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THE INTERNATIONAL SOCIETY



OF HYPNOSIS

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14th Triennial Congress of Hypnosis, San Diego, USA, June 21-27, 1997

Letter from the President

As I write this letter to each of you, I am looking forward to further enhancing one of my most important goals as your President: Increasing our membership.

I want to inform you that initial steps have been undertaken with our colleagues in the European Society of Hypnosis to discuss ways in which group reduced rates for large numbers of the European Society of Hypnosis can enable ISH to enhance the impact of organised hypnosis throughout the world.

Our plans will be presented to the Board of the European Society of Hypnosis in Budapest in August of 1996. I hope each of you will be there (August 17-23, 1996) and contribute to the 7th European Congress of Hypnosis (EUROHYPNOSIS '96) under the direction of Eva Banyai, Ph.D. President of the Hungarian and European Societies, and Chair of EUROHYPNOSIS '96. While much work needs to be done before our presentation, both Eva Banyai, Ph.D. and Walter Bongartz, Ph.D., President-Elect, ISH are guiding my efforts and those of our Central Office in proceeding in a smooth and professional manner that meets the fiscal requirements of ISH while offering very substantial dues reduction to each European member. If successful, these similar economies of scale will be offered to all ISH members throughout the world.

ISH is currently in discussions with our South American counterparts under the inspiration and guidance of Teresa Robles, Ph.D. A major economic crisis is affecting Mexico, and creative solutions to membership recruitment there is needed as well. Dr Robles suggested that perhaps annual membership in ISH might be made equal to a full or half fee for an hour of hypnotherapy in one's own country. Whether this is possible and whether ISH can implement its own budget on these lesser fees, without a guarantee that all the members of each constituent society join ISH, remains to be explored. The important point here is to create discussions and approach these questions with an open mind. The central office of ISH is eager to try new ways to solve these old problems. What are your own ideas?

On another issue, ISH is planning to create a "Home Page" on Internet's World Wide Web (WWW). We will be consulting with SCEH, and other experienced groups on how to best achieve the goals of ISH. We wish to provide an information board about our organisation to fellow ISH members and to interested professionals from other disciplines. Several "sites" attract such individuals. In addition, it will be my hope that future patients/clients will be able to access qualified professionals who utilise hypnosis in their work from all over the world. We are also considering putting our membership directory on our "Home Page" as well. Once ISH joins "cyberspace", there seems to be no end to the means for sharing our scientific knowledge and clinical wisdom with all who seem and or need it. I wish this project well.

Finally, I wish to announce the fruition of a dream: The ISH International Scientific Advisory Committee (ISAC). We have nearly completed the appointment of members to the ISAC. They are composed of scholars, scientists, and distinguished clinicians who are charged with identifying and recognising young research scholars and talented clinicians who will be invited to join and share in the ISH Triennial Meetings. It is our hope that the ISH Constituent Societies sponsoring our triennial meetings will use this committee recommendations to ensure that young talent is developed over the years and that the important continuity insured by this committee will strengthen and deepen the pool of current and future talent within our organisation. The newly appointed members are:

Graham D. Burrows, AO, M.D (Australia)
Eva Banyai, Ph.D (Hungary)
Walter Bongartz, Ph.D (Germany)
Professor Vilfredo De Pascalis (Italy)
Fred H. Frankel, MB.ChB, DPM (USA)
Univ. Prof. Dr. Giselher Guttman (Austria)
Erik Hoencamp, M.D., Ph.D (Netherlands)
C.A.L. Hoogduin, M.D., Ph.D (Netherlands)
Richard P. Kluft, M.D. (USA)
Germain Lavoie, M.D. (Canada)
Kevin M. McConkey, Ph.D (Australia)
Campbell Perry, Ph.D (Canada)
Peter W. Sheehan, Ph.D (Australia)
Robb O. Stanley, Dipl.Clin.Psych (Australia)
David Spiegel, M.D. (USA)
Henriette Walter, M.D. (Austria)
Peter B. Bloom, M.D. (ex-officio, USA)

A few more names will soon be added and will be announced in the near future.

You are important to our society, and I want to hear from you as often as you wish. In the meantime, I appreciate your individual support of ISH and I acknowledge the privilege of serving as your President. These are certainly exciting times for all of us.

Peter B. Bloom, M.D., President, ISH
The Institute of Pennsylvania Hospital
111 North 49th Street
Philadelphia, PA 19139, USA.

Lettera Del Presidente

Nell'inviare questa lettera ad ognuno di voi, mi propongo di concentrarmi ancora di più su uno dei miei principali obiettivi come vostro Presidente: far aumentare il numero dei soci.

Desidero comunicarvi che sono già state prese iniziative con i nostri colleghi della Società Europea dell'Ipnosi, per discutere come una riduzione dei costi grazie ad una numerosa partecipazione da parte della Società Europea dell'Ipnosi possa permettere all'ISH di dare maggior impulso all'ipnosi organizzata in tutto il mondo.

Il nostro programma verrà presentato al consiglio di amministrazione della Società Europea dell'Ipnosi a Budapest nell'agosto del 1996. Spero che ognuno di voi sia presente (agosto 17-23, 1996) e che contribuisca al VII Congresso Europeo dell'Ipnosi (EUROHYPNOSIS '96) diretto da Eva Banyai, Ph. D., Presidente della società ungherese e di quella europea e presidente di EUROHYPNOSIS '96. Se da un lato prima della nostra presentazione va svolto molto lavoro, sia Eva Banyai, Ph.D., sia Walter Bongartz, Ph.D. presidente eletto dell'ISH guidano il mio lavoro e quello della Sede Centrale per procedere in un modo scorrevole che soddisfi le esigenze fiscali dell'ISH e che, al tempo stesso offra ad ogni socio europeo una sostanziale riduzione dei costi. Se riusciremo nel nostro intento, risparmi simili verranno offerti a tutti i soci dell'ISH in tutto il mondo.

L'ISH sta attualmente discutendo con la nostra sezione sudamericana, sotto la guida e l'ispirazione di Teresa Robles, Ph. D. Il Messico è affetto da una forte crisi economica perciò anche in quel paese sono necessarie soluzioni creative per il reclutamento degli iscritti. Il dottor Robles ha suggerito che forse l'iscrizione annuale all'ISH può essere uguale al costo intero o dimezzato di un'ora di ipnoterapia nel proprio paese. Se ciò sia possibile e se l'ISH possa mantenersi finanziariamente operativa sulla base di iscrizioni minorate senza avere la garanzia che tutti i soci di ogni società che la costituisce si iscrivano all'ISH è un'alternativa che va ulteriormente esplorata. Il punto importante in questa sede è di creare una discussione e di affrontare queste questioni in modo aperto. Alla sede centrale dell'ISH desideriamo provare nuove alternative per risolvere questi vecchi problemi. Quali sono le vostre idee?

Per quanto riguarda un'altra questione, l'ISH sta programmando la creazione di una "Home Page" sulla rete mondiale di Internet (Internet's World Wide Web o WWW n.d.t.). Ci consulteremo con la SCEH e con altri gruppi che hanno esperienza, per discutere come meglio raggiungere gli scopi dell'ISH. Desideriamo mettere a disposizione degli altri soci dell'ISH e di altri professionisti in altre discipline che siano interessati, una bacheca informativa sulla nostra organizzazione. Ci sono dei settori che attraggono tali individui. Inoltre, spero che i futuri pazienti/clienti siano in grado di

accedere a professionisti qualificati di qualsiasi parte del mondo che utilizzino, nel loro lavoro l'ipnosi. Inoltre vorremmo inserire anche l'elenco dei nostri soci sulla "Home Page". Una volta che l'ISH sia entrata nel "cyberspace", non sembra che ci siano più limiti ai mezzi a disponibili per condividere le nostre conoscenze scientifiche e cliniche con tutti coloro che pare che ne abbiano bisogno o che effettivamente ne hanno bisogno. Auguro a questo progetto buona fortuna.

Infine, desidero annunciare l'avverarsi di un sogno, l'ISAC (Comitato Consultivo Internazionale Scientifico dell'ISH o ISH International Scientific Advisory Committee n.d.t.). Abbiamo quasi completato la nomina dei componenti dell'ISAC. Il comitato è composto da studiosi, scienziati, e clinici eminenti che hanno il compito di identificare e di riconoscere giovani studiosi e ricercatori e clinici di talento i quali saranno invitati ad iscriversi e a condividere gli incontri triennali dell'ISH. Speriamo che le società che costituiscono l'ISH e che sponsorizzano i nostri incontri triennali si basi sulle raccomandazioni di questo comitato per far sì che il talento giovane venga sviluppato nel giro degli anni e che l'importante continuità assicurata da questo comitato rinforzi e renda più agguerrito il gruppo delle persone di talento nell'ambito della nostra organizzazione.

I soci a cui di recente è stata affidata una carica sono:

Graham D. Burrows, AO, M.D. (Australia)
Eve Banyai, Ph.D. (Ungheria)
Walter Bongartz, Ph.D. (Germania)
Professor Vilfredo De Pascalis (Italia)
Fred H. Frankel, MB, ChB, DPM (USA)
Professore universitario Dr. Giselher Guttman (Austria)
Erik Hoencamp, M.D., Ph.D. (Paesi Bassi)
C.A.L. Hoogduin, M.D., Ph.D. (Paesi Bassi)
Richard P. Kluft, M.D. (USA)
Germain Lavoie, M.D. (Canada)
Kevin M. McConkey, Ph.D. (Australia)
Campbell Perry, Ph.D. (Canada)
Peter W. Sheehan, Ph.D. (Australia)
Robb O. Stanley, Dipl. Psic. Clin. (Australia)
David Spiegel, M.D. (USA)
Henriette Walter, M.D. (Austria)
Peter B. Bloom, M.D. (ex-officio, USA)

Presto verranno aggiunti ancora diversi nomi che saranno annunciati nel prossimo futuro.

Siete importanti per la nostra società, e potete chiamarmi tutte le volte che volete. Nel frattempo, apprezzo il l'appoggio che voi date individualmente all'ISH e riconosco quale privilegio sia servire nella carica di vostro presidente. Ci aspetta senz'altro un futuro eccitante.

Peter B. Bloom, M.D., Presidente, ISH
The Institute of Pennsylvania Hospital
111 North 49th Street
Philadelphia PA 19139, USA

Ein Brief des Präsidenten

Während ich diesen Brief an Sie schreibe, denke ich an die Verwirklichung einer der wichtigsten Aufgaben in meiner Rolle als Ihr Präsident: unsere Mitgliederzahl zu erhöhen!

Ich kann Ihnen mitteilen, daß wir inzwischen mit unseren Kollegen in der Europäischen Gesellschaft für Hypnose die ersten Schritte dazu unternommen haben. Es wurde diskutiert, ob ermäßigte Gruppensätze für große Mitgliederzahlen in der Europäischen Gesellschaft für Hypnose der ISH die Möglichkeit geben, die Auswirkung organisierter Hypnose in der ganzen Welt zu erweitern.

Unsere Pläne werden dem Vorstand der Europäischen Gesellschaft für Hypnose im August in Budapest vorgelegt. Ich hoffe, daß Sie alle vom 17.-23. August 1996 dabei sein werden und zum 7. Europäischen Hypnose-Kongreß "EUROHYPNOSIS '96" unter der Leitung von Dr. Eva Banyai, Präsidentin der ungarischen und europäischen Gesellschaften und Vorsitz der EUROHYPNOSIS '96, beitragen werden. Während es vor unserer Präsentation noch viel zu tun gibt, werden meine Bemühungen, sowie die unserer Hauptgeschäftsstelle, von Dr. Eva Banyai und Dr. Walter Bongartz, dem zukünftigen Präsidenten der ISH reibungslos und professionell und den finanziellen Erfordernissen der ISH entsprechend gelenkt, während allen europäischen Mitgliedern gleichzeitig eine erhebliche Reduzierung der Gebühren geboten wird. Sollte dies erfolgreich sein, dann könnten weltweit allen Mitgliedern der ISH ähnliche Einsparungen angeboten werden.

Die ISH hält z.Zt. Besprechungen mit unseren Kollegen in Südamerika – unter der Leitung und Inspiration von Dr. Teresa Robles. Mexiko befindet sich in einer großen Wirtschaftskrise, und kreative Einfälle zur Werbung neuer Mitglieder sind auch hier vonnöten. Dr. Robles schlägt vor, daß der Jahresbeitrag für ISH-Mitglieder einem ganzen oder halben Honorar für eine Stunde Hypnotherapie in den entsprechenden Ländern entsprechen sollte. Ob dies eine Möglichkeit ist, und ob die ISH ihr eigenes

Etat mit diesen niedrigeren Gebühren durchführen kann (ohne Garantie, daß alle Mitglieder der zugehörigen Gesellschaften der ISH beitreten!), wäre noch zu untersuchen. Am wichtigsten ist hier, daß Diskussionen eingeleitet werden, und daß man solchen Fragen aufgeschlossen gegenüber steht. In der Hauptgeschäftsstelle der ISH ist man sehr darauf bedacht, neue Wege zu finden, um diese alten Probleme zu lösen. Welche Ideen haben Sie?

