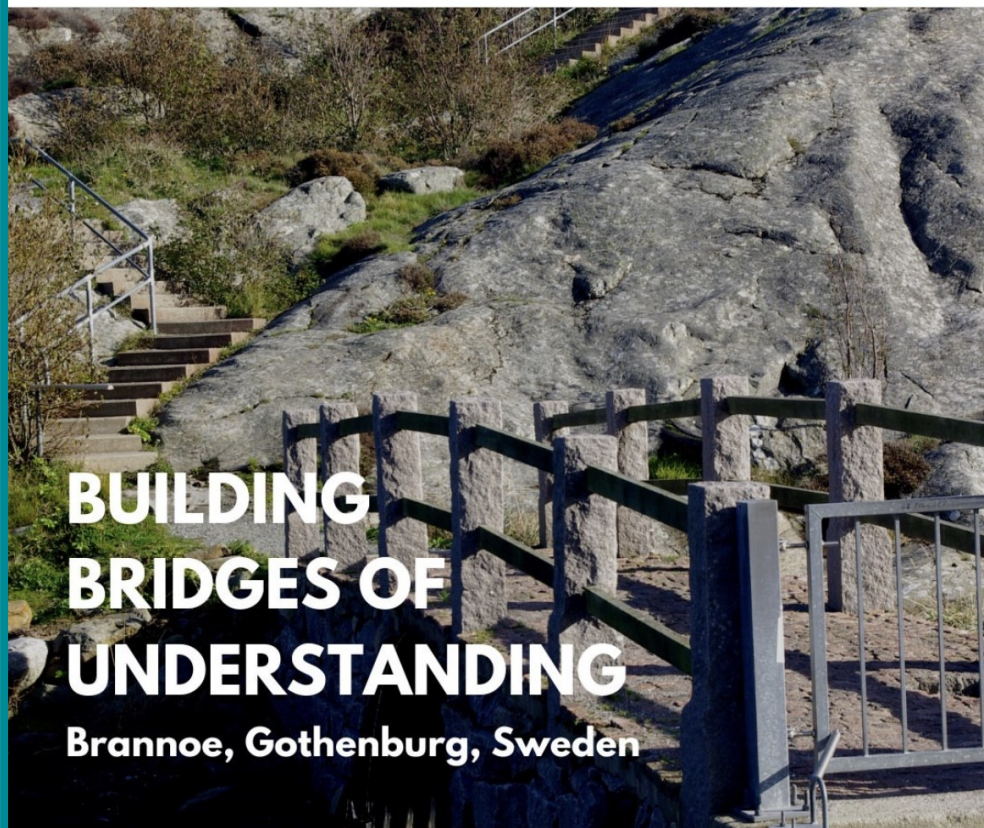
By Veit Messmer



2023



ishhypnosis



BUILDING BRIDGES OF UNDERSTANDING

Brannoe, Gothenburg, Sweden



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SOCIETY OF HIPNOSIS

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13 Me gusta

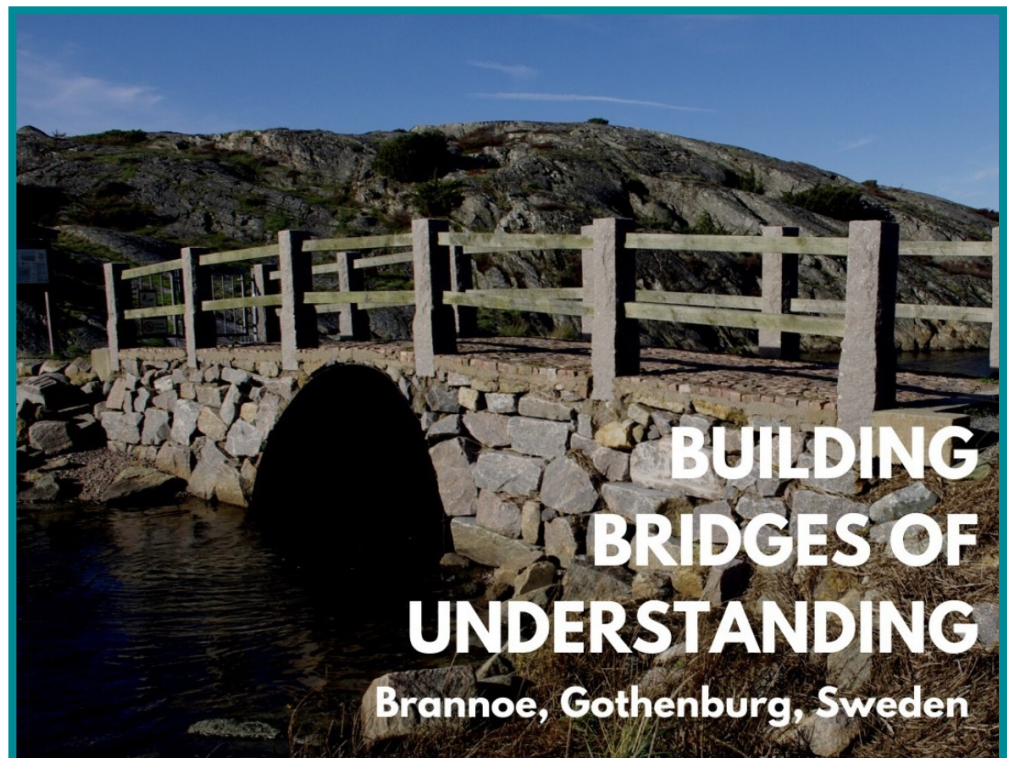
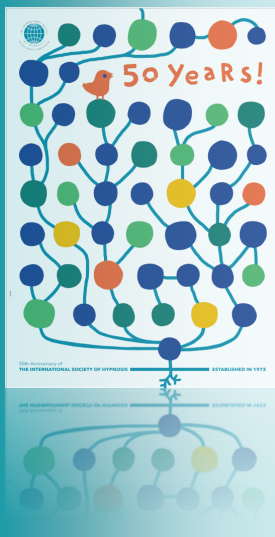
ishhypnosis Descend these stairs ... down ... down...
invited to transcend,
bridging the gap.

There, you will feel the flow
of intuitive understanding.

By Susanna Carolusson



2023



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16 Me gusta

ishhypnosis Come, leave the safety behind,
find out the bridge's gifts.
Discover your resourceful mind
and how your states may shift.

Please join this adventure with me,
observe the current flow.
Transcend the gap and you will see
the mysteries of "now".

To pass the bridge will make you wise
and you will understand that transcendence is worth the price
of leaving safer land

By Susanna Carolusson

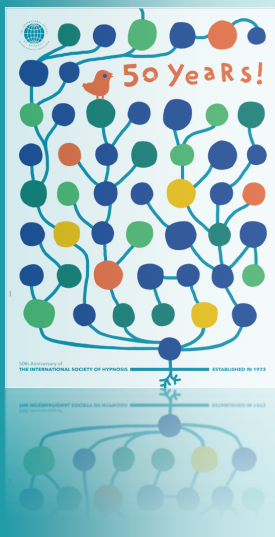


2023





2023



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BUILDING BRIDGES OF UNDERSTANDING

Sződliget, Hungary



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25 Me gusta

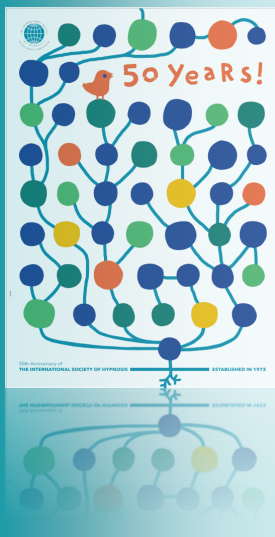
ishhypnosis Although a bridge is a built work of art, in many cases it blends in with its surroundings, naturally, harmoniously, beautifully.

This gives the inanimate material a meaning, a role, which makes it an integral part of its environment

By Katalin Varga



2023



Building bridges of understanding Guadalajara, México.

ISHhypnosis.org



Les gusta a leo_y_escribo y 56 más

ishhypnosis A bridge takes us from one shore to another, a passage from the familiar to the unknown. It is an undeniable truth that, universally, we recognize that crossing bridges connects destinies, allowing us to access the mysteries that lie beyond the horizon. In Mexico, we hold the belief that science and spirituality share a bridge of understanding, a bridge that deserves our attention and diligent construction, one step at a time. Hypnosis serves as a tool to facilitate these steps.

By building bridges of understanding between our colleagues from different nations, world leaders in hypnosis, we are collectively contributing to the building of this bridge. Together, we are forging the way towards a new vision and understanding in the world that will lead to understanding and peace as humanity."

By @ceciliafabre68 . Centro Ericksoniano de México a.c.



2023



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BUILDING BRIDGES OF UNDERSTANDING

Roman Bridge, Caramy, France



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Les gusta a zazufabre y 15 más

ishhypnosis Love is the bridge between you and everything, beginning with understanding.


Make it steady, strong, honest,
congruent and with integrity so it can last through all
times, for sure it will be surrounded by beauty and peace.

By @anakarenallende




2023









BUILDING BRIDGES OF UNDERSTANDING

Denmark



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20 Me gusta

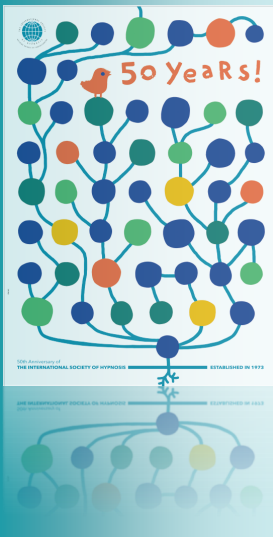
ishhypnosis Bridging the Past, Present and Future

I find that hypnosis is integrating and creating meaning to the story of who we has been, who we are now, and who we are becomming.The photo of the bridge is dreamy, imaginative and hypnotic and as the spectator you are in the middle of it - standing on the bridge - on your way to a promising future. The bridge is 5 minutes from where I live, in the countryside in Denmark. It is an archaeological site and the bridge is a reconstruction of a bridge built in year 1278. It is simple, has no special features and could be anywhere in the world. This "universality" makes it even more a symbol of connection.

By Ingrid Sindo



2023



**ishhypnosis**...



BUILDING BRIDGES OF UNDERSTANDING

Isla Mujeres, Cancún México



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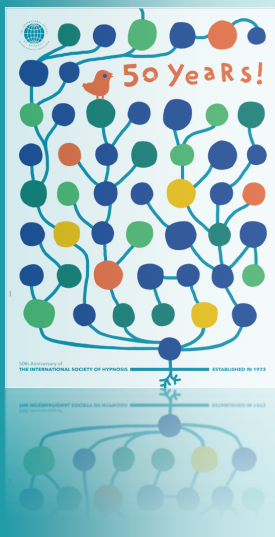


 Les gusta a zazufabre y 14 más

ishhypnosis By @tabis



2023



THE WINNER PHOTO

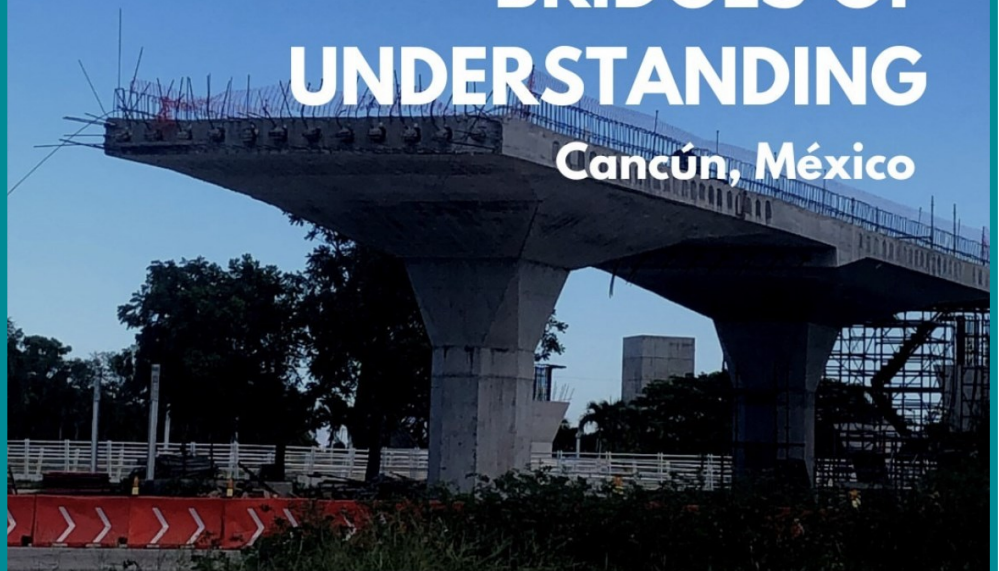


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BUILDING BRIDGES OF UNDERSTANDING

Cancún, México



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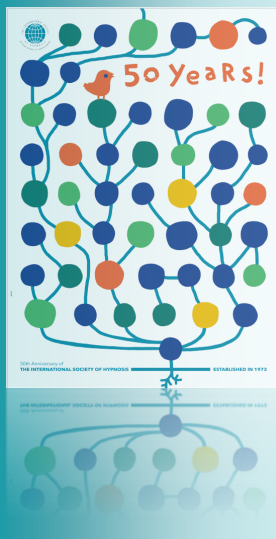
108 Me gusta

ishhypnosis To understand the other, to know the other, to love the other, it is necessary to understand yourself, know yourself, love yourself. And to do this, it is necessary to build bridges between my self and the another self, to build bridges with firm bases, strong and solid columns, unbreakable support, that allows us to jump from our essence to the essence of the other in complete understanding.

