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The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
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A LETTER FROM THE PRESIDENT



KRZYSZTOF KŁAJNS

Dear Colleagues, Dear Hypnotherapists,

As the year draws to a close and we approach 2025, it feels like the right moment to reflect on the developments in the international hypnosis field. In June of this year, we held the XXII ISH International Hypnosis Congress in Krakow, Poland. "Cooperation in Hypnosis"—the theme of the meeting—was deeply reflected in our shared experiences there. Participants joined us from all continents and more than forty countries. We had waited six years since the 2018 Congress in Montreal, Canada, for this opportunity to meet in person. Finally, we were able to overcome the challenges of the pandemic. Unfortunately, a significant number of us were unable to travel to Krakow and join due to the dramatic turbulence in various parts of the world.

The environment around us feels less friendly and predictable than it did a few years ago. The fires of war have been igniting. We make plans, but reality invites us to be more creative. In such circumstances, the metaphor of "the window of opportunity" feels especially relevant. It reminds us to remain vigilant for moments that allow us to move forward despite challenges. In my opinion, we should look through that window pane more often.

The First Asian Hypnosis Congress took place in October 2019 in Mashhad, Iran. At that meeting, the foundation of the Asian Society of Hypnosis was announced. We were full of hope to meet again somewhere in Asia soon, and the next Asian Congress was even scheduled for July 2022. Unfortunately, this opportunity was postponed, and we've had to wait patiently for the next chance, which will now be in August of next year. Our Chinese colleagues will host us in Beijing at the Second Asian Hypnosis Congress, scheduled for August 14–18, 2025, instead of July as originally planned. I hope it will once again be a great and fruitful meeting. The China Academy of Hypnosis, one of the constituent members of ISH with the largest number of members, will provide excellent cooperation, hospitality, and rich cultural experiences, ensuring the event's success. We remain hopeful that this next opportunity will unfold seamlessly, keeping the window of opportunity open.

Allow me to share a few thoughts about the ISH horizon—or, more precisely, about the anticipated future. Let me also elaborate on our Society's motto, "Building Bridges of Understanding." From the very beginning until today, the growth of hypnosis has focused on two areas: clinical (or practical) applications and theoretical issues related to mental health and general psychotherapy. This



second area, in my opinion, remains somewhat in the shadows. This might be one of the reasons why early clinical achievements, such as those connected with hysteria treatment, as well as all of hypnotherapy, were nearly forgotten in mainstream psychology for decades.

How can we describe the wall between the conscious and unconscious mind? How can we overcome that wall using hypnosis? Is the unconscious mind merely the absence of consciousness, or does it represent something more profound? While no major school of psychotherapy denies the existence of the unconscious mind, few, apart from hypnotherapy, delve deeply into this delicate area. Let us channel our mental strengths to explore these challenging topics. What is the unconscious mind? Is it merely the absence of the conscious mind, or is it something more?

In Western culture, we tend to think more linearly than circularly and more vertically—i.e., with the conscious mind above, bright and clear, and the unconscious mind below, dark and dirty. Is this kind of thinking useful for psychotherapeutic activity, or does it hinder us? Is it easier to conduct scientific research in this context, or is it more challenging? I hope that a broad discussion incorporating different cultural points of view will be fruitful for all of us.

Moreover, it is essential to leave behind the perception of the unconscious as dirty, dusty, malicious, wet, and anxiety-inducing, to make a significant theoretical and practical step forward. I believe our Society, with specialists from all over the world, is a house filled with windows of opportunity in this area for the coming year.

We look forward to seeing you at these upcoming events:

- Beijing, China, August 14–18, 2025: www.hypnosis2025.com
- Glasgow, Scotland, Summer 2026: <https://fit-wise.eventsair.com/esh2026/>
- Paestum, Italy, 2027: www.hypnosis2027.com

See you soon, in the moments between our gatherings.

Krzysz Klajns
ISH President



EIN BRIEF DES PRÄSIDENTEN

ÜBERSETZT VON ANITA JUNG

Während sich das Jahr dem Ende neigt und wir uns 2025 nähern, erscheint es mir passend, einen Blick auf die Entwicklungen im internationalen Bereich der Hypnose zu werfen. Im Juni dieses Jahres fand der XXII ISH International Hypnosis Congress in Krakau, Polen, statt. „Zusammenarbeit in der Hypnose“—das Thema des Treffens—wurde in unseren gemeinsamen Erfahrungen dort tief widerspiegelt. Teilnehmer aus allen Kontinenten und mehr als vierzig Ländern waren vertreten. Seit dem Kongress 2018 in Montreal, Kanada, hatten wir sechs Jahre auf diese Gelegenheit gewartet, uns persönlich zu treffen. Endlich konnten wir die Herausforderungen der Pandemie überwinden. Leider war es vielen von uns aufgrund der dramatischen Turbulenzen in verschiedenen Teilen der Welt nicht möglich, nach Krakau zu reisen.

Die Welt um uns herum erscheint weniger freundlich und vorhersehbar als noch vor ein paar Jahren. Die Flammen des Krieges lodern weiterhin. Wir machen Pläne, aber die Realität fordert uns heraus, kreativer zu sein. In solchen Zeiten scheint die Metapher des „Fensters der Möglichkeiten“ besonders relevant. Sie erinnert uns daran, wachsam auf Gelegenheiten zu achten, die es uns ermöglichen, trotz Herausforderungen voranzukommen. Meiner Meinung nach sollten wir öfter durch diese Fensterscheibe blicken.

Der erste Asiatische Hypnosekongress fand im Oktober 2019 in Maschhad, Iran, statt. Bei diesem Treffen wurde die Gründung der Asian Society of Hypnosis verkündet. Wir waren voller Hoffnung, uns bald wieder irgendwo in Asien zu treffen, und der nächste Asiatische Kongress war sogar für Juli 2022 geplant. Leider wurde diese Gelegenheit verschoben, und wir mussten geduldig auf die nächste Chance warten, die nun im August des nächsten Jahres stattfinden wird. Unsere chinesischen Kollegen werden uns in Peking zum zweiten Asiatischen Hypnosekongress vom 14. bis 18. August 2025 empfangen, statt wie ursprünglich geplant im Juli. Ich hoffe, es wird erneut ein großartiges und bereicherndes Treffen sein. Die China Academy of Hypnosis, mit der größten Mitgliedschaft innerhalb der ISH, wird durch ihre hervorragende Zusammenarbeit, Gastfreundschaft und kulturellen Beiträge zum Gelingen der Veranstaltung beitragen. Wir sind zuversichtlich, dass diese Gelegenheit reibungslos genutzt werden kann und das Fenster der Möglichkeiten offen bleibt.

Erlauben Sie mir, einige Gedanken zum Horizont der ISH zu äußern—oder, genauer gesagt, zur erwarteten Zukunft. Lassen Sie mich auch unser Motto „Building Bridges of Understanding“ näher erläutern. Seit jeher konzentriert sich das Wachstum der Hypnose auf zwei Bereiche: klinische (oder praktische) Anwendungen und theoretische Fragen im Zusammenhang mit psychischer Gesundheit und allgemeiner Psychotherapie. Dieser zweite Bereich steht meiner Meinung nach weiterhin etwas im Hintergrund. Das könnte einer der Gründe sein, warum frühe klinische Errungenschaften, wie die Behandlung von Hysterie und die Hypnotherapie insgesamt, über Jahrzehnte hinweg im Mainstream nahezu in Vergessenheit geraten sind.

Wie lässt sich die Grenze zwischen dem Bewussten und dem Unbewussten beschreiben? Wie können wir diese Mauer mit Hypnose überwinden? Ist das Unbewusste lediglich die Abwesenheit von Bewusstsein, oder stellt er etwas Tiefgründigeres dar? Während keine bedeutende Schule der Psychotherapie die Existenz des Unbewussten leugnet, beschäftigen sich nur wenige, abgesehen von der Hypnotherapie, intensiv mit diesem subtilen Thema. Lassen Sie uns unsere mentalen Stärken darauf richten, diese herausfordernden Themen zu erforschen. Was ist das Unbewusste? Ist es lediglich die Abwesenheit des Bewusstseins, oder ist es mehr?

In der westlichen Kultur neigen wir dazu, eher linear als zirkulär und eher vertikal zu denken—d.h., das Bewusstsein steht oben, hell und klar, und das Unbewusste unten, dunkel und schmutzig.



Ist diese Denkweise für psychotherapeutische Aktivitäten nützlich, oder hindert sie uns? Ist es in diesem Kontext einfacher, wissenschaftliche Forschung durchzuführen, oder ist es schwieriger? Ich hoffe, dass eine breite Diskussion, die verschiedene kulturelle Perspektiven einbezieht, für uns alle bereichernd sein wird.

Darüber hinaus ist es wichtig, die Vorstellung des Unbewussten als etwas Dunkles, Bedrückendes und Angsteinflößendes hinter uns zu lassen, um einen bedeutenden theoretischen und praktischen Fortschritt zu erzielen. Ich glaube, dass unsere Gesellschaft mit Experten aus der ganzen Welt ein Zentrum der Möglichkeiten in diesem Bereich für das kommende Jahr bildet.

Wir freuen uns darauf, Sie bei diesen kommenden Veranstaltungen zu sehen:

- Beijing, China, 14.–18. August 2025: www.hypnosis2025.com
- Glasgow, Schottland, Sommer 2026: <https://fitwise.eventsair.com/esh2026/>
- Paestum, Italien, 2027: www.hypnosis2027.com

Bis bald—auf den Wegen zwischen unseren Begegnungen.

Krzysz Klajns
ISH Präsident





LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Chers Collègues, Chers Hypnothérapeutes,

Alors que l'année tire à sa fin et que nous nous approchons de 2025, le moment semble propice de réfléchir sur les évolutions dans le domaine international de l'hypnose. En juin de cette année, nous avons organisé le XXII^e Congrès International d'Hypnose de l'ISH à Cracovie, en Pologne. « La coopération en hypnose » —le thème de cette rencontre— a été profondément reflété dans les expériences partagées ici. Des participants venant de tous les continents et de plus de quarante pays nous ont rejoints. Nous avions attendu six ans depuis le Congrès de 2018 à Montréal, au Canada, pour cette occasion de nous retrouver en personne. Enfin, nous avons pu surmonter les défis de la pandémie. Malheureusement, un nombre important d'entre nous n'a pas pu voyager à Cracovie en raison des turbulences dramatiques dans plusieurs parties du monde.

L'environnement qui nous entoure semble moins amical et prévisible qu'il y a quelques années. Les feux de guerre continuent de s'allumer. Nous faisons des plans, mais la réalité nous invite à être plus créatifs. Dans de telles circonstances, la métaphore de la « fenêtre d'opportunité » semble particulièrement pertinente. Elle nous rappelle de rester vigilants pour les moments qui nous permettent de faire du progrès malgré les défis. À mon avis, nous devrions regarder plus souvent à travers cette fenêtre.

Le premier Congrès Asiatique d'Hypnose a eu lieu en octobre 2019 à Mashhad, en Iran. Lors de cette rencontre, la fondation de l'« Asian Society of Hypnosis » a été annoncée. Nous étions pleins d'espoir de nous retrouver peu de temps après quelque part en Asie, et le prochain Congrès Asiatique était même prévu pour juillet 2022. Malheureusement, cette opportunité a été reportée, et nous avons dû attendre patiemment la prochaine occasion, qui se tiendra en août de l'année prochaine. Nos collègues chinois nous accueilleront à Pékin pour le deuxième Congrès Asiatique d'Hypnose, prévu du 14 au 18 août 2025, au lieu de juillet comme initialement prévu. J'espère que ce sera une fois de plus une rencontre extraordinaire et fructueuse. La « China Academy of Hypnosis », l'un des membres constituants de l'ISH avec le plus grand nombre d'adhérents, offrira une coopération, une hospitalité et des expériences culturelles riches, garantissant le succès de l'événement. Nous restons confiants que cette opportunité se déroulera sans entrave, gardant ainsi la fenêtre d'opportunité ouverte.

Permettez-moi de partager quelques réflexions sur l'horizon de l'ISH—ou, plus précisément, sur l'avenir anticipé. Permettez-moi également d'approfondir notre devise : « Construire des ponts de compréhension. » Depuis le début jusqu'à aujourd'hui, la croissance de l'hypnose s'est focalisée sur deux domaines : les applications cliniques (ou pratiques) et les questions théoriques liées à la santé mentale et à la psychothérapie générale. Ce deuxième domaine reste, à mon avis, un peu dans l'ombre. Cela pourrait être l'une des raisons pour lesquelles les premières réussites cliniques, comme celles liées au traitement de l'hystérie, ainsi que celles liées à l'hypnothérapie, ont presque été oubliées dans la psychologie dominante pendant des décennies.

