



# The International Society of Hypnosis NEWSLETTER

Building Bridges of Understanding  
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A LETTER FROM THE PRESIDENT

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KRZYSZTOF KLAJS

I am beginning to write this first presidential letter with very intense emotions. Similarly strong emotions are accompanying the start of my service as an ISH President. I listen to words of our motto 'Building Bridges of understanding' and search for answers to important questions about the mission of our organisation.

Having in mind Claude Virost's words – our ISH President in the years 2015-2018 'Everything we do today is oriented towards future' I ask myself where are we now?

Without a doubt - a long line of previous ISH Presidents and previous BODs have built many solid bridges. Kindness, cooperation and professionalism are the terms that, in my opinion, characterise the ISH. I hope that this will also be the case in the future.

ISH congresses, like the regular board meetings, have been accompanied by a good, cordial atmosphere. This has resulted in the formation of numerous great initiatives. Mark Jensen writes about this in detail in his recent letter. Mark - I join you in thanking everyone who has put their heart and competence into building the ISH over the past years. I sincerely thank you for your commitment and especially for your friendly style of leadership of the organisation, your effort to promote hypnosis in Asia and your idea of monthly meetings. I hope you will allow me to continue them.

What challenges do we face? The time of pandemic, the global instability, the war in Europe and the consequences of the climate disaster show us the illusion of the European sense of security and the conviction of the inevitable stability of development.

For the first time in years, the three-year cycle of the ISH world congresses has shifted significantly and we had to wait six years for the next ISH XXII Congress. The possibility of coming to Krakow was in doubt for many participants until last weeks and finally became unavailable for many of our members. These factors required both the BOD and the organisers of the congress in Krakow to work under enormous pressure. We are pleased that the continuity and stability of the organisation was successfully maintained and that specialists from more than 40 countries and six continents participated in the congress. I hope that 'Cooperation in Hypnosis', the leading slogan of the Krakow meeting, will remain relevant for a long time.



Changes in recent years highlight the importance of effective work of organisations that take care of mental health. Undoubtedly, this is a challenge for the ISH, which means that we need to strongly promote the knowledge of modern hypnosis and its clinical effectiveness. In recent years, we have developed an on-line training activity, and we should continue to expand it. We cooperate with the European Society of Hypnosis (ESH) and with the American Society of Hypnosis (ASCH). Is it time to think about supporting and creating an African Hypnosis Society and a South American Hypnosis Society, or is it still too early? Are we giving enough support to Constituent Societies and other national hypnosis societies? Are we giving sufficient attention and support to Youth Committee and younger colleagues? There are probably many more questions about the future, and I am sure that together we will meet the challenges.

I received a presidential gravel in Krakow. I hope to pass the ISH in good condition in three years' time with it to Kata Varga the current President Elect.

Krzysz Klajs





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# EIN BRIEF DES PRÄSIDENTEN

ÜBERSETZT VON ANITA JUNG

Mit großer Emotion beginne ich diesen ersten Präsidentenbrief. Ebenso stark bewegt mich der Beginn meines Amtes als Präsident der ISH. Im Geiste unseres Mottos „Brücken des Verständnisses bauen“ suche ich nach Antworten auf wichtige Fragen zur Mission unserer Organisation.

Mit den Worten von Claude Virost, unserem ISH-Präsidenten von 2015 bis 2018, im Hinterkopf – „Alles, was wir heute tun, ist auf die Zukunft ausgerichtet“ – stelle ich mir die Frage: Wo stehen wir jetzt?

Ohne Zweifel haben viele frühere ISH-Präsidenten und frühere Vorstände viele solide Brücken gebaut. Freundlichkeit, Zusammenarbeit und Professionalität sind meiner Meinung nach die Begriffe, die die ISH kennzeichnen. Ich hoffe, dass dies auch in Zukunft so sein wird. Die ISH-Kongresse sowie die regelmäßigen Vorstandssitzungen wurden stets von einer angenehmen und herzlichen Atmosphäre begleitet. Dies hat zur Entstehung zahlreicher großartiger Initiativen geführt. Mark Jensen schreibt ausführlich darüber in seinem jüngsten Brief. Mark, ich schließe mich dir an und danke allen, die ihr Herz und ihre Kompetenz in den Aufbau der ISH in den letzten Jahren gesteckt haben. Ich danke dir aufrichtig für dein Engagement und insbesondere für deinen freundlichen Führungsstil, deinen Einsatz für die Förderung der Hypnose in Asien und deine Idee der monatlichen Treffen. Ich hoffe, du erlaubst mir, diese fortzusetzen.

Welche Herausforderungen stehen uns bevor? Die Zeit der Pandemie, die globale Instabilität, der Krieg in Europa und die Folgen der Klimakatastrophe weisen auf die Illusion des europäischen Sicherheitsgefühls und der Überzeugung von der unvermeidlichen Stabilität der Entwicklung hin.

Zum ersten Mal seit Jahren wurde der dreijährige Zyklus der ISH-Weltkongresse erheblich unterbrochen, und wir mussten sechs Jahre auf den nächsten, den XXII. ISH-Kongress, warten. Die Möglichkeit, nach Krakau zu reisen, war für viele Teilnehmer bis kurz vor dem Kongress ungewiss und blieb schließlich für viele unserer Mitglieder unerreichbar. Diese Umstände verlangten sowohl vom Vorstand als auch von den Organisatoren des Kongresses in Krakau, unter enormem Druck zu arbeiten. Wir sind erfreut, dass die Kontinuität und Stabilität der Organisation erfolgreich gewahrt werden konnten und dass Spezialisten aus mehr als 40 Ländern und sechs Kontinenten am Kongress teilgenommen haben. Ich hoffe, dass „Zusammenarbeit in der Hypnose“, das Leitthema des Treffens in Krakau, noch lange relevant bleiben wird.

Die Entwicklungen der letzten Jahre unterstreichen die Bedeutung einer effektiven Arbeit von Organisationen, die sich um die psychische Gesundheit kümmern. Zweifellos stellt dies eine Herausforderung für die ISH dar, was bedeutet, dass wir das Wissen über moderne Hypnose und ihre klinische Wirksamkeit intensiv fördern müssen. In den letzten Jahren haben wir ein Online-Schulungsprogramm entwickelt, das wir weiter ausbauen sollten. Wir arbeiten mit der ESH und der ASH zusammen. Ist es an der Zeit, über die Unterstützung und Gründung einer Afrikanischen und einer Südamerikanischen Hypnosegesellschaft nachzudenken, oder ist es noch zu früh? Bieten wir den Mitgliedsgesellschaften und anderen nationalen Hypnosegesellschaften genügend Unterstützung? Schenken wir dem Jugendkomitee und unseren jüngeren Kollegen genügend Aufmerksamkeit und Förderung?

Es gibt sicherlich noch viele weitere Fragen zur Zukunft, und ich bin überzeugt, dass wir gemeinsam die Herausforderungen meistern werden. In Krakau habe ich den Präsidentengavel erhalten. Ich hoffe, die ISH in drei Jahren in gutem Zustand an Kata Varga, die derzeitige Präsidentin, übergeben zu können.

Krzys Klajs



# LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Je commence à écrire cette première lettre présidentielle avec des émotions très intenses. Des émotions tout aussi fortes accompagnent le début de mon mandat en tant que Président de l'ISH. J'écoute les mots de notre devise « Construire des Ponts de compréhension » et je cherche des réponses aux questions importantes concernant la mission de notre organisation.

En gardant à l'esprit les paroles de Claude Virost – notre Président de l'ISH de 2015 à 2018 – « Tout ce que nous faisons aujourd'hui est orienté vers l'avenir », je me demande où nous en sommes maintenant.

Sans aucun doute, une longue lignée de Présidents précédents de l'ISH et membres précédents du conseil d'administration ont construit de nombreux ponts solides. La gentillesse, la coopération et le professionnalisme sont, à mon avis, les termes qui caractérisent l'ISH. J'espère que ce sera également le cas dans l'avenir. Les congrès de l'ISH, tout comme les réunions régulières du conseil, ont toujours été accompagnés d'une atmosphère agréable et cordiale. Cela a permis la formation de nombreuses grandes initiatives. Mark Jensen en parle en détail dans sa récente lettre. Mark – je me joins à toi pour remercier tous ceux qui ont mis leur cœur et leurs compétences au service de la construction de l'ISH au cours des dernières années. Je te remercie sincèrement pour ton engagement et en particulier pour ton style de leadership amical, pour tes efforts visant à promouvoir l'hypnose en Asie et pour ton idée des réunions mensuelles. J'espère que tu me permettras de les continuer.

A quels défis devons-nous faire face ? La période de pandémie, l'instabilité mondiale, la guerre en Europe et les conséquences du désastre climatique nous montrent l'illusion du sentiment européen de sécurité et la conviction d'une stabilité inévitable du développement.

Pour la première fois depuis des années, le cycle triennal des congrès mondiaux de l'ISH a été significativement perturbé, et nous avons dû attendre six ans pour le prochain XXIIème congrès de l'ISH. La possibilité de venir à Cracovie a été incertaine pour de nombreux participants jusqu'aux dernières semaines, et finalement, elle est devenue inaccessible pour beaucoup de nos membres. Ces facteurs ont obligé le conseil d'administration et les organisateurs du congrès de Cracovie à travailler sous une énorme pression. Nous sommes heureux que la continuité et la stabilité de l'organisation aient été maintenues avec succès et que des spécialistes de plus de 40 pays et de six continents aient participé au congrès. J'espère que « Coopération en hypnose », le slogan principal de la rencontre de Cracovie, restera pertinent pendant longtemps.

Les changements récents soulignent l'importance du travail efficace des organisations qui s'occupent de la santé mentale. Sans aucun doute, c'est un défi pour l'ISH, ce qui signifie que nous devons fortement promouvoir la connaissance de l'hypnose moderne et de son efficacité clinique. Ces dernières années, nous avons développé une activité de formation en ligne, et nous devons continuer à l'étendre. Nous coopérons avec l'ESH et l'ASH. Est-il temps de réfléchir à la création et au soutien d'une Société Africaine d'Hypnose et d'une Société Sud-Américaine d'Hypnose, ou est-ce c'est encore trop tôt ? Apportons-nous suffisamment de soutien aux Sociétés Constituantes et aux autres sociétés nationales d'hypnose ? Accordons-nous suffisamment d'attention et de soutien au Comité Jeunesse et à nos jeunes collègues ? Il y a probablement beaucoup d'autres questions sur l'avenir, et je suis sûr qu'ensemble, nous relèverons les défis.

J'ai reçu un marteau présidentiel à Cracovie. J'espère transmettre l'ISH en bon état dans trois ans à Kata Varga, l'actuelle Présidente Éluée.

Krzysz Klajns



# LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Inizio a scrivere questa prima lettera presidenziale con emozioni molto intense. Emozioni altrettanto forti accompagnano l'inizio del mio servizio come Presidente dell'ISH. Ascolto le parole del nostro motto "Costruire ponti di comprensione" e cerco risposte a domande importanti sulla missione della nostra organizzazione.

Tenendo a mente le parole di Claude Virot, Presidente della ISH dal 2015 al 2018, "Tutto ciò che facciamo oggi è orientato al futuro", mi chiedo dove siamo adesso.