By María del Carmen Noriega



2006-2009



ERIK VERMETTEN 2006—2009

Traversing Realities: My Journey Through Hypnosis and Beyond

From an early age, a deep curiosity about altered states of consciousness took hold of me. This wasn't a fleeting interest, but rather a profound intrigue that guided my career path. As a child, I was captivated by the ways in which hypnosis could alter reality and how trauma could significantly affect our perception of the world. These were not just abstract concepts for me but vivid, shifting realities.



ERIK VERMETTEN

Milton Erickson's innovative work in hypnosis profoundly influenced my perspective. He taught me that perception isn't merely a passive process but an actively shaped experience. His skillful use of language to alter perception was particularly inspirational. Growing up, I could see the impact of war, especially through my mother's experiences. Her stories were not merely tales of the past; they shaped my understanding of reality. Recognizing my interest, my parents supported my first steps into the world of hypnosis, even before I began my medical studies.

Medical school itself was a journey of discovery. Amidst the structured world of traditional medicine, I found myself drawn to hypnosis and related fields, challenging and expanding my understanding of the human mind. I explored these areas deeply, seeking

to understand the myriad ways the mind operates.

My passion led me to engage with the Dutch Society and later with European and International forums. This wasn't just a learning experience; it was a chance to contribute and be shaped by a broader community. However, my time in the Armed Forces and the societal turbulence I witnessed prompted a period of reflection and a step back from my previous engagements.

The International Society of Hypnosis has profoundly impacted my career, providing a vibrant forum where the dedication and passion of colleagues in the field converged. Its global reach has afforded me invaluable opportunities for collaboration and learning, deepening my scientific understanding and enriching reality. The society's commitment to innovation and shared expertise has been a constant source of inspiration and growth in my journey through hypnosis and beyond.

Recently, a renewed interest has emerged in the form of psychedelic research. This field seems to resonate with my early experiences in hypnosis, promising new insights into how we perceive and understand reality. As I stand at this juncture, I'm intrigued by the possibility of combining the nuanced world of hypnosis, particularly Erickson's language techniques, with the emerging field of psychedelics, especially in understanding and addressing trauma.

This journey is not just about revisiting my roots in hypnosis but also about embracing new horizons in psychological exploration. It's an opportunity to delve deeper into the complexities of the human mind and consciousness. With a sense of curiosity and a plethora of questions, I look forward to beginning this journey, eager to uncover new understandings and perspectives. My wish is to not only deepen my own understanding but to also share and spread this knowledge. Hoping this may incentivize the field and inspire towards new discoveries.



2023



WHAT IT MEANS TO YOU...

BUILDING BRIDGES OF UNDERSTANDING

At its annual meeting the Hungarian Association of Hypnosis invited its members to give more interpretation to this slogan, what these bridges – or hypnosis itself - can connect.

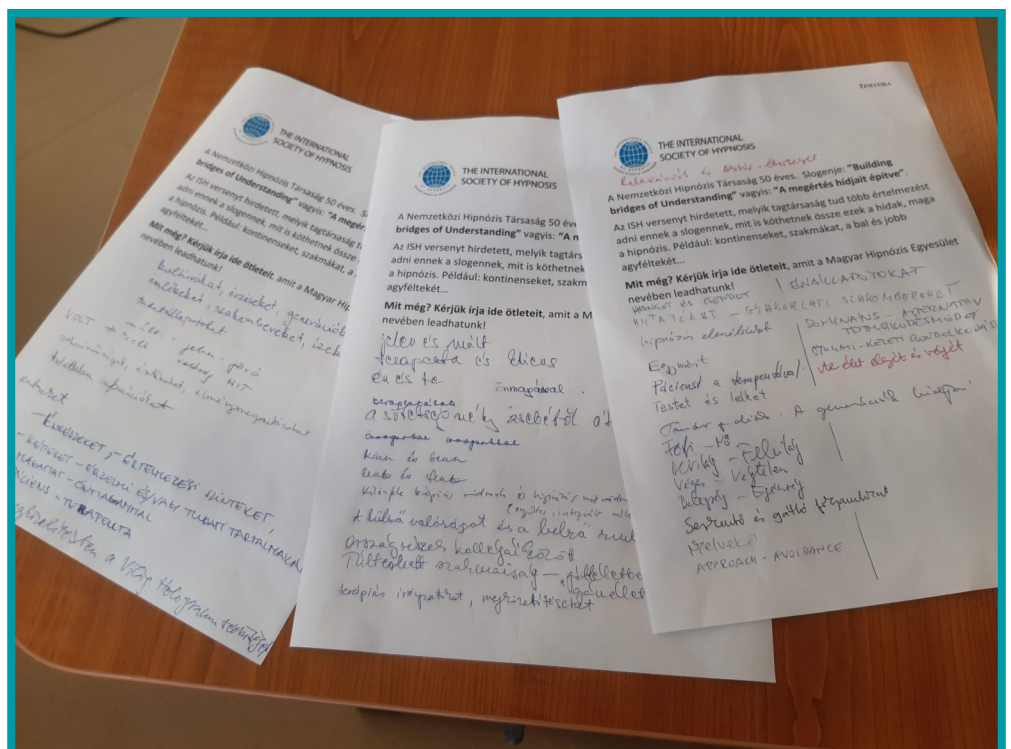
For example: continents, professions, left and right brain... What else? Please write your ideas here...

Please find below the ideas of the members of the Hungarian Association of Hypnosis!

1. relaxation and activity
2. sound and silence
3. research and therapeutic practice
4. hypnosis theories
5. each-other
6. client and therapist
7. body and soul
8. teacher and student
9. generations
10. male and female
11. lower-word and upper word
12. finite and infinite
13. illness and health
14. excitatory and inhibitory processes
15. languages
16. approach – avoidance
17. ego-states
18. dominant and alternative modes of consciousness
19. eastern and western cultures
20. the beginning and end of life
21. present and past
22. me and you
23. therapist with himself
24. process that company us from the deep pocket of darkness to the light
25. ourselves with ourselves
26. outside and inside
27. down and up
28. between various therapeutic methods
29. outside and inside subjective reality
30. colleagues for various parts of the country
31. overloaded professionalism and wellbeing in private life
32. various therapeutic approaches
33. cultures
34. feelings
35. generations
36. memories
37. tastes
38. states of consciousness
39. past – present (reality) – future – (beliefs)
40. colorfulness
41. values
42. subjective-feelings
43. unconscious pieces of information
44. people
45. ego-parts
46. interpretational levels



47. the hologram nature of the world in holographic approach
48. homeless – and separated (displaced) then re-unified families through treating transgenerational traumas
49. all the sensory modalities (hearing, touch, vision)
50. sky and earth
51. living and un-living world
52. refugees and hosts
53. story-teller and audience





2009-2012



CAMILLO LORIEDO 2009—2012

My Time as President of the International Society of Hypnosis

The 2006 ISH Congress in Acapulco “Hypnosis in Critical Times” was certainly a rich – and for many aspects unforgettable – event. However, consistent with the congress's title, the society situation was still suffering the collapse of the Central office in Australia and consequences of low participation at the Singapore Congress. Despite the significant efforts made by Karen Olness to reduce the expenses and to obtain funds for that meeting, ISH had to face both financial and formal crisis: a very low membership and the legal vacuum produced by elections that had not been held created a serious impasse that brought the society very close to the risk of not surviving.



CAMILLO LORIEDO

The emergency suggested solution was using the Assembly votes to nominate immediately the missing officers. So, under the pressure of reestablishing legality, Eric Vermetten, ISH Secretary-Treasurer and myself were respectively nominated President and President-Elect.

Three years later the ISH Congress in Rome at the Sapienza University led to the passage of presidency from Eric to me, and although the formal problems

were now solved, the survival of ISH as an organization was not yet assured. We realized that we had very few ISH members and even fewer were in good standing (i.e., had paid their dues). There were clearly not sufficient numbers to restore the seriously compromised society's finances.

Memories of disturbing dreams at that time are still on my mind, along with fantasies of stepping away from presidential responsibilities. It seemed too much for just one person to handle. Luckily, I realized I was not alone. There was an extraordinary board in place. It is not possible for me to forget the contribution they all offered but let me just mention the particular support and commitment of Julie Linden, Claude Virost and Bernhard Trenkle; individuals who were also destined to become the future ISH presidents.

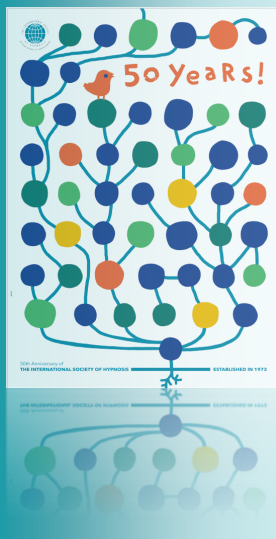
The guiding idea was to nurture and support group relationships to form a small but meaningful community; a cross-national and cross-cultural working alliance, representing the essence of a society inspired to the idea of “building bridges,” first introduced by Peter Bloom. But how to support these internal bridges when the board met personally only once every three years?

To my delight, the board members accepted with enthusiasm the idea of having additional in-person meetings, traveling mostly using their expenses in to special places like Orvieto and the now famous Wigry, to work together for some days physically and emotionally. Those experiences created closer relationships and a sort of efficient living body that was able to tolerate crises and conflicts.

As proof of the group efficiency, all board members were involved in important initiatives. ISH resumed publishing the Newsletter, activated new



2009-2012



Committees like the ones on Ethics, Education and Training, and even History, alongside with the more institutional Committees of Nominations and Elections, as well as a Policy and Procedures committee to amend ISH Statutes and By-Laws, and the crucial Committees like the one overseeing Finances and the one overseeing Membership.

The special group cohesion proved in time to be a fundamental ingredient to increase our memberships, but was even more important when the board was faced with the most delicate decision regarding the XIX congress that was supposed to happen in Melbourne. While all board members loved the idea of traveling to Australia, the location was clearly too expensive and risky to be afforded by a society that was going through huge financial difficulties. The decision to relocate the Congress was taken during a meeting in Wigry with conflicts and pain, but probably saved ISH from bankruptcy, and thanks to the group unity didn't create irreparable fractures.