Zu einer anderen Sache: Die ISH hat vor, eine "Home Page" im "World Wide Web" (WWW) des Internets anzulegen. Wir werden uns mit der SCEH und anderen erfahrenen Gruppen beraten, wie die Ziele der ISH am besten zu erreichen sind. Wir wollen für unsere ISH-Mitglieder und interessierte Professionale aus anderen Disziplinen ein Informationsbrett stellen. Es gibt verschiedene "sites", die die entsprechenden Individuen anziehen. Außerdem hoffe ich, daß zukünftige Patienten und Klienten auf diese Weise weltweiten Zugang zu qualifizierten Professionals haben werden, die in ihrer Tätigkeit Hypnose anwenden. Außerdem spielen wir mit dem Gedanken, unser Mitgliedsverzeichnis auch auf der "Home Page" zu führen. Wenn die ISH erst einmal im "Cyberspace" ist, gibt es unbegrenzte Möglichkeiten, unsere wissenschaftlichen Kenntnisse und unser klinisches Wissen mit allen, die sie brauchen oder zu brauchen scheinen, zu teilen. Ich wünsche diesem Vorhaben alles Gute!

Schließlich möchte ich noch die Verwirklichung eines Traumes bekanntgeben: Das "Internationale wissenschaftlich beratende Komitee" (ISAC) der ISH. Inzwischen sind fast alle Mitglieder des ISAC ernannt worden. Es besteht aus Gelehrten, Wissenschaftlern und hervorragenden Klinikern, die den Auftrag haben, junge wissenschaftliche Gelehrte und talentierte Kliniker zu identifizieren, die dann eingeladen werden, Mitglieder zu werden und an den dreimal im Jahr stattfindenden Treffen teilzunehmen. Wir hoffen, daß die zugehörigen Gesellschaften der ISH, die unsere Treffen dreimal jährlich sponsern, den Empfehlungen dieses Komitees folgen und somit dafür sorgen werden, daß im Laufe der Jahre neue Talente entwickelt werden, und daß die wichtige Kontinuität, die durch dieses Komitee gesichert ist, den Bestand der gegenwärtigen und zukünftigen Talente innerhalb unserer Organisation bereichern wird. Die neubestellten Mitglieder sind:

Graham D. Burrows, Verwaltungsvorstand, MD (Australien)
Eva Banyai PhD (Ungarn)
Walter Bongartz PhD (Deutschland)
Professor Vilfredo De Pascalis (Italien)
Fred H. Frankel, MB, ChB, DPM (USA)
Universitätsprofessor Giselher Guttman (Österreich)
Erik Hoencamp, MD, PhD (Niederlande)
C.A.L. Hoogduin, MD, PhD (Niederlande)

Richard Kluft, MD (USA)
Germain Lavoie, MD (Kanada)
Kevin McKonkey, PhD (Australien)
Campbell Perry, PhD (Kanada)
Peter W. Sheehan, PhD (Australien)
Robb O. Stanley, Dipl. Clin. Psych. (Australien)
David Spiegel, MD (USA)
Henriette Walter, MD (Österreich)
Peter B. Bloom, MD (ex officio, USA)

Demnächst werden ein paar weitere Namen dazukommen und bald bekanntgegeben.

Sie sind ein wichtiges Mitglied unserer Gesellschaft, und wir hören jederzeit gerne von Ihnen! In der Zwischenzeit freue ich mich über jede Unterstützung von Ihnen, und es ist mir eine Ehre, als Ihr Präsident zu dienen. Es sind wirklich aufregende Zeiten für uns alle!

Peter B. Bloom, MD, Präsident der ISH
The Institute of Pennsylvania Hospital
111 North 49th Street
Philadelphia PA 19139, USA

Carta Del Presidente

Mientras escribo esta carta a cada uno de Ustedes, espero con ilusión mejorar uno de mis objetivos más importantes como su Presidente: Aumentar nuestro número de miembros.

Quiero informarle que se han emprendido unas medidas iniciales con nuestros colegas de la Sociedad Europea de Hipnosis para discutir las maneras en que tarifas reducidas de grupos para un gran número de la Sociedad Europea de Hipnosis pueden permitir a la Sociedad Internacional de Hipnosis (ISH) aumentar el impacto de hipnosis organizada en todo el mundo.

Se presentarán nuestros planos al Consejo de Administración de la Sociedad Europea de Hipnosis en Budapest en agosto 1996. Espero que cada uno de Ustedes estará presente (17-23 agosto 1996) y contribuirá al 7º Congreso Europeo de Hipnosis (EUROHYPNOSIS '96) bajo la dirección de la Dra. Eva Banyai, Presidente de las Sociedades Europeas y Húngaras, y Cátedra de EUROHYPNOSIS '96. Aunque es necesario hacer mucho trabajo antes de nuestra presentación, ambos Dra. Eva Banyai, y Dr. Walter Bongartz, Presidente-Electo, ISH guían mis esfuerzos y los de nuestra Oficina

Central para proceder en una manera tranquila y profesional que cumpla con las obligaciones fiscales de ISH mientras ofrece reducciones sustanciales de cuotas a cada uno de nuestros miembros europeos. Si logran éxito, se ofrecerán esas mismas economías de escala a todos los miembros de ISH en el mundo entero.

Actualmente ISH esta discutiendo con nuestros homólogos sudamericanos bajo la inspiración y dirección de la Dra. Teresa Robles. Una crisis económica importante esta afectando México, y se necesitan allí también soluciones creativas al reclutamiento del número de miembros. La Dra. Robles sugería que quizás sería posible igualar la contribución anual de ISH a la cuota entera o media de una hora de hipnoterapia en su propio país.

Se queda que examinar si eso es posible y si ISH puede hacer efectivo su propio presupuesto con esas cuotas menores sin la garantía de que todos los miembros de cada sociedad constitutiva se hagan socios de ISH. Lo importante aquí es crear discusiones y dirigirse a estos asuntos de una manera imparcial. La oficina central de ISH tiene muchas ganas de intentar nuevas maneras de resolver esos antiguos problemas. ¿Qué ideas tiene Ud ?

Sobre otro tema, ISH tiene la intención de crear una "Home Page" en la red World Wide Web (WWW) de Internet. Vamos a consultar con SCEH y otros grupos expertos a propósito de la mejor manera para lograr las metas de ISH. Deseamos proporcionar un tablón de información a propósito de nuestra organización a los miembros de ISH y a los profesionales interesados de otras disciplinas. Varios "sites" atraen tales individuos. Además, espero que pacientes/clientes futuros podrán consultar profesionales cualificados de todo el mundo que usan la hipnosis en su trabajo. También pensamos incluir nuestro directorio de miembros en nuestra "Home Page". Una vez que ISH se junte con "cyberspace", parece que no habrá fin a los medios de compartir nuestro conocimiento científico y nuestra sabiduría clínica con todos los que parecen y / o lo necesitan. Le deseo a este proyecto mucha suerte.

Finalmente, quiero informarle del cumplimiento de un sueño: El Comité Consultativo Científico Internacional de ISH (ISAC). Casi hemos acabado el nombramiento de los miembros de ISAC. Se componen de personas eruditas, científicos, y clínicos distinguidos que estan encargados de identificar y reconocer a jovenes eruditas que trabajan en la investigación y clínicos talentosos que estarán invitados a reunirse y participar en las Reuniones Trienales de ISH. Esperamos que las Sociedades Constitutivas de ISH patrocinando nuestras reuniones trienales usarán las recomendaciones de este comité para asegurar que se desarrollen los talentos jovenes a traves de los años y que la importante continuidad asegurada por este comité fortalecerá e intensificará la cantera de talentos actuales y futuros dentro de nuestra organización. Los miembros recién nombrados son:

Graham D. Burrows, AO, M.D (Australia)
Eva Banyai, Ph.D (Hungría)
Walter Bongartz, Ph.D (Alemania)
Profesor Vilfredo De Pascalis (Italia)
Fred H. Frankel, MB.ChB, DPM (EE.UU.)
Univ. Prof. Dr. Giselher Guttman (Austria)
Erik Hoencamp, M.D., Ph.D (Países Bajos)
C.A.L Hoogduin, M.D., Ph.D (Países Bajos)
Richard P. Kluft, M.D. (EE.UU.)
Germain Lavoie, M.D. (Canadá)
Kevin M. McConkey, Ph.D (Australia)
Campbell Perry, Ph.D (Canadá)
Peter W. Sheehan, Ph.D (Australia)
Robb O. Stanley, Dipl.Clin.Psych (Australia)
David Spiegel, M.D (EE.UU.)
Henriette Walter, M.D (Austria)
Peter B. Bloom, M.D (ex-officio, EE.UU.)

Pronto se añadirán otros nombres y serán anunciados en fecha próxima.

Ud es importante para nuestra sociedad, y quiero tener noticias de Ud tan a menudo como sea posible. Mientras tanto, agradezco su apoyo individual de ISH y reconozco el privilegio de servirle como su Presidente. Estos son sin duda momentos emocionantes para todos nosotros.

Peter B. Bloom, Doctor de Medicina, Presidente, ISH.
The Institute of Pennsylvania Hospital
111 North 49th Street
Philadelphia PA 19139, USA

Lettre Du President

Au moment où je m'adresse à chacun d'entre vous, je me réjouis à l'avance à l'idée d'améliorer un de mes objectifs les plus importants en tant que Président: Augmenter le nombre de nos membres.

Je tiens à vous informer que des mesures initiales ont été prises avec nos collègues de la Société Européenne d'Hypnose afin d'étudier si des tarifs réduits de groupes pour un grand nombre de membres de la Société Européenne d'Hypnose pourraient permettre à ISH d'augmenter l'impact de l'hypnose organisée à travers le monde.

Nos projets seront présentés au Conseil d'Administration de la Société Européenne d'Hypnose à Budapest en août 1996. J'espère que chacun d'entre vous sera présent (du 17 au 23 août 1996) et participera au 7ème Congrès Européen d'Hypnose (EUROHYPNOSIS'96) sous la direction du Dr. Eva Banyai, Présidente des Sociétés Européennes et Hongroises, et Présidente d'EUROHYPNOSIS '96. Bien qu'il nous reste beaucoup de travail à faire avant notre présentation, Dr. Eva Banyai ainsi que Dr. Walter Bongartz, Président-Désigné d'ISH guident mes efforts ainsi que ceux de notre Bureau Central afin de continuer à procéder d'une manière régulière et professionnelle qui réponde aux obligations fiscales d'ISH tout en offrant de substantielles réductions de la cotisation à tous nos membres européens. Si c'est une réussite, des économies d'échelle similaires seront offertes à tous les membres d'ISH dans le monde entier.

ISH discute actuellement avec nos homologues sud-américains sous l'inspiration et les conseils du Dr. Teresa Robles. Une crise économique majeure touche le Mexique, et il reste à apporter des solutions créatives à la question du recrutement de nos membres. Dr. Robles a suggéré que l'adhésion annuelle d'ISH pourrait être égale aux honoraires équivalents à une heure ou une demi-heure d'hypnothérapie dans son propre pays. Il reste à savoir si cela est possible et si ISH peut réaliser son propre budget basé sur ces cotisations réduites sans avoir la garantie que tous les membres de chaque société constitutive se joindront à ISH. L'important est de favoriser des discussions et d'approcher ces questions d'une manière impartiale. Le Bureau Central d'ISH désire vivement trouver de nouveaux moyens pour résoudre ces vieux problèmes. Quelles sont vos idées à ce sujet?

Sur un autre sujet, ISH a l'intention de créer une "Home Page" sur le réseau World Wide Web (WWW) d'Internet. Nous pensons consulter la SCEH ainsi que d'autres groupes d'experts afin de savoir comment atteindre les objectifs d'ISH. Nous désirons apporter à nos confrères d'ISH et aux professionnels intéressés appartenant à d'autres disciplines un panneau d'informations sur notre organisation. Plusieurs "sites" attirent de tels individus. De plus, j'espère que les patients/clients futurs pourront consulter des professionnels qualifiés du monde entier qui utilisent l'hypnose dans leur travail. Nous pensons également inclure le répertoire de nos membres sur notre "Home Page". Une fois qu'ISH aura rejoint "cyberspace", il n'y aura plus de limites à nos moyens de partager notre connaissance scientifique et sagesse clinique avec tous ceux qui peuvent ou en ont besoin. Je souhaite beaucoup de réussite à ce projet.