Senza dubbio, una lunga linea di precedenti Presidenti della ISH e di precedenti consigli di amministrazione hanno costruito molti solidi ponti. Gentilezza, cooperazione e professionalità sono, a mio avviso, i termini che caratterizzano la ISH. Spero che sarà così anche in futuro. I congressi della ISH, così come le riunioni regolari del consiglio, sono stati accompagnati da un'atmosfera piacevole e cordiale. Questo ha portato alla creazione di numerose grandi iniziative. Mark Jansen ne parla in dettaglio nella sua recente lettera. Mark, mi unisco a te nel ringraziare tutti coloro che hanno messo il loro cuore e le loro competenze nella costruzione della ISH negli ultimi anni. Ti ringrazio sinceramente per il tuo impegno e in particolare per il tuo stile di leadership amichevole, per i tuoi sforzi nella promozione dell'ipnosi in Asia e per la tua idea degli incontri mensili. Spero che mi permetterai di continuarli.

Quali sfide dobbiamo affrontare? Il periodo della pandemia, l'instabilità globale, la guerra in Europa e le conseguenze del disastro climatico ci mostrano l'illusione del senso di sicurezza europeo e la convinzione della stabilità inevitabile dello sviluppo.

Per la prima volta da anni, il ciclo triennale dei congressi mondiali della ISH è stato significativamente spostato e abbiamo dovuto aspettare sei anni per il successivo Congresso XXII della ISH. La possibilità di venire a Cracovia è stata incerta per molti partecipanti fino alle ultime settimane e, alla fine, è diventata inaccessibile per molti dei nostri membri. Questi fattori hanno richiesto al consiglio di amministrazione e agli organizzatori del congresso di Cracovia di lavorare sotto enorme pressione. Siamo lieti che la continuità e la stabilità dell'organizzazione siano state mantenute con successo e che specialisti provenienti da più di 40 paesi e sei continenti abbiano partecipato al congresso. Spero che "Cooperazione in Ipnosi", lo slogan principale dell'incontro di Cracovia, rimanga rilevante per molto tempo.

I cambiamenti degli ultimi anni evidenziano l'importanza del lavoro efficace delle organizzazioni che si occupano di salute mentale. Senza dubbio, questa è una sfida per la ISH, il che significa che dobbiamo promuovere fortemente la conoscenza dell'ipnosi moderna e della sua efficacia clinica. Negli ultimi anni abbiamo sviluppato un'attività di formazione online e dobbiamo continuare ad espanderla. Cooperiamo con la ESH e ASH. È tempo di pensare a sostenere e creare una Società Africana di Ipnosi e una Società Sudamericana di Ipnosi, o è ancora troppo presto? Stiamo dando abbastanza supporto alle Società Costituenti e alle altre società nazionali di ipnosi? Stiamo dando sufficiente attenzione e supporto al Comitato Giovani e ai nostri colleghi più giovani? Probabilmente ci sono molte altre domande sul futuro, e sono sicuro che insieme affronteremo le sfide.

A Cracovia ho ricevuto il martello presidenziale. Spero di poter passare la ISH in buone condizioni tra tre anni a Kata Varga, l'attuale Presidente Eletta.

Krzysz Klajs



# CARTA DEL PRESIDENTE (ES)

TRADUCIDO POR TERESA ROBLES

Comienzo a escribir esta primera carta presidencial con emociones muy intensas. Emociones igualmente fuertes acompañan el inicio de mi mandato como Presidente de la ISH. Escucho las palabras de nuestro lema "Construyendo puentes de entendimiento" y busco respuestas a preguntas importantes sobre la misión de nuestra organización.

Teniendo en cuenta las palabras de Claude Virost, nuestro Presidente de la ISH de 2015 a 2018, "Todo lo que hacemos hoy está orientado hacia el futuro", me pregunto, ¿dónde estamos ahora?

Sin duda, una larga línea de anteriores Presidentes de la ISH y de anteriores juntas directivas han construido muchos puentes sólidos. Amabilidad, cooperación y profesionalismo son, en mi opinión, los términos que caracterizan a la ISH. Espero que así sea también en el futuro. Los congresos de la ISH, al igual que las reuniones regulares de la junta, han estado acompañados de una atmósfera agradable y cordial. Esto ha resultado en la formación de numerosas grandes iniciativas. Mark Jensen escribe sobre esto en detalle en su reciente carta. Mark, me uno a ti para agradecer a todos los que han puesto su corazón y sus competencias en la construcción de la ISH durante los últimos años. Te agradezco sinceramente por tu compromiso y especialmente por tu estilo de liderazgo amigable, por tu esfuerzo en promover la hipnosis en Asia y por tu idea de las reuniones mensuales. Espero que me permitas continuarlas.

¿Qué desafíos enfrentamos? El tiempo de la pandemia, la inestabilidad global, la guerra en Europa y las consecuencias del desastre climático nos muestran la ilusión del sentido europeo de seguridad y la convicción de la inevitable estabilidad del desarrollo.

Por primera vez en años, el ciclo trienal de los congresos mundiales de la ISH se ha visto significativamente alterado y tuvimos que esperar seis años para el próximo Congreso XXII de la ISH. La posibilidad de venir a Cracovia fue incierta para muchos participantes hasta las últimas semanas y finalmente se volvió inaccesible para muchos de nuestros miembros. Estos factores exigieron tanto a la junta directiva como a los organizadores del congreso en Cracovia trabajar bajo una presión enorme. Nos complace que la continuidad y la estabilidad de la organización se hayan mantenido con éxito y que especialistas de más de 40 países y seis continentes hayan participado en el congreso. Espero que "Cooperación en Hipnosis", el lema principal de la reunión de Cracovia, siga siendo relevante por mucho tiempo.

Los cambios en los últimos años destacan la importancia del trabajo eficaz de las organizaciones que se ocupan de la salud mental. Sin duda, este es un desafío para la ISH, lo que significa que necesitamos promover con fuerza el conocimiento de la hipnosis moderna y su eficacia clínica. En los últimos años, hemos desarrollado una actividad de formación en línea, y debemos seguir ampliándola. Colaboramos con la ESH y la ASH. ¿Es hora de pensar en apoyar y crear una Sociedad Africana de Hipnosis y una Sociedad Sudamericana de Hipnosis, o aún es demasiado pronto? ¿Estamos brindando suficiente apoyo a las Sociedades Constituyentes y a otras sociedades nacionales de hipnosis? ¿Estamos prestando suficiente atención y apoyo al Comité de Jóvenes y a nuestros colegas más jóvenes? Seguramente hay muchas más preguntas sobre el futuro, y estoy seguro de que juntos enfrentaremos los desafíos.

Recibí el martillo presidencial en Cracovia. Espero poder pasar la ISH en buen estado dentro de tres años a Kata Varga, la actual Presidenta Electa.

Krzysz Klajns



## LETTER FROM THE EDITOR



Anita Jung

Dear ISH Community,

It is with great joy and a deep sense of responsibility that I introduce myself as the new editor of the ISH Newsletter. My name is Anita Jung, and my journey through the realms of clinical hypnosis has been one of exploration, creativity, and a profound respect for the healing arts. For over two decades, I have woven traditional therapeutic practices with the melodic threads of innovation, often finding that the most profound transformations occur when we allow ourselves to dance with the unseen, to harmonize the mind and spirit in ways that resonate deeply within us.

### A Heartfelt Thank You to Dr. Katalina Varga

As I step into this role, I find it essential to pause and extend my heartfelt gratitude to Dr. Katalina Varga. Her leadership as editor has been nothing short of inspiring, setting a tone of excellence and warmth that I am honored to continue. Her dedication has left an indelible mark on our community, and I take this moment to say: thank you, Kata, for your unwavering commitment and for the light you have brought to these pages.

### Meet Our New Board Members

In the spirit of new beginnings, it is my pleasure to introduce our three new board members: Stella Nkenke PhD (Austria), Inga Nowak-Dusza, MSc (Poland), and Maria Cristina Perica, PhD (Italy). Each of these remarkable individuals bring a unique melody to our collective symphony, and I am thrilled to share their insights and visions with you. In this issue, you will find interviews with Stella Nkenke and Maria Cristina Perica where they speak of their hopes, their goals, and the harmonious future they envision for ISH. The next issue will feature an interview with Inga Dowak-Dusza.

### Meet Our Mentors – Spotlight on Hypnosis Luminary: Kathryn Rossi

In this issue, I am also excited to share an interview with a master clinician, **Kathryn Rossi**, in the field of hypnosis. Her journey began with skepticism, but a pivotal encounter with Ernest Rossi opened the door to a world of healing that continues to shape her work today.

### Highlights from the Current Issue

This issue, Volume 72, Issue 3 of the *International Journal of Clinical and Experimental Hypnosis* (IJCEH), opens with a poignant tribute to **Dr. Steven Lynn**—a luminary whose contributions continue to echo through our field. Among the featured studies, you will find a clinical trial exploring the synergistic dance between hypnosis and Cognitive Behavioral Therapy in treating major depressive disorder, as well as research into the calming duet of Mindful Self-Hypnosis paired with resistance training to alleviate stress in young women. Additionally, there is a meta-analysis on the subtle symphony of EEG correlates in highly suggestible individuals and a review of the soothing role hypnotherapy plays in managing inflammatory bowel disease.

### Important Update: Journal Transition to Online-Only

As we look to the horizon, I wish to remind you that beginning in January 2025, the *International Journal of Clinical and Experimental Hypnosis* (IJCEH) will transition to an exclusively online format. This shift reflects our commitment to embracing the ever-evolving landscape of knowledge sharing, allowing us to deliver the latest research with the swiftness and accessibility it deserves. Though



the printed page will soon be a memory, the content we bring you will continue to inspire, challenge, and inform in real-time.

### **Building Bridges of Understanding**

In alignment with our society's motto of "building bridges of understanding," I am reminded of Kabir's wisdom:

"The river that flows in you also flows in me."

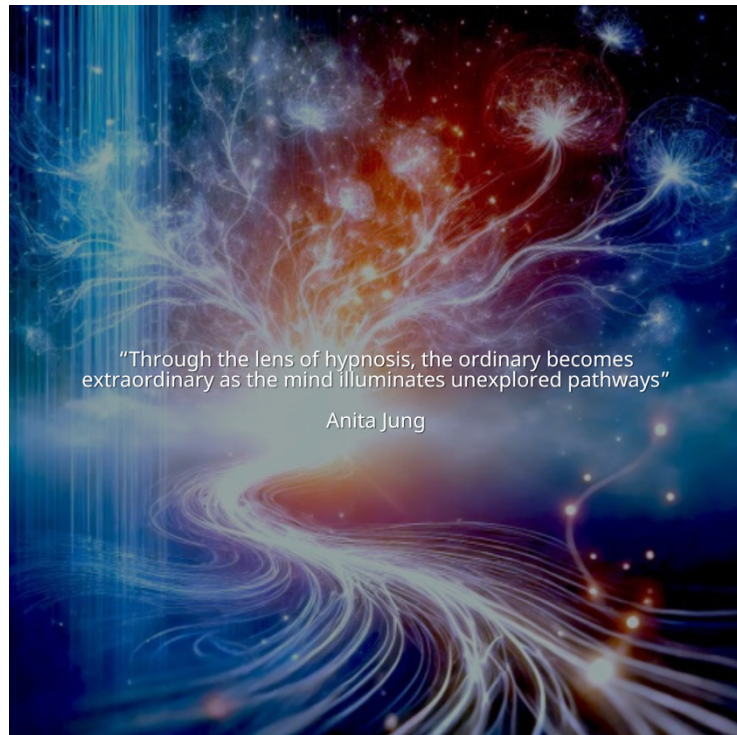
These words beautifully capture the essence of our collective journey. As members of ISH, we are each a part of a greater whole, connected by our shared dedication to advancing the field of hypnosis. Our individual efforts, when combined, create a powerful current that moves us forward together, bridging gaps in knowledge, understanding, and practice.