The last passage was organizing a congress with only 2 years of notice. Bernhard Trenkle, COR Chairperson, wasn't discouraged by the difficult situation, and generously offered his personal and societal support. The XIX Congress in Bremen with 2300 participants was successful not only in terms of restoring an adequate membership and repairing ISH's financial situation, but also for nurturing enthusiasm for consistent society membership applications from countries that had never before been a part of our international community.

Finally, the Congress in Bremen was linked to my transition to the role of Past-President, certainly a much more relaxing position, but allowed me remaining part of this great international hypnosis family.

XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS
COOPERATION IN HYPNOSIS. BENEFITS & CHALLENGES
12-15.06.2024
KRAKÓW, POLAND
REGISTRATION

ISH CONGRESS 2024 — KRAKÓW
FUNDACJA@P-I-E.PL ; INFO@P-I-E.PL
[HTTPS://WWW.HYPNOSIS2021.COM.PL/EN](https://www.hypnosis2021.com.pl/en)



2012-2015



JULIE LINDEN 2012—2015

The history of the International Society of Hypnosis (ISH) is a story replete with people who have donated endless resources both to its founding and to keeping it a viable society. The countless hours, passionate energy, and imaginative creativity in each of the presidents and board of directors has led to 11 congresses since the ISH incorporation in 1973. But ISH actually dates its inception back to 1889 when the First International Congress for Experimental and Therapeutic Hypnotism was held in Paris, France August 8-12, 1889. Attended by Charcot, Liébeault, and Bernheim as well as



JULIE LINDEN

a young Sigmund Freud, it launched the modern science of hypnosis. In 1900 another international hypnotism congress was held in Paris. Various countries began small societies to continue to explore hypnosis. After two world wars, where hypnosis was once again employed on the battlefield, a group of determined physicians agreed to expand the Society of Clinical and Experimental hypnosis (SCEH) into an international society.

The founding secretary of ISCEH was John C. Watkins, PhD, of ego-state fame, whose initial job was to gather an international community of researchers into the ISCEH fold. He

wrote to colleagues all over the world to encourage them to become part of the ISCEH. In 1960, during the World Mental Health Year, he was awarded a plaque recognizing his "wise and outstanding contributions to the development of this world-wide organization" by the 24 countries that were the national divisions of ISCEH. These included: Argentina, Australia, Austria, Brazil, Canada, Chili, Denmark, Finland, France, Germany (west), Great Britain, Hungary, Israel, Italy, Japan, Mexico, Netherlands, Norway, Sweden, Turkey, Union of South Africa, United States, and Venezuela. Every continent was represented.

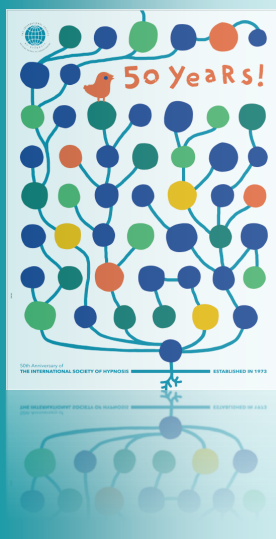
In 1965, the first ISCEH congress was held, again, in Paris and titled The International Congress for Hypnosis and Psychosomatic Medicine. The congress was organized under the patronage of the World Federation for Mental Health, and about one hundred papers were presented. Milton Erickson chaired the panel on hypnosis and pain. The official languages of the Congress were German, French, and English.

Hypnosis enjoyed a link to medicine then, having been recognized as a valuable tool by the British Medical Association in 1955, and the American Medical Association's (AMA) Council on Mental Health in 1958 (Kroger, 1977). Although once recognized, in 1987 the AMA rescinded its 1881-1958 policies and currently has no official position on hypnosis. The ISH would like the World Health Organization (WHO) to now recognize hypnosis.

Efforts were made to hold ISCEH meetings every two years in different nations with affiliated societies sponsoring the conferences. While several were held in that format, the more successful were those specifically organized as international congresses, including Kyoto, Japan in 1967; Mainz, Germany in 1970; and Uppsala, Sweden in 1973. So, if we count all of the congresses since 1889, our upcoming congress in Krakow will be the 22nd. In Sweden in 1973, the ISH lead by Ernest Hilgard, started on its current path building bridges between countries and between researchers and clinicians.



2012-2015



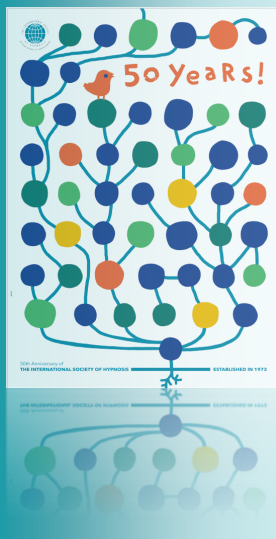
A president serves as president elect, president, and immediate past president for three years each – a 9-year commitment, as well as any other time serving on the Board of Directors. I was president during 2012-2015, and was lucky and grateful to begin my role during a very successful congress in Bremen, Germany and conclude my role during another incredibly successful congress in Paris. These were immeasurably helpful in stabilizing the finances of ISH which almost collapsed when it moved from Australia to Holland, then to Italy, and finally became a virtual office during my presidency.

During my presidency we also built a new website to house the history of ISH. We updated our bylaws, increased the number of individual members and constituent societies, secured an option for an online journal, and moved to electronic voting.

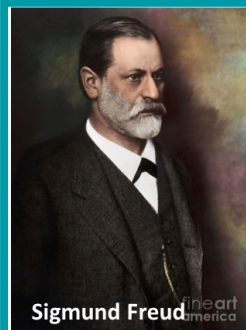
For me, two threads weave their way through the ISH story – the camaraderie of researchers and clinicians and the ISH banner. We are an international cutting-edge community of men and women who care a great deal about other people and their health and wellbeing. And we are founded on decades of research and experience, reflected in the ISH banner which traces our roots to 1889 and our path across many nations. We have much to be proud about in ISH's long story.



1973-2023



HISTORY OF ISH BY JULIE LINDEN



Sigmund Freud



Jean-Martin Charcot



Ambroise-Auguste Liébeault



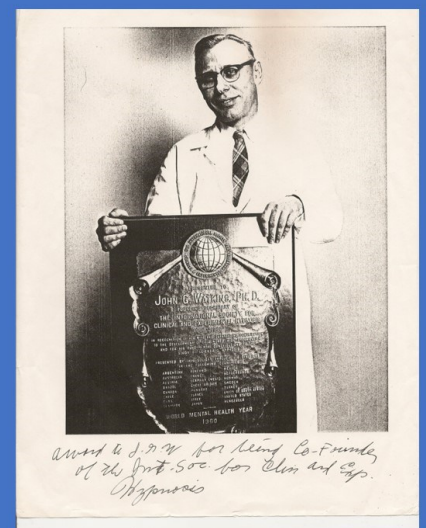
Hippolyte Bernheim

First International Congress for Experimental and
Therapeutic Hypnotism
Paris, France August 8-12, 1889

First International Congress for Experimental and Therapeutic Hypnotism: Attendees included Jean-Martin Charcot, of the Salpêtrière school, Hippolyte Bernheim and Ambroise-Auguste Liébeault founders of the Nancy school, and a young Sigmund Freud. This was followed by another international hypnotism congress in August 12-16, 1900.

John Watkins

“award to Dr. W. for being
co-founder of the Int. Soc.
For Clin. And Exp. Hypnosis”



The founding secretary of International Society for Clinical and Experimental Hypnosis (ISCEH) was John C. Watkins, PhD, of ego-state fame, whose initial job was to gather an international community of researchers into the ISCEH fold. He wrote to colleagues all over the world to encourage them to become part of the ISCEH. In 1960, during the World Mental Health Year, he was awarded a plaque recognizing his “wise and outstanding contributions to the development of this world-wide organization” by the 24 countries that were the national divisions of ISCEH .



1973-2023



The 24 countries that
were the national
divisions of ISCEH

Argentina, Australia, Austria,
Brazil, Canada, Chili,
Denmark, Finland, France,
Germany (west), Great
Britain, Hungary, Israel, Italy,
Japan, Mexico, Netherlands,
Norway, Sweden, Turkey,
Union of South Africa, United
States, and Venezuela.

The 24 countries that were the national divisions of ISCEH.

Proceedings of:
The 1965
International
Congress for Hypnosis
and Psychosomatic
Medicine

Hypnosis and
Psychosomatic Medicine

Edited by J. Lassner



Springer-Verlag Berlin Heidelberg New York

The International Congress for Hypnosis and Psychosomatic Medicine and its proceedings were published in 1967. The congress was under the patronage of the World Federation for Mental Health, about one hundred papers were presented. Milton Erickson chaired the panel on hypnosis and pain. The official languages of the Congress were German, French, and English.



FOUNDED 1973

1973
the ISCEH underwent
a constitutional and a name
change to
The International Society of
Hypnosis
(ISH).

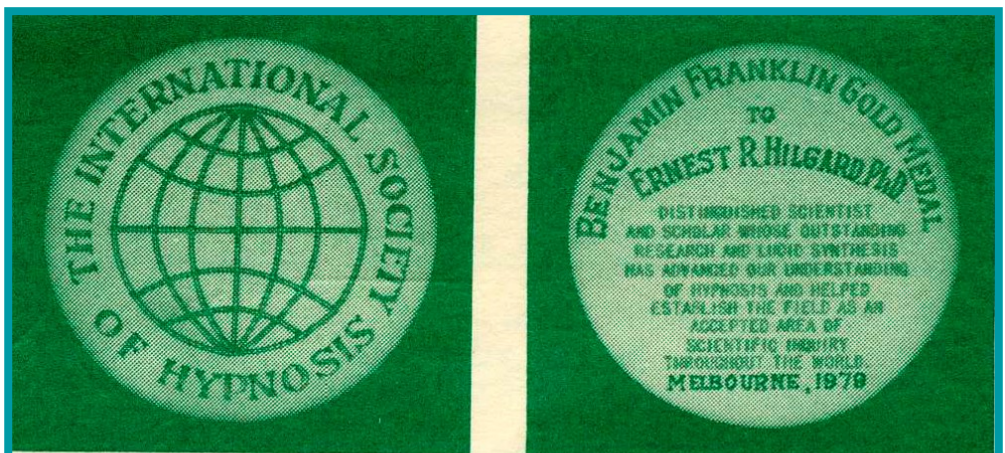


1973-2023



1973-1976

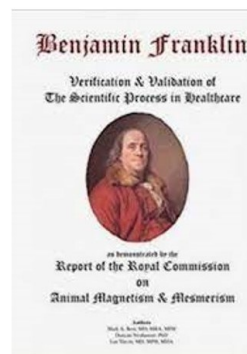
American psychologist, Ernest Hilgard was the first president of the ISH. He brought extensive experience both as a leader and a researcher to the ISH. His laboratory at Stanford University studied hypnosis, learning theory, and devised the standardized scales of hypnotic susceptibility.



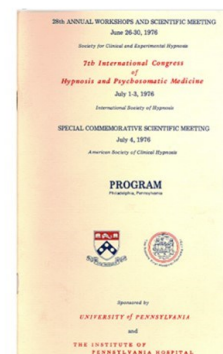
The **Benjamin Franklin Gold Medal** presented to Ernest R. Hilgard, Ph.D., August 20, 1979, in Melbourne, Australia.

The Benjamin Franklin Gold Medal presented to Ernest R. Hilgard, 1979 Melbourn, Australia

1782



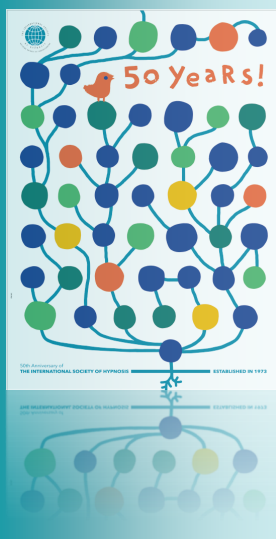
1976



The 1976 congress was held in Philadelphia during the American bi-centennial celebration. Philadelphia had a historical connection with hypnosis, as Benjamin Franklin was sent to Paris to study Mesmer almost 200 years before this congress. His report, with his notes, resides in the Library Company, the first American library, which Franklin started in Philadelphia.