Enfin, je voudrais vous annoncer la réalisation d'un rêve: Le Comité International Consultatif Scientifique d'ISH (ISAC). Nous avons presque terminé la nomination des membres d'ISAC. Ils sont composés de personnes érudites, de scientifiques, et de cliniciens distingués qui sont chargés d'identifier et de reconnaître de jeunes chercheurs érudits et cliniciens talentueux qui seront invités à se joindre et à participer aux

Réunions Triennales d'ISH. Nous espérons que les Sociétés Constitutives d'ISH parrainant nos réunions triennales utiliseront les recommandations de ce comité pour s'assurer que de jeunes talents continuent à se développer dans les années à venir et que l'importante continuité assurée par ce comité renforcera et approfondira le réservoir de talents présents et futurs au sein de notre organisation. Les membres nouvellement désignés sont:

Graham D. Burrows, AO, M.D (Australie)
 Eva Banyai, Ph.D (Hongrie)
 Walter Bongartz, Ph.D (Allemagne)
 Professeur Vilfredo De Pascalis (Italie)
 Fred H. Frankel, MB.ChB, DPM (U.S.A.)
 Univ. Prof. Dr. Giseller Guttman (Autriche)
 Erik Hoencamp, M.D., Ph.D (Pays-Bas)
 C.A.L. Hoogduin, M.D., Ph.D (Pays-Bas)
 Richard P. Kluft, M.D. (U.S.A.)
 Germain Lavoie, M.D. (Canada)
 Kevin M. McConkey, Ph.D (Australie)
 Campbell Perry, Ph.D (Canada)
 Peter W. Sheehan, Ph.D (Australie)
 Robb O. Stanley, Dipl. Clin. Psych (Australie)
 David Spiegel, M.D. (U.S.A.)
 Henriette Walter, M.D. (Autriche)
 Peter B. Bloom, M.D. (ex-officio, U.S.A.)

Plusieurs autres noms seront ajoutés et annoncés dans un proche avenir.

Vous êtes important pour notre société, et j'espère avoir de vos nouvelles aussi souvent que possible. En attendant, j'apprécie l'aide individuelle que vous apportez à ISH et je reconnais le privilège de vous servir comme Président. Ce sont sans aucun doute de passionnants moments pour nous tous.

Peter B. Bloom, M.D., Président, ISH
 The Institute of Pennsylvania Hospital
 111 North 49th Street
 Philadelphia PA 19139, USA

From the Secretary/Treasurer

As it is my first opportunity in 1996, I wish you all the best for this year and trust that the year is proceeding well. As we in the Southern Hemisphere move towards our Winter, I expect those of you in the Northern Hemisphere are enjoying the onset of Spring and looking forward to a good summer. I remind you of the very exciting meeting that will be hosted by the Hungarian Society of Hypnosis on behalf of the European Society of Hypnosis in Budapest between August 17-23, 1996. Many of you will be attending, I'm sure, but for those of you who have not yet considered it, I can highly recommend the European Society meetings as being extremely stimulating as well as involving great camaraderie and a very active social program. I am hoping to meet many of you there and have the opportunity to share our experiences in our clinical use of hypnosis.

Towards the end of this year, you will receive from us details of the information we have on you for inclusion in the directory. We expect to be producing the next ISH directory in 1997 and so I would encourage you all to pay your dues promptly in order that you details are included in the directory.

When you receive from us your current records, please amend them as you see appropriate. It will be essential that you return amended details by the specified date as production of the directory will be on a tight schedule. If you have any requests, comments, or suggestions concerning the format of the directory, please advise us here at the Central Office so that they can be considered. At this stage it is intended to produce it in the same format as the 1994 publication. We may also consider placing it on the Internet. If this occurs, only your business address and phone number will be listed. It will therefore be very important for you to complete and return the form confirming your details to indicate whether the address we have is your practice address and whether you wish to be included in such an electronic directory available on the Internet to the public.

The International Society of Hypnosis continues to operate well within its budget and whenever we have the opportunity to promote membership of the society we do. I would ask you each to consider recruiting one or two members to the society by recommending their involvement. A membership application form can be obtained from the Central Office. Fax no: (613) 9459 6244 or CompuServe 100353,747. As part of our promotion it was with pleasure that we were able to arrange for Karyn Harte, our Administrative Assistant to attend the meeting of the American Society of Clinical Hypnosis in Orlando, Florida. This gave the opportunity for not only the promotion of the interests of ISH but also to promote further the 14th International Congress of

Hypnosis which will be held in San Diego next year. You will find enclosed with your newsletter a preliminary enrolment form for our major world meeting in hypnosis which comes around only every 3 years. I urge you to attend the San Diego meeting and to return your registration forms early in order to facilitate congress planning.

Robb Stanley
Secretary/Treasurer, ISH

Lettera del Segretario/Tesoriere

Poiché questa è la prima volta che ho l'opportunità di farlo, auguro a tutti voi tutto il meglio per quest'anno e spero che l'anno stia andando bene. mentre noi, nell'emisfero meridionale ci avviamo verso il nostro inverno, immagino che voi dell'emisfero settentrionale vi stiate godendo l'inizio della primavera con la speranza di una buona estate. Vi ricordo lo stimolante incontro che verrà ospitato dalla Società Ungherese dell'Ipnosi per conto della Società Europea dell'Ipnosi a Budapest fra il 17 e il 23 agosto 1996. Sono certo che molti di voi vi parteciperanno, ma per quelli fra voi che non ci hanno ancora pensato, posso raccomandare caldamente gli incontri della Società Europea in quanto estremamente stimolanti oltre ad essere caratterizzati da un'atmosfera di cameratismo e da un programma sociale molto attivo. Spero di incontrarvi numerosi in quell'occasione e di avere l'opportunità di condividere le nostre esperienze nel campo dell'utilizzazione clinica dell'ipnosi.

Verso la fine di quest'anno, riceverete da noi i dati che abbiamo su di voi per includerli nell'elenco. Ci aspettiamo di produrre il prossimo elenco dell'ISH nel 1997 perciò vi incoraggerei a pagare prontamente la vostra iscrizione perché i vostri particolari possano essere inclusi nell'elenco.

Quando riceverete i vostri dati correnti da noi, vi preghiamo di correggere i particolari ove sia necessario. Sarà essenziale che rimandiate i particolari modificati entro il termine utile dato che la produzione dell'elenco sarà eseguita in tempi limitati. Se avete richieste, commenti, o suggerimenti sul formato dell'elenco, vi preghiamo di comunicarcelo qui alla sede centrale perché possano essere presi in considerazione. A questo punto l'intenzione è di produrlo nello stesso formato della pubblicazione del 1994. Potremmo anche considerare di metterlo su *Internet*. In tal caso, verranno elencati solamente il vostro indirizzo professionale e il numero di telefono. Sarà perciò molto importante che completiate e rimandiate il modulo con la conferma dei vostri particolari per indicare se l'indirizzo in nostro possesso sia l'indirizzo presso cui praticate e se desiderate essere inclusi su tale elenco elettronico a disposizione del pubblico su *Internet*.

La Società Internazionale dell'Ipnosi continua ad operare bene nell'ambito delle proprie finanze e ogniqualvolta abbiamo l'opportunità di promuovere nuove iscrizioni alla società lo facciamo. Chiederei a ciascuno di voi di considerare il reclutamento di uno o due soci della società raccomandando il loro coinvolgimento. Si può richiedere un modulo d'iscrizione alla sede centrale. Numero di Fax: (613) 9454 6244 o CompuServe 100353,747. Come parte della nostra promozione è stato con piacere che siamo stati in grado di organizzare la partecipazione all'incontro della Società Americana dell'Ipnosi Clinica, a Orlando in Florida, per Karyn Harte, la nostra Assistente Amministrativa. Questo ha favorito l'opportunità non solo di promuovere gli interessi dell'ISH ma anche di promuovere ulteriormente il XIV Congresso Internazionale dell'Ipnosi che si terrà a San Diego l'anno prossimo. Troverete accluso nella vostra circolare un modulo preliminare d'iscrizione al nostro incontro mondiale più importante sull'ipnosi che si verifica soltanto ogni tre anni. Vi incoraggio a partecipare all'incontro di San Diego e di rimandarci il vostro modulo d'iscrizione prontamente per facilitare la pianificazione del congresso.

Robb Stanley
Segretario/Tesoriere, ISH

Vom Sekretär/Kassierer

Da dies meine erste Gelegenheit in diesem Jahr (1996) ist, wünsche ich Ihnen alles Gute und hoffe, daß das Jahr soweit gut verlaufen ist! Während wir hier auf der südlichen Halbkugel dem Winter entgegensehen, nehme ich an, daß Sie auf der nördlichen Halbkugel den Frühlingsanfang genießen und sich auf einen guten Sommer freuen. Ich möchte Sie an das aufregende Treffen erinnern, das vom 17.-23. August in Budapest von der Ungarischen Gesellschaft für Hypnose für die Europäische Gesellschaft für Hypnose veranstaltet wird. Ich bin sicher, daß viele von Ihnen daran teilnehmen werden, und ich kann denjenigen unter Ihnen, die sich noch nicht entschlossen haben, die Treffen der europäischen Gesellschaft sehr empfehlen, da sie äußerst anregend sind und außerdem viel Kameradschaft und ein aktives Gesellschaftsprogramm mit sich bringen. Ich hoffe, daß ich dort viele von Ihnen treffe und daß wir die Gelegenheit haben werden, unsere Erfahrungen in der Anwendung der klinischen Hypnose zu teilen.

Gegen Ende dieses Jahres erhalten Sie Details der Information, die wir über Sie für die Aufnahme in das Verzeichnis haben. Wir rechnen damit, daß das Verzeichnis 1997 erscheinen wird, und somit möchte ich Sie alle bitten, Ihre zu Zahlungen so schnell wie möglich zu machen, damit ihre Details in das Verzeichnis aufgenommen werden können.

Nachdem Sie Ihre bei uns z.Zt. vorliegenden Details erhalten haben, nehmen Sie bitte alle notwendigen Änderungen vor. Es ist wichtig, daß die abgeänderten Details zum angegebenen Datum zurückgeschickt werden, da der Zeitplan für die Produktion des Verzeichnisses sehr knapp ist. Sollten Sie irgendwelche Fragen, Kornmentare oder Vorschläge bezügl. des Verzeichnisses haben, dann wenden Sie sich bitte an uns hier in der Hauptgeschäftsstelle, damit diese in Betracht genommen werden können. Zu diesem Zeitpunkt is dasselbe Format wie das der Ausgabe von 1996 geplant. Es besteht außerdem die Möglichkeit, daß das Verzeichnis auch im Internet erscheinen wird. In diesem Fall würden wir nur Ihre Geschäftsadresse und Ihre Telefonnummer angeben. Es ist deshalb von großer Wichtigkeit, daß Sie das Formular ausfüllen und zurückschicken – d.h. daß Sie uns Ihre Details bestätigen und uns anzeigen, ob die Adresse, die wir von Ihnen haben, die Ihrer Praxis ist, und ob Sie in solch ein elektronisches Verzeichnis, das über das Internet der Öffentlichkeit zur Verfügung steht, einbezogen werden wollen.

Die Internationale Gesellschaft für Hypnose operiert weiterhin gut innerhalb ihres Etats, und sooft sich die Gelegenheit bietet, für Mitgliedschaft in der Gesellschaft zu werben, machen wir es. Hiermit bitte ich jeden von Ihnen, den Versuch zu machen, ein oder zwei Mitglieder in die Gesellschaft zu werben, indem Sie eine Teilnahme empfehlen. Antragsformulare zur Mitgliedschaft können von der Hauptgeschäftsstelle bezogen werden – Fax: (613) 94596244 oder CompuServe: 100353,747. Als Teil unserer Werbung haben wir gerne arrangiert, daß unsere Verwaltungsassistentin Karyn Harte am Teffen der Amerikanischen Gesellschaft für klinische Hypnose in Orlando, Florida teilnehmen konnte. Dabei ergab sich nicht nur die Gelegenheit, die Interessen der ISH zu fördern, sondern auch weiter für den 14. Internationalen Kongreß für Hypnose zu werben, der nächstes Jahr in San Diego stattfinden wird.

Dieses Rundschreiben enthält ein Voranmeldeformular für unser großes Welttreffen für Hypnose, das nur alle drei Jahre stattfindet. Ich bitte Sie dringend, an dem Treffen in San Diego teilzunehmen. Bitte schicken Sie Ihre Anmeldeformulare rechtzeitig ab, damit die Planung für den Kongreß abgewickelt werden kann .