In the same spirit, our President's letter in this issue echoes the importance of unity, collaboration, and mutual understanding as we continue to build these bridges—not just within our community, but extending outward to the broader world.

I look forward to embarking on this journey with each of you, as we continue to explore the boundless possibilities within the field of hypnosis. Together, we will create, learn, and grow, as we have always done, with hearts open and minds curious.

Warmest regards,

Anita Jung  
Editor, ISH Newsletter



"Through the lens of hypnosis, the ordinary becomes extraordinary as the mind illuminates unexplored pathways"

Anita Jung



# CARTA DE LA EDITORA

SPANISH TRANSLATION: BY TERESA ROBLES

Querida comunidad de la ISH,

Es con gran alegría y un profundo sentido de responsabilidad que me presento ante ustedes como la nueva editora del boletín de la ISH. Mi nombre es Anita Jung, y mi viaje a través de los reinos de la hipnosis clínica ha sido uno de exploración, creatividad y un profundo respeto por las artes curativas. Durante más de dos décadas, he entrelazado prácticas terapéuticas tradicionales con los hilos melódicos de la innovación, encontrando a menudo que las transformaciones más profundas ocurren cuando nos permitimos bailar con lo invisible, armonizando la mente y el espíritu de maneras que resuenan profundamente en nuestro ser.

## **Un agradecimiento sincero a la Dra. Katalina Varga**

Al asumir este rol, considero esencial hacer una pausa y expresar mi sincero agradecimiento a la Dra. Katalina Varga. Su liderazgo como editora ha sido nada menos que inspirador, estableciendo un tono de excelencia y calidez que me honra continuar. Su dedicación ha dejado una huella imborrable en nuestra comunidad, y tomo este momento para decir: gracias, Kata, por tu compromiso inquebrantable y por la luz que has traído a estas páginas.

## **Conozca a nuestros nuevos miembros de la junta**

En el espíritu de los nuevos comienzos, es un placer para mí presentarles a nuestros tres nuevos miembros de la junta: Stella Nkenke PhD (Austria), Inga Nowak-Dusza MSc (Polonia) y Maria Cristina Perica PhD (Italia). Cada una de estas notables personas trae una melodía única a nuestra sinfonía colectiva, y estoy emocionada de compartir sus ideas y visiones con ustedes. En esta edición, encontrarán entrevistas con Stella Nkenke y Maria Cristina Perica, donde hablan de sus esperanzas, sus objetivos y el futuro armonioso que imaginan para la ISH. La próxima edición contará con una entrevista con Inga Nowak-Dusza.

## **Nuestros mentores – En el spotlight: La Koryphaia de la hipnosis Kathryn Rossi"**

En esta edición, me complace además compartir una entrevista con una verdadera maestra de la hipnosis clínica. Su viaje comenzó con escepticismo, pero un encuentro con Ernest Rossi le abrió la puerta a un fascinante mundo de sanación que sigue dando forma a su trabajo hasta el día de hoy.

## **Aspectos destacados de la edición actual**

Esta edición, Volumen 72, Número 3 del International Journal of Clinical and Experimental Hypnosis (IJCEH), comienza con un conmovedor tributo al Dr. Steven Lynn, una luminaria cuyas contribuciones continúan resonando en nuestro campo. Entre los estudios destacados, encontrarán un ensayo clínico que explora el baile sinérgico entre la hipnosis y la terapia cognitivo-conductual en el tratamiento del trastorno depresivo mayor, así como investigaciones sobre el dúo calmante de la autohipnosis consciente junto con el entrenamiento de resistencia para aliviar el estrés en mujeres jóvenes. Además, hay un metaanálisis sobre la sutil sinfonía de correlatos de EEG en individuos altamente sugestionables y una revisión del papel tranquilizador que juega la hipnoterapia en la gestión de la enfermedad inflamatoria intestinal.

## **Actualización importante: transición de la revista a formato exclusivamente en línea**

Mirando al horizonte, quiero recordarles que a partir de enero de 2025, el International Journal of Clinical and Experimental Hypnosis (IJCEH) pasará a un formato exclusivamente en línea. Este cambio refleja nuestro compromiso de abrazar el paisaje en constante evolución del intercambio de conocimientos, permitiéndonos entregar la investigación más reciente con la rapidez y accesibilidad que merece.



Aunque la página impresa pronto será un recuerdo, el contenido que les ofrecemos continuará inspirando, desafiando e informando en tiempo real.

### **Construyendo puentes de entendimiento**

En alineación con el lema de nuestra sociedad "construyendo puentes de entendimiento", me viene a la mente la sabiduría de Kabir: "El río que fluye en ti también fluye en mí." Estas palabras capturan hermosamente la esencia de nuestro viaje colectivo. Como miembros de la ISH, cada uno de nosotros es parte de un todo mayor, conectado por nuestra dedicación compartida a avanzar en el campo de la hipnosis. Nuestros esfuerzos individuales, cuando se combinan, crean una corriente poderosa que nos mueve hacia adelante juntos, construyendo puentes de entendimiento, comprensión y práctica.

En el mismo espíritu, la carta de nuestro presidente en esta edición resuena con la importancia de la unidad, la colaboración y el entendimiento mutuo a medida que seguimos construyendo estos puentes, no solo dentro de nuestra comunidad, sino extendiéndonos al resto del mundo.

Espero con ansias embarcarme en este viaje con cada uno de ustedes, mientras continuamos explorando las posibilidades infinitas dentro del campo de la hipnosis. Juntos, crearemos, aprenderemos y creceremos, como siempre lo hemos hecho, con corazones abiertos y mentes curiosas.

Con los más cercanos saludos,

Anita Jung  
ISH Newsletter



# BRIEF DER REDAKTEURIN

GERMAN TRANSLATION: BY ANITA JUNG

Liebe ISH-Gemeinschaft,

Mit großer Freude und einem tief empfundenen Verantwortungsgefühl stelle ich mich Ihnen als die neue Redakteurin des ISH-Newsletters vor. Mein Name ist Anita Jung, und meine Reise durch die Welten der klinischen Hypnose war eine von Erkundung, Kreativität und tiefem Respekt für die heilenden Künste. Seit über zwei Jahrzehnten verweben ich traditionelle therapeutische Praktiken mit den melodischen Fäden der Innovation und erlebe immer wieder, dass die tiefsten Transformationen dann geschehen, wenn wir uns erlauben, mit dem Unsichtbaren zu tanzen und Geist und Seele in eine Harmonie zu führen, die tief in uns widerhallt.

## **Ein herzliches Dankeschön an Dr. Katalina Varga**

Während ich diese neue Rolle übernehme, empfinde ich es als ein Herzensbedürfnis, einen Moment innezuhalten und Dr. Katalina Varga meinen tief empfundenen Dank auszusprechen. Ihre Arbeit als Redakteurin war eine Quelle tiefer Inspiration und hat unsere Gemeinschaft mit ihrer Mischung aus Exzellenz und Herzlichkeit bereichert. Es ist mir eine Ehre, diesen Weg fortzusetzen. Ihr unermüdliches Engagement hat Spuren hinterlassen, die uns alle berühren. Danke, liebe Kata, für deine beständige Hingabe und das Licht, das du in jede Zeile dieser Seiten gebracht hast.

## **Lernen Sie unsere neuen Vorstandsmitglieder kennen**

Im Geiste des Neubeginns ist es mir eine Freude, unsere drei neuen Vorstandsmitglieder vorzustellen: Stella Nkenke PhD (Österreich), Inga Nowak-Dusza MSc (Polen) und Maria Cristina Perica PhD (Italien). Jede dieser außergewöhnlichen Persönlichkeiten fügt unserer gemeinsamen Symphonie eine einzigartige Melodie hinzu, und ich freue mich darauf, ihre Einsichten und Visionen mit Ihnen zu teilen. In dieser Ausgabe finden Sie Interviews mit Stella Nkenke und Maria Cristina Perica, in denen sie über ihre Hoffnungen, Ziele und die harmonische Zukunft sprechen, die sie für ISH sehen. In der nächsten Ausgabe wird ein Interview mit Inga Nowak-Dusza vorgestellt.

## **Unsere Mentoren – Im Spotlight: Hypnose Koryphäe Kathryn Rossi**

In dieser Ausgabe freue ich mich ausserdem, ein Interview mit einer wahren Meisterin der klinischen Hypnose zu teilen. Ihre Reise begann mit Skepsis, doch eine Begegnung mit Ernest Rossi öffnete ihr die Tür zu einer faszinierenden Welt der Heilung, die ihre Arbeit bis heute prägt.

## **Höhepunkte der aktuellen Ausgabe**

Diese Ausgabe, Band 72, Nummer 3 des International Journal of Clinical and Experimental Hypnosis (IJCEH), eröffnet mit einem bewegenden Tribut an Dr. Steven Lynn – eine herausragende Persönlichkeit, deren Einfluss in unserem Fachgebiet weiterhin spürbar ist. Unter den vorgestellten Studien finden Sie eine klinische Untersuchung, die den harmonischen Tanz zwischen Hypnose und kognitiver Verhaltenstherapie bei der Behandlung von Major Depression erforscht. Zudem werden Forschungen vorgestellt, die das beruhigende Zusammenspiel von achtsamer Selbsthypnose und Widerstandstraining zur Stressbewältigung bei jungen Frauen beleuchten. Darüber hinaus enthält diese Ausgabe eine Meta-Analyse, die sich mit der feinen Symphonie von EEG-Korrelaten bei hoch suggestiblen Personen beschäftigt, sowie eine Übersicht über die lindernde Wirkung der Hypnotherapie bei der Behandlung von entzündlichen Darmerkrankungen.



## **Wichtige Ankündigung: Umstellung des Journals auf rein digitale Veröffentlichung**

Mit Blick in die Zukunft möchte ich Sie daran erinnern, dass das International Journal of Clinical and Experimental Hypnosis (IJCEH) ab Januar 2025 vollständig auf ein Online-Format umstellen wird. Dieser Schritt unterstreicht unser Bestreben, den sich wandelnden Anforderungen des Wissensaustauschs gerecht zu werden und die neuesten Forschungsergebnisse mit der Geschwindigkeit und Zugänglichkeit bereitzustellen, die sie verdienen. Auch wenn die gedruckte Seite bald der Vergangenheit angehören wird, werden die Inhalte, die wir Ihnen präsentieren, weiterhin inspirieren, herausfordern und in Echtzeit informieren.

## **Brücken des Verständnisses bauen**

Im Einklang mit dem Motto unserer Gesellschaft „Brücken des Verständnisses bauen“ fühle ich mich an die Weisheit Kabirs erinnert:

„Der Fluss, der in dir fließt, fließt auch in mir“.