Comment pouvons-nous décrire le mur entre l'esprit conscient et l'inconscient ? Comment pouvons-nous surmonter ce mur grâce à l'hypnose ? L'esprit inconscient est-il simplement l'absence de conscience, ou représente-t-il quelque chose de plus profond ? Bien qu'aucune grande école de psychothérapie nie l'existence de l'inconscient, peu, à part l'hypnothérapie, explorent en profondeur cette zone délicate. Canalisons nos forces mentales pour explorer ces sujets provoquants est essentiel. Qu'est-ce que l'inconscient ? Est-ce simplement l'absence de l'esprit conscient ou quelque chose de plus ?

Dans la culture occidentale, nous avons tendance à penser de manière plus linéaire que circulaire et plus verticale—c'est-à-dire avec l'esprit conscient au-dessus, lumineux et clair, et l'esprit inconscient en dessous,



sombre et douteux. Ce type de pensée est-il utile pour l'activité psychothérapeutique ou nous freine-t-il ? Est-il plus facile de mener des recherches scientifiques dans ce contexte ou plus difficile ? J'espère qu'une discussion large, intégrant différents points de vue culturels, sera fructueuse pour nous tous.

De plus, il est essentiel d'abandonner la perception de l'inconscient comme quelque chose de sombre, poussiéreux, malveillant, humide et comme une source d'anxiété, afin de faire un pas en avant significatif, tant sur le plan théorique que pratique. Je crois que notre Société, avec des spécialistes du monde entier, est une maison remplie de fenêtres d'opportunité dans ce domaine pour l'année à venir.

Nous nous réjouissons de vous voir lors des prochains événements:

- Pékin, Chine, 14–18 août 2025 : www.hypnosis2025.com
- Glasgow, Écosse, été 2026 : <https://fitwise.eventsair.com/esh2026/>
- Paestum, Italie, 2027 : www.hypnosis2027.com

Au plaisir de vous revoir lors des moments de nos rencontres en ligne avant de se revoir en personne.

Krzysz Kłajns
Président de l'ISH



LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Cari Colleghi, Cari Ipnoterapeuti,

Mentre l'anno sta per finire e ci avviciniamo al 2025, sembra il momento giusto per riflettere sugli sviluppi nel campo internazionale dell'ipnosi. A giugno di quest'anno si è tenuto il XXII Congresso Internazionale di Ipnosi ISH a Cracovia, in Polonia. "Cooperazione nell'Ipnosi", questo il tema dell'incontro, è stato profondamente rispecchiato nelle esperienze condivise durante l'evento. Partecipanti da tutti i continenti e da più di quaranta paesi si sono riuniti. Avevamo aspettato sei anni, dal Congresso del 2018 a Montreal, in Canada, per questa opportunità di incontrarci di persona. Finalmente, siamo riusciti a superare le sfide poste dalla pandemia. Sfortunatamente, un numero significativo di noi non ha potuto viaggiare a Cracovia a causa delle turbolenze drammatiche in varie parti del mondo.

L'ambiente che ci circonda sembra meno amichevole e prevedibile rispetto a qualche anno fa. I focolai di guerra continuano a divampare. Facciamo piani, ma la realtà ci invita a essere più creativi. In queste circostanze, la metafora della "finestra di opportunità" appare particolarmente rilevante. Ci ricorda di rimanere vigili per cogliere i momenti che ci permettono di andare avanti nonostante le sfide. A mio parere, dovremmo guardare più spesso attraverso questa finestra.

Il Primo Congresso Asiatico di Ipnosi si è tenuto nell'ottobre 2019 a Mashhad, in Iran. Durante quell'incontro è stata annunciata la fondazione della Asian Society of Hypnosis. Eravamo pieni di speranza di poterci incontrare di nuovo presto da qualche parte in Asia, e il prossimo Congresso Asiatico era stato addirittura programmato per luglio 2022. Sfortunatamente, questa opportunità è stata rinviata, e abbiamo dovuto aspettare pazientemente un'altra occasione, che ora si terrà nell'agosto del prossimo anno. I nostri colleghi cinesi ci ospiteranno a Pechino per il Secondo Congresso Asiatico di Ipnosi, programmato dal 14 al 18 agosto 2025, anziché a luglio come inizialmente previsto. Spero che sarà ancora una volta un incontro straordinario e fruttuoso. La China Academy of Hypnosis, uno dei membri costituenti della ISH con il maggior numero di iscritti, offrirà la sua eccellente cooperazione, ospitalità e ricche esperienze culturali, garantendo il successo dell'evento. Mantenendo aperta la finestra di opportunità, rimaniamo fiduciosi che questa prossima opportunità si svolgerà senza intoppi.

Permettetemi di condividere alcuni pensieri sull'orizzonte della ISH, o, più precisamente, una anticipazione del futuro. Permettetemi anche di elaborare il motto della nostra Società, "Costruire ponti di comprensione." Dall'inizio a oggi, la crescita dell'ipnosi si è concentrata su due aree: applicazioni cliniche (o pratiche) e questioni teoriche relative alla salute mentale e alla psicoterapia generale. Questa seconda area, a mio avviso, rimane in qualche modo nell'ombra. Questo potrebbe essere uno dei motivi per cui i primi successi clinici, come quelli legati al trattamento dell'isteria, così come tutta l'ipnoterapia, sono stati quasi dimenticati nella psicologia tradizionale per decenni.

Come possiamo descrivere il muro tra la mente conscia e quella inconscia? Come possiamo superare quel muro usando l'ipnosi? La mente inconscia è semplicemente l'assenza di coscienza o rappresenta qualcosa di più profondo? Mentre nessuna scuola importante di psicoterapia nega l'esistenza della mente inconscia, poche, a parte l'ipnoterapia, esplorano a fondo questa area delicata. Incanaliamo le nostre forze mentali per esplorare questi argomenti sfidanti. Cos'è la mente inconscia? È semplicemente l'assenza della mente conscia o qualcosa di più?

Nella cultura occidentale tendiamo a pensare in modo più lineare che circolare e più verticale: per esempio, con la mente conscia in alto, luminosa e chiara, e la mente inconscia in basso, scura e sporca. Questo tipo di pensiero è utile per l'attività psicoterapeutica o la ostacola? È più facile condurre ricerche scientifiche in questo contesto, o è più difficile? Spero che una discussione ampia, che integri diversi punti di vista culturali, sarà fruttuosa per tutti noi.



Inoltre, è essenziale abbandonare la percezione della mente inconscia come qualcosa di sporco, polveroso, malevolo, umido e associato all'ansia, per fare un significativo passo avanti, sia teorico che pratico. Credo che la nostra Società, per il prossimo anno, con specialisti provenienti da tutto il mondo, diventi una casa piena di finestre di opportunità in questo settore.

Non vediamo l'ora di incontrarvi a questi eventi futuri:

- Pechino, Cina, 14–18 agosto 2025: www.hypnosis2025.com
- Glasgow, Scozia, estate 2026: <https://fitwise.eventsair.com/esh2026/>
- Paestum, Italia, 2027: www.hypnosis2027.com

A presto, nei momenti tra i nostri incontri.

Krzysz Klajns
Presidente ISH

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CARTA DEL PRESIDENTE (ES)

TRADUCIDO POR TERESA ROBLES

Estimados Colegas, Estimados Hipnoterapeutas,

A medida que el año llega a su fin y nos acercamos al 2025, es un buen momento para reflexionar sobre los avances en el campo internacional de la hipnosis. En junio de este año, celebramos el XXII Congreso Internacional de Hipnosis de la ISH en Cracovia, Polonia. El tema del encuentro, “La cooperación en la hipnosis”, se reflejó profundamente en las experiencias compartidas por los asistentes. Participantes de más de cuarenta países y todos los continentes se reunieron en este evento, que marcó el esperado reencuentro tras seis años desde el Congreso de 2018 en Montreal, Canadá. Finalmente, logramos superar los desafíos impuestos por la pandemia. No obstante, un número significativo de colegas no pudo viajar a Cracovia debido a las dramáticas turbulencias en diversas regiones del mundo.

El entorno que nos rodea parece menos amigable y predecible que hace unos años. Los fuegos de la guerra continúan encendiéndose. Hacemos planes, pero la realidad nos invita a ser más creativos. En tales circunstancias, la metáfora de la “una ventana de oportunidad” resulta particularmente relevante, recordándonos la importancia de estar atentos a los momentos que nos permiten avanzar a pesar de los desafíos. En mi opinión, deberíamos mirar más a menudo a través de ese cristal.

El Primer Congreso Asiático de Hipnosis se celebró en octubre de 2019 en Mashhad, Irán. Durante este encuentro, se anunció la fundación de la Sociedad Asiática de Hipnosis. Estábamos llenos de esperanza por la posibilidad de reunirnos nuevamente en algún lugar de Asia pronto, y el siguiente Congreso Asiático fue programado para julio de 2022. Lamentablemente, esta oportunidad tuvo que ser pospuesta, y hemos aguardado pacientemente por la próxima ocasión, que finalmente se celebrará en agosto del próximo año. Nuestros colegas chinos nos recibirán en Pekín para el Segundo Congreso Asiático de Hipnosis, que tendrá lugar del 14 al 18 de agosto de 2025, en lugar de julio, como estaba inicialmente previsto. Espero que sea nuevamente un encuentro extraordinario y fructífero. La Academia de Hipnosis China, miembro constituyente de la Sociedad Internacional de Hipnosis (ISH), que cuenta con el mayor número de afiliados, ofrecerá una excelente oportunidad para la cooperación, así como una cálida hospitalidad y enriquecedoras experiencias culturales, lo que garantizará el éxito del evento. Mantenemos nuestra esperanza y optimismo de que esta próxima ocasión se desarrolle sin contratiempos, manteniendo abierta la ventana de oportunidad.

Permítanme compartir algunos pensamientos sobre el futuro de la ISH, o más precisamente, sobre lo que proyectamos para el futuro. También quiero profundizar en el lema de nuestra Sociedad: “Construyendo puentes de entendimiento.” Desde sus inicios hasta el presente, el crecimiento de la hipnosis ha abarcado dos áreas principales: las aplicaciones clínicas (o prácticas) y las cuestiones teóricas relacionadas con la salud mental y la psicoterapia en general. En mi opinión, esta segunda área sigue estando algo en la sombra. Esto podría ser una de las razones por las que los primeros logros clínicos, como los avances en el tratamiento de la histeria, así como la hipnoterapia en su totalidad, fueron casi olvidados dentro de la psicología convencional durante varias décadas.

¿Cómo podemos describir el muro entre la mente consciente y la inconsciente? ¿Cómo podemos atravesar ese muro utilizando la hipnosis? ¿Es la mente inconsciente simplemente la ausencia de consciencia, o representa algo más profundo? Aunque ninguna escuela importante de psicoterapia niega la existencia de la mente inconsciente, pocas, aparte de la hipnoterapia, exploran a fondo esta área tan delicada.

Debemos canalizar nuestras fuerzas mentales para adentrarnos en estos temas desafiantes.



¿Qué es la mente inconsciente? ¿Es simplemente la ausencia de la mente consciente, o existe algo más?

En la cultura occidental, tendemos a pensar de forma más lineal que circular, y más vertical: es decir, con la mente consciente en la parte superior, brillante y clara, y la mente inconsciente por debajo, oscura y desordenada. ¿Es este tipo de pensamiento útil en la actividad psicoterapéutica, o nos limita? ¿Facilita este enfoque la investigación científica, o la complica? Espero que una discusión amplia que integre diferentes perspectivas culturales sea enriquecedora para todos nosotros.

Además, es esencial abandonar la visión de la mente inconsciente como algo oscuro, polvoriento, malicioso, húmedo y generador de ansiedad, para dar un paso significativo hacia adelante, tanto en el plano teórico como práctico. Creo que nuestra Sociedad, con especialistas de todo el mundo, es un lugar lleno de ventanas de oportunidad en este campo para el próximo año.

Esperamos verlos en estos eventos futuros:

- Pekín, China, 14–18 de agosto de 2025: www.hypnosis2025.com
- Glasgow, Escocia, verano de 2026: <https://fitwise.eventsair.com/esh2026/>
- Paestum, Italia, 2027: www.hypnosis2027.com

Nos vemos pronto, en los momentos entre nuestros encuentros.