Rob Stanley
Sekretär/Kassierer ISH

Del Secretario/Tesorero

Como es la primera oportunidad que tengo en 1996, les deseo a todos lo mejor para este año y espero que el año le vaya bien. Como nosotros en el hemisferio del Sur avanzamos hacia nuestro invierno, supongo que todos entre Ustedes en el hemisferio del Norte disfrutan del comienzo de la primavera y esperan con ilusión un buen verano. Le recuerdo la excitante reunión que será presentada por la Sociedad Húngara de Hipnosis en nombre de la Sociedad Europea de Hipnosis en Budapest entre el 17-23 de agosto 1996. Muchos de Ustedes asistirán, estoy seguro, pero para los que no lo han aún considerado, puedo recomendar sumamente las reuniones de la Sociedad Europea ya que son muy estimulantes además de proveer gran camaradería y un programa social muy activo. Espero encontrar muchos de Ustedes allí y tener la oportunidad de compartir nuestras experiencias en nuestro uso clínico de hipnosis.

Alrededor del fin del año, recibirá de nosotros detalles de las informaciones que tenemos sobre Ud para inclusión en el directorio. Esperamos producir el próximo directorio de ISH en 1997 y así quiero animarles a todos a pagar sus cuotas rápidamente de tal manera que sus detalles estén incluidos en el directorio.

Cuando recibirá de nosotros sus detalles actuales, por favor enmiéndeles como sea apropiado. Será necesario que nos devuelva los detalles enmendados para la fecha especificada ya que la producción del directorio estará realizada de una manera muy rigurosa. Si tiene cualquier solicitud, comentario, o sugerencia a propósito del formato del directorio, por favor infórmenos aquí en la Oficina Central para que puedan ser examinados. En este momento tenemos intención de producirlo en el mismo formato como el publicado en 1994. También pensamos en tenerlo en la Internet. Si eso sucede, solamente su dirección y número de teléfono comerciales estarán listados. Por lo tanto será muy importante para Ud rellenar y devolver el formulario confirmando sus detalles para indicarnos si la dirección que tenemos es su dirección comercial y si desea estar incluido en un directorio tan electronicamente disponible para el público como la Internet.

La Sociedad Internacional de Hipnosis sigue operando bien dentro de su presupuesto y cada vez que tenemos la oportunidad de promover el número de miembros de la sociedad lo hacemos. Le pido a cada uno pensar en reclutar uno o dos miembros a la sociedad recomendados por su compromiso. Se puede obtener una solicitud para hacerse miembro a la Oficina Central. Numero de telefax: (613) 9459 6244 o Compuserve 100353,747. Como parte de nuestra promoción fue con mucho placer que pudimos organizar para que Karyn Harte, nuestra Ayudante Administrativa, asista a la reunión de la Sociedad Americana de Hipnosis Clínica en Orlando, Florida. Eso no solo dio la oportunidad de promover los intereses de ISH pero también promover aún más el 14^º Congreso Internacional de Hipnosis que tendrá lugar en San Diego el año próximo. Le

mandamos adjunto con su boletín un formulario de inscripción preliminar para nuestra principal reunión internacional de hipnosis que tiene lugar solamente cada tres años. Le animo a asistir a la reunión de San Diego y a devolver pronto sus formularios de inscripción para facilitar la planificación del congreso.

Robb Stanley
Secretario/Tesorero, ISH

Du Secrétaire/Trésorier

Comme c'est ta première fois que je m'adresse à vous en 1996, je vous souhaite à tous mes meilleurs vœux et espère que cette année a bien commencé. Tandis que nous nous approchons de l'hiver dans l'hémisphère sud, je suppose que vous autres dans l'hémisphère nord appréciez le début du printemps et attendez avec impatience de passer un agréable été. Je vous rappelle la passionnante réunion qui sera présentée par la Société Hongroise d'Hypnose au nom de la Société Européenne d'Hypnose à Budapest du 17 au 23 août 1996. Je suis sûr que beaucoup d'entre vous y assisteront, mais pour ceux qui n'y ont pas encore réfléchi, je ne peux que recommander vivement les réunions de la Société Européenne parce qu'elles sont extrêmement stimulantes et offrent un programme social très actif dans une ambiance de grande camaraderie. J'espère y rencontrer beaucoup d'entre vous et pouvoir ainsi partager notre expérience de l'utilisation clinique de l'hypnose.

Vers la fin de l'année, vous recevrez de notre part les renseignements personnels que nous possédons sur vous et que nous incluerons dans notre répertoire. Nous comptons produire le prochain répertoire d'ISH en 1997 et je vous encourage donc tous à payer votre cotisation rapidement pour que vos coordonnées soient incluses dans le répertoire.

A la réception de votre dossier actuel, veuillez y apporter des corrections si nécessaire. Il est essentiel que vous renvoyiez vos renseignements personnels corrigés avant la date indiquée étant donné que la production du répertoire ne pourra pas attendre. Si vous avez des commentaires, suggestions ou demandes à propos du format du répertoire, veuillez nous en informer ici au Bureau Central pour que nous puissions nous en occuper. A ce stade, nous avons l'intention de le produire dans le même format que celui de 1994. Nous pensons aussi le placer sur Internet. Si nous le faisons, votre adresse et numéro de téléphone professionnels seront mentionnés. Par conséquent, il sera très important que vous remplissiez et nous renvoyiez le formulaire avec vos détails corrigés afin que nous sachions si l'adresse que nous avons est votre adresse professionnelle et si vous souhaitez être inclus dans un répertoire électronique disponible pour le public sur le réseau Internet.

La Société Internationale d'Hypnose continue d'opérer dans le cadre de son budget et nous ne manquons pas de promouvoir l'adhésion à notre société autant que possible. Je demande à chacun d'entre vous de penser à recruter un ou deux membres recommandés pour leur engagement pour notre société. Vous pouvez obtenir un formulaire de demande d'adhésion au Bureau Central, Télécopie: (613) 9459 6244 ou CompuServe 10033, 747. Ce fut avec plaisir que nous avons pu permettre à Karyn Harte, notre Assistante Administrative, d'assister à la réunion de la Société Américaine d'Hypnose Clinique à Orlando, Floride, ceci faisant partie de notre promotion. Cela a permis non seulement la promotion des intérêts d'ISH mais aussi celle du 14^e Congrès International d'Hypnose qui aura lieu à San Diego l'année prochaine. Veuillez trouver ci-joint à votre bulletin d'informations un formulaire d'inscription préliminaire pour notre importante réunion mondiale de l'hypnose qui n'a lieu que tous les trois ans. Je vous conseille vivement d'assister à la réunion de San Diego et de renvoyer vos formulaires d'inscription rapidement afin de faciliter la planification du congrès.

Robb Stanley
Secrétaire/Trésorier, ISH

Central Office Report

A warm welcome to those members of ISH who have rejoined after periods of absence from the Society. It is always good to welcome members back to help us promote the Society and its work.

I encourage those members who have yet to pay their 1996 subscription to contact Central Office as soon as possible. There are also a number of Constituent Societies who have yet to pay their fee for the current year. The current President, Peter B. Bloom MD, has set us the goal of attracting old and new members to the Society and we urge individuals and Constituent Societies to work with us to achieve the important goal of establishing the ISH as the premier international hypnosis organisation.

In order to help us establish "bridges of understanding", it was recently decided that parts of the ISH Newsletter should be published in English, German, French, Spanish and Italian. This has been done for the current Newsletter, as you will be aware. If successful, it may be that additional sections of the Newsletter could be published in languages other than English at a later date.

Also designed to help create "bridges of understanding", the ISH was represented at the recent American Society for Clinical Hypnosis (ASCH) congress and workshops, held in Orlando, Florida. Our Administrative Assistant, Karyn Harte, flew to Orlando for the meeting and fostered considerable interest from registrants in joining with us in the ISH. We thank the Organising Committee of the ASCH for their active assistance in providing resources and time for Karyn during their meeting.

I remind all members of the Society that the 14th International Society of Hypnosis Congress will be held in San Diego, California, June 21-27, 1997. This will be a great opportunity for members from across the world to get together in San Diego, sharing in a wonderful programme of theoretical and practical lectures and workshops, together with a great social programme. You can make contact with the Organising Committee via the 14th International Congress of Hypnosis, 2200 East Devon Avenue, Suite 291, Des Plaines, Illinois, 60018-4534 USA – telephone (708) 297 3317 or fax (708) 297 7309. Mark the dates on your calendar for 1997, contact the Congress organisers, and plan to be in San Diego in 1997!

Another Congress that you should enter in your diary is the forthcoming 7th European Congress of Hypnosis – EUROHYPNOSIS '96 – being held in Budapest, Hungary, 17-23 August, 1996. The Congress will bring together the best clinicians and researchers in hypnosis from around the world, meeting in what is one of the most beautiful cities in Europe. For more information, contact the Congress Secretariat, Eurohypnosis '96, Budapest 64, Pf. 4. H-1378 Hungary. The Organising Committee have put together a comprehensive scientific and workshop programme, which is not to be missed.

Finally, I remind all members to send any change in address or other personal information to the Central Office as soon as possible after the change, so that we can continue to ensure the most efficient service to members of the Society.

BARRY J. EVANS PhD
Administrative Officer

Dalla Sede Centrale

Un caloroso benvenuto a quei soci dell'ISH che sono rientrati nelle nostre file dopo periodi di assenza dalla Società. È sempre bello dare il benvenuto a soci che ritornano per aiutarci a promuovere la società e il suo lavoro.

Incoraggio i soci che non hanno ancora pagato la loro quota d'iscrizione annuale a mettersi in contatto con la Sede Centrale al più presto. Ci sono anche diverse Società Costituenti che non hanno ancora pagato la quota d'iscrizione per l'anno in corso. Il presidente in carica, Peter B. Bloom MD, ci ha prospettato la meta di attrarre vecchi e nuovi soci nella società e sollecitiamo gli individui e le Società Costituenti a lavorare con noi per raggiungere l'ambita meta di fare dell'ISH la più importante organizzazione internazionale dell'ipnosi.

Per aiutarci a stabilire "ponti di comprensione", è stato deciso recentemente che alcune sezioni del bollettino informativo dell'ISH siano pubblicate in inglese, tedesco, francese, spagnolo ed italiano. Questo è stato fatto per il presente bollettino, come potete notare. Se questa iniziativa avrà successo, forse in seguito, si potrebbero pubblicare ulteriori sezioni del bollettino in lingue diverse dall'inglese.

Sempre allo scopo di stabilire "ponti di comprensione", l'ISH è stata rappresentata al recente congresso e ai seminari della Società Americana per l'Ipnosi Clinica (ASCH - American Society for Clinical Hypnosis), che si è svolta ad Orlando, Florida.

La nostra assistente amministrativa, Karyn Harte si è recata in volo ad Orlando per l'incontro ed ha incoraggiato notevolmente l'interesse dei partecipanti nell'unirsi a noi nell'ISH. Ringraziamo il comitato organizzativo dell'AASCH per la loro attiva assistenza nel provvedere risorse e tempo per Karyn durante il loro incontro.

Ricordo a tutti i soci che il XIV Congresso Internazionale della Società dell'Ipnosi, si terrà a San Diego, California, 21-27 giugno 1997. Questa sarà un'ottima occasione che permetterà ai soci provenienti da tutte le parti del mondo di incontrarsi a San Diego e di condividere un magnifico programma di contributi teorici e pratici e di seminari, insieme con un ottimo programma sociale. Vi potete mettere in contatto con il comitato organizzatore presso: The 14th International Congress of Hypnosis, 2200 East Devon Avenue, Suite 291, Des Plaines, Illinois, 60018-4534 USA-telefono (708) 2973317 o via fax (708)297 7309. Segnatevi le date sul calendario del 1997, prendete contatto con gli organizzatori del congresso, e programmate di trovarvi a San Diego nel 1997!

Un altro congresso che dovrete annotare sul vostro diario è il prossimo Congresso Europeo dell'Ipnosi - EUROHYPNOSIS '96 - che si terrà a Budapest, Ungheria, fra il 17 e il 23 agosto, 1996. Il congresso riunirà i migliori clinici e ricercatori d'ipnosi in campo mondiale, che si incontreranno in quella che è una delle più belle città d'Europa. Per ulteriori informazioni, prendere contatto con: The Congress Secretariat, Eurohypnosis '96, Budapest 64, Pf. 4, H-1378 Hungary. Il comitato organizzatore ha compilato un programma completo di presentazioni scientifiche e seminari a cui non dovete mancare.

Per concludere, ricordo a tutti i soci di non dimenticare di far pervenire alla sede centrale qualsiasi cambiamento d'indirizzo o altre informazioni personali al più presto dopo il verificarsi del cambiamento, perché possiamo continuare a fornire ai nostri soci il servizio più efficiente.

BARRY J. EVANS Ph.D.
Funzionario Amministrativo

Von der Hauptgeschäftsstelle

Ein herzliches Willkommen allen Mitgliedern der ISH, die nach ihrer Abwesenheit wieder der Gesellschaft beigetreten sind! Wir freuen uns immer, Mitglieder wieder begrüßen zu können, mit deren Hilfe die Gesellschaft und ihr Werk gefördert werden.