Diese Worte fassen die Essenz unserer gemeinsamen Reise auf wunderbare Weise zusammen. Als Mitglieder der ISH sind wir alle Teil eines größeren Ganzen, vereint durch unser gemeinsames Engagement, das Feld der Hypnose voranzubringen. Unsere individuellen Bemühungen, wenn sie zusammenfließen, bilden einen kraftvollen Strom, der uns gemeinsam voranträgt, Brücken des Wissens, des Verständnisses und der Praxis überwindend.

In diesem Sinne betont der Brief unseres Präsidenten in dieser Ausgabe die Bedeutung von Einheit, Zusammenarbeit und gegenseitigem Verständnis, während wir weiterhin Brücken bauen – nicht nur innerhalb unserer Gemeinschaft, sondern auch darüber hinaus in die Welt

Ich freue mich darauf, diese Reise mit jedem von Ihnen fortzusetzen, während wir die unendlichen Möglichkeiten der Hypnose erkunden. Gemeinsam werden wir erschaffen, lernen und wachsen, wie wir es immer getan haben – mit offenen Herzen und forschenden Seelen.

Mit herzlichen Grüßen,

Anita Jung  
Redakteurin, ISH-Newsletter



# LETTRE DE LA RÉDACTRICE

FRENCH TRANSLATION: BY NICOLE RUYSSCHAERT

Chère communauté de l'ISH,

C'est avec une grande joie et un profond sentiment de responsabilité que je me présente à vous en tant que nouvelle rédactrice du bulletin de l'ISH. Je m'appelle Anita Jung, et mon parcours à travers les domaines de l'hypnose clinique a été marqué par l'exploration, la créativité et un profond respect pour les arts de la guérison. Depuis plus de deux décennies, j'entrelace les pratiques thérapeutiques traditionnelles avec les fils mélodieux de l'innovation, constatant souvent que les transformations les plus profondes se produisent lorsque nous nous permettons de danser avec l'invisible, d'harmoniser l'esprit et l'âme de manière à résonner profondément en nous.

## **Un remerciement sincère à la Dre Katalina Varga**

En prenant ce rôle, il me semble essentiel de m'arrêter un moment pour exprimer ma sincère gratitude à la Dre Katalina Varga. Sa direction en tant que rédactrice a été des plus inspirantes, établissant un ton d'excellence et de chaleur que je suis honorée de continuer. Son dévouement a laissé une empreinte indélébile sur notre communauté, et je prends ce moment pour dire : merci, Kata, pour ton engagement indéfectible et pour la lumière que tu as apportée à ces pages.

## **Présentation de nos nouveaux membres du conseil**

Dans l'esprit des nouveaux commencements, c'est avec plaisir que je vous présente nos trois nouveaux membres du conseil : Stella Nkenke, PhD (Autriche), Inga Nowak-Dusza, MSc (Pologne), et Maria Cristina Perica, PhD (Italie). Chacune de ces personnes remarquables apporte une mélodie unique à notre symphonie collective, et je suis ravie de partager leurs perspectives et leurs visions avec vous. Dans ce numéro, vous trouverez des entretiens avec Stella Nkenke et Maria Cristina Perica où elles évoquent leurs espoirs, leurs objectifs et l'avenir harmonieux qu'elles envisagent pour l'ISH. Le prochain numéro proposera une interview avec Inga Nowak-Dusza.

## **Nos mentors – Dans le spotlight : Koryphée de l'hypnose Kathryn Rossi**

Dans cette édition, je suis également ravie de partager une interview avec une véritable maître de l'hypnose clinique. Son parcours a commencé avec scepticisme, mais une rencontre à fort impact avec Ernest Rossi lui a ouvert la porte sur un monde fascinant de guérison, qui influence son travail encore aujourd'hui.

## **Points forts de l'édition actuelle**

Ce numéro, Volume 72, Numéro 3 du International Journal of Clinical and Experimental Hypnosis (IJCEH), s'ouvre sur un hommage émouvant au Dr Steven Lynn, une figure lumineuse dont les contributions continuent de résonner dans notre domaine. Parmi les études présentées, vous trouverez un essai clinique explorant la danse synergique entre l'hypnose et la thérapie cognitivo-comportementale dans le traitement du trouble dépressif majeur, ainsi que des recherches sur le duo apaisant de l'autohypnose en pleine conscience combinée avec un entraînement en résistance pour atténuer le stress chez les jeunes femmes. En outre, il y a une méta-analyse sur la subtile symphonie des corrélats EEG chez les personnes hautement suggestibles et une revue du rôle apaisant de l'hypnothérapie dans la gestion de la maladie inflammatoire de l'intestin.

## **Mise à jour importante : transition du journal vers un format exclusivement en ligne**

En regardant vers l'horizon, je tiens à vous rappeler qu'à partir de janvier 2025, le International Journal of Clinical and Experimental Hypnosis (IJCEH) passera à un format exclusivement en ligne.



Ce changement reflète notre engagement à embrasser le paysage en constante évolution du partage des connaissances, nous permettant de livrer les dernières recherches avec la rapidité et l'accessibilité qu'elles méritent. Bien que la page imprimée devienne bientôt un souvenir, le contenu que nous vous apporterons continuera à inspirer, défier et informer en temps réel.

### **Construire des ponts de compréhension**

En accord avec la devise de notre société « bâtir des ponts de compréhension », je suis rappelée à la sagesse de Kabir : « Le fleuve qui coule en toi coule aussi en moi. » Ces mots capturent magnifiquement l'essence de notre voyage collectif. En tant que membres de l'ISH, nous faisons tous partie d'un ensemble plus vaste, reliés par notre engagement commun à faire progresser le domaine de l'hypnose. Nos efforts individuels, lorsqu'ils sont combinés, créent un courant puissant qui nous pousse en avant ensemble, en bâtissant des ponts de savoir, de compréhension et de pratique.

Dans le même esprit, la lettre de notre président dans ce numéro résonne avec l'importance de l'unité, de la collaboration et de la compréhension mutuelle alors que nous continuons à construire ces ponts, non seulement au sein de notre communauté, mais aussi vers le monde extérieur.

Je me réjouis de poursuivre ce voyage avec chacun d'entre vous, alors que nous continuons à explorer les possibilités infinies dans le domaine de l'hypnose. Ensemble, nous créerons, apprendrons et grandirons, comme nous l'avons toujours fait, avec des cœurs ouverts et des esprits curieux.

Avec mes salutations les plus chaleureuses,

Anita Jung  
Rédactrice, Bulletin de l'ISH

# LETTERA DELL'EDITORE

ITALIAN TRANSLATION: BY CONSUELO CASULA



Cara comunità ISH,

È con grande gioia e un profondo senso di responsabilità che mi presento a voi come la nuova redattrice della newsletter ISH. Mi chiamo Anita Jung, e il mio viaggio attraverso i regni dell'ipnosi clinica è stato di esplorazione, creatività e profondo rispetto per le arti della guarigione. Da oltre due decenni intreccio pratiche terapeutiche tradizionali con i fili melodici dell'innovazione, scoprendo spesso che le trasformazioni più profonde avvengono quando ci permettiamo di danzare con l'invisibile, di armonizzare la mente e lo spirito in modi che risuonano profondamente dentro di noi.

## **Un sincero ringraziamento alla Dr.ssa Katalina Varga**

Assumendo questo ruolo, ritengo essenziale fermarmi un momento per esprimere la mia sincera gratitudine alla Dr.ssa Katalina Varga. La sua leadership come redattrice è stata quanto di più ispirante si potesse desiderare, stabilendo un tono di eccellenza e calore che sono onorata di continuare. La sua dedizione ha lasciato un'impronta indelebile nella nostra comunità, e colgo questo momento per dire: grazie, Kata, per il tuo impegno costante e per la luce che hai portato in queste pagine.

## **I nostri mentori – Sotto i riflettori: Koryphäe dell'ipnosi Kathryn Rossi**

In questa edizione, sono lieta di condividere un'intervista con una vera maestra dell'ipnosi clinica. Il suo viaggio è iniziato con scetticismo, ma un incontro con Ernest Rossi le ha aperto le porte di un affascinante mondo di guarigione, che continua a influenzare il suo lavoro ancora oggi.

## **Presentazione dei nuovi membri del consiglio**

Nello spirito dei nuovi inizi, è un piacere per me presentarvi i nostri tre nuovi membri del consiglio: Stella Nkenke PhD (Austria), Inga Nowak-Dusza MSc (Polonia) e Maria Cristina Perica PhD (Italia). Ognuna di queste persone straordinarie porta una melodia unica alla nostra sinfonia collettiva, e sono entusiasta di condividere con voi le loro intuizioni e visioni. In questo numero, troverete interviste con Stella Nkenke e Maria Cristina Perica, dove parlano delle loro speranze, dei loro obiettivi e del futuro armonioso che immaginano per l'ISH. Il prossimo numero presenterà un'intervista con Inga Nowak-Dusza.

## **Punti salienti dell'edizione attuale**

Questo numero, Volume 72, Numero 3 del International Journal of Clinical and Experimental Hypnosis (IJCEH), si apre con un commovente tributo al Dr. Steven Lynn, una luminosa figura i cui contributi continuano a riecheggiare nel nostro campo. Tra gli studi presentati, troverete una sperimentazione clinica che esplora la danza sinergica tra ipnosi e terapia cognitivo-comportamentale nel trattamento del disturbo depressivo maggiore, oltre a ricerche sul duo calmante dell'autoipnosi consapevole abbinata all'allenamento con resistenza per alleviare lo stress nelle giovani donne. Inoltre, c'è una meta-analisi sulla sottile sinfonia dei correlati EEG in individui altamente suggestionabili e una revisione del ruolo rasserenante che l'ipnoterapia gioca nella gestione della malattia infiammatoria intestinale.

## **Aggiornamento importante: transizione della rivista al formato esclusivamente online**

Guardando all'orizzonte, desidero ricordarvi che a partire da gennaio 2025, l'International Journal of Clinical and Experimental Hypnosis (IJCEH) passerà a un formato esclusivamente online. Questo cambiamento riflette il nostro impegno ad abbracciare il panorama in continua evoluzione della condivisione della conoscenza, permettendoci di fornire le ricerche più recenti con la rapidità e l'accessibilità che meritano. Anche se la pagina stampata diventerà presto un ricordo, i contenuti che vi porteremo continueranno a ispirare, sfidare e informare in tempo reale.



### **Costruire ponti di comprensione**

In linea con il motto della nostra società "costruire ponti di comprensione", mi viene in mente la saggezza di Kabir: "Il fiume che scorre in te scorre anche in me." Queste parole catturano magnificamente l'essenza del nostro viaggio collettivo. Come membri dell'ISH, siamo tutti parte di un tutto più grande, collegati dal nostro impegno comune a far progredire il campo dell'ipnosi. I nostri sforzi individuali, quando combinati, creano una corrente potente che ci spinge avanti insieme, costruendo ponti di conoscenza, comprensione e pratica.

Nello stesso spirito, la lettera del nostro presidente in questo numero riecheggia l'importanza dell'unità, della collaborazione e della comprensione reciproca mentre continuiamo a costruire questi ponti, non solo all'interno della nostra comunità, ma estendendoci al mondo più ampio.