Krzysz Klajns
Presidente de la ISH



LETTER FROM THE EDITOR



Anita Jung

Dear ISH Community,

As we reflect on the profound intersections of hypnosis and the unconscious, as highlighted by our president, this newsletter invites us to delve deeper into these connections through shared stories, valuable resources, and innovative practices.

A Newsletter to Look Forward To

Building on the strong foundation of previous editors, I hope to craft a newsletter that feels like a moment to pause—a place to laugh, be inspired, or uncover fresh insights. Perhaps it will revisit ideas you thought you already knew, offering them in a new light.

My goal is to keep our community engaged and uplifted, providing meaningful tools for your practice or research and keeping the exploration of hypnosis both exciting and deeply impactful.

Meet Our New Board Member

With excitement for the road ahead, it is my pleasure to introduce our new board member, Inga Nowak-Dusza, MSc, from Poland. Serving on the board for the first time, Inga brings fresh perspectives and a wealth of experience in Ericksonian hypnosis. In her interview, she shares the pivotal moments that shaped her career, her passion for the art of storytelling in therapy, and her vision for advancing the field.

IJCEH, Highlights from the Current Issue

The latest *International Journal of Clinical and Experimental Hypnosis* invites us into a special collaboration with the European Society of Hypnosis (ESH). Emerging from the XVI ESH Congress, themed "*Hypnosis: Food for Body and Mind – An Integrated Approach to Healing*," this issue delves into the profound intersections of hypnosis with art therapy, cognitive-behavioral techniques, brain stimulation, and virtual reality—each article an entryway into the evolving science and artistry of healing.

Looking ahead to 2025, the *IJCEH* turns its focus to the mysterious and transformative. It will explore the interplay of hypnosis with psychedelics and mystical experiences and celebrate the enduring legacy of Ericksonian Psychotherapy—illuminating subtle yet profound paths of growth and discovery.

As we step into this new chapter, beginning January 2025, the *IJCEH* will transition to an exclusively online format. This shift embraces the speed and accessibility of the digital age, offering immediate access to the latest groundbreaking research. While the printed page may soon rest in memory, the journal's content will continue to inspire, challenge, and inform—keeping its relevance deeply alive in the present moment.

As we continue to share resources to enrich your work, here's something you can use directly in your practice.

Blogs for Your Practice

I'm delighted to share a collection of 10 thoughtfully crafted blogs, authored by students from the Eötvös Loránd University under the guidance of Dr. Katalina Varga. These blogs delve into a range of compelling topics in hypnosis, offering insights that you can easily integrate into your practice.



Whether you use them to inform your clients, enhance your website, or share on social media, these blogs are here to support your work. You're welcome to adapt them to fit your unique needs, helping to spread awareness about the profound, transformative potential of hypnosis. To further spark inspiration, we've introduced some exciting new categories

Exploring New Avenues with Fresh Categories:

We're opening new doors to curiosity and connection, introducing categories designed to spark inspiration, invite reflection, and deepen our collective understanding of hypnosis. These themes invite us to engage with the art and science of our work in meaningful ways:

Ideas in Focus: Dive into thought-provoking reflections, case studies, or innovative approaches to hypnosis. Previously, Dan Short explored *Ericksonian Choice Architecture*, and in this issue, Ran D. Anbar examines *Chronic Disease and Therapy with Hypnosis*, highlighting how self-regulation can transform treatment outcomes. What insights or innovations can you bring to this growing conversation?

Humor and Stories: Humor and storytelling hold a special power in hypnosis, offering pathways to connection, reframing, and healing. Share your humorous anecdotes, therapeutic breakthroughs, or metaphors that illuminate the playful and profound ways we engage with clients. For instance, Bernhard Trenkle's *The Professor with No Nose* offers a witty and memorable exploration of direct versus indirect communication.

Have a story, idea, or perspective to share? Let's enrich these categories together and keep the conversation vibrant and inspiring!

Conference Highlights

The NVvH symposium, "*The Overlap Between Hypnotic and Psychedelic Realities*," brought together leading researchers and therapists to explore the transformative potential of hypnosis and psychedelics in psychotherapy. Discussions delved into altered states of consciousness, innovative therapeutic techniques, and the integration of traditional methods with modern breakthroughs, offering a fresh perspective on trauma healing and identity transformation.

Call for Contributions

Your voice matters. Your expertise and unique experiences are what make our community so vibrant. By sharing your insights, you can help shape this newsletter into a dynamic resource for us all. Have you attended an inspiring conference or workshop recently? Share the moments that stood out, the insights you gained, or how it shaped your practice. Have you read a book that transformed your perspective? Write a review! Or, if you've authored a book and would like it featured, let us know. Constituent societies, we'd love to hear about your upcoming events so we can connect our members with exciting new opportunities.

Picture this: a newsletter bursting with stories so engaging they could captivate even the most skeptical mind—not to mention insights sharp enough to snap anyone out of a fog! Got a witty anecdote, a clever idea, or a moment of brilliance you've been itching to share? Feel free to share—your submission could be just the thing to keep us all inspired, entertained, and maybe even pleasantly altered. Send your contributions today, and let's keep this conversation as lively as a hypnotic induction gone slightly sideways!

Anita Jung
Editor, ISH Newsletter



CARTA DE LA EDITORA

SPANISH TRANSLATION: BY TERESA ROBLES

Querida comunidad de la ISH,

Nuestro Presidente en su mensaje nos habla de la importancia de las conexiones entre la hipnosis y el inconsciente. Este boletín nos invita a explorar más a fondo estas relaciones a través de historias compartidas, utilizar recursos valiosos y prácticas innovadoras.

Este es un Boletín que espero lean con Entusiasmo

Basándome en la sólida base establecida por editores anteriores, espero crear un boletín que nos invite a detenernos un momento para reír, inspirarse o descubrir nuevas perspectivas. Tal vez vuelva a tratar ideas que creías ya conocer, ofreciéndolas desde una nueva mirada. Mi objetivo es mantener a nuestra comunidad comprometida y animada, proporcionando herramientas significativas para tu práctica o investigación, y haciendo que la exploración de la hipnosis sea emocionante y profundamente impactante.

Conoce a nuestra nueva miembro de la Mesa Directiva

Es un placer para mí presentarles a nuestra nueva miembro de la Mesa Directiva, **Inga Nowak-Dusza, MSc**, de Polonia. Me entusiasma el camino que vamos a recorrer juntos. Puesto que es la primera vez, que participa en nuestra mesa, Inga aporta nuevas perspectivas y una vasta experiencia en hipnosis ericksoniana. En su entrevista, comparte los momentos clave que dieron forma a su carrera, su pasión por el arte de contar historias en la terapia y su visión para avanzar en el campo de la hipnosis.

IJCEH: Destacados de la Edición Actual

La última edición del *International Journal of Clinical and Experimental Hypnosis (IJCEH)* nos invita a una colaboración especial con la Sociedad Europea de Hipnosis (ESH). Surgida del XVI Congreso de la ESH, con el tema "*Hipnosis: Alimento para el Cuerpo y la Mente – Un Enfoque Integrado para la Sanación*". Esta edición explora las profundas intersecciones de la hipnosis con la terapia de arte, las técnicas cognitivo-conductuales, la estimulación cerebral y la realidad virtual. Cada artículo va abriendo una puerta a la ciencia y el arte en evolución de la sanación.

En 2025, el IJCEH se centrará en lo misterioso y transformador: explorará la interacción de la hipnosis con los psicodélicos y las experiencias místicas, y celebrará el gran legado de la Psicoterapia Ericksoniana, iluminando caminos de crecimiento y descubrimiento tanto sutiles como profundos.

A partir de enero de 2025, el IJCEH hará la transición a un formato exclusivamente en línea. Este cambio aprovecha la rapidez y accesibilidad de la era digital, ofreciendo acceso inmediato a las últimas investigaciones e innovaciones. Aunque la página impresa pronto quedará como un recuerdo, el contenido del journal continuará inspirando, desafiando e informando de formas profundamente relevantes en el presente.

Blogs para tu Práctica

Estoy encantado de compartir una colección de 10 blogs cuidadosamente elaborados, escritos por estudiantes de la Universidad Eötvös Loránd en Hungría bajo la guía de la Dra. Katalin Varga. Estos blogs abordan una variedad de temas fascinantes sobre hipnosis, ofreciendo ideas que puedes integrar fácilmente en tu práctica.

Ya sea que los uses para informar a tus clientes, mejorar tu sitio web o compartir en redes sociales, estos blogs están aquí para apoyar tu trabajo. Eres bienvenido a adaptarlos a tus necesidades personales, ayudando así a difundir la conciencia sobre el potencial profundo y transformador de la hipnosis.



Explorando nuevas vías con nuevas categorías

Estamos abriendo nuevas puertas a la curiosidad y la conexión, presentando categorías diseñadas para inspirar, invitar a la reflexión y profundizar nuestra comprensión colectiva de la hipnosis. Estas temáticas nos invitan a comprometernos con el arte y la ciencia de nuestro trabajo de maneras significativas:

Ideas en sobre el foco: Comparte reflexiones estimulantes, estudios de caso o enfoques innovadores sobre la hipnosis. Anteriormente, Dan Short exploró la Arquitectura de Elección Ericksoniana, y en esta edición, Ran D. Anbar examina la Hipnosis y las Enfermedades Crónicas, destacando cómo la autorregulación puede transformar los resultados del tratamiento. ¿Qué ideas o innovaciones puedes aportar a esta creciente conversación?

Humor e Historias: El humor y las historias tienen un poder especial en la hipnosis, ofreciendo caminos hacia la conexión, el replanteamiento y la sanación. Comparte tus anécdotas humorísticas, avances terapéuticos o metáforas que iluminen las formas creativas y profundas en que nos relacionamos con los clientes. Por ejemplo, *The Professor with No Nose* de Bernhard Trenkle ofrece una ingeniosa y memorable exploración de la comunicación directa versus indirecta.

¿Tienes una historia, idea o perspectiva para compartir? Te invito a que enriquezcamos juntos estas categorías y mantengamos una conversación vibrante e inspiradora.

Aspectos destacados del Congreso de la NVvH

El simposio de la NVvH, "*La Superposición entre Realidades Hipnóticas y Psicodélicas*", reunió a destacados investigadores y terapeutas para explorar el potencial transformador de la hipnosis y los psicodélicos en la psicoterapia. Las discusiones profundizaron en los estados alterados de conciencia, técnicas terapéuticas innovadoras y la integración de métodos tradicionales con avances modernos, ofreciendo una nueva perspectiva sobre la sanación del trauma y la transformación de la identidad.

Convocatoria de contribuciones

Tu voz importa. Tu experiencia y vivencias únicas son lo que hace que nuestra comunidad sea tan vibrante. Al compartir tus ideas, puedes ayudar a dar forma a este boletín como un recurso dinámico para todos nosotros.

¿Has asistido recientemente a una conferencia o taller inspirador? Comparte los momentos destacados, las ideas clave que adquiriste o cómo influyó en tu práctica. ¿Has leído un libro que transformó tu perspectiva? Escribe una reseña. O, si has escrito un libro y te gustaría que se destacara, háznoslo saber. Sociedades constituyentes, también nos encantaría saber sobre tus próximos eventos para conectar a nuestros miembros con nuevas oportunidades.

Imagina esto: un boletín lleno de historias tan cautivadoras que podrían captar incluso a las mentes más escépticas, sin mencionar ideas lo suficientemente impactantes como para despejar cualquier niebla mental. ¿Tienes una anécdota ingeniosa, una idea brillante o un momento de inspiración que deseas compartir? No te detengas—tu contribución podría ser justo lo que necesitamos para mantenernos inspirados, entretenidos y, tal vez, agradablemente transformados. Envía tus aportaciones hoy y ¡mantengamos esta conversación tan animada como una inducción hipnótica que toma un giro inesperado!

Anita Jung
ISH Newsletter



BRIEF DER REDAKTEURIN

GERMAN TRANSLATION: BY ANITA JUNG

Liebe ISH-Gemeinschaft,

Während wir über die bedeutsamen Zusammenhänge zwischen Hypnose und dem Unbewussten nachdenken, wie sie in der Nachricht unseres Präsidenten hervorgehoben wurden, lädt dieser Newsletter dazu ein, diese Verbindungen durch geteilte Geschichten, wertvolle Ressourcen und innovative Ansätze weiter zu erkunden.