Ich bitte alle Mitglieder, die ihre Beiträge für 1996 noch nicht bezahlt haben, sich so bald wie möglich bei der Hauptgeschäftsstelle zu melden. Außerdem haben einige der zugehörigen Gesellschaften ihre Beiträge für das laufende Jahr noch nicht abgegeben. Der gegenwärtige Präsident, Peter B. Bloom, MD hat uns das Ziel gesetzt, alte und neue Mitglieder in die Gesellschaft anzuziehen, und wir bitten dringend, daß jeder von Ihnen, sowie auch alle zugehörigen Gesellschaften, mit uns gemeinsam daran arbeitet, dieses wichtige Ziel zu erreichen und somit die ISH zur führenden internationalen Organisation für Hypnose zu machen.

Um uns dabei zu helfen, "Brücken zur Verständigung" zu schaffen, wurde vor kurzem beschlossen, Teile des Rundschreibens in englischer, deutscher, französischer, spanischer und italien Sprache herauszugeben. Wie Sie offenbar gemerkt haben, ist das der Fall in diesem Rundschreiben. Sollte es erfolgreich sein, dann können später möglicherweise auch andere Teile des Rundschreibens in anderen Sprachen als Englisch herausgegeben werden.

Mit diesem Gedanken, d.h. auch um "Brücken zur Verständigung" zu bauen, hat die ISH kürzlich an dem Kongreß und den Workshops der Amerikanischen Gesellschaft für klinische Hypnose (ASCH) in Orlando, Florida teilgenommen. Unsere Verwaltungsassistentin, Karyn Harte ist nach Orlando gereist und hat dort bei den Teilnehmern beträchtliches Interesse an einem Beitritt in die ISH erzeugt. Wir danken dem Organisationskomitee der ASCH für seine aktive Unterstützung - indem es Karyn während des Treffens Ressourcen und auch Zeit zur Verfügung stellte.

Ich weise alle Mitglieder der Gesellschaft darauf hin, daß der 14. Kongreß der Internationalen Gesellschaft für Hypnose vom 21-27 Juni 1997 in San Diego in Kalifornien stattfindet. Es bietet sich eine großartige Gelegenheit für Mitglieder aus aller Welt, in San Diego zusammenzukommen, an einem wunderbaren Programm mit theoretischen und praktischen Vorträgen, Workshops sowie an einem phantastischen Gesellschaftsprogramm teilzunehmen. Sie können sich mit dem Organisationskomitee über den: 14th International Congress of Hypnosis, 2200 East Devon Ave., Suite 291, Des Plaines, Illinois, 60018-4534, USA, Telefon (708)297 3317 oder Fax (708) 297 7309 in Verbindung setzen. Notieren Sie diese Daten in Ihrem Kalender für 1997, setzen Sie sich mit den Kongreßveranstaltern in Verbindung - nehmen Sie sich vor, 1997 in San Diego zu sein!

Ein anderer Kongreß, den Sie in Ihren Kalender eintragen sollten, ist der bevorstehende 7. Europäische Kongreß für Hypnose – EUROHYPNOSIS '96 – der in Budapest in Ungarn vom 17-23 August 1996 stattfindet. Dieser Kongreß wird die besten Kliniker und Forscher der Hypnose aus der ganzen Welt in einer der schönsten Städte Europas vereinen. Für weitere Informationen wenden Sie sich bitte an das Congress Secretariat, Eurohypnosis '96, Budapest 64, Pf. 4.H-1378 Ungarn. Das Organisationskomitee hat ein umfassendes wissenschaftliches und Workshop Programm zusammengestellt, das Sie nicht versäumen sollten!

Zum Schluß möchte ich alle Mitglieder daran erinnern, der Hauptgeschäftsstelle alle Veränderungen in Adressen oder anderen persönlichen Informationen so bald wie möglich mitzuteilen, damit wir den Mitgliedern der Gesellschaft weiterhin den besten Service bieten können.

BARRY J. EVANS
Verwaltungsvorstand

De la Oficina Central

Una bienvenida afectuosa a esos miembros de ISH que se han hecho socios de nuevo después de períodos de ausencia de la Sociedad. Es siempre bueno acoger de nuevo a miembros para ayudarnos a promover la Sociedad y su trabajo.

Alento a esos miembros que todavía tienen que pagar su abono de 1996 a ponerse en contacto con la Oficina Central lo más pronto posible. También hay ciertas Sociedades Constitutivas que todavía tienen que pagar su cuota para el año corriente.

El Presidente actual, Peter B. Bloom Doctor de Medicina, ha establecido la meta siguiente para nosotros que consiste en atraer antiguos y nuevos miembros a la Sociedad y le rogamos a individuos y Sociedades Constitutivas a trabajar con nosotros con miras a conseguir la importante meta de establecer a ISH como la mayor organización internacional de hipnosis.

Para ayudarnos a establecer "puentes de entendimiento", se ha decidido recientemente que partes del Boletín ISH deberían ser publicadas en inglés, alemán, francés, español y italiano. Se lo ha hecho con el Boletín actual, como puede verlo. Si es exitoso, será posible publicar secciones adicionales del Boletín en otros idiomas además del inglés en el futuro.

Destinado también a ayudar la creación de "puentes de entendimiento", la ISH estuvo representada durante el reciente congreso y talleres de la Sociedad Americana de Hipnosis Clínica (ASCH), que tuvo lugar en Orlando, Florida. Nuestra Ayudante

Administrativa, Karyn Harte viajó a Orlando para la reunión y fomentó un interés considerable de parte de nuevos miembros recién inscriptos con nosotros en la ISH. Agradecemos el Comité de Organización de la ASCH por su ayuda activa proporcionando recursos y tiempo para Karyn durante su reunión.

Recuerdo a todos los miembros de la Sociedad que el 14 ° Congreso de la Sociedad Internacional de Hipnosis tendrá lugar en San Diego, California, el 21-27 de junio 1997. Será una oportunidad fantástica para que todos los miembros del mundo entero se reúnan en San Diego, compartiendo en un maravilloso programa de conferencias y talleres, junto con un programa social estupendo. Se puede poner en contacto con el Comité de Organización via el 14 ° Congreso Internacional de Hipnosis, 2200 East Devon Avenue, Suite 291, Des Plaines, Illinois, 60018-4534 USA- Teléfono (708) 297 3317 o Telefax (708) 297 7309. ¡Escriba las fechas en su calendario de 1997, póngase en contacto con los organizadores del Congreso, y planifique estar en San Diego en 1997!

Otro Congreso que debería anotar en su agenda es el próximo 7 ° Congreso Europeo de Hipnosis – EUROHYPNOSIS '96 – que tendrá lugar en Budapest, Hungría, el 17-23 de agosto 1996. El Congreso reunirá los mejores clínicos e investigadores en hipnosis de todo el mundo, reuniéndose en una de las ciudades más bonitas de Europa. Para obtener más informaciones, póngase en contacto con la Secretaría del Congreso, Eurohypnosis '96, Budapest 64, Pf. 4. H-1378 Hungría. El Comité de Organización ha establecido un amplio programa científico y de talleres prácticos, que no se debe perder.

Finalmente, recuerdo a todos los miembros que no se olviden de comunicarnos cualquier cambio de dirección o otros detalles personales a la Oficina Central lo más pronto posible después del cambio, para que podamos seguir asegurando el servicio más eficaz a los miembros de la Sociedad.

BARRY J. EVANS
Director Administrativo.

Du Bureau Central

Nous souhaitons une chaleureuse bienvenue aux membres d'ISH qui ont rejoint la Société après quelques périodes d'absence. Il est toujours agréable d'accueillir des membres de retour pour nous aider à promouvoir la Société et son travail.

J'encourage les membres qui n'ont pas encore payé leur cotisation pour 1996 à contacter le Bureau Central aussi vite que possible. Il y a aussi quelques Sociétés Constitutives qui doivent encore payer leur cotisation pour cette année. L'actuel

Président, Dr. Peter B. Bloom, s'est fixé l'objectif d'attirer d'anciens et de nouveaux membres à la Société et nous conseillons vivement aux personnes ainsi qu'aux Sociétés Constitutives de travailler avec nous pour atteindre notre but important d'établir la ISH comme la première organisation internationale d'hypnose.

Afin de nous aider à établir des "ponts de compréhension", on a décidé récemment de publier en anglais, allemand, français, espagnol et italien certaines parties du Bulletin d'Informations d'ISH. Nous l'avons fait pour le Bulletin actuel, comme vous pourrez vous en rendre compte. Si c'est une réussite, il est possible que nous publiions dans un proche avenir des sections supplémentaires du Bulletin dans des langues autres que l'anglais.

Afin d'aider à créer également des "ponts de compréhension", la ISH était représentée aux récents congrès et ateliers de la Société Américaine pour l'Hypnose Clinique (ASCH), qui ont eu lieu à Orlando en Floride. Notre Assistante Administrative, Karyn Harte s'était rendue à Orlando pour la réunion et a su stimuler considérablement l'intérêt de nouveaux membres à se joindre à la ISH. Nous remercions le Comité Organisateur de la ASCH d'avoir aidé activement Karyn en lui fournissant des ressources et du temps pendant la réunion.

Je rappelle à tous les membres de notre Société que le 14^e Congrès International de la Société d'Hypnose aura lieu à San Diego, Californie du 21 au 27 juin 1997. Ce sera une occasion inespérée pour les membres du monde entier de se réunir à San Diego, et de participer à un merveilleux programme de conférences et d'ateliers théoriques et pratiques, ainsi qu'à un programme social de qualité. Vous pouvez contacter le Comité Organisateur via le 14^e Congrès International d'Hypnose, 2200 East Devon Avenue, Suite 291, Des Plaines, Illinois, 60018-4534 USA - Téléphone (708) 297 3317 ou Télécopie (708) 297 7309. Notez ces dates sur votre calendrier de 1997, contactez les organisateurs du Congrès et n'oubliez pas d'être à San Diego en 1997!

L'autre Congrès que vous devriez noter dans votre agenda est le 7^e Congrès Européen d'Hypnose – EUROHYPNOSIS '96 – qui se tiendra à Budapest, Hongrie du 17 au 23 août 1996. Le Congrès rassemblera les meilleurs cliniciens et chercheurs en hypnose du monde entier qui se réuniront dans une des plus belles villes d'Europe. Pour obtenir plus d'informations, veuillez contacter le Secrétariat du Congrès, Eurohypnosis '96, Budapest 64, Pf. 4. H-1378 Hongrie. Le Comité Organisateur a réalisé un programme détaillé des ateliers pratiques et scientifiques, qu'il ne faut pas manquer.

Enfin, je rappelle à tous nos membres de ne pas oublier d'envoyer tout changement d'adresse ou autres renseignements personnels au Bureau Central aussitôt que possible après le changement, afin de continuer à assurer un service des plus efficaces pour les membres de notre Société.

BARRY J. EVANS PhD
Directeur Administratif

From the Editor

Richard Kluft, M.D., in his Presidential letter to the ASCH's Newsletter, January 1996, addressed the need "to find a way to bring the findings of academic research to our clinical members in a timely manner". This is what I have in mind when I ask colleagues to contribute to the column News from the World of Clinical and Experimental Hypnosis. With Dr. Kluft I don't find it realistic to hold the clinician accountable for keeping up with academia in an online manner, e.g., by our scientific journals which are hardly read by many clinicians. So I want to encourage first of all our researchers who publish in these journals to provide an easy readable summary of her/his article for this Newsletter. This can then stimulate the one or the other colleague to look after the original article or even the journal itself. With such easy readable summaries this Newsletter can also become a kind of information source for journalists looking for what is going on in our World of Clinical and Experimental Hypnosis. At least when this Newsletter is on the World Wide Web which will hopefully happen for the autumn issue we have to make clear how scientifically based hypnosis looks like. In order to achieve this goal I need your help. Please send me your reports preferably on a diskette or by email: 100421.1423@compuserve.com.

Burkhard Peter, Ph.D. Dipl.Psych., Konradstr. 16, 80801 Munich, Germany

Letter to the Editor

Dear Burkhard:

I read with interest Dr. Heap's letter in the December 1995 Newsletter. Who owns hypnosis? I think we are on very difficult ground, surely the trance state is a natural part of normal brain function – so it is owned by the person who is in the trance.

Each trance is very different and many which will help the cancer sufferer, the patient undergoing surgery and convalescence, the patient who wants to cure their phobia, may not and indeed need not be accountable to the rigours of science and academia. "Science" means understanding what happened. Good medical practice depends on having an intuition as to what will happen, and using skill, experience, knowledge and understanding to provide a practical remedy for a perceived ill.

Let Dr. Heap understand later. We practitioners, with patients urgently seeking help, are there to help with real problems and must get on with doing the best job we can, using every tool available to us.