Non vedo l'ora di intraprendere questo viaggio con ciascuno di voi, mentre continuiamo a esplorare le possibilità senza confini nel campo dell'ipnosi. Insieme, creeremo, impareremo e cresceremo, come abbiamo sempre fatto, con cuori aperti e menti curiose.

Con i più calorosi saluti,

Anita Jung  
Redattrice, Newsletter ISH



# MEET THE BOARD MEMBERS

Interview conducted by Nicole Ruysschaert



Maria Cristina Perica

Maria Cristina Perica, MSc, Psychologist, Psychotherapist, Hypnotherapist, Supervisor of Mental Health Professionals and Teacher of Hypnotherapy. Maria Cristina is a newly elected Member of the Board of Directors of the International Society of Hypnosis. Maria Cristina has also been on the Board of Directors of the Italian Society of Hypnosis since 2016. In 2024, she received the Jay Haley Early Career Award for Innovative Contributions to Hypnosis.

## **How did you first come in contact with hypnosis – when / where? (perhaps some opinions / movies / shows long before you started in the professional field)**

My first contact with hypnosis occurred at the University when a colleague and I were dedicated to exploring the most contemporary approaches to psychotherapy, and we discovered the work of Ernest Rossi. So, after graduation, when it was time to choose which approach to specialize in, I looked for more information on Ericksonian Hypnotherapy. I remember precisely the moment when, delving into the approach, I felt something resonating inside me as if I had "recognized", and not just discovered, it. When I started reading "My Voice Will Go With You", I felt I had found my foundation as a Psychotherapist. But it didn't last long: in the selection interview for the specialization, I had the opportunity to experience confusion, destabilization and therapeutic shock for the first time. This mix of suspension, surprise and desire to know what is about to happen still accompanies me today.

## **What was your first impression in contact with therapeutic hypnosis?**

A deep sense of awe, wonder, and curiosity accompanied my first hypnosis experience as a subject. It was like having immediate access to a broader, unexplored experiential universe that had always been there without me being aware of it. The discovery of the impact of hypnosis as a Psychotherapist was more gradual, but in this process, there was a pivotal moment. I was doing a simulation in the role of the therapist, and my colleague and friend Fabio Carnevale, my tutor at the time, was supervising me. I was missing some minimal changes that the subject was presenting, so he suggested to me what to notice and how to ratify what I had observed. I still remember the intensity and speed with which the quality and warmth of the hypnotherapeutic relationship changed. I was deeply impressed by the extent of the therapeutic impact of hypnosis and this has significantly determined my professional path.

## **Can you give a brief overview of your career, and your work and the place hypnosis have in it?**

After graduating, I began my career in a Research Center and then in a Training Center, where I had the opportunity to work as a Psychologist, Psychotherapist and Teacher with multiple target groups: people with mental health issues, women victims of violence, minors at risk of educational poverty, immigrants and refugee. In some of these activities I promoted and applied hypnosis, also in order to maximize the effectiveness of the services.

Since 2006, I have been dedicated to my private practice, first as a Psychologist and then as a Psychotherapist.



I have also worked as a consultant for creating, realizing, and finding resources for mental health projects in partnership with Public Entities and the National Health Service. Since 2016, I have been on the Board of Directors of the Italian Society of Hypnosis, and I support the communication and digital activities of the Society. I'm also deeply involved in teaching activities; currently, I teach hypnosis and Ericksonian Psychotherapy, both in specialization paths for Psychology and Medicine students and to other Psychotherapists.

**What is your main area of practice with hypnosis?**

In my private practice as a Hypnotherapist, I often work with patients with anxiety and panic attacks, phobias, mood disorders, somatic disorders and sexual disorders. I also work with couples and frequently with adult neurodivergent people. In addition, I use hypnosis when working in multidisciplinary teams to handle trauma interventions and recovery-oriented interventions for people with mental health issues.

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

I am deeply involved in exploring and developing innovations in Hypnotherapy, and this work is shared with colleagues, who, over time, have also become friends. For example, Fabio Carnevale and I often work alongside to examine the potentialities of new technologies in clinical practice. The exploration of the use of multimedia digital stimuli and Serious Games in hypnosis has led me to develop a hypnotic game to improve communication in couples. I have also collected and reported during the Antalya ESH Congress my therapeutic experiences of using Virtual Reality as a technique in Hypnotherapy. In a similar way, I'm passionate about diving into the most recent scientific literature and considering possible clinical implications. At the moment, I am exploring the role of interoceptive processes and their hypnosis-related plasticity in Hypnotherapy. Furthermore, following my keynote at the Krakow Congress, I have received many requests for more contributions to neurodiversity-oriented Hypnotherapy.

**Who are / were your mentor(s)? people who influence your way of thinking and working?**

I once went to my mentor, Camillo Loredi, and asked him, "Professor, you have met many people; from whom do you think you have learned the most?" I was waiting to hear what names he would mention in the world of psychotherapy and hypnosis when he looked at me and replied: "From the patients." I am grateful to have the opportunity to continue being surprised and learning from him. To another of my mentors, my supervisor Giuseppe Ducci, my colleagues and I often asked complex questions on controversial issues. It is still a great pleasure for me to listen to his answers, always followed by the phrase, "Please consider that this is not my personal opinion, it is what we know based on the scientific evidence currently available." My debt of gratitude to my teachers and mentors is immeasurable, and it is impossible to name them all. Many of them, such as Jeffrey Zeig, have been and continue to be my mentors via their teaching and writing, and many others gifted me with evocative words and metaphors that contributed to creating the basis of my professional identity and inspiring my work.

**What is your favorite professional hypnosis book?**

Actually, the book that I re-read periodically, "A Teaching Seminar with Milton H. Erickson", is not really a book but a transcription. It is a constant source of inspiration for me, and the impact of this book was broadened by a series of videos made available by the Milton Erickson Foundation recorded during another teaching seminar held by Erickson. They allowed me to add a level of depth to my understanding of hypnosis and Erickson's work. Before then, I had understood, but after watching the videos, I felt it.

**You were nominated and elected as ISH BOD member. What motivates you to volunteer for the ISH? What kind of role do you see for yourself in the ISH BOD?**

Having the opportunity to serve the ISH is an honour and a pleasure for me. I feel a deep sense of responsibility and involvement towards the scientific community to which



I belong, and I believe that this connection and this continuous exchange support our growth as professionals and the quality of care provided to patients. A quote by an Italian composer who recently passed away, Ezio Bosso, comes to my mind, “Music, like life, can only be made in one way: together.” This sense of belonging and togetherness is the basis of my motivation. I am currently supporting the BOD in its interactive work with the Italian Society of Hypnosis in defining some aspects of the next ISH Congress, which will be held in Paestum (Italy) from September 29th to October 3rd, 2027.

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

During a recent Congress, at the end of Mark Jensen’s Keynote, Eva Bányai asked him if they had investigated a certain connection between some variables. He said yes and that they were waiting to examine the results. Then she, in turn, replied: “I am so curious.” I was deeply touched by the sound of her voice and by the lively emotion and energy that one could perceive.

I hope we can embrace and keep in touch with this curiosity, find ways to renew our passion and share our involvement in every phase of our professional lives.



# MEET THE BOARD MEMBERS

Interview conducted by Nicole Ruysschaer



Stella Nkenke

Stella Nkenke is a medical doctor in Vienna. She is a board member of the European Society of Hypnosis and president-elect of the German Milton Erickson Society. In her private practice, she likes to work besides hypnosis with micronutrients and nutrition. Her field of expertise ranges from pain and fear, overweight to tumor diseases. But she also supports athletes with hypnosis, especially dressage riders and golfers, to perform better

## **How did you first come in contact with hypnosis?**

One morning I woke up with a stiff neck, looking for a physiotherapist who could help me as quickly as possible, I found a Russian therapist nearby. He helped me very well with my neck, but the most important thing was that he invited me to his hypnosis course. I was very excited and curious to see what it would be like. On the course I knew immediately that what he was doing was exciting, but the way he was doing it could certainly be done softer or somehow differently. Shortly afterwards I saw an advert in the medical journal for a hypnosis education of the Milton Erickson Society, so I knew I had to go there. What started with a stiff neck has now become an absolute passion and has completely changed my everyday working life.

## **What was your first impression in contact with therapeutic hypnosis?**

Enthusiasm! As a former competitive athlete, I used to use visualization before tournaments, but I was immediately impressed by the fact that there is something much more powerful and pleasant that can also be used in a medical context.

## **How did colleagues around you react to that?**

It varied, but there were medical colleagues who were very happy that they now had a place where they could send all the patients for whom conventional medicine alone was not enough.

## **Can you give a brief overview of your work, and the place hypnosis have in it?**

At the Medical University of Vienna I run the medical hypnosis course for doctors. I enjoy it a lot and it's also very exciting because you can see time and again how doctors often approach hypnosis with a little skepticism, then enthusiasm arises and finally a lack of understanding as to why they didn't learn it much earlier. In my private practice as a doctor, I work almost exclusively with hypnosis.

## **What is your main area of practice with hypnosis?**

Most clients who come to me have a somatic issue. I like to work with clients who want to get back on their feet for example after a serious illness or operation. But I also enjoy working with athletes, from amateur golfers to top athletes, and currently with an Olympic athlete.

## **Who are your mentors? People who influenced your way of thinking and working?**

At the MEG we have many great lecturers with whom I was able to do my basic training, who have a variety of different approaches that have fascinated and inspired me. As Bernhard Trenkle is like a door opener into the world of hypnotherapy, I also quickly met many international lecturers such as Consuelo Casula and Jeff Zeig, with whom I attended masterclasses for years.



### **What is your favorite professional hypnosis book?**

Well, this is always changing, at the beginning my favorite book was a German compendium from Burkhard Peter and Dirk Revenstorf, which I always call the bible, actually I enjoy the Series of Mark Jensen: "Voices of Experience".

### **During your career what kind of changes have you observed in the application of hypnosis in your own practice?**

I am always delighted to realize that hypnosis can always surprise you. I currently have a patient aged 84 who developed a very strong tremor on the left side of his body after a fall with two vertebral fractures two years ago. Neurological examinations were carried out several times and no cause could be found. I was totally unsure whether hypnosis would make sense at all in this situation, but the patient was determined, definitely more so than I was. The exciting thing is that he responds excellently to hypnosis and the tremor is almost non-existent. My doubts are becoming less and less about what patients can do for their bodies using their own resources.



### **What do you dislike in the world of medical hypnosis?**

It is a pity that hypnosis is still under-recognized in medicine and is often only perceived as an alternative or a last hope, it would be much better to use it as a complementary treatment.

### **What do you personally see as your most important contributions to the field?**

I had the misfortune of developing CRPS (chronic regional pain syndrome) from a comminuted fracture in my arm, a syndrome that still often cannot be treated sufficiently well with conventional medicine. Fortunately, I had already worked with hypnosis and found good ways of dealing with the pain and restricted movement. That's why I still support many CRPS patients with hypnosis today.

### **If you had a dream ... about the future of hypnosis ... what happens in your dream?**

Since I sometimes dream strange things, this could be a dream: In Germany it is normal that the dentist comes in kindergarten and teaches the little children how to brush their teeth twice a day correctly to maintain a "dental hygiene". In my dream there will be also hypnotists going in kindergarten to teach the little children how to maintain "mental hygiene".