Ein Newsletter, auf den man sich freuen kann

Auf den soliden Grundlagen meiner Vorgänger aufbauend, möchte ich einen Newsletter gestalten, der wie ein Moment der Ruhe wirkt – ein Ort, an dem man lachen, sich inspirieren lassen oder neue Einsichten entdecken kann. Vielleicht begegnen Sie hier bekannten Ideen, die sich aus einer neuen Perspektive betrachten lassen. Mein Ziel ist es, unsere Gemeinschaft zu bereichern und zu inspirieren – mit wertvollen Ressourcen für Ihre Praxis oder Forschung und einer spannenden, umfassenden Erkundung der Hypnose.

Unser neues Vorstandsmitglied

Mit großer Freude und voller Zuversicht möchte ich unser neues Vorstandsmitglied Inga Nowak-Dusza, MSc, aus Polen vorstellen. Zum ersten Mal im Vorstand tätig, bringt Inga frische Perspektiven und umfangreiche Erfahrungen in der Erickson'schen Hypnose mit. In ihrem Interview beschreibt sie die prägenden Momente ihrer Karriere, ihre Leidenschaft für das therapeutische Geschichtenerzählen und ihre Vision, das Feld der Hypnose weiter voranzubringen.

IJCEH: Highlights aus der aktuellen Ausgabe

Die neueste Ausgabe des International Journal of Clinical and Experimental Hypnosis (IJCEH) eröffnet uns eine besondere Zusammenarbeit mit der Europäischen Gesellschaft für Hypnose (ESH). Basierend auf dem XVI. ESH-Kongress mit dem Thema „Hypnose: Nahrung für Körper und Geist – Ein integrierter Ansatz zur Heilung“, zeigt diese Ausgabe die Schnittstellen der Hypnose mit Kunsttherapie, kognitiven Verhaltenstherapie, Gehirnstimulation und virtueller Realität auf – jede Studie ein Fenster in die wachsende Wissenschaft und Kunst des Heilens.

Ein Ausblick auf 2025 zeigt, dass das IJCEH seinen Fokus auf das Verborgene und Transformative legt: Es wird die Verbindung von Hypnose mit Psychedelika und mystischen Erfahrungen erforschen und das bleibende Erbe der Erickson'schen Psychotherapie würdigen – subtil und dennoch tief in seiner Fähigkeit, Wachstum und Entdeckungen zu fördern.

Ab Januar 2025 wird das IJCEH ausschließlich im Online-Format erscheinen. Dieser Schritt hin zur digitalen Zugänglichkeit ermöglicht einen schnelleren Zugang zu bahnbrechenden Forschungen. Während die gedruckte Ausgabe bald der Vergangenheit angehört, bleibt der Inhalt lebendig und relevant, inspiriert weiterhin, fordert heraus und informiert.

Blogs für Ihre Praxis

Es freut mich, Ihnen eine Sammlung von 10 sorgfältig erstellten Blogs vorzustellen, verfasst von Studenten der Eötvös Loránd Universität unter der Leitung von Dr. Katalina Varga. Diese Blogs decken eine Vielzahl faszinierender Themen zur Hypnose ab und bieten Erkenntnisse, die Sie direkt in Ihre Praxis integrieren können.

Ob Sie sie nutzen, um Klienten zu informieren, Ihre Webseite zu bereichern oder in sozialen Medien zu teilen – diese Blogs sind dazu da, Ihre Arbeit zu unterstützen. Sie können sie an Ihre spezifischen Bedürfnisse anpassen und so das Bewusstsein für das transformative Potenzial der Hypnose verbreiten.



Neue Perspektiven: Frische Kategorien

Wir schaffen Raum zur Inspiration und zum Austausch – mit Kategorien, die dazu einladen, neue Perspektiven zu entdecken, zum Nachdenken anzuregen und unser gemeinsames Verständnis der Hypnose zu erweitern:

Ideen im Fokus: Teilen Sie spannende Reflexionen, Fallstudien oder innovative Ansätze zur Hypnose. Teilen Sie spannende Reflexionen, Fallstudien oder innovative Ansätze zur Hypnose. Dan Short hat zuvor die *Ericksonian Choice Architecture* erforscht, und in dieser Ausgabe widmet sich Ran D. Anbar der Behandlung chronischer Krankheiten mit Hypnose – mit einem Schwerpunkt darauf, wie Selbstregulation Behandlungsergebnisse transformieren kann. Welche neuen Perspektiven oder innovativen Ideen möchten Sie gerne beisteuern?

Humor und Geschichten: Humor und Geschichtenerzählen haben eine besondere Kraft in der Hypnose – sie schaffen Verbindungen, ermöglichen neue Perspektiven und unterstützen den Heilprozess. Teilen Sie humorvolle Anekdoten, therapeutische Durchbrüche oder Metaphern, die spielerische und tiefgreifende Einblicke in Ihre Arbeit mit Klienten bieten. Bernhard Trenkles *The Professor with No Nose* ist ein humorvolles und einprägsames Beispiel, das die Nuancen direkter und indirekter Kommunikation aufzeigt.

Haben Sie eine Geschichte, eine Idee oder eine Perspektive, die Sie teilen möchten? Lassen Sie uns diese Kategorien gemeinsam erweitern und inspirierende Inhalte schaffen!

Konferenz-Highlights

Das NVvH-Symposium „Die Überschneidung zwischen hypnotischen und psychedelischen Realitäten“ vereinte führende Wissenschaftler und Therapeuten, um die synergistischen Effekte von Hypnose und Psychedelika in der Psychotherapie zu untersuchen. Im Mittelpunkt standen die Analyse veränderter Bewusstseinszustände, die Anwendung innovativer therapeutischer Ansätze sowie die Integration traditioneller Verfahren mit aktuellen wissenschaftlichen Erkenntnissen zur Förderung von neuronaler Reorganisation und Identitätsentwicklung.

Einladung zur Mitgestaltung

Ihre Stimme zählt. Mit Ihrer Kompetenz und Ihren einzigartigen Erfahrungen bringen Sie Lebendigkeit und Inspiration in unsere Gemeinschaft. Teilen Sie Ihre Einsichten und machen Sie diesen Newsletter zu einer dynamischen und wertvollen Ressource für uns alle.

Your text works well, but here's a slightly refined version to improve flow and clarity: Haben Sie kürzlich an einer inspirierenden Konferenz oder einem Workshop teilgenommen? Teilen Sie mit uns die Highlights und Einblicke, die Sie daraus mitgenommen haben. Haben Sie ein Buch gelesen, das Ihre Perspektive verändert hat? Schreiben Sie eine Rezension! Wenn Sie selbst ein Buch geschrieben haben und möchten, dass es vorgestellt wird, lassen Sie es uns wissen. Auch Informationen zu kommenden Veranstaltungen der Mitgliedsgesellschaften nehmen wir gerne entgegen.

Stellen Sie sich vor: ein Newsletter voller Geschichten, die so fesselnd sind, dass sie selbst die skeptischsten Gemüter begeistern könnten – ganz zu schweigen von Ideen, die pregnant genug sind, jeden mentalen Nebel zu vertreiben. Haben Sie eine geniale Anekdote, eine clevere Idee oder einen inspirierenden Moment, den Sie teilen möchten? Zögern Sie nicht – Ihr Beitrag könnte genau das sein, was uns alle inspiriert, unterhält und vielleicht sogar angenehm verändert. Senden Sie Ihre Beiträge noch heute und lassen Sie uns diese Diskussion lebendig und dynamisch gestalten!

Anita Jung
Redakteurin, ISH-Newsletter



LETTRE DE LA RÉDACTRICE

FRENCH TRANSLATION: BY NICOLE RUYSSCHAERT

Chère communauté de l'ISH,

Alors que nous réfléchissons aux intersections profondes de l'hypnose et de l'inconscient, comme l'a souligné notre président, cette newsletter nous invite à explorer ces connexions de manière plus approfondie à travers des histoires partagées, des ressources précieuses et des pratiques innovantes.

Une Newsletter à Anticiper S'appuyant sur le solide héritage des précédents éditeurs, mon ambition est de créer une newsletter qui invite à une pause : un espace pour rire, s'inspirer, ou découvrir de nouvelles perspectives. Peut-être revisitera-t-elle des idées que vous pensiez déjà maîtriser, en les éclairant sous un nouveau point de vue. Mon objectif est de maintenir l'engagement et l'élan de notre communauté en offrant des outils significatifs pour votre pratique ou vos recherches, tout en explorant l'hypnose de manière à la fois passionnante et profondément impactante.

Rencontrez Notre Nouveau Membre du Conseil Plein d'enthousiasme pour le chemin à parcourir, j'ai le plaisir de vous présenter notre nouveau membre du conseil, Inga Nowak-Dusza, MSc, originaire de Pologne. En occupant ce poste pour la première fois, Inga apporte une perspective neuve et une riche expertise en hypnose ericksonienne. Dans son entretien, elle partage les moments clés de sa carrière, sa passion pour l'art de raconter des histoires en thérapie, et sa vision de l'évolution dans le domaine.

IJCEH : Points Saillants du Dernier Numéro Le dernier numéro de *l'International Journal of Clinical and Experimental Hypnosis* nous invite à une collaboration spéciale avec la Société Européenne d'Hypnose (ESH). Inspiré par le XVI^e Congrès de l'ESH, sous le thème « *L'hypnose : une nourriture pour le corps et l'esprit – Une approche intégrée à la guérison* », ce numéro explore les profondes intersections entre l'hypnose et des disciplines comme l'art-thérapie, les techniques cognitivo-comportementales, la stimulation cérébrale et la réalité virtuelle. Chaque article ouvre une fenêtre sur l'évolution de la science et de l'art de la guérison. Pour 2025, l'IJCEH mettra l'accent sur les expériences mystérieuses et transformatrices. Il explorera l'interaction entre l'hypnose, les psychédéliques et les expériences mystiques, tout en célébrant l'héritage durable de la psychothérapie Ericksonienne, illuminant des chemins subtils mais profonds vers la croissance et la découverte.

Comme nous prenons un nouveau chemin, à partir de janvier 2025, l'IJCEH passera à un format exclusivement en ligne. Ce changement adopte la rapidité et l'accessibilité de l'ère digitale, offrant un accès immédiat aux dernières recherches innovantes. Bien que la version imprimée devienne un souvenir, le contenu du journal continuera à inspirer, informer et susciter la réflexion, conservant toute sa pertinence dans le moment présent. Comme nous continuons à partager des ressources pour enrichir votre travail, voici quelque chose que vous pouvez utiliser directement dans votre pratique.

Blogs pour Votre Pratique Je suis ravi de partager une collection de 10 blogs soigneusement conçus, rédigés par des étudiants de Eötvös Loránd de l'Université sous la direction de la Dre Katalina Varga. Ces blogs abordent des thèmes captivants en hypnose et offrent des idées que vous pouvez intégrer facilement dans votre pratique.

Que vous les utilisiez pour informer vos clients, enrichir votre site web ou partager sur les réseaux sociaux, ces ressources sont là pour soutenir votre travail. Vous êtes libre de les adapter selon vos besoins, contribuant ainsi à promouvoir le potentiel transformateur de l'hypnose. Pour stimuler votre inspiration, nous avons introduit quelques catégories inspirantes.



Explorer de Nouveaux Horizons avec des Catégories Innovantes Nous ouvrons la porte à la curiosité et la connexion, en introduisant des catégories conçues pour inspirer, susciter des réflexions et approfondir notre compréhension collective de l'hypnose. Les thèmes suivants nous invitent à nous engager dans l'art et la science de notre travail d'une manière utile.

Idées en Focalisation: Plongez dans des réflexions stimulantes, des études de cas ou des approches innovantes. Par exemple, Dan Short a exploré l'architecture du choix Ericksonien, tandis que Ran D. Anbar met en lumière, dans ce numéro, l'autogestion pour transformer les résultats des traitements. Quelles idées ou innovations souhaitez-vous partager dans cette conversation en plein développement ?

Humour et Histoires: L'humour et la narration occupent une place unique en hypnose, offrant des chemins vers la connexion, la recontextualisation et la guérison. Partagez vos anecdotes humoristiques, percées thérapeutiques ou métaphores qui illustrent les moyens ludiques et profonds d'interagir avec les clients. Bernhard Trenkle par exemple dans « *Le professeur sans nez* », offre une exploration mémorable de la communication directe envers indirecte. Avez-vous une histoire, idée ou perspective à partager ? Nous pouvons enrichir ces catégories ensemble et tenir la conversation vibrant et inspirant.