Yours sincerely

Mary L. McKenna, M.D.
Roxton House, 55 Abbey Lane, Sheffield, S8 OBN, England

Interview with Éva I. Bányai

Éva Bányai, Ph.D., is head of the Department of Experimental Psychology, Eötvös Loránd University of Budapest, Hungary, President of the Hungarian Association of Hypnosis (HAH), President of the European Society of Hypnosis (ESH), Chair of the forthcoming 7th European Congress of Hypnosis, Member of ISH and foreign member of SSCEH. Éva Bányai (E.B.) was interviewed by Bernhard Trenkle (B.T.) who is a board member of M.E.G.

B.T.: How did you start to deal with hypnosis?

E.B.: When I began to study hypnosis in 1970, hypnosis was almost forbidden in Hungary. It was considered a mystical "bourgeois pseudo-science", just as psychology was before the revolution in 1956. In spite of the rich traditions of hypnotherapy in Hungary (just think of Ferenczi and the Budapest School of psychoanalysis) hypnotherapy could not be indicated in medical and psychotherapeutic practice. I was lucky enough to meet Dr. István Mészáros, a graduate of Leningrad University Medical School, who learned to hypnotize in the Soviet Union. He was a Docent at the Department of Comparative Physiology, Eötvös Loránd University, and he was glad to find a colleague who was daring enough to start studying a dubious field. We were lucky, because the Head of the Department, Professor György Adám supported us. At first, he advised us to avoid the name hypnosis, and study memory in "different functional states of higher nervous activity" (the term used by Pavlov). Never-the-less, the title of my Ph.D. dissertation in 1973 was already: "The effect of hypnosis on learning and memory".

B.T.: Later you worked with Professor Hilgard at Stanford University. How did it happen? What can you tell about these times?

E.B.: It was partly due to an interesting coincidence. In 1972, I sent my just-finished dissertation to an anonymous competition of the Hungarian Academy of Sciences, and won an award. I turned out to be the only woman in her twenties among the winners. A week or two later an old scientist who received a scholarship to visit the US within the exchange program between the National Academy of Sciences, Washington DC and the Hungarian Academy of Sciences, died. This was right after Christmas, thus, nobody could be reached among the scientists with high prestige. Luckily, a clerk remembered me from the ceremony when I received the award, and called me. I agreed to take the scholarship, and in November 1973 I was at the Annual Meeting of the Society for Clinical and Experimental Hypnosis in Newport Beach. With my active participation at the congress, I convinced Professor Hilgard to accept me in his already full laboratory at Stanford. I consider the academic-year I spent in his Laboratory a "peak experience" in my professional life. This was when I first conducted experiments proving the possibility of inducing hypnosis by an activity-increasing method. Thus, active-alert hypnosis was born at Stanford University in 1973/74.

E.B.: How did the idea of active-alert hypnosis occur to you?

B.T.: The idea was born in Hungary in the course of experiments conducted for my doctoral dissertation in 1971. Four of the 24 hypnotic subjects in the experiments denied having been in a drowsy, sleepy, passive and relaxed state as a result of hypnotic induction. They felt they had become very alert and attentive, and they perceived everything crystal clear. Even their movements seemed different: instead of exhibiting slow movements, they moved faster than usual. I just could not fit them into the generally accepted Pavlovian theory of hypnosis as a sleep-like state. When I spoke about my doubts to my bosses, they cited the proverb, saying that these four subjects were "the exception who prove the rule". Although I devoted the last part of my dissertation to this idea, I was not allowed to test it experimentally in Hungary. When I spoke about this idea to Professor Hilgard at Stanford, he became enthusiastic, supported me 100%, and you can read about the first experimental results comparing traditional and active-alert hypnosis in a 1976 issue of the *Journal of Abnormal Psychology*. It was an unexpected benefit that active-alert hypnosis not only disproved the Pavlovian theory of hypnosis, but provided the possibility of using it in psychotherapy.

B.T.: How is active-alert hypnosis used in psychotherapy? Who uses it?

E.B.: The psychotherapeutic use of active-alert hypnosis is based on its "side-effect" of having a positive emotional tone and a heightened activity in involvement. Naturally, it can be used only as an adjuvant to psychotherapy, similarly to traditional hypnosis. Active alert hypnosis is particularly useful for patients whose core problem is a lack of initiative and energy, generalized inhibition, depression, or who are extremely withdrawn. We have found that active-alert hypnosis provides the fastest symptomatic relief in patients suffering from depression. It is also useful for different kinds of "neurotic disorders", even in the presence of complex symptoms with a long-standing history, including generalized anxiety, panic attacks, conversion reactions, dissociative hysteria and phobias. It is also indicated in the treatment of some psychophysiological disorders, especially bulimic and anorexic patients. Children very often prefer this method to traditional hypnosis, probably because it is compatible with their natural desire to move. In Hungary, we have a special training for hypnotherapists who want to learn this method. Some of our best of trainers have even taught this method abroad: e.g. Annamária Zseni, who uses it successfully in the treatment of alcoholics and drug addicts, and Gyula Biró, who is famous for his success in helping athletes preparing for championships. I also have to mention Ferenc Türy, who helps patients with eating disorders, and Gabriella Szemes who used active-alert hypnosis successfully in an autistic boy.

B.T.: You take an active part in hypnosis research. What is the central theme of your research nowadays?

E.B.: I have been interested in the interaction between hypnotist and subject since 1982. In a multidimensional research paradigm we record the behavioural, subjective, and physiological responses of both the hypnotist and the hypnotized person. Furthermore, we study their attitudes and expectations prior to hypnosis, and we collect data from written questionnaires and interviews on the relational dimension. On the basis of this complex approach, in which a whole team of colleagues and students participate, we described different styles of hypnosis with characteristic rapport between hypnotist and subject. In "maternal" hypnosis a very close, almost symbiotic involvement appears, while in "paternal" hypnosis the hypnotist seems to act as a more distant, "leading" figure.

B.T.: What is the situation of hypnosis in Hungary now?

E.B.: Thanks to the united efforts of researchers and therapists, hypnosis is fully accepted both as a psychotherapeutic tool and as an academic field. The Hungarian Association of Hypnosis, or HAH, has about 200 regular members all over the country, which means that they have completed their hypnotherapeutic training (the population of Hungary is only 10 million). We have our Annual Meetings with serious papers, educational workshops, and humorous "hypnic" (the etymology of "hypnic" is hypnosis plus picnic). Hypnotherapeutic training can be chosen as part of the regular post-graduate psychotherapeutic training.

B.T.: What is the economic and social situation of Hungary like in this respect?

E.B.: Similarly to the East European countries after the radical social-political changes after 1989, the standard of living has dramatically decreased for large social groups, making a lot of people feel and become insecure. As a consequence, they became susceptible to promises of "miraculous" help and healing, given by stage hypnotists and "healers" who arrived all of a sudden from the former Soviet Union. Unfortunately, most of these charismatic "performers" prove to be impostors, and many of their patients end up in psychiatric wards. Luckily, the media have already realized this, and often interview and consult the leading members of the HAH, thus we have the chance to propagate solid knowledge about hypnosis, and help people to seek help in the right place, namely, in settings where real professionals with high ethical standards can cure them.

B.T.: The next, 7th European Congress of Hypnosis will be held in Budapest this August. What developments can you tell in this respect?

E.B.: Several leading experts in the field of hypnosis from all over the world have already agreed to conduct workshops, organize symposia and give keynote and invited addresses. Let me list just a few of them: Peter Bloom, Walter Bongartz, Richard Kluff,

Kay Thompson, Lars-Eric Unestahl, Kees Hoogduin, Dirk Revenstorf, Shaul Livnay, Teresa Robles, Albrecht and Gudrun Schmierer, Basil Finer, John and Helen Watkins, Camillo Loriedo, and more. We plan to have real experiential workshops of 2-4 afternoons, enabling the participants not only to have a glimpse at certain methods, but also to experience and practice it themselves. We have decided to include real discussions on the debated issues of hypnosis and hypnotherapy. In the evenings, we will have more informal programs, and we will not forget the humorous side of hypnosis either: 1996 will be the first year when EUROHYPNIC will be organized.

B.T.: The Hungarian Association of Hypnosis and the Congress has a very interesting logo. A lot of us have wondered who designed it?

E.B.: The logo you know was designed by Mónika Koszta, a second year art student. Her work was chosen from approximately 140 competition works by the executive Committee of HAH and the Congress Committee in 1994. The logo's history is very characteristic of Hungarian life and the style of our Association. Since HAH is not wealthy, we decided to announce a low-price competition among art students. In order to stimulate their participation, we offered a group hypnotic experience to them. In this, suggestions were also given to enhance their creativity in imagining and expressing the essence of hypnosis. I hope the result of this hypnotic experience, the "hypno-eye" logo of HAH and EUROHYPNOSIS'96, will be "hypnotic" enough to induce hypnosis people worldwide to come to Budapest in August 1996. For further information please contact Congress Secretariat of EUROHYPNOSIS'96, Budapest 64. Pf. 4. H-1378, Hungary." Fax no.: (36) (1) 268 0831 or via E-mail: hipnozis@izabell.elte.hu.

**Confirmation of recovered memories
retrieved with hypnosis**

(Richard Kluff, M.D.)

As reported in an earlier Newsletter (18/1, May 1995, p. 13f), I am trying to do a number of pilot projects to explore the problem of the retrieval of initially unavailable traumatic memories in the clinical context. The first study in this series is now complete. Using a population of 34 dissociative identity disorder patients in whose treatment no effort was made to confirm allegations, a chart review study of cases demonstrated that 56% had incidents of abuse confirmed by either confessions, witnesses, or by legal documents. Of the patients with confirmed traumatic incidents, 53% had always recalled the events that were documented, but 68% had recovered in therapy an event that was later documented. Interestingly, 85% of the memories discovered in therapy and later confirmed had been retrieved with the use of hypnosis. Nine percent of the patients had specific allegations of incidents of abuse disconfirmed. None of these incidents had been discovered with hypnosis. These findings indicate that traumatic amnesia, the recovery of documentable traumatic memories in therapy, the recovery of documentable traumatic memories with hypnosis, and the discovery of documentable inaccurate memories of trauma are all genuine clinical phenomena. Strongly polarized positions that maintain any one of these phenomena does not occur appear to be inaccurate.

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On the differences between direct and indirect techniques

(Csabala Szabó, Ph.D.)

A growing number of clinicians emphasize the importance of hypnotic communication styles, and claim that indirect techniques are more effective than direct approaches. Other data from experimental laboratories point to the decisive role of the subject's hypnotic susceptibility. Namely, the more susceptible the subject, the more he/she will respond to suggestion, and the deeper the hypnosis will be. The effect of the induction style on the hypnotic response has been investigated in a few experiments. In these experiments, hypnotic suggestions were related to overt behaviour, and no differences were found between the effectiveness of direct and indirect suggestion or induction. The problem with this kind of experiment was that the subject's hypnotic susceptibility was measured before the experiment, and this influenced the expectations. Furthermore, the subjects' perception of their own hypnotic behaviour influenced the perception and the reporting of subjective experiences.

In our experiment the phenomenology of the experiences and the depth of hypnosis were measured, and the effects of direct and indirect induction were compared. Forty-four subjects participated in a direct and an indirect hypnosis induction in counterbalanced order. After the induction procedure there was a 4 minute rest, and the dehypnosis followed. There were no suggestions involving overt behaviour. Following the experiment, the subjects were asked to rate the depth of their hypnosis, and to report about their subjective experiences on the Phenomenology of Consciousness Inventory (PCI). Following the inquiries, the subjects were interviewed about their hypnotic experiences. After the second hypnosis, the subjects' hypnotic susceptibility was measured with SHSS/B. Categories of subjects of different hypnotic susceptibility were formed for statistical analysis, after the end of the experiment.

Analyzing the data for depth, the effect of induction was significant; the subjective depth was felt to be deeper after the indirect hypnosis. But comparing the groups of different hypnotic susceptibility, it was found that the indirect hypnosis was experienced as being deeper by the subjects of low and moderate susceptibility. Highly hypnotizable subjects reported similar hypnotic depth following both kinds of inductions. The classical hypnotic susceptibility effect was found, namely the more susceptible the subject, the deeper the reported depth. Analyzing the phenomenology of the experiences, MANOVA showed no differences between the PCI factors in the direct and the indirect hypnosis, but there were differences in the content of interviews. It seems that unconscious processes, and transference-like feelings are more dominant in indirect hypnosis. This suggests that a different approach is needed for exploring subjective experiences. In previous experiments of Dr. Mészáros István's laboratory, the physiological correlates of hypnotic states were investigated, and EEG differences were

found between the hypnotic and alert state. In further experiments we should like to study the EEG responses following the indirect induction and we are looking for objective physiological indicators to test the effectiveness of suggestion and induction.