1973-2023



1976-1979

Martin Orne, Viennese born, president of ISH from 1976 till 1979, also editor of the International Journal of Clinical and Experimental Hypnosis for 30 years, from 1962-1992.

**Fred G. Frankel,
MB, ChB, DPM
1979-1982**

**INTERNATIONAL
SOCIETY OF
HYPNOSIS**

8th International Congress of
Hypnosis and Psychosomatic Medicine



MELBOURNE HILTON

AUGUST 19-24 1979

PROGRAMME



Fred Frankel, psychiatrist, helped to shepherd the next congress which was held in Melbourne Australia, in 1979.



Graham Burrows and Martin Orne in 1979, Melbourne Australia



1973-2023



1982-1985

The first non-US leader was Germain Lavoie, a French-Canadian psychologist who took office in Glasgow Scotland, in 1982.

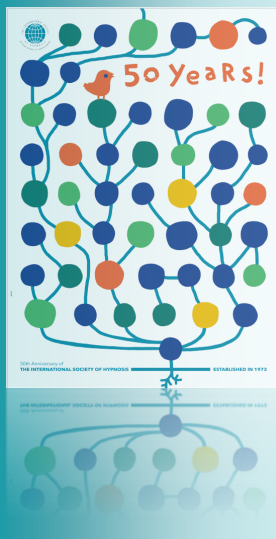
This program, which belonged to Peter Bloom, has a note to have lunch with Helen Crawford.



Australian physician David Collison, who is seen here with Peter Bloom, who later became ISH president, stepped into the presidency at the very large congress in Toronto.



1973-2023



10th International Congress of Hypnosis and Psychosomatic Medicine

AUGUST 10-16, 1985
TORONTO, Canada

Knowledge knows no national boundaries. Yet all too often obstacles of language, traditions, and distance have served to keep apart colleagues in different areas of the world. The International Society of Hypnosis provides a forum to facilitate the exchange of scientific findings and clinical experience among colleagues and to help the various national groups to become familiar with what others are doing by providing both formal and informal channels of communication. Truly international congresses of hypnosis have for a long time served a central function by permitting face to face contact of colleagues from many lands. A list of the major International Congresses appears below:

- 1st International Congress for Experimental and Therapeutic Hypnosis, Paris, FRANCE, August 9-12, 1969
- 2nd International Congress for Hypnosis, Paris, FRANCE, August 12-16, 1970
- 3rd International Congress for Hypnosis and Psychosomatic Medicine, Paris, FRANCE, April 28-30, 1975
- 4th International Congress for Psychosomatic Medicine and Hypnosis, Kyoto, JAPAN, July 12-14, 1981
- 5th International Congress for Hypnosis and Psychosomatic Medicine, Mainz, GERMANY, May 29-31, 1979
- 6th International Congress for Hypnosis and Psychosomatic Medicine, Uppsala, SWEDEN, July 1-4, 1973
- 7th International Congress of Hypnosis and Psychosomatic Medicine, Philadelphia, Pennsylvania, USA, July 1-5, 1978
- 8th International Congress of Hypnosis and Psychosomatic Medicine, Melbourne, AUSTRALIA, August 18-24, 1979
- 9th International Congress of Hypnosis and Psychosomatic Medicine, Glasgow, SCOTLAND, August 22-27, 1982

It has often been commented upon that interest in hypnosis both among the public and in the profession has gone through many cycles from intense concern to total neglect. The past 20 years, however, have seen the development of serious interest in the therapeutic application of hypnosis and the flourishing of systematic scientific research. Most important, perhaps, has been the gradual integration of clinical and research findings. This has reflected itself in the formation of strong and viable national societies and triennial international meetings.

We hope that in addition to providing an exciting formal program, the 10th International Congress will afford the opportunity to meet informally with colleagues from different backgrounds and trained in different traditions. By sharing experiences, may we all become better scientists and more effective clinicians...

ENRIKE B. HILGARD, PhD,
Founding President
INTERNATIONAL SOCIETY OF HYPNOSIS

10th ISH CONGRESS

A SPECIAL WELCOME FROM YOUR HOSTS

The Ontario Society of Clinical Hypnosis was initially responsible for inviting the 10th International Congress to Toronto, Canada. OSCH was joined by the two United States societies, the American Society of Clinical Hypnosis and the Society for Clinical and Experimental Hypnosis, as co-hosts for the 10th Congress. All three North American societies have been keenly involved in the preparation for this Congress. The Societies' officers, and members welcome you, with you a stimulating and productive week, and trust that friendship and hospitality will be enjoyed by all.

ONTARIO SOCIETY OF CLINICAL HYPNOSIS

President (1985-86): RONALD HINE, PhD, Eshelby General Hospital, Toronto, and University of Waterloo, Waterloo, Ontario, CANADA
President (1984-85): MARC C. GABER, MD, MPEI, Toronto, Ontario, CANADA
Past President: J. MORAN WILKINS, MD, University of Toronto School of Medicine and Mount Sinai Hospital, Toronto, Ontario, CANADA
Secretary: JERRY M. GAAL, MD, MSc, Dr. J.O. Ruddy General Hospital, Whitchurch, Ontario, CANADA
Treasurer: IONA ROSS LOONAN, MD, Women's College Hospital, Toronto, Ontario, CANADA

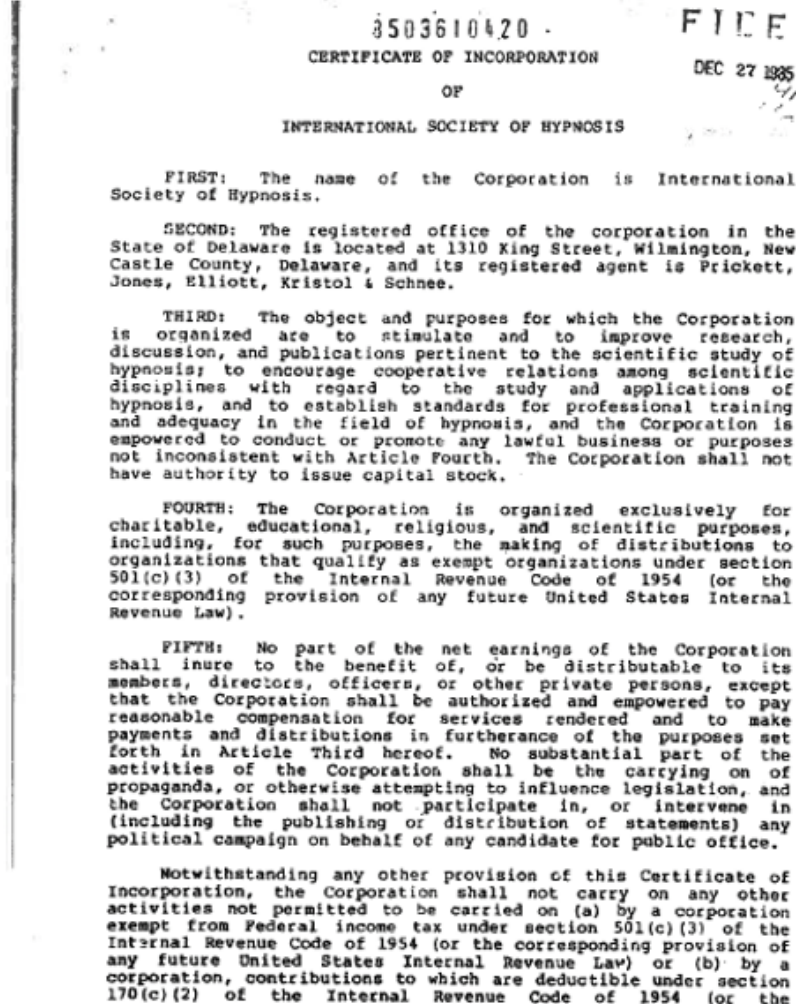
AMERICAN SOCIETY OF CLINICAL HYPNOSIS

President: KAREN OLINIS, MD, University of Minnesota and Minneapolis Children's Hospital, Minneapolis, Minnesota, USA
President-Elect: HAROLD B. CHASSINER, PhD, University of Texas Health Science Center at Dallas and Baylor University Medical Center, Dallas, Texas, USA
1st Vice President: CHARLES B. MOTT, MD, University of Miami School of Medicine, Miami, Florida, USA
2nd Vice President: THOMAS W. WALL, PhD, University of Washington, Seattle, Washington, USA
3rd Vice President: MARLENE E. HENDER, MD, University of British Columbia and Lanes General Hospital, West Vancouver, British Columbia, CANADA
Secretary: VICTOR BASSETT, DDS, Wilfrid Laurier University, Waterloo, Ontario, CANADA
Treasurer: ALEXANDER A. LEVITAS, MD, MPEI, University of Minnesota, Minneapolis, Minnesota, USA
Past President: HANNAH J. WAIN, PhD, Walter Reed Army Medical Center, Washington, and Uniformed Services University Health Science School of Medicine, Bethesda, Maryland, USA

SOCIETY FOR CLINICAL AND EXPERIMENTAL HYPNOSIS

President: BRUCE W. NEWSON, PhD, Los Angeles, California, USA
Vice President: KENNETH S. BOWEN, PhD, University of Waterloo, Waterloo, Ontario, CANADA
Secretary: PATRICIA GORE BOWEN, PhD, University of Waterloo, Waterloo, Ontario, CANADA
Treasurer: GREGORY D. BORTON, DDS, Institute for Research in Hypnosis and Psychotherapy and Morton Prince Center for Hypnotic Research, New York, New York, USA
Past President: FRANCESCA J. EVANS, PhD, Carrier Foundation, Belle Mead, and UMDNJ - Rutgers Medical School, New Brunswick, New Jersey, USA

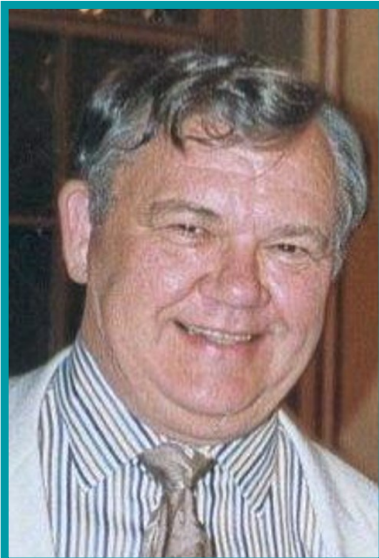
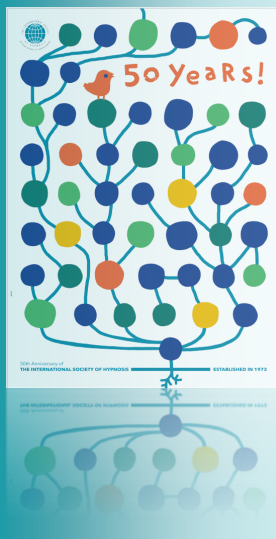
This trio of societies - Ontario's society of clinical hypnosis and two large US societies- the ASCH and SCEH - hosted more than 1000 people clinicians in 1985.



1985 was incredibly important for ISH because it incorporated as a non-profit organization, which allowed it a tax-exempt status. This was all before the internet, dues were sent by post, journals followed, membership, and applying to become a constituent society was a long, snail mail process- with the hope that the new society's bylaws would be translated into English.



1973-2023



1988-1991

Frederick J. Evans, PhD
(USA) 1988-1991, an American psychologist who was from Australia, became president at the Hague congress in the Netherlands.

1991-1994

Graham D. Burrows, AO KCSJ MD
(Australia) 1991-1994 was the next president and managed the delay of the 12th congress until 1992, due to instability in Israel.