Moments Inspirants de la Conférence Le symposium de la NVvH, « *La Superposition entre les Réalités Hypnotiques et Psychédéliques* », a réuni des chercheurs et thérapeutes de premier plan pour explorer le potentiel transformateur de l'hypnose et des psychédéliques en psychothérapie. Les discussions ont examiné les états de conscience modifiés, des techniques thérapeutiques innovantes et l'intégration des méthodes traditionnelles avec des avancées modernes, offrant une perspective renouvelée sur la guérison des traumatismes et la transformation de l'identité.

Appel à Contributions Votre voix compte. Votre expertise et vos expériences uniques rendent notre communauté si dynamique. En partageant vos idées, vous contribuez à faire de cette newsletter une ressource précieuse pour tous. Avez-vous récemment assisté à un congrès ou à un atelier inspirant ? Partagez les moments marquants, les idées que vous avez acquises ou comment cela a de l'impact sur votre pratique. Ecrivez un compte-rendu. Si vous avez publié un livre ou si vous aimerait l'avoir mentionné, laissez-nous savoir. Les sociétés membres, nous aimerions à entendre de vos événements prévus de sorte que nous pouvons connecter nos membres avec de nouvelles opportunités.

Imaginez ceci : une newsletter débordant d'histoires si captivantes qu'elles pourraient captiver même les esprits les plus sceptiques, sans parler des idées suffisamment pointues pour sortir n'importe qui du brouillard ! Vous avez une anecdote pleine d'esprit, une idée intelligente ou un moment de génie que vous avez hâte de partager ? N'hésitez pas à partager - votre soumission pourrait être exactement ce qu'il vous faut pour nous inspirer, nous divertir et peut-être même nous modifier agréablement. Envoyez vos contributions dès aujourd'hui, et gardons cette conversation aussi animée qu'une induction hypnotique qui prend des détours surprenants !

Avec mes salutations les plus chaleureuses,

Anita Jung
Rédactrice, Bulletin de l'ISH



LETTERA DELL'EDITORE

ITALIAN TRANSLATION: BY CONSUELO CASULA

Cara Comunità ISH,

Mentre riflettiamo sui profondi intrecci tra l'ipnosi e l'inconscio, evidenziati nel messaggio del nostro Presidente, questa newsletter ci invita a esplorare ulteriormente queste connessioni attraverso storie condivise, risorse preziose e pratiche innovative.

Una Newsletter da Aspettare con Entusiasmo

Basandomi sulle solide fondamenta poste dai precedenti editori, spero di creare una newsletter che rappresenti un momento di pausa: un luogo in cui ridere, trovare ispirazione o scoprire nuove prospettive. Forse permetterà di rivisitare idee che pensavate di conoscere già, presentandole sotto una luce nuova. Il mio obiettivo è mantenere la nostra comunità coinvolta e motivata, offrendo strumenti significativi per la vostra pratica o ricerca e rendendo l'esplorazione dell'ipnosi sia emozionante sia profondamente significativa.

Conosciamo il Nuovo Membro del Consiglio

Con entusiasmo per il futuro ho il piacere di presentarvi il nuovo membro del consiglio, Inga Nowak-Dusza, MSc, proveniente dalla Polonia. Al suo primo incarico nel consiglio, Inga porta nuove prospettive e una vasta esperienza nell'ipnosi ericksoniana. Nell'intervista, condivide i momenti decisivi che hanno plasmato la sua carriera, la sua passione per l'arte del racconto in terapia e la sua visione per il progresso del campo.

IJCEH: Novità dall'Ultimo Numero

L'ultimo numero dell'*International Journal of Clinical and Experimental Hypnosis* ci invita a una collaborazione speciale con la *European Society of Hypnosis* (ESH). Nato dal XVI Congresso ESH, intitolato "*Ipnosi: Nutrimento per Corpo e Mente – Un Approccio Integrato alla Guarigione*", questo numero approfondisce le connessioni profonde tra l'ipnosi e la terapia artistica, le tecniche cognitivo-comportamentali, la stimolazione cerebrale e la realtà virtuale. Ogni articolo rappresenta una porta d'ingresso nella scienza e nell'arte della guarigione in continua evoluzione.

Guardando al 2025, l'IJCEH concentrerà l'attenzione su esperienze misteriose e trasformative. Esplorerà l'interazione tra ipnosi, psichedelici ed esperienze mistiche, celebrando l'eredità duratura della psicoterapia ericksoniana, illuminando percorsi sottili ma profondi di crescita e scoperta.

Con l'inizio di un nuovo capitolo, a partire da gennaio 2025, l'IJCEH passerà a un formato esclusivamente online. Questo cambiamento abbraccia la velocità e l'accessibilità dell'era digitale, offrendo un accesso immediato alle più recenti ricerche rivoluzionarie. Sebbene la pagina stampata possa diventare presto un ricordo, i contenuti del giornale continueranno a ispirare, informare e stimolare, mantenendo la loro rilevanza viva e attuale.

Blog per la Vostra Pratica

Sono lieta di condividere una raccolta di dieci blog accuratamente scritti e realizzati da studenti della Eötvös Loránd Università sotto la guida della Dott.ssa Katalina Varga. Questi blog affrontano una serie di argomenti affascinanti sull'ipnosi, offrendo intuizioni che potrete facilmente integrare nella vostra pratica.

Che li utilizzate per informare i vostri clienti, arricchire il vostro sito web o condividerli sui social media, questi blog sono offerti per supportare il vostro lavoro. Siete liberi di adattarli alle vostre esigenze, contribuendo a diffondere la consapevolezza sul potenziale trasformativo e profondo dell'ipnosi.



Esplorare Nuove Strade con Categorie Innovative

Apriamo nuove porte alla curiosità e alla connessione, introducendo categorie progettate per ispirare, invitare alla riflessione e approfondire la nostra comprensione collettiva dell'ipnosi.

Idee in Primo Piano: Immergetevi in riflessioni stimolanti, casi studio o approcci innovativi all'ipnosi. Nella precedente ISH Newsletter, Dan Short ha esplorato l'architettura delle scelte ericksoniane, mentre, in questo numero, Ran D. Anbar esamina le malattie croniche e la terapia con ipnosi, evidenziando come l'autoregolazione possa trasformare i risultati del trattamento. Quali intuizioni o innovazioni potreste aggiungere a questa conversazione in crescita?

Umore e Storie: L'umorismo e la narrazione hanno un potere speciale nell'ipnosi, offrendo percorsi per la connessione, la riformulazione e la guarigione. Condividete i vostri aneddoti divertenti, scoperte terapeutiche o metafore che illuminano modi giocosi e profondi con cui interagiamo con i clienti.

Momenti Salienti della Conferenza Il simposio della NVvH, *"La Sovrapposizione tra Realtà, Ipnosi e Psichedeliche"*, ha riunito ricercatori e terapeuti di spicco per esplorare il potenziale trasformativo dell'ipnosi e dei psichedelici nella psicoterapia. Le discussioni hanno approfondito stati di coscienza alterati, tecniche terapeutiche innovative e l'integrazione di metodi tradizionali con innovazioni moderne, offrendo una prospettiva rinnovata sulla guarigione dai traumi e la trasformazione dell'identità.

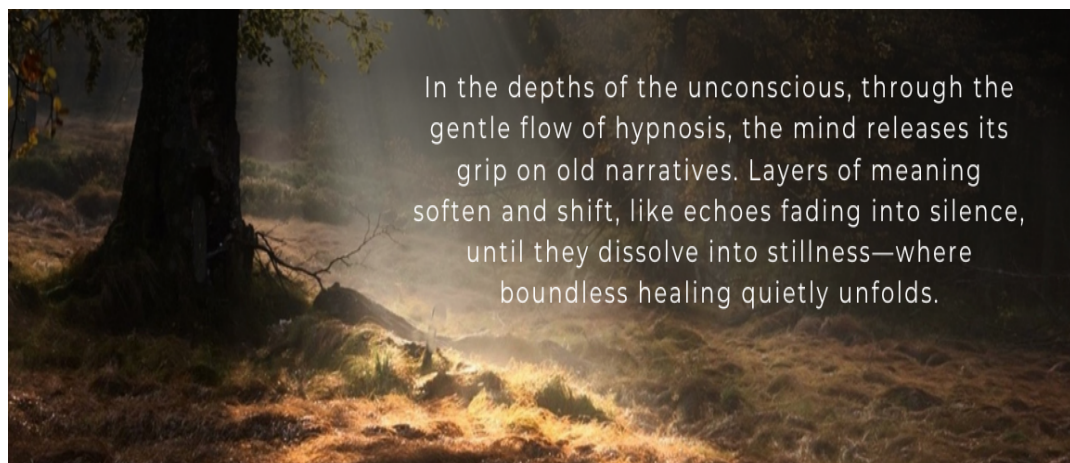
Appello a Contributi

La vostra voce conta. La vostra competenza e le vostre esperienze uniche rendono la nostra comunità così dinamica. Condividendo le vostre intuizioni, potete contribuire a rendere questa newsletter una risorsa preziosa per tutti. Avete partecipato di recente a un convegno o a un workshop ispirante? Condividete i momenti salienti, le intuizioni che avete acquisito o come hanno influenzato la vostra pratica.

Immaginate una newsletter ricca di storie così avvincenti da catturare anche la mente più scettica, senza dimenticare intuizioni tanto affilate da risvegliare chiunque da una nebbia mentale! Avete un aneddoto spiritoso, un'idea brillante o un momento di genio che desiderate condividere? Sentitevi liberi di inviare i vostri contributi—potrebbero essere proprio ciò di cui abbiamo bisogno per ispirarci e intrattenerci. Inviare i vostri contributi oggi e manteniamo questa conversazione vivace come un'induzione ipnotica con un tocco di creatività inaspettata!

Con i più calorosi saluti,

Anita Jung
Redattrice, Newsletter ISH



In the depths of the unconscious, through the gentle flow of hypnosis, the mind releases its grip on old narratives. Layers of meaning soften and shift, like echoes fading into silence, until they dissolve into stillness—where boundless healing quietly unfolds.



Meet Our New BOARD MEMBER AT-LARGE

Interview conducted by Nicole Ruysschaert



Inga Nowak-Dusza, Msc (Poland)

What was your first contact with hypnosis?

Inga: My first exposure to Ericksonian hypnosis came during my psychology studies. I attended a class called Visualization, where the instructor spoke about "relaxation and unwinding." The students sat on mats with their eyes closed, pretending it was working. For me and a few others, pretending was difficult—quite the opposite, we grew irritated when "told to relax."

Looking back, I value that experience deeply. It became one of the first beads strung on the thread that led me to learn and use clinical hypnosis.

The second bead was a book I purchased during my studies. I grew up in a family where my father bought every book he could find in the bookstore. I say "managed to get" because it was during communist times in Poland, when even basic items were hard to come by. Sometimes, my father brought home books on... well, everything. For me as a child, the main appeal was the beautiful photos or drawings, thick covers, and glossy pages. At a time when colorful magazines and Instagram didn't exist, having these books at home and being able to flip through their pages was a significant privilege.

As a student, I developed the habit of visiting every bookstore in Krakow to browse the shelves. Whenever I spotted a book related to psychology or psychotherapy (which were rare at the time), I would buy it with the money I earned as a barmaid. That's how I came across *The February Man: Evolving Consciousness and Identity in Hypnotherapy* by M. Erickson and E.L. Rossi. When I started reading it, I didn't understand much. But because I enjoyed books with dialogues, I persevered, hoping that understanding would come with effort. Unfortunately, I didn't make much progress at the time, and the book ended up on my shelf. Without illustrations or photos to catch my eye, it stayed there for years.

When I finally revisited it, I discovered that I was one of the few psychotherapists I knew who owned the title. For several years, it had been unavailable in print. That long-forgotten book became another bead in my journey toward understanding hypnosis.

What changes in the use of clinical hypnosis have you observed during your career?

Inga: The necklace of beads representing my experience with Ericksonian clinical hypnosis continues to grow, both as a psychotherapist and as a teacher at the Polish Ericksonian Institute. One bead that was a game-changer for me was studying under Dr. Jeffrey Zeig in Arizona, USA. His teaching style, visits to Milton Erickson's house, and climbing Squaw Peak left me with a clear sense of what is most important in using clinical hypnosis with patients. Since then, as a teacher of Ericksonian psychotherapy, I frame this approach in terms of trance phenomena. Dr. Zeig speaks of "tailoring," and I describe it as creating a story for the patient that begins with their dominant trance phenomena—something in which they show minimal cooperation.



I intentionally meet them in that space. From there, we gradually move in the story toward the opposite pole of that trance phenomenon, allowing the experience of flexibility and change to initiate the therapeutic goals they desire. This approach is vastly different from simply commanding "relax," which often leaves people uncertain about how to consciously achieve such a state. The process of discovering what works, and more importantly, how to initiate it, has become one of my most treasured beads.