Szabo, C. (1993). The phenomenology of the experiences and the depth of hypnosis: Comparison of direct and indirect induction techniques. *International Journal of Clinical and Experimental Hypnosis*, 41(3), 225-233.

Szabo, C. (1996). Differences between direct and indirect techniques. *Hypnosis International Monograph*, Number 2. Munich: M.E.G.-Stiftung.

Csabala Szabó, Ph.D., Kossuth Lajos University, Inst. of Psychology, 4010 Debrecen 10, Hungary

Understanding why hypnosis is useful in the treatment of clinical pain

(Jean Holroyd, Ph.D.)

Clinical and experimental research literature indicates hypnosis is very useful for severe and persistent pain, yet reviews suggest hypnosis is not widely used. To encourage more widespread clinical application, Jean Holroyd reviews recent controlled clinical studies in which hypnosis compares favorably with other interventions; links advances in understanding endogenous pain modulation to a neurophysiologic view of hypnosis and hypnoanalgesia; relates the neurophysiology of hypnoanalgesia to management of chronic pain; challenges the view that hypnotic pain control is only for the highly hypnotizable patient; and raises issues about how people learn to control pain with hypnosis. Training in hypnotic analgesia may usefully enhance nervous system inhibitory processes that attenuate pain.

Holroyd, J. (1996). Hypnosis treatment of clinical pain: Understanding why hypnosis is useful. *International Journal of Clinical and Experimental Hypnosis*, 44, 33-51.

Holroyd, J.C. Ph.D., Neuropsychiatric Inst., UCLA, 760 Wetwood Plaza, Los Angeles, CA 90024-1310, USA

Hypnosis goes Internet

Robert Nadon, Ph.D. is pleased to announce that the *Society for Clinical and Experimental Hypnosis* now has a home page on the World Wide Web. The address is: <http://spartan.ac.brocku.ca/~wwwsceh/>.

Robert Nadon, Ph.D., Brock University, Dept. of Psychology, St. Catharines, Ontario L2S 3A1, CANADA, Fax: 905-688-6922, email: rnadon@spartan.ac.brocku.ca.

The *Milton Erickson Society for Clinical Hypnosis, Germany*, (M.E.G.) also is pleased to announce its www-address managed by its executive officer Christian Kinzel, D.Psych.: http://ourworld.compuserve.com/homepages/meg_hypnose.

M.E.G., Konradst. 16, 80801 Munich, Germany, Fax: +49/89/336255, email: 101512.1136@compuserve.com.

Jean Holroyd, Ph.D., at the Neuropsychiatric Institute, UCLA, is currently developing a searchable reference database on hypnosis for the World Wide Web. The database will include abstracts and notes on thousands of articles useful to teachers and researchers, including literature not covered by current computerized reference sources such as Medline. While there is no deadline for completion of the project, begin searching the WWW for the hypnosis research database near the end of 1996.

Holroyd, J.C. Ph.D., Neuropsychiatric Inst., UCLA, 760 Wetwood Plaza, Los Angeles, CA 90024-1310, USA. e-mail: Holroyd@ucla.edu

News from the Constituent Societies

The Introduction of a New ISH-Constituent Society:

Hungarian Association of Hypnosis (HAH)

Although the Hungarian Association of Hypnosis was founded only in 1991, hypnosis in Hungary has a long history and old traditions.

Already at the beginning of the 19th century, the work of Mesmer was reviewed by Ferenc Kölcsey, a famous Hungarian poet, the author of the Hungarian national anthem. The therapeutic application of "magnetism", then "hypnotism", was already widespread by the end of the 19th century; even leading professors of psychiatry and psychology like Pál Ranschburg and Károly Schaffer used it. Furthermore, one of the most significant psychoanalytic theorists of hypnosis at the beginning of the 20th century, Sándor Ferenczi, was Hungarian. Ferenc Völgyesi was also well known both in the Hungarian and in the international hypnosis literature for his work in medical and animal hypnosis in the middle of this century.

From the early 1950's, however, hypnosis was announced as "mystical", and as such, it was persecuted because of political reasons (similarly to other methods of psychotherapy). It took more than twenty years until hypnosis could be re-introduced first into research, then, from there, into therapeutic practice. As a result, the first hypnosis seminar and workshop for medical doctors and psychologists could be organized in 1975 by István Mészáros and Éva I. Bányaí. In 1980, about a dozen hypnotists founded the Hypnosis Work-group of the Hungarian Psychiatric Society. As their number increased, they became the Hypnosis Section of the same society. It reflected a qualitative change when in 1991 they founded the Hungarian Association of Hypnosis: HAH became an independent organization.

In HAH today we have over 200 regular members, and about 120 supporting members. The activity of the Association includes various fields:

- it offers basic and continuing training in hypnotherapy to medical doctors, psychologists and dentists, as a result of which there are so many well-trained hypnotherapists in the country, that hypnosis can be used when the need for it arises;
- it organizes lectures and workshops regularly to review and discuss the most recent developments in the field of hypnosis;
- it stimulates research;
- it invites its members to its annual Hypnosis Meetings, where there is a possibility for presentation of papers, formal and informal discussions, learning and refreshing different hypnosis techniques, and for relaxation and humor in the leisurely, friendly atmosphere of a real community;
- it considers its duty to protect the professional credibility of hypnosis, and acts accordingly whenever necessary.

As a result of the lively activity of HAH, hypnosis gained high prestige in Hungary. As to international activity, colleagues of HAH have been more and more active in the international hypnosis community, too: no ISH Congress could pass without the active contribution of Hungarian participants since 1982. HAH was honored to receive the right to organize the 7th European Congress of Hypnosis to be held between August 17-23, 1996, and simultaneously, the President of HAH was elected President of the European Society of Hypnosis.

These days in HAH, we are very busy organizing EUROHYPNOSIS'96, the 7th European Congress of Hypnosis. We hope that with this congress we can help ISH in 'building bridges of understanding': just as the bridges in Budapest connect the western

Buda and the eastern Pest side of the city, Hungary, in the heart of Europe, can connect western and eastern colleagues from Europe and from all over the world. Perhaps this is why hypnosis experts from around the world have already indicated their intention to participate at EUROHYPNOSIS'96. Thus, we are expecting a stimulating and creative meeting where beyond the exchange of ideas about hypnosis true personal contacts may contribute to real understanding.

Éva I. Bányaí, Ph.D., President of HAH, President of ESH; Eötvös Loránd University, Dept. of Experimental Psychology; Pf. 4, 1378 Budapest 64, Hungary; Fax: +36/1/2680831

The Australian Society of Hypnosis (ASH)

The Federal Executive of the ASH has concerned itself with the formation of a subcommittee to establish the criteria and procedure for awarding the status of Fellow of the Australian Society of Hypnosis. Nominations for this status will be received from ASH members with at least 10 years full membership. Any nomination must be supported by two other members of at least five years full membership. Areas considered by the subcommittee when awarding the status of Fellow include: scholarship and publications, teaching for the Society and administration.

A Special Federal Council Meeting of March 21st passed two motions proposed by the Victorian Branch which will enable the Branch to proceed to the final stages of negotiations with the University of Melbourne to have their training programme conducted by the Faculty of Medicine, Dentistry and Health Sciences. The course will be known as the Graduate Diploma of Mental Health Sciences (Clinical Hypnosis).

Currently, the Society's membership stands at 1100. We are looking forward to our annual Congress which is being held at Fraser Island, Queensland, in September 1996. The two keynote speakers are Dr. Ernest Rossi and Dr. Michael Yapko with other papers and workshops being presented by local ASH members. We invite members of ISH to attend this Congress which is set in one of the most beautiful locations in Queensland. For further information, see the contact address under "Forthcoming Meetings" at the end of this newsletter. Our 1997 Congress is being held in Western Australia and details are yet to be finalised.

Dr. Mark Earl, Federal Secretary, c/- ASH, Edward Wilson Building, Austin and Repatriation Medical Centre, Austic Campus, Heidelberg, Vic. 3084.
Tel: (613) 9459 6499 Fax: (613) 9459 6244.

British Society of Experimental and Clinical Hypnosis (BSECH)

BSECH has been very active during the last few months. Dr. Les Brann has been elected as Vice President of the society. He takes the place of the late David Waxman (who is sadly missed). Les is already proving most valuable to the society. After many years of admirable service, Dr. Brian Fellows has resigned as editor of *Contemporary Hypnosis*. David Oakley has now taken over as Journal Editor. David possesses an impressive range of clinical and academic credentials, and so the Journal has gone from one very capable pair of hands, to another. As a mark of appreciation for all the hard work that Dr. Fellows has done over the years, the Society has made him a Life Member.

Currently the Home Office is reviewing the laws and regulations governing Stage Hypnosis. BSECH has contributed to their information-gathering, particularly involved has been Dr. Michael Heap who has much expertise on the subject. Early indications are that whilst no attempt will be made to ban stage hypnosis, there will be a tightening up on the regulations, code of practice etc. Further information will be given when it is available (watch this space). Unfortunately, a panel of "experts" concluded that the evidence against stage hypnosis as dangerous was not convincing. If any ISH members would like to contribute to this debate, please write to the Hon Secretary of BSECH (address see below).

ANNUAL CONFERENCE, 1996
FIRST JOINT CONFERENCE BSECH & BSMDH
WARRINGTON, 31ST MAY-2ND JUNE

BSECH and BSMDH are coming together to produce their first joint conference – an historic event in the UK. The program will consist of a combination of workshops and paper presentations. This is an extremely exciting, and hopefully, stimulating development which should bring good things for hypnosis in the UK and abroad.

Friday 31st May will be devoted to paper presentations, to be continued on Saturday afternoon. Sandwiched in between the paper sessions, there will be a choice of three half day workshops on the Saturday morning – Dr. Greta Ross "Stress", Gwyneth Benson, "Working with Children and Adolescents" and Dr. Michael Heap, Dr. David Oakley, and Dr. Brian Fellows will present a workshop on "Hypnosis: Training and Research." On Sunday 2nd June Dr. Karen Olness will present an advanced one-day workshop.

Overseas participants are most welcome, for anyone interested in presenting a paper, or simply attending please contact:

Phyllis Alden, Hon BSECH Secretary, BSECH, Psychology Consultancy, DGH, Scartho Rd, Grimsby DN33 2BA, Tel: 01472 873423, Fax: 01472 879238

Confusion of Hypnosis Societies in Britain

In Britain there are two societies which are affiliated to the ISH and which maintain mutual respect and co-operation: The British Society of Experimental and Clinical Hypnosis (BSECH) and The British Society of Medical and Dental Hypnosis (BSMDH). Both societies admit only people who have professional or academic qualifications recognized by the Universities. Confusion has now arisen because a new society has been formed which calls itself by a name which is very similar:

The British Society of Clinical Hypnotherapy

Confusion is further created by the fact that in various countries there are national societies affiliated to the ISH with similar names, e.g. The American Society of Clinical Hypnosis, The Ontario Society of Clinical Hypnosis, The South African Society of Clinical Hypnosis. Of course, these societies adhere to the constitution of the ISH.

In Britain it is perfectly legal for any group of lay people to form themselves into a "hypnosis society" and call themselves by whatever name they choose and to issue diplomas, certificates etc. to whoever they choose, and there are about a dozen or more such societies in being. It is unfortunate that the new society has chosen to call itself The British Society of Clinical Hypnotherapy because of the confusion arising.

Hamilton B. Gibson, Ph.D., President of the British Society of Experimental and Clinical Hypnosis, 10 Manhattan Drive, Cambridge CB4 1JL, England

British Society of Medical and Dental Hypnosis (BSMDH)

We are glad to report that our past President, Geoff Graham, is well on the way to recovery following his orthopedic surgery and complications, and back to lecturing.

The varying branches of our society are continuing to spread the word about hypnosis with basic courses. We are glad to find a new group of practitioners fired up with enthusiasm, and going forward to accreditation.

Our exploratory discussions with the varying parts of the BSMDH, ISECH and the RSM with the view of getting an umbrella organisation to speak with a single voice of clinical hypnosis are continuing. At the next meeting we hope to welcome representatives from BSECH, thus enlarging the number of allied societies. On 31 May, 1 and 2 June of this year we look forward to our first shared clinical meeting with BSECH. It will take the form of ISH congresses and we anticipate an interesting and informative one day workshop with Professor Karen Olness.

Mary McKenna, M.D., Chairman BSMDH, 55 Abbey Lane, Sheffield, South Yorkshire S8 0BN, UK.

Israeli Society of Hypnosis (IsSH)

IsSH was delighted to have Jefferey Zeig for a very successful and gratifying two day workshop on Ericksonian Hypnosis in the beginning of January. It was a great way to bring in 1996! The workshop was set up in conjunction with the Shinui Institute, as well as with the Psychotherapy association, according to our new policy of cooperation with other associations. We feel it's important to build bridges to the mainstream by opening up a dialogue through joint programs. Next on the Agenda will be a forum on the False Memory Issue.