12th Congress Jerusalem



The 12th Congress in Israel



1973-2023



Faculty of Dentistry, Medicine
& Behavioural Sciences
Department of Psychiatry
Department of Psychology

13th International Congress of Hypnosis

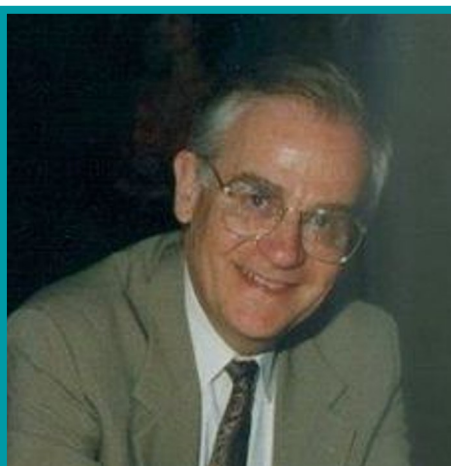
World Congress Centre
Melbourne, Australia
6-12 August, 1994

and Satellite Meeting
1994 Asia-Pacific
Congress of
Hypnosis

in conjunction with
ISIS - International
Society for the
Investigation of
Stress

Cairns Hilton Hotel
Cairns, North Queensland,
Australia
15-17 August, 1994

A short two years
later, the ISH re-
turned to Mel-
bourne for its 13th
congress. These
early congresses
were typically 5 or
6 days long.



American Psychiatrist Peter Bloom, who had been ISH secretary and its USA administrator took the helm in 1994. He was eager to have the congress back in the USA, after 20 years, and with determination got the two American hypnosis organizations, SCEH and ASCH, to cohost with ISH in San Diego, California- another very large congress.



Peter Bloom (ISH president) and Éva Bányai (ESH president) at the presidential dance at the gala of Eurohypnosis '96, Budapest, Hungary



1973-2023



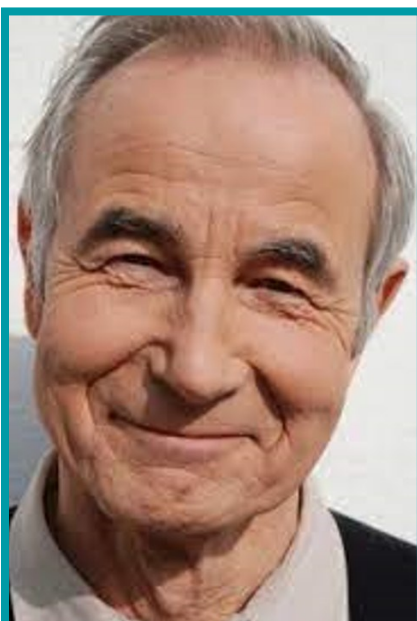
San Diego,
California,
1997



Black Bra Breakfast



Members of the Black Bra breakfast which was hosted by women from ASCH



1997-2000

Walter Bongartz became president and announced the next congress would take place in Munich Germany, in time to celebrate Oktoberfest. This was the start of a new century for ISH.

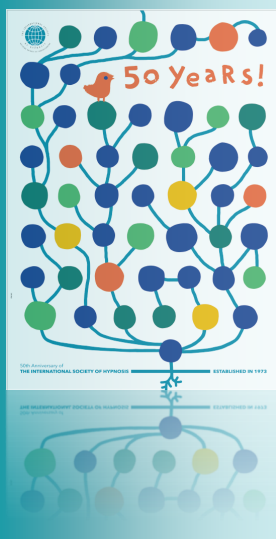
Éva Bányai, PhD
(Hungary) 2000-2003



The next president, the 10th, accomplished research psychologist Éva Bányai, was the first woman to lead ISH. She had been ESH president during Budapest city's 1100th birthday in 1996. Every congress was a time for the board to meet, to plan its committees, organize elections and of course, plan for the next congress.



1973-2023



2003-2006

Karen Olness, our second female president, had one of the more challenging presidencies- the headquarters was relocating from Australia.



2006-2009

The ISH moved its office to Holland, and Eric Vermetten became president during the first meeting hosted in Latin America, Acapulco, Mexico.



The ISH banner, begun in 1973, has attended each congress. Here, President Vermetten is trying to find a place to showcase the banner.



1973-2023



Board meeting
Acapulco 2006



Rome, ISH 18th Congress

The experienced leader Camillo Lorio assumed the presidency and hosted a congress in Rome, Italy. The office was moved to Rome for 3 years as ISH worked hard to rebuild its membership.

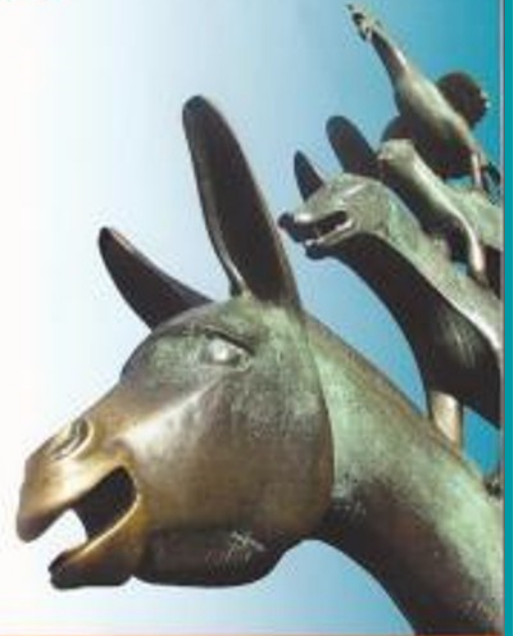


1973-2023



XIX. Internationaler Hypnose Kongress

17.10.-21.10.2012
Bremen



Abstracts

www.hypnose-tagung.de

2018-2021

Bernhard Trenkle hosted the next congress in Bremen Germany, with a large attendance that helped to put the ISH back on firmer ground fiscally. It was here that another ISH event took place.



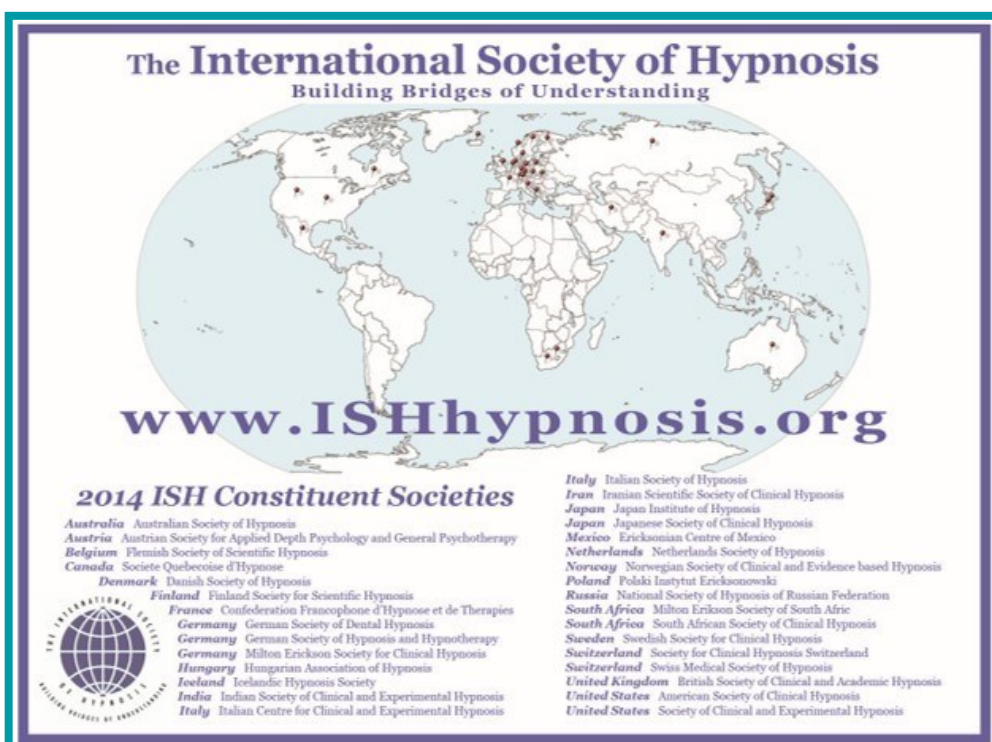


1973-2023



2012-2015

In Bremen, Julie Linden stepped into the presidency.



Map and list of Constituent Societies in 2014.



2015: president-elect Claude Virot began to organize a return to Paris for the 20th congress, taking the ISH full circle from its origins in Paris.





1973-2023



Opening Keynote at Paris meeting. Katalin Varga



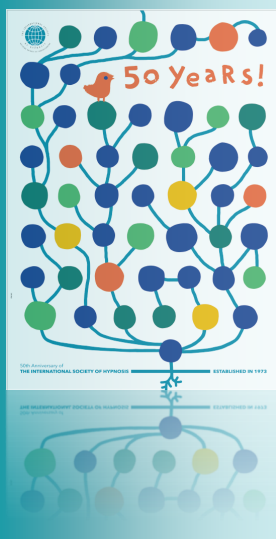
The members of the research update meeting in Paris, 2015



Back across the Atlantic to another very successful congress.
Montreal 21st congress.



1973-2023



In Montreal, 7 ISH past, present and future presidents posed together: Jensen, Trenkle, Bloom, Bányai, Viroth, Linden and Loriedo



2018-2021

Bernhard Trenkle became the ISH's 16th president full of ideas to expand the ISH



1973-2023



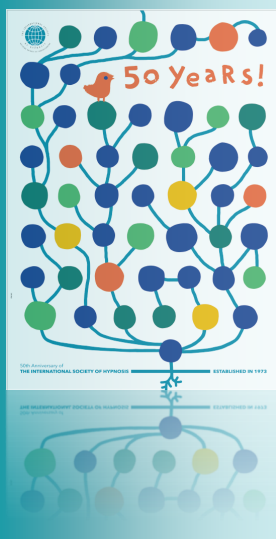
Informal BoD meeting at the garden of Kata Varga, Hypnosis: New Generation meeting, Budapest, 2019



Word Café at Hypnosis: New Generation meeting, Budapest, 2019: BoD members and students of Eötvös Loránd University discussing hypnosis related topics



1973-2023



THE INTERNATIONAL SOCIETY OF HYPNOSIS INVITES YOU TO:

COFFEE WITH THE PRESIDENT



2021-2024

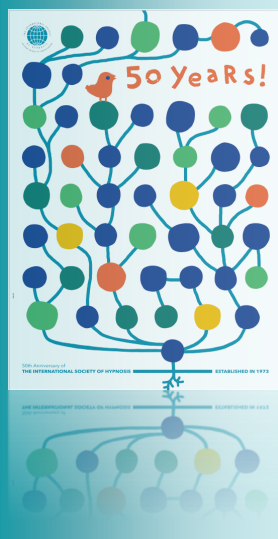
Mark Jensen stepped into the presidency, and at a time when we were all masked and distancing due to COVID, began coffee hours, revitalizing our constituent societies.

Consuelo Casula
and Julie Linden
preparing the dinner
for the informal BoD
meeting in Milan,
Consuelo's place,
2018





BOD members with the banner, Krakow 2022



BoD members preparing the Krakow meeting, in Krakow, 2022 (Giuseppe DeBenedittis, Enayat Shahidi, Katalin Varga, Mark Jensen (on laptop Callie Hattingh), Kris Klajs, Bernhard Trenkle (on laptop: Brian Allen), Cecilia Fabre, Anita Jung (on laptop: Woltemade Hartman).



1973-2023



Cecilia Fabre interviewing Enayat Shahidi for the social media platforms of ISH (Krakow, 2022).



Kris presented the 50th poster to the BOD members, Antalya, Turkey, 2023.