Any recommendations, advice, or tips for younger colleagues?

Inga: As a teacher of Ericksonian psychotherapy, I often encounter students eager to master the techniques of Milton Erickson, Dr. Jeffrey Zeig, K. Klajs, E. Rossi, or N. Baretta after just a few training sessions. I remember having the same aspirations myself. Do you know what I do when I see this in my students? I stand up and introduce myself: *"My name is Inga Nowak-Dusza. I am an Ericksonian psychotherapist. And you, what is your name?"*

You have been elected as a member of the ISH BOD. What role do you see for yourself in ISH activities?

Inga: My role aligns with my story about the beads in the necklace of Ericksonian hypnosis. I aim to strengthen, familiarize, explain, teach, and collaborate with other specialists to showcase the effectiveness and usefulness of Ericksonian hypnosis in psychotherapy—and beyond. I want to help develop its application in interventions for crisis situations, health treatments, and even in building happiness.





A TOUCH OF HUMOR

provided by Bernhard Trenkle



Direct versus Indirect Communication The Professor with No Nose

One of the current subjects in the hypnotherapeutic field is the discussion of whether direct or indirect suggestions have a better therapeutic effect. The immense existential significance of any insights on this topic becomes apparent in the following situation concerning a job application: The professor of medicine at the university clinic has lost his ears. Nobody knows exactly how it happened. Everyone tactfully ignores the issue, yet it's quite obvious that the professor's ears are missing. One day, the professor interviews applicants for a position as an assistant doctor. The first candidate enters the room, and the professor immediately asks:

"What do you observe?"

The young doctor thinks to himself:

"Oh dear, if I directly tell him, 'You don't have any ears,' I'll probably lose the job on the spot."

So, he starts deflecting, mentioning the nice desk, the most recent medical books he notices on the shelves, and the Picasso painting on the wall. Eventually, the professor interrupts him:

"My good man, and you want to be a doctor! You have absolutely no power of observation! Even a child can see that I don't have any ears. Imagine what would happen if you were examining a patient in this clinic and failed to notice something so obvious. No, I can't have such a doctor on my team."

The young doctor leaves the room but, being fair, informs the two remaining candidates in the waiting area about how the conversation went:

"The professor hasn't got any ears. If you don't acknowledge that, you won't stand a chance of getting the job."

The second candidate enters the room and is asked the same question:

"What do you observe?"

This young doctor replies:

"You haven't got any ears."



The professor explodes:

“My goodness, how can you think of becoming a doctor? You have absolutely no sensitivity to the situation, no delicacy whatsoever.

You can’t be so indiscreet. Imagine you’ve got a patient, need to deliver a difficult diagnosis, and handle it in such a blunt, tactless manner. No, I can’t see you as a doctor on my team.”

The second candidate informs the third one in passing about his experience.

The third candidate enters the room and is asked the same question:

“What do you observe?”

The third young doctor looks carefully at the professor and replies:

“You’re wearing contact lenses.”

The professor, surprised, says:

“Unbelievable! What incredible powers of observation and what a quick response! I have never seen a doctor who could notice something so swiftly and confidently. How did you deduce it so quickly?”

The third candidate answers:

“To be honest, I didn’t see it. I deduced it. I figured you couldn’t wear glasses—they’d have nothing to rest on.”

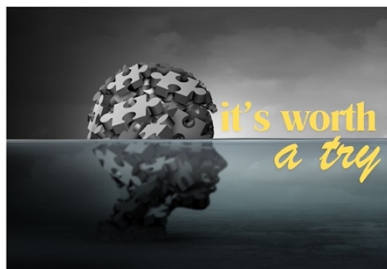




ARTICLES IN BRIEF

10 BLOGPOSTS ABOUT HYPNOSIS

1. DEPRESSION

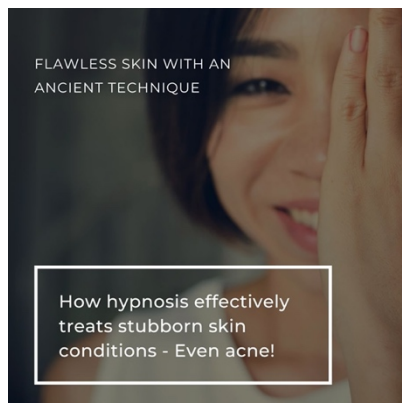


BOOST YOUR MOOD
Did you know that hypnosis can enhance depression treatment for faster relief?

Hypnosis has demonstrated efficacy in managing depression. Hypnotic interventions can boost the effects of traditional psychotherapy, leading to faster symptom relief (Alladin & Alibhai, 2007). <https://doi.org/10.1080/00207140601177897>

Reference: Alladin, A., & Alibhai, A. (2007). Cognitive Hypnotherapy for Depression: An Empirical Investigation. *International Journal of Clinical and Experimental Hypnosis*, 55(2), 147–166. <https://doi.org/10.1080/00207140601177897>

2. SKIN PROBLEMS



Hypnotherapy has been found effective as an alternative or complementary therapy that has been used since ancient times to treat medical and dermatologic problems. A wide spectrum of dermatologic disorders may be improved or cured using hypnosis (Shenefelt, 2000).

https://www.researchgate.net/publication/12592134_Hypnosis_in_Dermatology

Reference: Shenefelt, P. D. (2000). Hypnosis in Dermatology. *Archives of Dermatology*, 136(3). <https://doi.org/10.1001/archderm.136.3.393>





3. IMMUNE FUNCTION

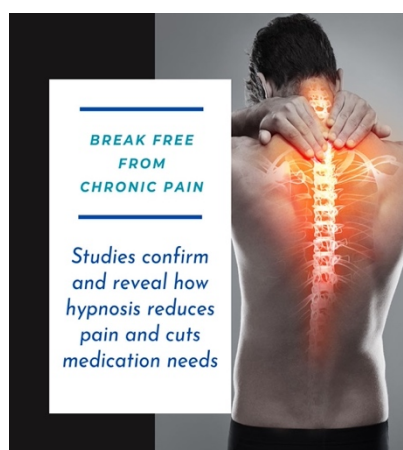


**Boost your immunity
NATURALLY.**

Learn about how hypnosis reduces stress and strengthens your body's defenses

Studies suggest that hypnosis can boost the immune system by reducing stress and promoting relaxation. Six weeks of training almost halved recurrence, improved mood and reduced levels of clinical depression and anxiety. This can potentially improve the body's ability to fight off infections (Gruzelier, 2002). <https://pubmed.ncbi.nlm.nih.gov/12186693/>
Reference: Gruzelier, J. (2002). A review of the impact of hypnosis, relaxation, guided imagery and individual differences on aspects of immunity and health. *Stress*, 5(2), 147-163.

4. CHRONIC PAIN MANAGEMENT



**BREAK FREE
FROM
CHRONIC PAIN**

Studies confirm and reveal how hypnosis reduces pain and cuts medication needs

Studies shows that hypnosis is an effective method for managing chronic pain. A recent meta-analysis highlighted its impact on improving pain thresholds and reducing the need for medication (Thompson et al., 2019).

<https://pubmed.ncbi.nlm.nih.gov/30790634/>

Reference: Thompson, T., Terhune, D. B., Oram, C., Sharangparni, J., Rouf, R., Solmi, M., Veronese, N., & Stubbs, B. (2019). The effectiveness of hypnosis for pain relief: A systematic review and meta-analysis of 85 controlled experimental trials. *Neuroscience & Biobehavioral Reviews*, 99, 298-310.

<https://doi.org/10.1016/j.neubio-rev.2019.02.013>

5. SLEEP AND INSOMNIA



Can hypnotherapy help you sleep better?

New study says YES!

LEAVE INSOMNIA BEHIND

Hypnotherapy, especially in audio form, promotes relaxation and helps improve sleep quality for elderly people.

Insomnia is a common struggle for many seniors, often impacting their overall health and well-being. A recent systematic review examined hypnotherapy as a promising intervention for managing insomnia in the elderly. This meta-analysis found that hypnotherapy, especially in audio form, promotes relaxation and helps improve sleep quality. (Ariana et al., 2022). <https://journal.jfpublisher.com/index.php/jsh/article/view/82>

Reference: Ariana, P. A., Wirawan, I. M. A., Duarsa, D. P., & Lesmana, C. B. J. (2022). Effectiveness Of Hypnotherapy In Insomnia Patients: Systematic Literature Review. *Lux Mensana: Journal of Scientific Health*, 86-96.



6. ANXIETY AND PAIN REDUCTION IN CHILDREN DURING MEDICAL PROCEDURE

Easing Kids' Anxiety During Medical Procedures

Study shows hypnosis reduces pain, fear, and procedure time during VCUG



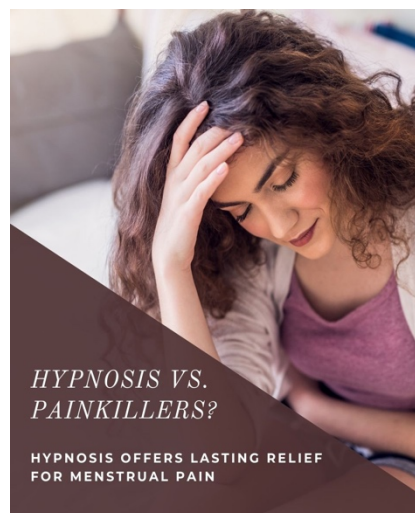
A study highlights the powerful benefits of hypnosis in helping children manage fear, pain, and distress during medical procedures like voiding cystourethrography (VCUG) - a necessary but often intimidating procedure for children with urinary tract issues. For kids in the hypnosis group, the procedure was, on average, 14 minutes shorter, with lower levels of anxiety reported by both parents and medical staff (Butler et al., 2005).

<https://publications.aap.org/pediatrics/article-abstract/115/1/e77/66983/Hypnosis-Reduces-Distress-and-Duration-of-an>

Reference: Butler, L. D., Symons, B. K., Henderson, S. L., Shortliffe, L. D., & Spiegel, D. (2005). Hypnosis reduces distress and duration of an invasive medical procedure for children. *Pediatrics*, 115(1), e77-85.

<https://doi.org/10.1542/peds.2004-0818>

7. MENSTRUAL PAIN



Could hypnosis be the answer for menstrual pain relief? Women who used hypnosis experienced significant and lasting relief across all six cycles – even after stopping treatment. Findings suggest that hypnosis could be a powerful alternative for women seeking a natural, longer-lasting solution for menstrual pain without medication (Shah et al., 2016).

https://journals.lww.com/chri/fulltext/2016/03030/Pain_relief_in_dysmenorrhea_a_Exploring_hypnosis_as.9.aspx

Reference: Shah, M., Monga, A., Patel, S., Shah, M., & Bakshi, H. (2016). Pain relief in dysmenorrhea: Exploring hypnosis as an alternative therapy. *CHRISMED Journal of Health and Research*, 3(3), 197. <https://doi.org/10.4103/2348-3334.183741>



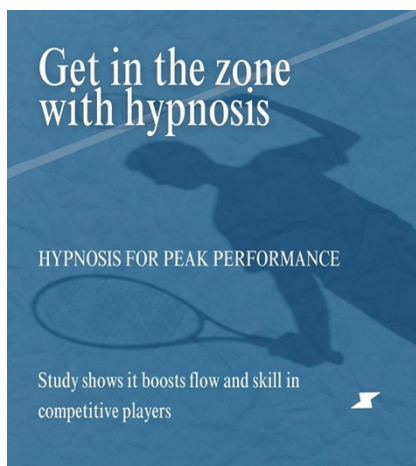
8. SMOKING CESSATION



Studies suggest that alternative therapies like hypnosis and acupuncture could give you a better shot at quitting smoking. Hypnosis can increase the success rate of quitting by over four times (Tahiri et al., 2012). <https://www.sciencedirect.com/science/article/abs/pii/S0002934312000034>

Reference: Tahiri, M., Mottillo, S., Joseph, L., Pilote, L., & Eisenberg, M. J. (2012). Alternative Smoking Cessation Aids: A Meta-analysis of Randomized Controlled Trials. *The American Journal of Medicine*, 125(6), 576–584. <https://doi.org/10.1016/j.amjmed.2011.09.028>

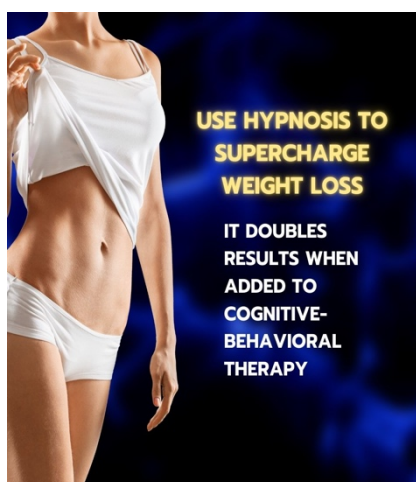
9. SPORTS PERFORMANCE



Athletes use hypnosis to improve focus and manage performance anxiety. Research indicates that hypnotic training enhances physical performance and mental toughness (Pates et al., 2002). <https://citeseerx.ist.psu.edu/document?repid=rep1&type=pdf&doi=c99dda5b217412943586b9c597af85c9b6ef6ef5#page=48>

Reference: Pates, J., Maynard, I., & Westbury, T. (2002). The effects of hypnosis on flow states and performance in sport. *Journal of Applied Sport Psychology*, 14(1), 18-38.