### **And what do you wish for the future of hypnosis in reality?**

I think it's high time that hypnosis and hypnotic communication were taught to medical students at university. I am convinced that future patients could benefit more from this on average than the knowledge of some basic subjects (chemistry, physics,...) that are always compulsory in their studies, but many will never use for their careers and the treatment of their patients. Good communication, on the other hand, will play an important role for almost everyone.

### **You were nominated and elected as ISH BOD member. What motivates you to volunteer for the ISH?**

That's a good question; it actually came as a bit of a surprise to me that I stood for election. But then I asked myself, what would be against standing up for the interests of ISH? I couldn't think of anything except time... and that shouldn't be a reason not to stand up for something important like ISH



# MEET OUR MENTORS

Kathryn Rossi



## Interviewer: How did you first come in contact with hypnosis?

KR: When I was in Graduate School earning my PhD there was a course in hypnosis that involved scripts. I wanted to like it, but I could not understand why anyone could not be more satisfied with making the experience individualized. I had concluded that hypnosis was not for me. Then, I went to the Evolution of Psychotherapy Conference in 1990. Ernest Rossi gave a workshop, *Mind-Body Healing in Everyday Life: The Ultradian Healing Response*. In the syllabus he said, “This is not just for your clients, this is for you too!” I was in need of healing that day and chose to attend a workshop from someone I had never heard of. What he taught that day I put into practice and healed in two weeks according to the theories and the simple indirect hand processes he taught. I loved that he said new things and I went to every other event that he was involved with. On the last day, I approached him because I had some research ideas inspired by ultradian theory. Little did I know at the time, Milton Erickson, MD, was his mentor in hypnosis. I had never heard of Erickson either! It is safe to say my life changed dramatically from that day forward and went on to include 30 years with Ernie.

## Interviewer: Can you give a brief overview of your career, and your work and the place hypnosis have in it.

KR: Right from the get-go I've been interested in body/mind connections. I find everything moves faster when you include the body. I've also been very interested in the possibility of a psychotherapy with the minimum amount of words. Fastidiously, I studied the techniques of the Master's doing it exactly the way they described. This gave an opportunity to stand on the shoulders of giants to create my own theories and practices. I've also been interested to create opportunity for the briefest of all possible psychotherapies. I have a Master's degree in Education with a specialization in Counseling and Guidance. I was able to design my own program which was how to give seminars and workshops. Upon graduation, with good fortune, some of the leaders in the field came to my PhD graduate program to teach. Because it was a small private school dedicated to psychotherapy, I felt that I needed to amend my education so I took a job in research for five years at UCLA and the Veterans Administration. And, I took the weekend off between getting my PhD and starting a 2-year certification training program at UCLA in sex therapy! From there I continued to explore all the facets a psychologist could possibly do. I learned psychological testing.

I was an expert witness for the court system. Ultimately, my interests to help people discover their higher consciousnesses and heal from trauma and confusion my private practice came into focus.



Once hypnosis entered the picture, clarity and confidence came to successfully work with clients in the brief psychotherapy paradigm that I adore.

**Interviewer: What is your main area of practice with hypnosis?**

I like to work indirectly with hypnosis. I look for minimal cues of when a person is naturally entering into a trance and then I carefully follow their lead. In this way my work is quite different from many others. Ultimately, Indirect Hypnosis involves:

- **Destabilize** the Conscious Mind to interrupt state-dependent habits.
- **Build** rapport through empathetic communication and mirroring.
- **Observe** (minimal cues) and respond.
- **Utilize** (including resistance/doubt)
- **Pace:** Do you follow? Do you lead? How to make the choice? I Follow.
- **Basic Accessing Questions** via the 4-Stage Creative Cycle based on Ultradian theory.
- **“Yes” Sets:** Can use confusion: “*You are aware, are you not?*”
- **Silence** is golden. Respect the “*I Don’t know*” in therapist & client.
- **Engage:** Metaphors, stories, songs, dance, physical movement

**Interviewer: Who are / were your mentor(s)?**

KR: It's safe to say that Ernest Rossi was my mentor. However, that was never a formal position. I traveled the world with him teaching on every continent but Africa, a continent I taught in last year. We were co-therapists in private practice for the last 10 years of his life. I was his second set of ears. So, I learned via example. When I read the *Collected Works of Milton H. Erickson* edited by Ernest Rossi, Roxanna Erickson-Klein, and myself (2008-2025 – Amazon.com), it validated all that learned through Ernest while expanding the creative possibilities Erickson did so well—many of which are outside of my comfort zone – but are fantastic for growth to try out.

Since both Ernest and I love psychobiological connections, we went on to found the field of PsychoSocial Genomics (Hill, 2011; E. L. Rossi, 2002, 2004b, 2007a, 2009). We were fortunate to work with colleagues from around the world to discover through research what genes are turned on or off in successful psychotherapy. We wanted to create a ‘top-down’ approach that elevates psychotherapy and hypnosis to create lasting change.

**Interviewer: What is your favorite professional hypnosis book?**

KR: I have so many! Besides *The Collected Works of Milton H. Erickson* (2008-2025 – Amazon.com), I adore *The Symptom Path to Enlightenment* (Rossi & Rossi, 1996), *The Psychobiology of Gene Expression* (Rossi, 2002), *The Breakout Heuristic* (Rossi, 2007b).

**Interviewer: What can we learn from the past of hypnosis?**

KR: We can learn more about deep trance (Dyba et al., 2021; Dyba & Rossi, n.d., 2022, 2024) and be inspired to experiment creatively. The abreactions Charcot elicited in people are frightening and inspiring to imagine. They were fearless in their quest for creative change.

**Interviewer: Which areas of interest do you have?**

KR: I created a new therapy and practice “Transforming Grief to Peace” (Rossi, 2021, 2022). There are gifts in life no matter how difficult situations are. When Ernest died 4 years ago, I had a lot of healing to do. I was lost and devastated. I had half a brain without him being the other half of me. He was my best friend, husband, soul mate, professional partner and more. His loss was epic. None of the grief theories seemed to apply to me so I had to put to the test all that Ernest and I had taught over the decades to see if it was true. I found through honoring ultradian rhythms and applying the 4-stage creative cycles (that happen every hour and a half or two) (Lloyd & Rossi, 1992, 2008; Rossi & Lippincott, 1992; Rossi & Nimmons, 1991; Rossi & Rossi, 2013) I can face full-on the anguish of grief knowing my body will go into rest afterwards. I timed the deepest anguish and found 99% of the time it lasted 20 minutes. This gave me permission to face it fear-free. It turns out that we are more than cognition, behavior, and emotions. I found eight facets that make us human. In order to make a change and restructure one’s life it is necessary to reintegrate physical, emotional, behavioral, cultural, social, cognitive, philosophical and spiritual human dimensions. To this I added the psychodrama of Yoga Story (Rossi, 2018, 2019). These psychodramas are akin to engaging Carl Jung’s Archetypes (Jung, 1969) to bring the body into the mix to create lasting change.



In a recent seminar, attendees truly embodied their own story into their mind-body healing – all while being in deep trance.

**Interviewer: Which research do you see as the most important?**

KR: Continue on with PsychoSocail Genomics. Help people understand the peace and changes that are possible on molecular genomic levels (Rossi, 2002, 2004a; Rossi et al., 2008; Rossi & Rossi, 2015). This also gives therapists an opportunity to learn how effective they truly are in helping people to make lasting change.

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

KR: Besides the work I did with Ernest, I think the dual contributions of Transforming Grief to Peace (Rossi, 2021, 2022), and the psychodrama aspects of acting out Yoga Stories (Rossi, 2018, 2019) create lasting change. In Yoga Stories I pair postures organized through the 4-Stage Creative Cycle with ancient stories of India. In these stories the ending is what you make it. In Western myths there is a determined beginning, middle and end. In the East, the story is according to the storyteller – you! Immediately, when people are participating in the postures they go into trance. Afterwards, a more formal hypnosis is employed—in my case this is an indirect method.

**Interviewer: Which evolution have you recently made?**

KR: Discovering “*What is a lifetime*” was a game changer a few months ago. Grief is a funny process. It wants to keep you out of the present moment. The present moment is where happiness lives. It occurred to me that I had not defined what is a lifetime even though all of us have many lifetimes within our first to last breath. The AHA! moment came and immediately. I said to myself, “I had a fantastic 30 years with Ernest.” This profound realization brought my grief journey to completion and a conclusion. Memories of the end months of Ernie’s life faded away and I now can access the beginning and middle too! Sadness has lifted. Gratitude and joy permeate my days. I am SO fortunate to have known and loved him. We did so much to change the world of hypnosis and psychotherapy for the better.

**Interviewer: Which advice can you give to members who are interested in research?**

KR: Take your ideas and fearlessly find ways to research them. Expand our field with new opportunities for happiness.

**Interviewer: How do you see the future of hypnosis? in the medical field? In the psychotherapeutic field?**

KR: The future of hypnosis is in the next generation. It is up to us to mentor those who are interested to develop clarity and purpose along with research. I have been gifted with several students including Jan Dyba with whom I write scientific papers and books, the next will be on my seminars and workshops transcribed and commented on in the spirit of Milton Erickson and Ernest Rossi. He is most interested in integrating many schools of psychotherapy into therapeutic hypnosis, and dedicated to expanding research. He inspires me to be my highest self.

**Interviewer: If you had a dream ... about the future of hypnosis ... what happens in your dream?**

KR: That each hypnotherapist finds comfort in the uniqueness of their personal style of working and to continue to explore the “new.”

**Interviewer: Thank you so much for this inspiring interview, Kathryn and for your openness in sharing personal information with interesting knowledge! Nicole**

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# IDEAS IN FOCUS

## What is Ericksonian Choice Architecture?

By Dan Short

As an author and teacher of Ericksonian methods, I am often asked, “How do I learn to think more like Erickson and know which ideas the client’s unconscious mind needs to hear?” To answer this, it is helpful to begin with a broad objective (our mission), then understand the methodologies that guide our decisions (our strategies), and finally focus on specific interactions (our tactics). By framing this discussion with concepts from behavioral economics, such as “nudges” (indirect suggestions without trance) and “choice architects” (those who strategically design choice environments to promote positive outcomes), our conclusions shift from being speculative to evidence-based. Interestingly, a search for “Nudge theory” on Wikipedia will reveal Milton Erickson’s name. While Thaler and Sunstein (2008) pioneered the science of choice architecture, Erickson’s innovation of permissive suggestion conceptually aligns with the principles found in nudge theory.

### The overarching mission: Choice-centric care

Milton Erickson's contributions to hypnosis and psychotherapy have sparked a significant paradigmatic shift that continues to reverberate throughout modern fields of practice. His work has been extensively explored and integrated into various therapeutic modalities, shaping the way brief therapy, family therapy, coaching, psychotherapy, and medical hypnosis are practiced. But if I was asked to discern Erickson’s single most groundbreaking contribution to the care of human consciousness, it would be his transition from the traditional change-centric model to a client-focused, *choice-centric* approach.

To more fully appreciate the importance of choice-centric care we can look to Self-Determination Theory (SDT), a well-established psychological theory that focuses on autonomy, competence, and relatedness. What research in SDT has shown is that choice is a driver of psychological well-being and motivation. Still, some may be skeptical of elevating the mission of choice above that of change. A person could correctly argue that Ericksonian therapy often integrates a balance of choice and strategic influence to create change. However, certain phenomena, like happiness and spontaneous growth, are more likely to ensue when we do not pursue them directly. Thus, naturalistic change is the byproduct of optimized choice environments.