2015-2018



CLAUDE VIROT 2015—2018

2006 is the first essential date of my career in the International Society of Hypnosis. At that time, France is not yet a member of the ISH. Teresa Robles proposed to translate the World Congress held in Acapulco, Mexico into French. I participated in that Congress with 35 colleagues, who like me discovered a whole new world with a lot of emotions. It was during the COR meeting there that the CFHTB (Confédération Francophone d'Hypnose et de Thérapies Brèves) was welcomed with open arms by Peter Bloom, Karen Olness, Camillo Lorio, and many others, as a Constituent Society member of the ISH. I don't know how many countries were represented in Acapulco, but I remember the shock of being around hypnosis experts from all over the world. That's when I really understood that hypnosis is a gift of life for living beings. It is obvious: my place is in the ISH to best share this gift, with professionals of course, but especially those who need it most: our patients.



CLAUDE VIROT

2009 is the second key date. At ISH's Rome World Congress in September, I planned to attend as a speaker. But a few weeks before, Camillo Lorio invited me to present a French candidacy for the 20th ISH World Congress. The CFHTB very quickly agreed to submit a project. Two other countries were candidates: South Africa and Bernhard Trenkle's Germany, both much more experienced and natural

favorites. Another surprise occurred, at COR meeting; I was asked to run to become a member of ISH's board of directors. And I am elected.

In 2010, the 2012 World Congress in Australia was cancelled and Bernhard Trenkle «saved» the Congress by organizing it in Bremen. Despite these difficult conditions, this congress was a great success, with more than 2000 participants.

The third essential date is 2012. This situation makes France the favorite for the 2015 World Congress. Our candidacy as host of the congress is accepted unanimously by the board. Presenting this dossier is a big job, organizing this congress is a huge responsibility and an even more important job to welcome the largest hypnosis company in the world. At the same time, Camillo Lorio - again him - suggests that I run for president of the ISH. We are in Istanbul and even if this proposal puts me in chaos, I decide to be a candidate. This is how I became president-elect of the ISH for 3 years before assuming the position of president from 2015 to 2018.

August 2015. The 20th World Congress in Paris. My two strongest memories? The evening of welcoming the speakers, on a beautiful barge on the Seine. When we pass the Eiffel Tower, it lights up and shines with all its lights, happy to see hypnosis find its place in the country where it was born more than two centuries ago, at the time of the French Revolution. The second is the next morning, at the opening of the congress in front of this amphitheatre with 2500 friends and colleagues moved, a little surprised to find themselves so numerous and so happy!

It is up to these 2500 participants to carefully keep what they experienced during these 3 (short, too short) days. I can simply thank again and again



2015-2024



each of these participants from 60 countries, the 300 speakers representing 43 nations and of course the 30 institutes of the CFHTB as well as the entire organizing team and the 100 volunteers.

Perhaps we can say that during these 3 days, as at each of our congresses, hypnosis has created powerful and lasting bridges of understanding.

After another magnificent world congress in 2018 in Montreal and led by the Société Québécoise d'Hypnose, we were all sad to have to cancel the one in Krakow in 2021.

Fortunately, life proves to be the strongest; the life of the ISH still active and it will be a great pleasure to meet together in Krakow in June 2024, thanks to our future president Kristof Klajs. Is it a symbol that the ISH comes to bring some fraternal international ties to this part of the world that needs it so much today?

Hypnosis allows professionals around the world to communicate and have a universal therapeutic language. The ISH allows many people to gather at our conventions; many but still so few. 2500 in Paris was fine, but how many caregivers use hypnosis around the world? Many, many more. I hope that the ISH will continue to build bridges with all those less wealthy societies and all those colleagues who are less comfortable with the English language, thanks to technology as we experienced at the Montreal conference. So that, like the next Olympic Games in France, everyone can see, hear and share these highlights with the world's leading experts, on their screen, with their colleagues, in their country.



2018-2021



BERNHARD TRENKLE

Looking back to my time I have spent serving on the ISH BOD is interesting for me. Camillo Loriedo asked me to consider running for the BOD in 2006 in Acapulco in order to support him as President-Elect. This developed in ways I could not expect. Very early during Camillo's presidency we ran into some problems with the planned ISH conference in Melbourne. Camillo asked me if I might be able to organize a World Congress for ISH if the conference planned for Melbourne were cancelled. I asked my son and my congress organizing team about this, but they were very reluctant to

accept this huge task on such short notice. In the end, we decided to give it a go, and were able to organize ISH's „Olympic games" with only 2 years of lead time.

Despite some initial unexpected problems, the conference we organized in Bremen was incredibly successful, and ended up being the largest hypnosis meeting in the history of hypnosis conferences, with 2300 participants, including 300 presenting faculty. Later my team and I supported Claude Virot to break this world record with 2500 participants the 2015 World Congress in Paris.

At the same time, I continued to work on our goals to make ISH more international. Starting 15 years ago, in 2008, I began cooperating with Xin Fang, Beijing University, to organize hypnosis training groups in China. As a result of this work, we now have a very active Constituent Society in China, with more than 600 members. Moreover, ISH has about 80 individual members from China. The Chinese Society also organized one congress with 1000 participants, with members of the ISH BOD teaching. After this we had an unforgettable BOD meeting on a Yangtze River Cruise Ship by invitation of Chinese colleagues. In addition, I cooperated with an Iranian team of Prof. Mehdi Fathi, Enayat Shahidi, and the tourist program organizer Najmeh Kazemi to organize a first world congress of Dental Hypnosis in Iran. After this, in 2019 we had an unforgettable First Asian Congress of Hypnosis at Mashhad University in Iran. 1000 participants from 25 countries of the world participated. In addition, around 100 foreign participants travelled in 7 different tourist groups just after the congress. This all was done by cash because banking was impossible.

As a result of this work, I think we can agree that ISH has become a bona fide international society with BOD members from Asia, Australia, Africa, Europe, North America, and Latin America.

What I appreciate most in ISH is the excellent atmosphere in our BOD over the past decades. Camillo Loriedo started the tradition of having at least one live and in person BOD meeting every year. This was helpful in creating this wonderful warm and supportive atmosphere. And all BOD members like to meet and invest the time and money for our meetings.

We now all looking forward to our next big international congress June 12 -15, 2024 in Krakow Poland.

Please join us for another historic event.



2023



ISH PRESIDENTIAL PANEL ANTALYA, 2023

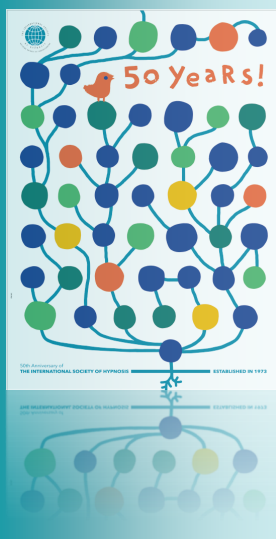
Kris Klajs, Bernhard Trenkle, Anita Jung, Camillo Lorio, Éva Bányai., Mark Jensen



Anita Jung, Kris Klajs, Bernhard Trenkle, Camillo Lorio, Éva Bányai., Mark Jensen



2023



CELEBRATING ISH ANTALYA, 2023

Moments of Celebration



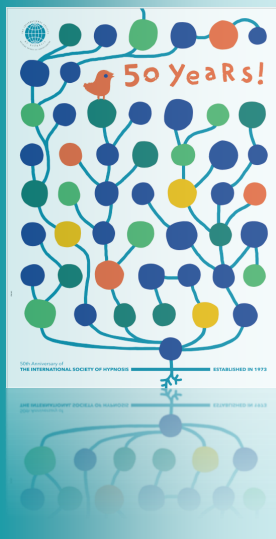


2023



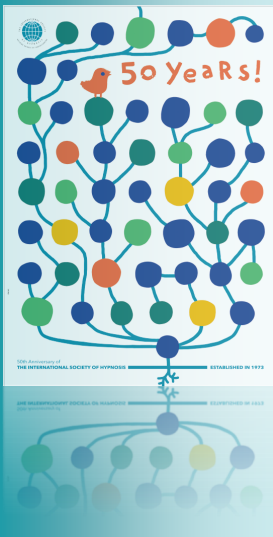


2023





2021-2024



MARK JENSEN 2021—2024

Present ISH activities and initiatives

Mark P. Jensen, PhD

During the last two years of my presidency, virtually all of our activities and initiatives have focused on developing and nurturing connections in the world hypnosis community. These have included: (1) building our social media presence, (2) collaborating with the European Society of Hypnosis to form a committee that provides support to people experiencing natural and man-made crises around the world, (3) building our capacity to provide state-of-the-art hypnosis educational opportunities, (4) initiating a monthly virtual "Coffee with the President" event, (5) extending ISH's support for new and established Constituent Societies, and (6) maintaining the high quality of ISH's quarterly newsletter.



MARK JENSEN

Social media presence

Under the leadership of Celia Fabre, chair of the social media committee, ISH has made significant advances in our presence on social media, including on Facebook (as ishhypnosis) and Instagram (as @ishhypnosis). All of our current and future members can

follow us on these platforms to stay updated on ISH's latest activities, and discover the incredible work we do at ISH. We maintain a continuous stream of articles and valuable resources presented by our distinguished members on both platforms. You can also stay informed about the monthly virtual Masterclass Webinars (see below) as well as activities related to the Crisis Intervention Committee (see below), our congresses, and much more.

Most recently, you can participate via these platforms on a recent contest reflecting on our motto, "Building Bridges of Understanding." The contributions of photos of bridges from around the world were truly inspiring. We invite you to keep sharing and building our community by following us on the platform(s) of your choice!

Crisis Intervention Committee

In response to a suggestion made by Kathleen Long, who was the president of the European Society of Hypnosis (ESH) at the time, ESH and ISH created a joint Crisis Intervention Committee (CIC), which has been meeting and continue to meet to develop resources to support people who are experiencing man-made and environmental crises around the world. The committee is co-chaired by Kathleen Long and Callie Hattingh, and currently involved in supporting people affected by the current crisis in the Middle East. In support of this effort, Dr. Woltemade Hartman and Carl Hattingh have presented virtual workshops for more than 70 health care workers and therapists from Israel in collaboration with the International Ego State group and the Israeli Hypnosis Society, organized by Joseph Meyerson, past president of the Israeli Hypnosis Society on the utilization of hypnosis, Ego State Therapy and the Polyvagal theory for trauma.

Monthly Masterclass webinars

Under the extraordinary leadership of Enayat Shahidi, chair of the Education and Training Committee, ISH has been sponsoring virtual Master-



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class webinars on a monthly basis since November of 2021. To date, 24 webinars have been conducted, and 970 individuals have participated, with an average of about 40 participants per webinar. Each 3-hour workshop focuses on a specific topic or technique, and several have focused specifically on topics relevant to clinicians providing care to victims of abuse and trauma. ISH members can register and participate in the webinars at a reduced price, and each registrant has access to a recording of the workshop for 30 days after the workshop ends. Please feel free to go to the ISH website to see the list of prior webinars and register for the upcoming ones (<https://www.ishhypnosis.org/ish-monthly-masterclass/>). If you are interested in facilitating one of the webinars, please send your proposal and CV to Enayat Shaihi at info@ishhypnois.com. The Education and Training Committee will review your proposal and let you know their decision.

Coffee with the President

Pretty much since the start of my presidency, I have been hosting or co-hosting a Coffee with the President social hour every month. These are often held on the first Thursday of the month at 4 pm, European Standard Time. On occasion, when the event was co-hosted by a Constituent Society, we chose a time for the event that worked the best for the members of that society. These coffee hours have proven to be very popular, and give ISH members and future members a chance to connect and discuss whatever is on the participants' minds about hypnosis. The discussion topics have ranged from the latest scientific findings about the efficacy and mechanism of hypnosis to strategies for encouraging colleagues to learn more about hypnosis. Whatever the topic has been, it has always been wonderful to meet colleagues from all over the world and hear ideas about hypnosis from unique perspectives. Please feel free to join us. You can learn about, and then register for, the next coffee event via notices from Facebook or Instagram or by visiting the ISH website (<https://www.ishhypnosis.org/>).