10. WEIGHT LOSS



Studies reveal that adding hypnosis to cognitive-behavioral therapy (CBT) could be a game-changer for weight loss. On average, participants who combined hypnosis with CBT lost nearly 15 lbs, compared to just 6 lbs with CBT alone—and the benefits kept growing over time! Hypnosis might be the key to unlocking lasting weight loss success (Kirsch, 1996). <https://pubmed.ncbi.nlm.nih.gov/8698945/>

Reference: Kirsch, I. (1996). Hypnotic enhancement of cognitive-behavioral weight loss treatments--another meta-analysis. *Journal of Consulting and Clinical Psychology*, 64(3), 517–519. <https://doi.org/10.1037//0022-006x.64.3.517>



IDEAS IN FOCUS

Chronic Disease and Therapy with Hypnosis

Ran D. Anbar, MD



Ran D. Anbar

Ran D. Anbar, MD, FAAP, is board certified in both pediatric pulmonology and general pediatrics, offering hypnosis and counseling services at Center Point Medicine in La Jolla, California, and Syracuse, New York. Dr. Anbar is also a past President, fellow, and approved consultant of the American Society of Clinical Hypnosis.

Dr. Anbar is author of the acclaimed *Changing Children's Lives with Hypnosis: A Journey to the Center*, and *The Life Guide for Teens: Harnessing Your Inner Power to be Healthy, Happy, and Confident*.

As a pediatric pulmonologist, I learned about the power of the mind in causing physical symptoms when I encountered a 17-year-old patient who had severe milk allergy, and who developed severe breathing problems simply by *imagining* that he was eating a cheeseburger. Because of this encounter I asked myself, *If you can think your way into disease, can you think your way out?*

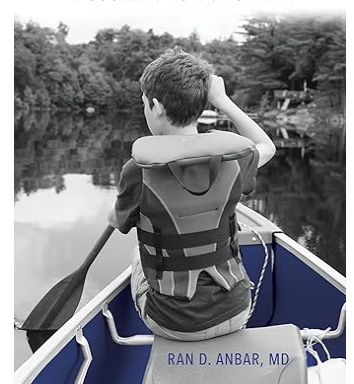
Over the following few months, I found out that the answer is *Yes*. My patient with allergies turned out to be highly hypnotizable and showed me how he could relax himself sufficiently with imagery so that he could prevent himself from developing some physical symptoms resulting from being exposed inadvertently to a milk product. On one occasion, he came to an emergency department in such distress from an allergic reaction that his physicians were about to treat him by placing him on a mechanical ventilator (breathing machine). My patient subsequently told me that he managed to avoid needing the ventilator by calming himself with hypnotic imagery as he imagined rowing a boat on a calm lake. (Anbar, 2021).

Over the next 25 years of my medical career, I learned that while my allergic patient's outstanding hypnotic abilities were uncommon, the physical symptoms of many of my patients improved or resolved after they learned how to self-regulate using hypnosis. Given my experience, I have concluded that *virtually every patient with chronic physical symptoms should be offered the opportunity to learn how to use hypnosis*.

According to the World Health Organization in 2008, 63% of worldwide deaths were caused by major chronic diseases (cardiovascular disease, cancer, chronic respiratory diseases, and diabetes), and it is estimated that by 2030 the worldwide cost of chronic disease will reach \$47 trillion. Further, nearly a third of adult Americans live with multiple chronic conditions (Hacker, 2024).

How can therapy with hypnosis help treat medical conditions? The psychology of patients is always involved when they develop physical symptoms, including leading to anxiety, depression, and post-traumatic stress disorder (PTSD). To take just three examples, more than a third of adults with asthma worldwide have been diagnosed with an anxiety disorder (Weiser, 2007). Of 1.2 million patients hospitalized with irritable bowel syndrome, 38% were diagnosed with anxiety, and 27% had depression (Tarar, et al, 2023).

Changing Children's Lives with
HYPNOSIS
A JOURNEY TO THE CENTER





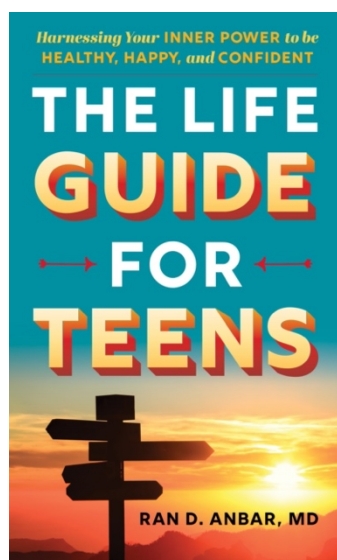
Among patients with cancer, 10% have been diagnosed with anxiety, and 20% have been diagnosed with depression (Pitman, et al., 2018).

Anxiety, depression, and PTSD can all cause worsening physical symptoms. Thus, the management of patients with chronic disease is complicated by their psychological diagnoses. When physicians fail to address the mental health needs of these patients, their medical management becomes more difficult as treatments solely aimed at their physical issues often are insufficient, which leads to increased costs and suffering.

Fortunately, many of these patients can benefit from learning how to cope better with their illness using hypnosis, with an associated improvement in their symptoms. Further, even in the absence of a diagnosed psychiatric condition, patients' psychology can affect their symptoms, in which case hypnosis also can help, as demonstrated by the following brief case studies from my practice.

Asthma

A 9-year-old boy with classic asthma did not improve with regular use of inhaled steroids, which are a preventive asthma treatment. His cough, wheezing, and shortness of breath were triggered by upper respiratory infections, exercise and strong emotions. These symptoms also awakened him at night. He improved with the use of inhaled albuterol, which is a short-acting asthma treatment. His lung tests confirmed his diagnosis of asthma.



As his symptoms persisted despite the use of preventive therapy, he was taught to calm himself with hypnosis by imagining a favorite safe place during a 10-minute session. By the next day all his symptoms resolved. Notably, his lung tests a month later remained abnormal (Anbar & Sachdeva, 2011).

This case demonstrates that the symptoms of patients with physical disease sometimes can be ameliorated with psychological therapy. It is possible that the symptoms that resolved because of hypnosis therapy were related to classical conditioning, rather than a physical cause. This patient may have learned early in life that certain situations triggered his asthma (for instance, exercise) and thereafter developed symptoms whenever he exercised, even when exercise no longer triggered the physical aspects of his asthma later in life.

This case also demonstrates the disconnect that can occur between physiological measures of disease (that is, his lung test results) and the persistence of symptoms. Unfortunately, many physicians assume that identification of abnormal physiology is sufficient to conclude that it is the main cause of symptoms. Thus, when patients do not respond to standard therapy, these clinicians typically escalate the therapy rather than consider that psychology may be the important factor that needs to be addressed to treat a patient effectively.

For example, a 12-year-old girl with asthma and uncontrolled shortness of breath was treated with intensive asthma therapy for 10 years, including oral steroids for most of that time. The steroids caused her to develop many side-effects (because they affected her entire body, rather than just her lungs) including obesity, short stature, and brittle bones. Further, she had developed anxiety in association with her frequent hospitalizations, including six times in an intensive care unit. Within a week of learning to calm herself with hypnosis, she reported that this worked better for her than her short-acting asthma medication. Over the subsequent year she was taken off her oral steroid therapy, which she rarely required thereafter (Anbar, 2003).

Had this 12-year-old been provided with adequate psychological support earlier in life, much of her morbidity could have been avoided. There is much to gain by offering instruction in self-regulation techniques early in the course of management of patients with chronic disease.



Cough

A 9-year-old boy presented with a life-long history of coughing during meals. He had a history of acid reflux when he was a toddler. I considered medical tests to evaluate his condition including an x-ray study involving swallowing, a study of his airway by looking at it through a scope while he was under anesthesia, and a test for acid reflux that involved placing a probe into his food pipe overnight.

Notably, he reported that he coughed more loudly at school than at home. I wondered why the cough was louder in a certain physical location if it was solely related to a physiological problem. Therefore, my first intervention was to teach him how to use a post-hypnotic suggestion during meals, which involved teaching him to associate a calm state achieved during hypnosis with making a left-handed fist. I suggested that during meals he could make a fist with his left hand while eating with his right hand. Immediately, his cough stopped (Anbar, 2021).

This case demonstrates that the use of hypnosis early during an evaluation can help prevent the need for extensive medical investigations. I believe that this young man developed his cough as a young child when it was triggered by acid reflux. Thereafter, he developed the habit of coughing whenever he ate. Fortunately, therapy with hypnosis is very effective in the treatment of habit cough (Anbar & Hall, 2004).

Seizures

A 6-year-old boy presented with weekly seizures, which developed because of a brain hemorrhage and the resultant damage that he sustained at birth. The seizures were thought to be the result of abnormal brain function demonstrated on multiple electroencephalogram (EEG) studies, but did not resolve with anti-seizure medications. This boy was taught to visualize a favorite cartoon character every night that would protect him, and immediately his seizures stopped. He remained seizure free during the next 10 years of follow-up, even though his EEG findings remained abnormal (Anbar, 2021).

This case again demonstrates the disconnect that can exist between physiological abnormalities and physical symptoms. Further, as I believe most patients with chronic disease can benefit from learning self-regulation, I chose to teach him hypnotic techniques even when I was unsure of the outcome.

Conclusions

The symptoms of the patients described in this article largely resolved following introduction of hypnosis. Additionally, there are many reports in the medical literature regarding how hypnosis can be of benefit as a complementary therapy in the treatment of medical illnesses, by promoting a significant improvement of symptoms, even if they are incompletely resolved (Elkins, 2016).

Given the great potential for improvement, with little down-side, instruction in self-regulation should be offered to virtually every patient with chronic disease.

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IJCEH

International journal
of clinical and experimental hypnosis

LATEST NEWS FROM



Recent Issue: Volume 72, Issue 4

We are thrilled to share that the latest issue of the *International Journal of Clinical and Experimental Hypnosis* (IJCEH) is a special collaboration with the European Society of Hypnosis (ESH). Dr. Peter Naish, the ESH Congress Leader, served as guest editor for this edition. The issue highlights contributions from researchers and clinicians who presented at the XVI ESH Congress, themed "*Hypnosis: Food for Body and Mind – An Integrated Approach to Healing.*" Featuring six articles, it explores advancements in research, theory, and practice across a diverse range of topics. Moreover, many of the articles in this issue explored the combination of clinical hypnosis with other methodologies, such as cognitive-behavioral therapy (Obukhov, 2024), art therapy (Valachiné et al., 2024), brain stimulation techniques (Perri et al., 2024), and virtual reality (Louras et al., 2024).

Transition to Online Only

As a reminder to all of our readers, starting 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.