Given the voluminous research produced by the positive psychology movement, we can state with confidence that our species is innately oriented towards growth, lifelong problem-solving, altruism, and self-organizing change. When any of us demonstrate these qualities, we have not “changed” but rather are living as the best version of an evolutionarily-engineered self. Common sense dictates that if you come across an animal trapped in a cage, you do not really help the animal by trying to change its behavior. Rather, you must restore the experience of free choice and illuminate obtainable, high value options.

When the focus shifts away from prioritizing change, remarkable outcomes often follow. First, client resistance diminishes quickly—one of Erickson's most renowned skills. Secondly, responsibility for progress transfers from the therapist to the client. As Erickson frequently emphasized, personal responsibility requires free choice. Most importantly, this allows clients to attribute progress to their own self-organizing forces, significantly reducing the likelihood of relapse (see Bruce Wampold, 2001). In the context of choice-centric care, the mission of the care provider moves away from enforcing norms, or evaluating others’ health, to the creation of optimal choice environments. Especially in the context of Ericksonian therapy, we are not only interested in conscious choices but also those choices made outside of conscious awareness. In other words, the stimulation and promotion of unconscious intelligence.



### Strategies to evoke state shifts

Rather than being grounded in personality theory, a key focal point of choice architecture is shifting *states of mind*. Erickson repeatedly emphasized the essential role of flexibility in problem solving, but it was Michael Apter (1982) who clarified that it is our state of mind that needs to shift in response to changing environments. Furthermore, Apter's research on motivation suggests that states of mind are better predictors of human behavior than personality. The field of social psychology has come to a similar conclusion—stable traits do not predict human behavior nearly as well as situational factors, which then impact state of mind. Thus, one set of individuals might (on average) go into trance more readily than others, causing us to identify them as high hypnotizables (personality trait). Yet under certain circumstances “high hypnotizables” will not respond to suggestion, not unless the setting is conducive. This crucial point was first argued by Erickson and repeatedly tested in his exploratory research

These self-contradictions (behavior that is contrary to a given personality) start to make sense when we study the various states of mind and understand that people can shift in and out of these states of mind resulting in multi-systemic changes in motivation, behavior, cognition, emotionality, and interpersonal reactions. A thing that is crucial in one state of mind may hold no value in another. Thus, those who are educated in choice architecture can use behavioral economics concepts (such as negativity bias, or risk aversion, or reactive devaluation) to both identify and utilize these multi-systemic patterns.

In addition to the utilization of an existent state of mind, other strategies such as *changing perceptual frames* (reframing) or destabilization of established patterns (confusion technique), enable the choice architect to sometimes mediate contra-lateral changes of state, for example shifting from a negativity bias (which is best suited for highly threatening environments) to a positivity bias (which is best suited for safe environments that are rich in resources, such as the therapy office).

Because adaptation and survival are dependent on one's ability to flexibly shift in and out of various states, the choice architect does not need to change the individual but rather recognize how to work with the existing state of mind and *utilize* the choice opportunities that are immediately available.

### Tactical examples

For Erickson, the exercise of choice was so central to his approach that he would often support the choice to refuse to cooperate with therapy, or to maintain negative behaviors, or the choice to preserve the status quo. Yet these same clients, under his care, would still somehow start to flourish in seemingly unexpected ways. We cannot call this a strategy of unconditional positive regard because in certain instances Erickson might be critical of a client or state that progress is unlikely. We also cannot explain this in terms of “paradoxical reaction” because that fails to offer the nuance that differentiates the three different states of mind alluded to above. However, if we turn to the rapidly emerging science of behavioral economics, and consider how quantifiable cognitive biases not only shape social interactions, but also motivation, memory, emotion, perceptual focus, and cognition; then it becomes possible to identify and predict unconscious decision-making rules (heuristics).

For example, to work productively with someone who inexplicably fails to cooperate with hypnosis or therapy, you should know how to recognize a state of mind known as “reactance” and how to leverage this state. If you tell a person in this state to do their level best to defy your wishes, their defiance is suddenly transformed into compliance. This initiates a state shift that leads to “social conformity bias,” or what Erickson identified as implicit cooperation.

As a different example, if the client says to you, “You are probably wasting your time with me...It is highly unlikely that I will make any real progress,” then we need to recognize that this is an entirely different state of mind that requires a different form of suggestion. This statement represents a strong negativity bias. In this state, the individual does not have access to memories of past success. There is no approach motivation but rather avoidance motivation. If you want this person to really listen to what you have to say, then you would need to offer qualified options, such as, “You are probably right. We probably will waste a lot of time here today. We may not even accomplish a quarter of what you are hoping to achieve.”



The client will be able to choose success under these conditions because it implicitly appeals to avoidance motivation (i.e., we can avoid having the entire session be a failure).

Finally, offering the choice to preserve the status quo is the right response for someone who is habitually dominated by the status quo bias. For example, I once had a woman tell me that for five years her previous therapist had been telling her she needs to leave an abusive relationship. Her mother and sister had told her the same thing. Her girlfriends were no longer talking to her because they could not stand the fact that she was staying in a highly toxic relationship. I, however, told her that I disagreed with all of them. I thought she should stay in the relationship...for now. I pointed out that this man was emotionally abusive but not physically violent. I explained that this was the perfect place for her to practice new skills of assertiveness and personal empowerment. I cautioned that I did not want her jumping out of the frying pan and into the fire (ending up with a new boyfriend who is dangerously violent). Two months later, she chose to move out.

My statements were not some “paradoxical” manipulation designed to change her behavior. I know of a woman who died while trying to leave an abusive relationship after her doctor manipulated her into leaving before she was fully prepared (the boyfriend saw her packing her bags and killed her). Ethical practice demands that clinicians provide viable options that can be implicitly decoded and acted upon by the existent state of mind. In this example, as therapy progressed, the woman switched from a status quo bias to a change bias, which then advanced her own best choices. This is what is meant by client-focused, choice-centric care.

To work as an Ericksonian choice architect, one must think outside the bounds of hypnosis. Rather than limiting our understanding of altered states to two options (conscious versus unconscious), it is possible to identify in the research literature at least 24 states of mind (each with its own subclassifications) that are clinically relevant. These states can also be paired with over 150 different tactics for optimizing choice. This new technology enables me and my students to have a nuanced view of client behavior, similar to Erickson’s incredibly sophisticated approach to building an optimal choice environment.

For example, an Ericksonian therapist might casually mention to a client (with some troubling habit), “You know, you are about to turn 30, and at that age, there are a lot of transformational things that take place in the body.” Why say this? It sounds like something Erickson would say but is there any research that helps justify or operationalize this tactic? As it turns out, there is! The phenomenon is broadly referred to as the fresh start effect, which can be automatically triggered by *temporal landmarks* (such as a birthday, or start of a new career). It has been shown that change bias is more likely to dominate when an implicit goal is paired with a specific date (temporal landmark) that holds symbolic importance or emotional value. This is one of the greatest benefits of being well-versed in Ericksonian choice architecture—it helps reposition our school of thought from intuition-based to evidence-based.

### Summary

In summary, Erickson’s creation and refinement of permissive suggestion dramatically shifted the locus of care away from trying to change behavior and towards the optimization of free choice. This psychological experience underlies the instinctual constitution of all animal species, making it a prerequisite for living beings to thrive. It is likely that Erickson implicitly recognized patterns of unconscious processing (heuristics) that can be employed to optimize the design of choice environments. If you are a person who strategically uses this type of knowledge, then you are already acting as a choice architect.

If these ideas interest you, then you have a unique opportunity to establish yourself as one of the early adopters of this approach, with live instruction and supervision. The first ongoing training series in Ericksonian Choice Architecture (ECA) will soon be hosted by the Milton H. Erickson Foundation. For more information and registration, go to:

<https://www.erickson-foundation.org/ericksonian-choice-architecture>.



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# IJCEH

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## **Recent Issue: Volume 72, Issue 3**

To start the third issue of volume 72 of the *International Journal of Clinical and Experimental Hypnosis (IJCEH)*, an in-memoriam in honor of Dr. Steven Lynn is available to all readers. Following, this issue also included three research studies and two review articles. In the leading article of this issue, a randomized clinical trial assessed the efficacy of clinical hypnosis as an adjunct to Cognitive Behavioral Therapy for the treatment of major depressive disorder. Additional research studies explored the effectiveness of combined Mindful Self-Hypnosis (MSH) with resistance training (RT) for the reduction of perceived stress among female college students and psychometric properties for the French norms of a shortened online adaptation of the Harvard Group Scale of Hypnotic Susceptibility (HGSHS:A). Finally, a systematic and meta-analytic review of EEG correlates of suggestion-induced Stroop interference reduction in highly suggestible individuals, and a comprehensive review of hypnotherapy for inflammatory bowel disease management conclude the July issue of the *IJCEH* for a total of five articles.

## **Preview of Upcoming Issue: European Society of Hypnosis - Volume 72, Issue 4**

We are excited to announce that the October issue of the *IJCEH* will feature a special issue in collaboration with the European Society of Hypnosis (ESH). This year, the ESH hosted its XVI congress with the theme of “Hypnosis Food for Body and Mind: An Integrated Approach to Healing”. This special issue of the *International Journal of Clinical and Experimental Hypnosis* will include a guest editorial provided by Congress leader, Dr. Peter Naish, and is composed of six articles focused on advancing research, theory, and practice in a wide range of topics.

## **Transitioning to Online-Only Publishing starting January 2025!**

As a reminder to all of our readers, this January 2025, the *International Journal of Clinical and Experimental Hypnosis* will be transitioning to online-only publishing. In our commitment to innovation and accessibility, this transition aims to provide benefits to authors and readers alike by eliminating delays associated with print distribution. This transition will expedite the timeline from submission to publication and will allow us to provide faster access to the latest academic articles published at the *IJCEH* on a rolling basis, attract more high-quality articles and research, and increase the number of articles available per issue. Although this means that volume 72, Issue 4 will be our last print issue, we are eager to offer quality articles sooner to you, now in real-time!

## **Special Issue: *Intersections of Psychedelics, Psychedelic and Mystical Experiences, and Hypnosis***

As we are preparing for the upcoming year, here are some special issues currently underway. The year of 2025 will promises several dedicated issues to



advancing the field of hypnosis and expand its scope and exploration into diverse subfields of psychology & hypnosis. The first special issue of 2025, entitled, ***“Intersections of Psychedelics, Psychedelic and Mystical Experiences, and Hypnosis”*** will be an issue targeting the exploration and novel findings on the therapeutic benefits, mechanics, and theoretical frameworks of psychedelics and mystical experiences, as well as its potential parallels between psychedelics and hypnosis. This issue is scheduled for publishing in our July issue, but early online access will be provided for select articles.