Supporting new and established Constituent Societies

Another way that we have been working to build connections has been to support new and established Constituent Societies as we are able, and in ways consistent with their specific needs. For example, at the request of and in collaboration with the Islandic Society of Hypnosis, Bernhard Trenkle offered a basic hypnosis workshop in collaborating with last year. The goals of this event were to introduce more health care providers working in Island to hypnosis and encourage them to learn about and ideally join the Islandic Society of Hypnosis. I have been working closely with the Indian Society of Clinical and Experimental Hypnosis towards these same goals, having facilitated an advanced workshop on pain management in Bangalore in December of 2022, and having plans to facilitate additional workshops in Kolkata this coming December and in Baroda in December of 2024. In each case, the facilitators have volunteered their time and have used proceeds to support the registration of new ISH members.

Along these lines, Brian Allen has been advocating for and working to support the development of hypnosis and new ISH Constituent Societies in South America, including by organizing virtual workshops for clinicians in this area. We hope to continue to expand ISH-sponsored and local society and ISH co-sponsored workshops to other countries – especially countries where the knowledge about and use of clinical hypnosis is in its early stages – to nurture the growth of clinical hypnosis worldwide. If your constituent society has an interest in collaborating with ISH to organize and offer a basic or advanced workshop on any topic, please feel free to contact me at info@ishhypnosis.org and we can discuss your interests and needs.

The ISH newsletter

Under the guidance of Katalin Varga, ISH has continued to publish a quarterly newsletter filled with information relative to the application of clinical hypnosis. This newsletter is one of the many benefits of being an



2021-2024



ISH member. The newsletter includes interviews of ISH members, book reviews, articles on the history of hypnosis, articles describing both hypnosis techniques that can be used across to address a variety of issues as well as techniques that target specific conditions or symptoms, and abstracts of recent articles published in the International Journal of Clinical and Experimental Hypnosis, our flagship scientific journal. Copies of the current and archived newsletters can be found at <https://www.ishhypnosis.org/news-events/ish-newsletter/>. If you have ideas for content you would like to contribute to the newsletter, please contact the editor, Katalin Varga, at info@ishhypnosis.com.

Although all of the members of your Board of Directors have been involved in supporting each one of the initiatives described above (e.g., by serving on the Crisis Intervention Committee and/or Education Committee, facilitating webinars, showing up at the monthly coffee with the president event, contributing content for the quarterly newsletter), each one has also provided important ideas and support for the development of these initiatives. Each has also been active in taking the leadership of and supporting other critical ISH goals. For example, Anita Jung has taken the lead to organize the wonderful ISH 50th anniversary events. Kris Klajs and his Congress planning team organized a 2021 Congress, only to see it be postponed (twice!) due to COVID. He and his team are continuing to do the organizing needed for a wonderful live and in person World Hypnosis Congress in Krakow in June of next year. If you have not already registered for the Congress, please do so right away (at <https://www.hypnosis2021.com.pl/en>). At the request of Constituent Societies, Woltemade Hartmann and a committee he led, developed clinical hypnosis training guidelines that provide an approach for determining who is most appropriate for receiving training in clinical hypnosis in different cultural and country contexts. This task turned out to be much more complex than originally thought, and the resulting guidelines are clear, practical, and we think sensitive to the many differences in how clinical hypnosis can and is provided throughout the world. Giuseppe De Benedittis has continued his steady work for the World Health Organization to recognize clinical hypnosis as an appropriate and evidence-based treatment for pain.

In addition, two long-time ISH members have also been particularly helpful during the last two years. Gerard Fitoussi, current president of the European Society of Hypnosis, has participated in many BOD meetings to provide key input and help ensure a diversity of representation from our many members from France. Similarly, Nicole Ruysschaert, past ISH BOD member, continues to volunteer her time and deep knowledge of hypnosis in helping to edit text for the newsletter. Julie Linden, one of our past presidents, has continued to serve as the USA-based administrator, helping us keep on top of the significant paperwork needed to operate as a non-profit organizing, including ensuring an annual audit of our finances, completing and filing our annual tax forms, and providing on-the-ground management of our USA bank account.

Through these key activities and initiatives, ISH has continued to work towards expanding knowledge about and effective use of clinical hypnosis to build bridges of understanding between individuals in our world community. We very much appreciate the support you give to this effort through your membership and participation in our many events. Would you like to do more? Please feel free to contact me at any time to discuss your ideas about how you can contribute to our vibrant and growing hypnosis world community (at info@hypnosis.com).



2024-2027



KRIS KLAJS 2024—2027

My first time on the ISH BOD was at the World Congress in Montreal, Canada, in 2018. Peter Bloom, one of our previous ISH Presidents was at the meeting. Years ago, he said, when the ISH was established; the word “international” was our dream. Today – it is a reality, he stressed with a smile.

And since then, when the BOD does not meet live, we meet virtually every three months for on one hour. It is early in the morning in the Pacific coast of USA and in Mexico, the afternoon in the Europe and South Africa, and late at night in China and in Australia. There is a wonderful experience of such a meeting – a wonderful variety of cultures, a variety of ideas, and variety of hypnotic approaches.



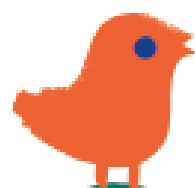
KRIS KLAJS

I have memories of the World Congress in Acapulco, Mexico, in 2006 – the 17th Congress of International Society of Hypnosis. Fantastic people, hospitality, rich observations, beautiful colors, and great music. A lot of promising ideas. That was my very first meeting with the ISH. It was a very refreshing experience, especially for somebody who had spent most of his life behind the iron curtain – no way to go abroad, no freedom, and no open discussions. After colorful Mexico

was Rome, then Bremen in Germany, Paris and in 2018 Montreal, Canada – our most recent Congress. It has become more and more clear to me this it is not the place of the meeting, but the people who create a special atmosphere; people who follow our motto – building bridges of understanding.

And a few thoughts about the future; or rather wishes and dreams. I’m pretty sure, that every culture has its own way of solving mental health challenges, has its own mental health recovery concepts. One hope is that we will continue to be able to collect those ideas and to discuss and share them between us in our Society. To discuss and discover how cooperation between the conscious and the unconscious mind is perceived and described in different cultures, how we can profit from the diversity between us, and create better ways of cooperation. A second hope, may be even much more naïve reflection. I wonder – what can an unconscious mind specialist contribute to mental health in order to reduce the risk of wars and its short and long-time dramatic consequences? Maybe we need years for this to unfold; but when is a better time to start this process?





50 Years!



50th Anniversary of

THE INTERNATIONAL SOCIETY OF HYPNOSIS

ESTABLISHED IN 1973



2023



BUILDING BRIDGES OF UNDERSTANDING



**1 PHOTO — 4 SEASONS
SEASONAL GREETINGS
FROM THE BOARD OF DIRECTORS.
THANK YOU FOR BEING A MEMBER OF THE ISH FAMILY.**



**Bernhard Trenkle, Brian Allen, Kris Klajs, Mark Jensen,
Enayat Shahidi, Nicole Ruysschaert, Anita Jung,
Katalin Varga, Cecilia Fabre**



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IJCEH

INTERNATIONAL JOURNAL
OF CLINICAL AND EXPERIMENTAL HYPNOSIS

RECENT ISSUE VOLUME 71, ISSUE 4

The most recent issue of the IJCEH features the publication of narrative reviews and research studies centered on the efficacy and feasibility of hypnosis interventions for medical issues including fibromyalgia, self-care in oncology patients, test anxiety and sleep disturbances in college students. Along with an international survey about hypnosis beliefs and attitudes among students, therapists, and the general public in Poland. This is the fourth issue of 2023 and we look forward to publishing many more outstanding articles in the new year!

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



Gary R. Elkins, PhD
Editor-in-chief

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

Editor-in-Chief of
the International Journal of
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Vanessa Muñiz
Managing Editor

Managing Editor
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THE IJCEH ACCEPTS MANY TYPES OF PAPERS

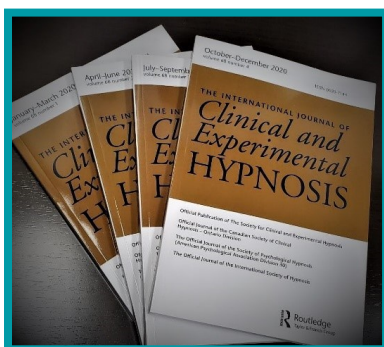
Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material.

TOPICS CAN INCLUDE

Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

CALL FOR PAPERS:

SYSTEMATIC REVIEWS & META-ANALYSES



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

particular disorder or domain. Submit your systematic review or meta-analysis to the IJCEH using the submission instructions below!

IF YOU HAVE A PAPER TO SUBMIT

Go to <https://v2.rp.tandfonline.com/>. Everything you submit will be conveniently available for you to view on the online system.

Contact us at: IJCEH@baylor.edu

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

ABSTRACTS FROM THE
OCTOBER 2023 ISSUE – VOLUME 71 (4)

EFFICACY OF HYPNOSIS INTERVENTIONS: FIBROMYALGIA, SLEEP, ONCOLOGY, TEST ANXIETY, AND BELIEFS (EDITORIAL)

Gary Elkins

This issue of the International Journal of Clinical and Experimental Hypnosis addresses the efficacy and feasibility of hypnosis interventions for several medical problems and issues. The lead article provides a narrative review of the efficacy of hypnosis interventions for Fibromyalgia. This is followed by a feasibility study of self-administered hypnosis for sleep disturbances in college students and an article on self-hypnosis for self-care in oncology patients. The effect of self-hypnosis on test anxiety is added in a study of secondary school students in Malaysia. These articles are complemented by a survey about hypnosis among students, therapists, and the general public in Poland. These are impactful topics that are addressed from an international perspective. The feasibility and potential efficacy of hypnosis interventions for a range of medical concerns are addressed as well as the impact of beliefs and attitudes about clinical hypnosis.

THE CHALLENGE OF FIBROMYALGIA. EFFICACY OF HYPNOSIS IN ALLEVIATING THE INVISIBLE PAIN: A NARRATIVE REVIEW

Giuseppe De Benedittis

Fibromyalgia syndrome (FMS) is a multifaceted and incapacitating functional pain syndrome that is characterized by continuous, severe, widespread musculoskeletal pain. FMS is associated with other symptoms such as fatigue, non-restorative sleep, cognitive/emotional dysfunction, and diminished health-related quality of life (HRQOL). The pathogenesis of FMS is still not fully understood, but an increasing amount of evidence supports the link between childhood/adulthood emotional, physical, sexual abuse or neglect, and the development of FMS. Managing and treating FMS patients can be challenging because the syndrome is refractory to most treatments. However, psychological interventions, particularly hypnotherapy, have been shown to be effective in the cognitive modulation of fibromyalgic pain. FMS patients may benefit from hypnotherapy alone or in combination with standard medical therapy. Symptom-oriented hypnosis aims to reduce pain, fatigue, sleep problems, anxiety, and depression, while hypnotherapy focuses on resolving emotional conflicts and unresolved traumas associated with FMS. In conclusion, hypnosis may be a useful and safe adjunct tool for managing chronic pain and dysfunctional symptoms in challenging fibromyalgic patients.