Special Issues in the Upcoming Year

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

Finally, 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/>



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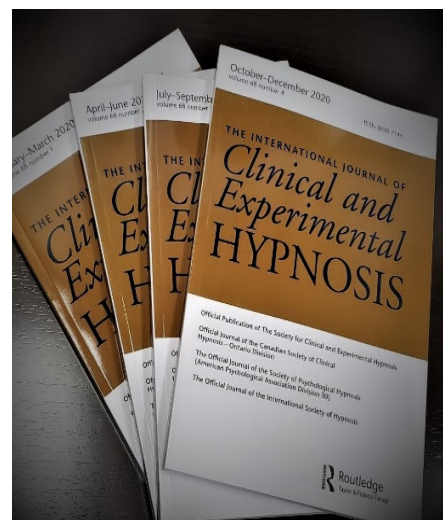
Submissions are accepted and article are published on a rolling basis. The *International Journal of Clinical and Experimental Hypnosis* receives all manuscript submissions electronically via Taylor & Francis' submission portal located at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

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



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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

July 2024 Issue – Volume 72 (4)

Editorial Letter: Special Issue in Collaboration with the European Society of Hypnosis

Peter Naish

Power of a Few Vagrant Words: Effects of Direct and Indirect Suggestions for Self-Representation in Art-Based Online Interventions

Zsuzsanna Geréb Valachiné, Katalin Varga & Renáta Cserjési

This study compares two groups of university students with differing instructions participating in an object drawing task as a part of an art therapy-based self-help online intervention. The intervention aimed to help participants enhance positive mood and subjective feeling of self-control and reduce negative mood. The object task contained suggestive elements in the instructions similar to self-hypnosis with an indirect and a direct way of formulation. Quantitative (positive affect and negative affect scale and Self-Assessment Manikin scale) and qualitative methods (text and picture rating) were used to investigate the difference between the outcome effects on the two groups. The results found a significant decrease in negative mood for indirect suggestion, while a significant increase of positive mood for the direct suggestion condition. Based on qualitative analyses, findings indicated that hidden implications in the art-making instructions modified the chosen imaginary and emotional changes related to art-making. Suggestions in the instructions can make a difference in one's mood and this should also be considered while designing guidelines for self-hypnosis.

Non-Invasive Brain Stimulation (NIBS), Hypnosis, and Hypnotizability: Literature Review and Future Directions

Rinaldo Livio Perri, Maria Assunta Donatob, & Gloria Di Filippoa

Non-Invasive Brain Stimulation (NIBS) stands as an advanced technology embraced by researchers and clinicians to influence thoughts, emotions, and behaviors. The prevalent NIBS methods include transcranial Direct Current Stimulation (tDCS) and Transcranial Magnetic Stimulation (TMS), both proficient in either exciting or depressing neural activities in specific cortical regions. Recently, NIBS has been integrated into hypnosis research with the goal of enhancing hypnotizability. Specifically, the limited existing studies have predominantly focused on the dorsolateral prefrontal cortex (DLPFC) due to its significant role in neutral hypnosis. Overall, these studies suggest the fascinating potential to alter hypnotizability and hypnotic phenomena, although the impact on responsiveness to suggestions remains modest.



In contrast to psychological and pharmacological methods, NIBS enables alterations in hypnotic experiences that are independent of operators and noninvasive. This grants researchers the chance to employ a causal approach in investigating the brain-behavior relationship associated with suggestibility. The present paper evaluates existing NIBS studies in this domain, delving into the neurocognitive mechanisms at play and their potential implications for hypnosis research and practice.

Hypnosis, Free Will, and Consciousness

Peter L. N. Naish

Hypnosis has sometimes been described as an “altered state of consciousness,” but what is “unaltered” consciousness? We approach the issue by first exploring the sense of free will, because it can be lost during hypnosis. However, the argument is developed that free will is an illusion, so should not be present in the waking state. Thus, in a sense, hypnosis is a more accurate state of consciousness. The sense of free will is shown to result from an experience of agency, which is often missing in hypnosis. We consider how hypnotic, illusory perceptions are developed, and plausible processes are discussed, but none throws clear light upon what the philosopher David Chalmers called the “hard problem” of consciousness. The paper concludes with a brief evaluation of the possibility that phenomenal consciousness is associated with feedback loops, which transform the simple registering of stimuli into experiences of which we are aware.

Utilizing Involuntary Unfolding Phenomena as Catalyst for Adaptive Responsiveness and Reorganization

Erika Chovanec

This paper explores the complex area of so-called unfolding processes and unfolding phenomena in hypnotherapy, emphasizing on unfolding movements and unfolding images, identified as complex involuntary phenomena, which emerge spontaneously without suggestions for these phenomena. Unfolding phenomena are examined as foundational elements of the unfolding process. On the one hand, the study unveils the macro-structure of the unfolding process by categorizing it into involuntary unfolding sets, phases, and unfolding subunits, all of which are analogous among patients and across different organizational levels. On the other hand, detailing the micro-structure aids in elucidating the functionality and elements of the unfolding phenomena. These elements encompass unfolding schemas and instruments. They are emphasized for their role in intrapsychic ideodynamics and responsiveness, aiding recurrent induction aligned and being promoted via an intuitive state of consciousness. Unfolding phenomena elucidate resource elicitation, and adaptation, contributing to the phenotypic organization and reorganization. In this context, the mechanisms of responsiveness, characterized by an unfolding process during hypnotherapy with distinct phases, are examined to help therapists and researchers understand how hypnotherapy can induce phenotypic changes, thereby facilitating treatment, personal growth, and the emergence of a new form of consciousness.

A Multicomponent Cognitive-Behavioral Hypnotic Approach for Obsessive-Compulsive Disorder Treatment: A Case Study

Nikita V. Obukhov

This article proposes a multicomponent hypnotherapeutic approach for obsessive-compulsive disorder (OCD) treatment. This new approach combines hypnosis with exposure and response prevention, cognitive reappraisal, principles of acceptance and commitment therapy, and other components. In the presented case study, the patient was treated for four months with both biological and psychological first-line therapy with minor effects; the patient was then treated with hypnotherapy. The patient listened to a recorded hypnosis session, which was constructed according to the new proposed principle. After three weeks of near-daily listening to the session, the patient’s Yale-Brown Obsessive-Compulsive Scale score decreased by 38.5%, which helped achieve a 51.5% reduction from the initial score, suggesting that this method might have significantly contributed to the therapeutic outcome.



In addition, this article discusses the differences between the proposed approach and previously published hypnotherapeutic methods for OCD treatment and the hypothetical use of such an approach for other disorders characterized by compulsive behavior. Further randomized controlled studies are needed to confirm the efficacy of hypnotic approaches for treating OCD.

Virtual Reality Combined with Mind-Body Therapies for the Management of Pain: A Scoping Review

Mélanie Louras, Audrey Vanhauzenhuyse, Rajanikant Panda, Floriane Rousseaux, Michele Carella, Olivia Gosseries, Vincent Bonhomme, Marie-Elisabeth Faymonville, & Aminata Bicego

When used separately, virtual reality (VR) and mind-body therapies (MBTs) have the potential to reduce pain across various acute and chronic conditions. While their combination is increasingly used, no study offers a consolidated presentation of VR and MBTs. This study aims to propose an overview of the effectiveness of VR combined with MBTs (i.e., meditation, mindfulness, relaxation, and hypnosis) to decrease the pain experienced by healthy volunteers or patients. We conducted a scoping review of the literature using PubMed, Science Direct and Google Scholar and included 43 studies. Findings across studies support that VR combined with MBTs is a feasible, well-tolerated, and potentially useful to reduce pain. Their combination also had a positive effect on anxiety, mood, and relaxation. However, insufficient research on this VR/MBTs combination and the lack of multidimensional studies impede a comprehensive understanding of their full potential. More randomized controlled studies are thus needed, with usability evaluation protocols to better understand the effects of VR/MBTs on patients wellbeing and to incorporate them into routine clinical practice.



NVvH Conference Highlights

"The Overlap Between Hypnotic
and Psychedelic Realities"

Date: October 4-5, 2024

Organizer: Netherlands Association for Hypnosis (NVvH)



Objective: This symposium brought together researchers and therapists to explore the interaction between psychedelic and hypnotic therapies. Both approaches focus on expanding consciousness and offer new opportunities for psychotherapy.

On Friday, October 5th, an international group of researchers gathered to bridge the gap between traditional knowledge and modern techniques. Central to the discussion was how interactions with patients in altered states of consciousness impact the therapeutic process.

Presentation: Professor Dirk Revenstorf

Professor Revenstorf introduced a recorded treatment session with a patient undergoing ketamine and psychotherapy. He discussed the therapeutic effects of ketamine, including its potential to achieve significant breakthroughs after just one session. Revenstorf proposed that the brain creates concepts of the world, of oneself, and of how one fits into that world. These concepts help us navigate daily life. Many of them are formed in childhood; over time, they may need to be revised. However, because they are based on long-held assumptions, changing them can be challenging. This implies that in psychotherapy, new dimensions should be added to achieve solutions.

He emphasized that ketamine induces a state of "chaos" in the brain, forming a foundation for change. This effect stimulates the brain to reorganize information, creating opportunities for identity development through new cognitive models.

The video showed a session with a Dutch patient experiencing moderate depression that had not responded sufficiently to three different antidepressants and standard psychotherapy.

During the session, a low dose of ketamine was administered intravenously to the patient. At the start of the infusion, Revenstorf spoke to the patient, following a script tailored to the patient's story. This script included elements of a classic hypnotic script, with an induction, deepening, utilization phase using various metaphors, and a post-hypnotic suggestion for the deduction phase.

Professor Giuseppe de Benedittis: The Need for Rigorous Research

Professor Giuseppe de Benedittis discussed the necessity of rigorous research into hypnosis, as it remains underutilized in practice.



He emphasized the need for high-quality research that meets specific standards to improve study reliability, including the pre-registration of studies, randomization, and careful documentation of procedures.

Professor Rupert McShane

Professor Rupert McShane, head of the Oxfordshire ECT and Ketamine Clinic, shared his experiences treating depressed patients with ketamine without psychotherapeutic intervention. He noted that while ketamine is effective, it requires repeated administration. A key question remains whether the combined intervention is more effective than either method alone.

Symposium on October 5: *Unveiling the Mind: The Convergence of Hypnotic and Psychedelic Realities*

The symposium featured several speakers for a 360-degree view of hypnosis, psychedelics, and the non-ordinary state of consciousness.

The first speakers, Giuseppe de Benedittis, Devin Terhune, and Etzel Cardeña, began by offering their perspectives on underlying phenomena such as placebo, suggestion, and consciousness.

Suggestibility and the power of metaphors play a significant role in the success of therapies involving hypnosis and psychedelics. An effective metaphor includes elements of analogy, transformation, and sometimes unexpected components to actively engage the brain.

Subsequently, Dr. Jeanine Kamphuis, Dr. Metten Somers, Tijmen Bostoen, Giorgio Mauro, Liam Modlin, and Joost Brecksema shared their insights into the effects of psychedelics (including ketamine, psilocybin, and MDMA) as well as the factors involved, such as set and setting, meaning shifts, and therapeutic relationships.

Joost Mertens provided an overview of hypnosis and hypnotizability, covering a brief history, scientific background, and recent measurement methods.

In a closing discussion, conference chair Eric Vermetten, along with psychotherapist Jan Olthoff, bridged these fields of knowledge. The similarities between psychedelic experiences and hypnosis were highlighted in this discussion. Both can lead to changes in self-perception, sense of time, and sensory experiences. Hypnosis appears to increase the likelihood of a controlled experience, whereas psychedelics are often harder to control, though they can have long-lasting positive effects.

The experts emphasized the importance of expectations, silence, and privacy during therapies involving ketamine and psychedelics. Effective therapy should incorporate psychological support and the surrounding environment ("set and setting").

Conclusion

The integration of hypnosis and psychedelic therapies may enhance therapeutic effects by providing control over the experience and access to deeper, unstructured aspects of the self. Combining these modalities appears valuable in addressing trauma and fostering psychological growth. Further applied research is necessary to substantiate the promise of these therapies, particularly the combination of psychedelics and psychotherapy.



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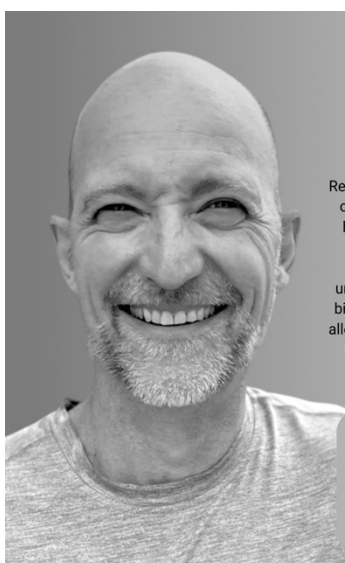
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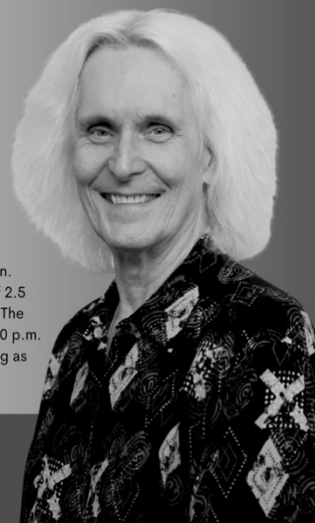
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