### Special Issue/Call for Papers – *Ericksonian Psychotherapy*

Moreover, a special issue dedicated to the diverse applications, theoretical advancements, empirical research, and clinical outcomes associated with ***Ericksonian***

***Psychotherapy*** will be available later in the year. For more information on this and any future call for papers and special issues of the *IJCEH*, visit our journal’s website at: <https://think.taylorandfrancis.com/special-issues/ericksonian-psychotherapy/>

### Interested Authors:

Submissions are accepted and articles are published on a rolling basis. 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>

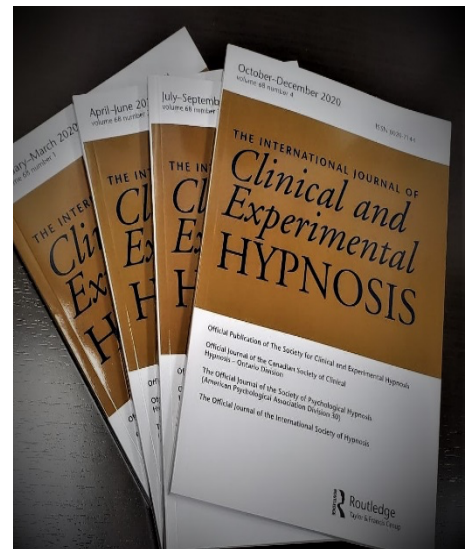
### Instructions to authors can be found at:

<https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20> Contact us at: [IJCEH@baylor.edu](mailto:IJCEH@baylor.edu)

### As a reminder, the *IJCEH* accepts many types of papers, including:

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

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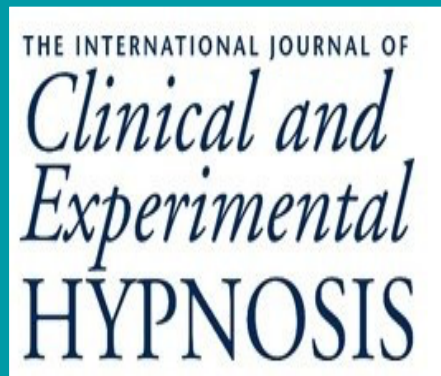
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WE ARE PLEASED TO SHARE ABSTRACTS  
FROM THE ARTICLES PUBLISHED IN THE  
MOST RECENT ISSUE OF THE  
INTERNATIONAL JOURNAL OF CLINICAL  
AND EXPERIMENTAL HYPNOSIS

ABSTRACTS FROM THE  
July 2024 ISSUE – VOLUME 72 (3)

**A Tribute to the Life and Work of Steven Jay Lynn (1946–2024): In Memoriam**

Joseph P. Green

**Cognitive behavioral therapy and hypnosis in the treatment of major depressive disorder: A randomized control trial**

Nicolino Ramondo, Carmela F. Pestell, Susan M. Byrne & Gilles E. Gignac

This study investigated whether adding hypnosis to CBT (CBTH) improved treatment outcomes for MDD with a two-armed, parallel-treated, randomized-controlled trial using anonymous self-report and clinician-blinded assessments. Expectancy, credibility, and attitude to hypnosis were also examined. Participants (n = 66) were randomly allocated to 10-weekly sessions



of group-based CBT or CBTH. LMM analyses of ITT and Completer data at post-treatment, six-month and 12-month follow-up showed that both treatments were probably efficacious but we did not find significant differences between them. Analyses of remission and response to treatment data revealed that the CBTH Completer group significantly outperformed CBT at 12-month follow-up ( $p = .011$ ). CBTH also displayed significantly higher associations between credibility, expectancy and mood outcomes up to 12-month follow-up (all  $p < .05$  or better), while attitude to hypnosis showed one significant association ( $r = -0.57$ ,  $p < .05$ ). These results suggest that hypnosis shows promise as an adjunct in the treatment of MDD but a larger sample size is required to fully test its merits.

### **Mindful Self-Hypnosis Combined with Resistance Training to Reduce Perceived Stress and Improve Other Psychological Factors in Female College Students**

Chan Myae Lin Latt, Cameron T. Alldredge, Sarah Williams, Michael Vinson, Jose Seiba Moris & Gary R. Elkins

Perceived stress is a significant problem among female college students that can impact psychological distress, sleep, and overall well-being. Mindful self-hypnosis (MSH) and resistance training (RT) have both been shown to reduce perceived stress. The rationale for the present study was to investigate whether MSH combined with RT could be more effective at reducing perceived stress as measured by the Perceived Stress Scale than RT alone due to synergistic effects achieved by combining the interventions. Forty-four female college students were randomized to one of the three groups: MSH+RT, RT only, or a wait-list control (WLC). Results indicated that, compared to RT only, the addition of MSH led to pronounced improvements in perceived stress which was significantly greater than WLC. Also, MSH+RT resulted in significant increases in mindfulness, sleep, strength, and well-being in comparison to WLC. MSH+RT was shown to be feasible with highly satisfactory participant ratings. Future research should examine the MSH+RT intervention with a larger population and with older women who are more at risk for stress and declining strength.

### **Can Hypnotherapy be Considered a Valuable Component in the Management of Inflammatory Bowel Disease? Insights from a Comprehensive Review**

Konstantinos Mpakogiannis, Fotios S. Fousekis, Aristeidis H. Katsanos & Konstantinos H. Katsanos

Despite advancements in medication, managing inflammatory bowel disease (IBD) remains challenging, necessitating alternative control methods. Gut-directed hypnotherapy, known for alleviating irritable bowel syndrome (IBS), is debated as an IBD management method. An extensive search across PubMed, Cochrane Library, and Clinicaltrials.gov uncovered five randomized trials and two case series involving IBD patients undergoing hypnotherapy. A small trial reported statistically significant remission at one year ( $p = .04$ ), but larger trials, including one with 63 patients, showed no significant gastrointestinal improvements. The first case series noted post-intervention reduction in the mediators of inflammation in rectal mucosal, without long-term monitoring. The second case series observed the absence of flare episodes in 12 of 13 ulcerative colitis patients during follow-up, possibly influenced by the simultaneous use of two drugs alongside hypnotherapy. Psychological outcomes, demonstrated no significant differences between hypnotherapy and control groups. While current literature doesn't decisively support hypnotherapy for managing IBD symptoms, it underscores the importance of further research, including randomized clinical trials, to thoroughly assess its effectiveness in this context.



## **EEG Correlates of Suggestion-Induced Stroop Interference Reduction in High-Suggestible Individuals: A Systematic Review and Meta-analysis**

Aman Kumar Raturi, Sreelatha S. Narayanan & S. P. K. Jena

Studies have explored the impact of suggestion on the Stroop effect, aiming to understand how effective suggestion is in modulating this phenomenon. The suggestion effect has been replicated in multiple studies, supporting its robustness, but lacks systematic evaluation. We conducted a systematic review and meta-analysis of relevant English-language studies from PubMed, Web of Science, PsycINFO, Scopus, and ScienceDirect since databases inception until January 2023. Quality of included studies was evaluated using the Joanna Briggs Institute (JBI) appraisal checklist, and potential publication biases were assessed. Subgroup analyses were also performed, and effect sizes were estimated using Hedges'  $g$  and analyzed using random effects model. The systematic review was comprised of 19 studies. For the meta-analysis, 14 studies examined the suggestion effect on Stroop interference effect (SIE), while six studies investigated suggestion effects on accuracy. Results have revealed significant overall effects of suggestion on Stroop performance in participants, as evidenced by SIE and accuracy. Subgroup analysis based on types of suggestion demonstrated a significant effect on SIE. Six EEG/ERP studies have also been discussed in the context of the review.

## **French Norms for a Shortened Online Adaptation of the Harvard Group Scale of Hypnotic Susceptibility, Form A**

Jeremy Brunel, Stéphanie Mathey & Sandrine Delord

This study presents the norms and psychometric properties for a shortened online adaptation of a French version of the Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A). Assessment of involuntariness and subjective intensity was added to the traditional scoring. A total of 373 individuals completed an online hypnotizability screening test on their own computer. Participants received the HGSHS:A script through an audio recording lasting about 30 minutes. The results showed that the item difficulty and reliability of the short online HGSHS:A were consistent with the offline version of the scale and with the reference samples. Involuntariness and subjective intensity corrections improved significantly the accuracy in the measurement of the scale and helped to dissociate between different phenomenologies in hypnotic responding. These findings indicate that the short online HGSHS:A is a reliable tool for measuring hypnotizability. Moreover, we suggest that using complementary measures of involuntariness and subjective intensity helps to shed more light on hypnotizability as part of a multi-componential approach to hypnotic response.



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### Event Categories



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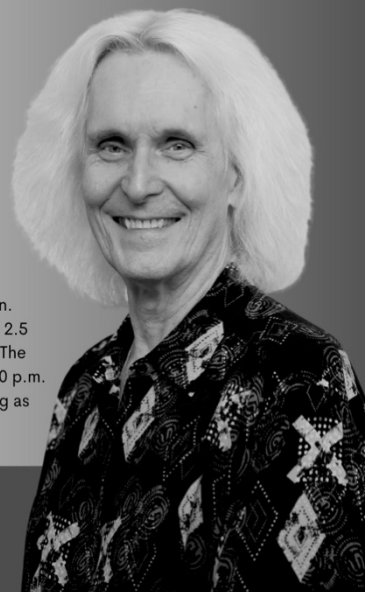
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# CENTRAL TEXAS SOCIETY OF CLINICAL HYPNOSIS

Hypnotic Psychotherapy and  
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## CENTRAL TEXAS SOCIETY OF CLINICAL HYPNOSIS

Hypnotic Psychotherapy and  
the Art of Balancing  
Mindful Resources

George P. Glaser, LCSW

November 15, 2024

1:00-3:00 PM Central US

Zoom webinar



Dear ISH Community,

<http://ctscl.com/hypnotic-psychotherapy/>



Contact [George Glaser](#) with questions about the program, how to register, or membership in the Central Texas Society of Clinical Hypnosis.



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(Germany)  
Mark P. Jensen, PhD (USA)

##### ISH World Headquarters

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# LIST OF CONTRIBUTORS

---

Anita Jung

[anitajung.therapy@pm.me](mailto:anitajung.therapy@pm.me)

EDITOR

Krzysztof Klajs

[krzysztof.klajs@gmail.com](mailto:krzysztof.klajs@gmail.com)

PRESIDENT

## LIST OF CONTRIBUTORS

Gary Elkins

[Gary\\_Elkins@baylor.edu](mailto:Gary_Elkins@baylor.edu)

Kathryn Rossi

[kathryn@kathrynrossi.co](mailto:kathryn@kathrynrossi.co)

Nicole Ruysschaert

Interviewer

[nicole.ruysschaert@skynet.be](mailto:nicole.ruysschaert@skynet.be)

Shady Tonn ISH

[info@ishhypnosis.org](mailto:info@ishhypnosis.org)

**For more information, contact ISH headquarters at**

[info@ishhypnosis.org](mailto:info@ishhypnosis.org)

## LANGUAGE EDITORS:

Consuelo Casula

Italian

[consuelocasula@gmail.com](mailto:consuelocasula@gmail.com)

Anita Jung

German

[Anitajung.therapy@pm.me](mailto:Anitajung.therapy@pm.me)

Julie Linden

English

[julie@drjulielinden.com](mailto:julie@drjulielinden.com)

Teresa Robles

Spanish

[tere@grupocem.edu.mx](mailto:tere@grupocem.edu.mx)

Nicole Ruysschaert

French

[nicole.ruysschaert@skynet.be](mailto:nicole.ruysschaert@skynet.be)

## Other Contributors

Paloma López Valencia

Layout Editor

[valenciapaloma@hotmail.com](mailto:valenciapaloma@hotmail.com)