OPEN ACCESS

FEASIBILITY OF A SELF-ADMINISTERED HYPNOSIS INTERVENTION FOR IMPROVING SLEEP IN COLLEGE STUDENTS

Morgan Snyder, Cameron T. Alldredge, Samuel R. Stork, and Gary R. Elkins

Approximately two out of three college students report experiencing sub-optimal sleep quality. The aim of this study was to examine the feasibility of a self-administered hypnosis intervention to improve sleep in college students. Twenty-two college students who self-reported poor sleep quality were enrolled in a four-week study consisting of one baseline week and a three-week self-administered hypnosis intervention. Sleep onset latency



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and sleep efficiency as measured by wrist actigraphy were significantly improved. The mean average nightly sleep duration during the baseline week was 398.88 minutes (SD = 56.44), which increased to a mean of 413.88 minutes (SD = 57.80) during the third week of intervention. However, the results show that there was no statistically significant difference between weeks on objective nightly sleep duration, 95% CI [-11.13, 41.13], $t(15) = 1.224$, $p = .240$. Also, results showed that there was no significant difference between weeks on self-reported nightly sleep duration, $F(3, 57) = 2.155$, $p = .103$. Twenty participants (91%) completed the study intervention and adherence to daily self-hypnosis practice with an audio recording was high. Zero study-related adverse events were reported, and participants perceived the intervention as easy to use and helpful for improving sleep. These results provide evidence for the feasibility and safety of a self-administered hypnosis intervention to improve sleep in college students. A larger randomized clinical trial is warranted to determine efficacy.

A GROUP INTERVENTION COMBINING SELF-HYPNOSIS AND SELF-CARE IN ONCOLOGY; IMPLEMENTATION IN DAILY LIFE AND PERCEIVED USEFULNESS

Charlotte Grégoire, Marie-Elisabeth Faymonville, Audrey Vanhaudenhuyse, Guy Jerusalem, Justine Monseur, and Isabelle Bragard.

Multicomponent mind-body interventions are increasingly studied in oncology to improve patients' quality of life (QOL). However, the respective usefulness of each of their components or their long-term use by the participants are rarely assessed. In this study, ninety-five women with different cancer diagnoses participated in a self-hypnosis and self-care group. Different questionnaires were administered before (T1), right after (T2), 3-4 months after (T3) and one year after (T4) the intervention. After the intervention, 97.5% of the participants regularly practiced any kind of relaxation (vs. 50% at baseline), especially hypnosis. The different components of the intervention (i.e., being in a group, hypnosis exercises during the sessions and at-home, self-care tasks, and discussions during the group sessions) were all considered to be very useful ($M = 6.91-7.75/10$). One year after the intervention, the 10 most used techniques were mainly concrete activities to take care of oneself. This intervention seems very relevant for women who had cancer. Our results allow a first reflection about the mechanisms of action of our intervention.

EFFECT OF SELF-HYPNOSIS ON TEST ANXIETY AMONG SECONDARY SCHOOL STUDENTS IN MALAYSIA

Sukunah Pachaiappan, Meng Yew Tee and Wah Yun Low

Test anxiety comprises cognitive, physiological, and behavioral reactions due to anxiety about failure or a lower academic performance score on an exam or evaluation. Therefore, this study examined the effect of self-hypnosis on reducing test anxiety among upper secondary school students using a quantitative methodology with a pre-experimental design. The prevalence of test anxiety was measured using the Friedben Test Anxiety Scale (FTAS) and students' demographic data were collected. Twenty-two 16-year-old students with moderate to high test anxiety were selected for a self-hypnosis intervention over a period of five weeks. The FTAS questionnaire was administered four times: at baseline, third week, fifth week, and at follow-up (three weeks after the intervention). Students' test anxiety differences were statistically significant across four-time points. Self-hypnosis intervention decreased students' overall test anxiety scores and in the three constructs: social, cognitive, and tenseness. The outcomes indicate that self-hypnosis training can help students cope with test anxiety and be further explored for managing test anxiety in school settings.

SURVEY OF BELIEFS ABOUT HYPNOSIS AMONG STUDENTS, THERAPISTS, FOLLOWERS OF PARANORMAL BELIEFS, AND GENERAL PUBLIC IN POLAND

Julia Baster, Mateusz Polak, Malwina Szpitalak, Iwona Dudek, and Romuald Polczyk



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The aim of the present study is to examine beliefs about hypnosis in a Polish sample, with a focus on possible misconceptions. The research included groups with different backgrounds regarding hypnosis: first- and fifth-year psychology students, psychotherapists using hypnosis, people interested in paranormal phenomena, and people from the general population. The results demonstrated mild misconceptions about hypnosis and significant differences in beliefs about hypnosis between the aforementioned groups. Additionally, within a Polish sample, psychotherapists using hypnosis and fifth-year students' views were most similar in their current scientific knowledge about hypnosis, while the groups targeting individuals unexposed to hypnosis, and followers of paranormal beliefs showed significantly more misconceptions.

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2023



CALL FOR PAPERS

INTERSECTIONS OF PSYCHEDELICS, PSYCHEDELIC AND MYSTICAL EXPERIENCES, AND HYPNOSIS

(Editor-in-Chief, Gary Elkins, Ph.D.)

Details: The therapeutic benefits of psychedelic and mystical experiences have been shown in several studies and the research base has grown rapidly in recent years. Both hypnosis and psychedelics have been investigated for a range of psychiatric disorders and transformative experiences and past research has suggested that psychedelic and mystical altered states may be facilitated or augmented by hypnosis, meditation, and positive expectancy. Several studies have identified potential parallels between psychedelics and hypnosis and some have proposed that combining hypnosis and psychedelics in psychotherapy may have enhanced benefits. Other research has suggested that hypnosis may be used to create psychedelic and mystical experiences without taking a psychedelic substance. Although there has been increased interest in psychedelics, mystical experiences, hypnosis, and non-ordinary states of consciousness, much remains unknown. For example: Can hypnosis be used by individuals to create psychedelic experiences that are comparable to psychedelic substances? Can hypnosis create psychedelic states and mystical experiences that are transformative or have therapeutic benefits? Does hypnotizability and absorption moderate the capacity to experience psychedelic or mystical experiences? What is the role of placebo effects, positive expectancy, and hypnotic suggestion in psychedelic experiences? Is the neurophysiology of substance-induced and hypnosis-induced psychedelic experiences comparable? What is a potential theoretical framework that can account for the ability of hypnosis to induce psychedelic and mystical states? How does hypnosis influence substance-induced psychedelic experiences in treatment? This special issue of the *IJCEH* is a call for papers (research, theoretical, or clinical) that can address these and related questions. Interested authors are encouraged to provide letters of interest and manuscript submissions before their deadlines. Manuscripts will be peer-reviewed for consideration for publication in this Special Issue.

Letters of interest are due by
December 15, 2023

Deadline for Submission of Manuscripts to the *IJCEH*:
May 1, 2024

Submission of Manuscripts: The *International Journal of Clinical and Experimental Hypnosis* receives all manuscript submissions electronically via Taylor & Francis' submission portal located at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

Instructions to authors can be found at: <https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20>

Questions and requests can be sent to the *IJCEH* Editorial Office at IJCEH@baylor.edu

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Event Categories



Default



ISH Monthly Masterclass



ISH Coffee with the President

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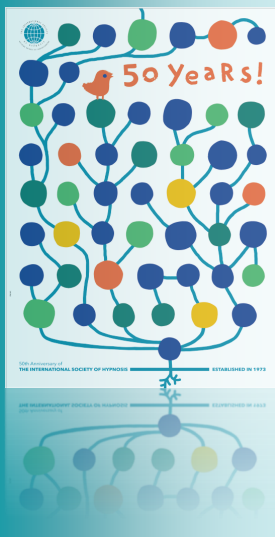
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ISH is offering free non-voting membership to master level and above students in Dentistry, Medicine and Psychology while they are full time students. Students must either be members of a constituent society of ISH or submit a recommendation from an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

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

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

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





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ISH MEMBERSHIP

BECOME AN ISH MEMBER TODAY!

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



INDIVIDUAL MEMBERS:

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

for office

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

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

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

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

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

CONSTITUENT SOCIETY MEMBERS:

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

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

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

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

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

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



2024



ASCH

66th Annual Scientific Meetings and Workshops

Hypnosis and the Healing Relationship

February 23-25, 2024



REGISTRATION IS NOW OPEN FOR ASMW 2024

February 22-25, 2024 | VIRTUAL

Theme: Hypnosis and the Healing Relationship

2 Pre-Conference Workshops | Daily Plenary Sessions | 36 Advanced Workshops | Symposium Presentations

Link to Register: [ASCH | ASMW Conference](#)

Save Big with Early Bird Rates **until January 15, 2024.**

- Early bird discounts are available for ASCH members, non-members, residents, interns, and fellows.
- ASCH members join the conference at a discounted rate.

This pivotal 2024 event will center around enhancing the healing relationship through the transformative power of hypnosis. Presentations will cover topics in the following areas: Trauma, Veteran-Related, Pain Management, Dental, EMS, Medical & Nursing Disciplines, Integrating Hypnosis with other Modalities, Metaphysical & Spiritual States of Consciousness.

Attendees have the flexibility to register for the pre-workshop and the main workshop separately or opt for the All-Access Registration for the full program. For those interested in specific sessions, there is also the choice to register for any individual day of the three-day main workshop.

SOME HIGHLIGHTS FROM ASMW 2024

Pre-Conference Workshops:

Rapid Hypnotic Techniques at the Medical Forefront (Comfort Talk®)

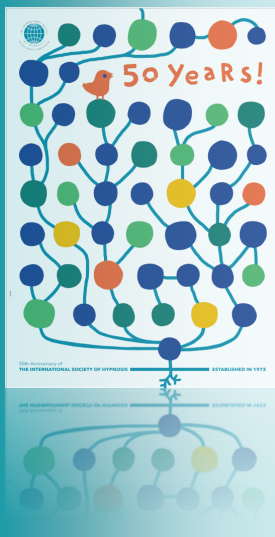
This workshop equips participants with strategies to immediately alleviate patient distress during medical encounters. Leveraging hypnotic language proven in clinical trials, including studies with veterans, attendees will learn to rapidly establish rapport, navigate biases, optimize word choice, and counteract negative suggestions. The emphasis is on reframing concerns, moderating pain responses, and understanding the symbolic meanings of patients' symptom narratives.



Elvira Lang, MD, PhD, is an award-winning interventional radiologist known for researching the effectiveness and cost savings of rapid nonpharmacologic techniques in medicine and dentistry. She crystallized these techniques and founded Comfort Talk®. Her large-scale clinical trials demonstrated that the Comfort Talk® skills, including guidance in self-hypnotic relaxation, reduce pain, anxiety, drug use, and complications during invasive medical procedures and improve patients' satisfaction and ability to complete MRI examinations. She (co-)authored "Patient Sedation Without Medication," "Managing Your Medical Experience," and >150 research papers. She received multiple awards and has been featured extensively in the press and on television.



2024



Plenary Session:

The Efficacy of Telehealth-delivered Hypnotic Cognitive Therapy for Chronic Pain in People with Spinal Cord Injury.

This presentation reviews a study on Hypnotic Cognitive Therapy (HYP-CT) for individuals with spinal cord injury (SCI) experiencing persistent neuropathic or musculoskeletal pain. The research compares the effectiveness of telehealth-delivered HYP-CT against usual care in reducing pain intensity. Six weekly sessions of HYP-CT were conducted via telephone or Zoom, resulting in decreased daily pain intensity, sleep difficulties, depression, and pain catastrophizing at various intervals compared to usual care. The focus will be on discussing the successful hypnotic and cognitive strategies utilized in the study.



Dr. Charles Bombardier is a clinical psychologist and Professor in the Department of Rehabilitation Medicine at the University of Washington School of Medicine in Seattle. He has worked as a clinician on the inpatient rehabilitation at Harborview Medical Center for over 30 years. He has devoted his scientific career to improving health and quality of life in people with spinal cord injury, traumatic brain injury, and multiple sclerosis. His funded research has focused on assessing and treating depression, pain, physical inactivity, grief, substance abuse, and cognitive

impairment in people with disabilities. He and his colleagues have conducted more than 20 randomized controlled trials of telehealth interventions, medications, various forms of counseling, and physical exercise. He extends his appreciation to his colleagues Joseph Barber, Dave Patterson, and Mark Jensen, who facilitated his understanding and application of hypnosis.

Visit the [ASCH website](#) for more information on ASMW 2024!

Link to ASCH website: [ASCH | ASMW Conference](#)

ASCH

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