We are proud to see that Morris Kleinhauz's investment in training the Barcelona group has borne fruit. We wish the Spanish group all the best in their efforts to establish their new Society.

Eva Eshcol, Ph.D., Secretary, Israeli Society of Hypnosis, P.O. Box 7545, 91076 Jerusalem, Israel, Fax: 972-2-434-863

Irish Society of Clinical & Experimental Hypnosis (ISCEH)

The arrival of 1996 sees the continuance into another year of developments within the ISCEH.

For our Spring meeting, Dr Hettie McKinnon BSMDH (Scotland) gave the Society a delightful discourse on NLP and saw the arrival of many new members. Our principal Autumn meeting was aimed this year to encourage, perhaps, members of the society who had seen our last Autumn meeting as being too highbrow. Though "low brow" one could not describe the combination of Dr Geoff Ibbotson on Group work, Dr Mary McKenna's work on Dermatology and Mr David Simons delightful discourse on Palliative Care.

I personally made but a small input to Dr McKinnon's teaching on the basic course. This year we plan 3 meetings. A basic course in February jointly taught by our President Dr Mary Lucas, Diploma in Clinical Hypnosis (Sheffield) and myself. A post basic course will be held in March. These meetings will be held in the delightful Rinn Ronain Hotel on the banks of the River Lee as she flows into Cork Harbour at Cobham, County Cork.

Our Autumn Meeting holds aesthetic and academic delights. Our venue is the green-lawned and wooded Blarney Park Hotel in the shade of the world famous Blarney Castle. You can improve your verbal skills not alone by braving gravity to kiss the eloquence giving stone of the McCarthys but by listening to Dr. Maggie Philips and Dr. Claire Fredericks inspire you on their work with Ego State Therapy.

We hope perhaps some of you might join up and experience this unique weekend of Irish Céad Mile Fáilte.

Penultimately, you have heard from Dr. Mary McKenna, Chairperson BSMDH of the gestation of the Society of Professional Clinical Hypnosis of which the ISCEH is proud to be part and believes it to be a great step for the future for clinical hypnosis.

Last but not least, we will soon have a new Post Graduate Course in University College, Cork. We are currently setting up a Higher Diploma in Psychotherapy (Hypnosis) which, with the obtaining of an Honours Certificate permits entry to a 2nd year leading to a Masters Degree. This will be part of the Department of Psychiatry, Faculty of Medicine.

For those of you who know Dr. Pat Browne, FRC Psych he is still very much with us and despite his health problems, is an inspiration to us in our work on the Higher Diploma and Masters Courses.

Margaret O' Regan M.B., B.Ch., B.A.O General Secretary, ISCEH
2 Ivyville, Douglas Road, Cork City, IRELAND
Fax: +53 21 312 009

Italian Centre for the Study of Clinical & Experimental Hypnosis (Centro Italiano di Ipnosi Clinica Sperimentale, CIICS)

Even if our association has only recently joined the ISH, our history is a long one in the Italian medical and psychological world.

Our founder, Prof. Franco Granone, started his study and therapeutical application of hypnosis in 1951 when he created, inside the Hospital he worked in as head neurologist, a Centre to treat alcoholics and drug addicts, trying to convince the government, still involved in serious post-war problems, into taking initiatives to get a better knowledge of the problem and face it.

Realising: a) the potentiality of hypnosis: b) the fact that it was at the time used in unscientific ways in centres with little or no knowledge of medicine and/or psychology: c) that he needed the help of well prepared people, in:

- 1961 he published the first edition on "*L'Ipnatismo*", a scholarly treaty on the subject, with the results of the extensive clinical experimentation carried on inside his Hospital on techniques, changes in the somatic, neurovegetative, endocrinohumoral, visceral changes and its psychosomatic correlations. The book was reprinted and extended in 1972, 1976, 1979, 1983 and 1989 taking the title of "*Trattato di Ipnosi*" in two volumes, 812 pgs: in 1973 it was translated into Spanish with the title "*Tratado de Hipnosis (Sofrologia)*" and adopted in many schools in Latin America:

- 1965 he created a Centre open at first only to physicians, and later also to psychologists, to train them in the correct use of hypnosis for diagnostic, therapeutic and social use, persisting with the government as to the necessity of regulating the teaching and application of the subject matter.

In the same year he started the quarterly "*Rassegna di Ipnosi e Medicina Psicosomatica*" together with the Italian association AMISI of which he was then the President and from which he later separated. The review went on through the years slightly changing its name: now it is called "*Rassegna di Psicoterapie, Ipnosi (Medicina Psicosomatica-Psicopatologia forense)*" and is sponsored by the University of Rome "La Sapienza". In addition a Newsletter to members is issued twice a year.

In 1966, the *Universit Cattolica di Milano* asked for his collaboration in studying the phenomenon, and training medical students and doctors to use it. In 1979 with a group of doctors and psychologists he created a post-graduate clinical and experimental hypnosis school, reserved for physicians and psychologists with the name of CIICS at first and then, in 1982, with the present name of *Centro Italiano di Ipnosi Clinico-Sperimentale, CIICS*, with the purpose to carry out research through university institutes, where members with university assignments and/or members with training functions at hospitals are allowed free admittance.

The main office is in Torino, but CIICS is nationwide articulated in regional divisions which at present are: Torino (for Piemonte), Rome (for Lazio), Naples (for Campania), Cagliari (for Sardegna), Genova (for Liguria). A new division is under way in Bari (for Puglia and Basilicata in southern Italy).

In order to ensure a high scientific standard, one of the continuous efforts of the association has been to have hypnosis enter and be recognised by the Italian Universities, a difficult task in a country where it is still looked upon with suspicion or as a means of entertainment, which was never admitted in tribunals, but can be taught and discussed in Colleges provided the word "hypnosis" is never officially mentioned (see for instance the University of Turin). Yet of the two courses of hypnosis that CIICS runs at present, one is sponsored by the *Universita di Roma "La Sapienza"*, where the 1995-96 course in Torino is ending March 23, and the new one will start October 11, 1996. We try to place the two courses at different times so as to accommodate different needs.

A congress on delivery in hypnosis to be held in Rome is under preparation. For further information contact the secretary Dr. Maria Tosello, CIICS, C.so Francia, 23-10138 Torino, Italy, tel & fax: 0039.11.650.81.66: or 434.44.568.10.10.

Italian Medical Association for the Study of Hypnosis (*Associazione Medica Italiana per lo Studio dell'Ipnosi, AMISI*)

In Italy the experimental research about hypnosis is quite absent. AMISI is going to start a program promoting some research activities about hypnosis. I hope to be able to give you more details about this project for the next issue of the ISH newsletter.

A member of AMISI council (Consuelo Casula) in collaboration with A.M. Clerici has just published a book: "*Parole terapeutiche: uso del linguaggio e approcci terapeutici*" (Therapeutic words: the use of language and therapeutic approaches). The editor is "ISU-Universita' Cattolica; Milan Italy".

Mario Cigada, AMISI, Micos Eventi, Borgo Albizi 11, 50122 Firenze, Italy;
Tel: +55/2343040, Fax: +55/2340828.

Japanese Society of Hypnosis (JSH)

1995 was the worst year for Japan since the nationwide devastation in the end of World War II, caused by two huge calamities, The Great Hanshin (Osaka and Kobe) earthquake in January 17, and the Aum Shinrikyo's terrorism activities from March to December. As far as mental health and hypnosis is concerned we will report about both events.

The impact of the earthquake was so severe that over 6,000 people lost their lives in the cataclysm, close to 40,000 were injured, and some 400,000 houses were totally or partially destroyed. My colleagues and I made some efforts in assessing a prevalence of PTSD by administering a questionnaire based on DSM-IV PTSD diagnostic criteria. The subjects were victims whose houses were totally or partially destroyed in the east district of Kobe. About 6% of the subjects were diagnosed as PTSD. However, if only two from three symptoms of criterion C (avoidance and numbing of responsiveness) are required, more than 10% would be diagnosed as PTSD.

We now realize that PTSD seems but one sequelae; victims suffer from diverse psychiatric and medical symptoms. There is also secondary aftermath, e.g. loss of jobs and houses, loss of family and marital bonds which should be assessed for each victim.

For these victims, hypnotherapy could be effective to a certain extent. Yet the application of hypnotherapy has apparently not yet been practiced. Aum Shinrikyo, a new religious cult, exercised terrorism in Tokyo and other places from March until December, 1995. Shoko Asahara, the founder of this cult, prophesied a series of tragic

events including Armageddon till the year 2000. In preparation for this bleak future, the groups emphasized the need to develop various means for survival including some kinds of poison gas and firearms. On the other hand, the acquiring of preternatural powers through ascetic practice was also stressed. Recently it was disclosed that Asahara used hypnosis in addition to drugs such as narcotics, psychedelics, and stimulants in order to control people's minds and convert them to his cult. To my surprise, the manual on hypnotic work for this purpose which I received through the police reveals their advanced induction techniques, even some Ericksonian. There are also skillful applications of imagery (repeated tortures in the hell followed by relief and supreme bliss with Asahara as redeemer).

How to prevent our knowledge in hypnosis from being missused by laymen and criminals must be our perpetual concern.

Noboru Takaishi, M.D., Takaishi Clinic, 1-2-2-200, Umeda, Kita-Ku, Osaka 530, Japan; Fax: 81/6/346-0288

Mexican Society of Hypnosis (MSH)

The Mexican Society of Hypnosis is looking for different ways to help its members to maintain contact with ideas from other countries, despite the financial crisis México is going through which makes it hard for them to attend academic events abroad. Therefore the MSH is organizing free Seminars every two months and encouraging members who have had the opportunity to attend events in other countries or have read books in other languages to share this new information with their colleagues.

The Seminars began in October 1995 with Teresa Robles, Ph.D., talking about the **2nd European Congress of Ericksonian Hypnosis and Psychotherapy** held in Munich the same month. In December 1995, Benjamín Domínguez, Ph.D., presented some issues from the Congress on Pediatric Pain held in Atlanta, Georgia, U.S.A., a month before. In January 1996, Rossana Ruffini, M.A., talked about the Conference **The Evolution of Psychotherapy** organized by The Milton H. Erickson Foundation, last December in Las Vegas, Nevada, U.S.A. In March 1996, Marina Castañeda, M.A., will discuss some points from François Roustang's book *Qu'est-ce que la hypnose?* published in Paris by Editions Minuit in 1994. In May 1996, Teresa Robles, Ph.D., will talk about the differences and similarities between two approaches for the Diagnosis and Treatment of M.P.D., the one presented by Onno van der Hart, Ph.D. at the last European Congress in Munich, and the approach of the Milton H. Erickson Institute of México City. The Seminars are held in México City and a summary is mailed to members around the country.

We have been very fortunate as we continue with visits from Presidents of other Societies. Last November, Camillo Loredi, M.D., President of the Italian Society of Hypnosis, conducted a workshop about how to deal with families experiencing addiction problems. Dirk Revenstorf, President of M.E.G., will conduct a workshop entitled *Working with Dreams from the Jungian, Ericksonian and Gestalt Approaches*.

Patrick Bellet, Ph.D., Director of the Milton H. Erickson Institute of Avignon-Provence, in France, is kindly sharing with us a real treasure: the facsimiles they are printing of old texts on hypnosis. We are considering the possibility of translating them into Spanish and publishing some of them.

The MSH is collaborating with the Milton H. Erickson Institute of México City in some intensive Summer International Training in Ericksonian Hypnosis and Psychotherapy in México City, July 1-August 4, 1996. The training consists of 120 hours of workshops and 120 clinical hours (analysis of videos, in vivo observation of sessions, group supervision and co-therapy). The training will be given in Spanish. For further information contact:

Patricio Sáenz 1205, México D. F., 03100, MEXICO. Tel.: (525) 575 2315, (525) 575 7060 and (525) 559 2756 Fax: (525) 559 2554.

Milton Erickson Society for Clinical Hypnosis, Germany (M.E.G.)

Currently the proceedings of the **2nd European Congress of Ericksonian Hypnosis and Psychotherapy** held in Munich, October 1995 are about to be compiled. There will be two German and one English editions, the English one to be published in August 1996 as number two of the Hypnosis International Monographs. More about it in the next issue of this Newsletter. The two German editions will appear as the two forthcoming issues of M.E.G.'s Journal 'Hypnose und Kognition'.

M.E.G., Konradstr. 16, 80801 Munich, Germany.

Society for Scientific Hypnosis in Finland (SSHF)

The level of hypnotherapy training in Finland has made progress. For many years we have been conducting one week basic courses in hypnosis for physicians, dentists and psychologists.

The Institute for Extension Studies at the University of Tampere organized a three year training program in hypnotherapy, which finished in May 1995. The leaders of the training were chief physician Risto Aukee, M.D. and psychologist Martti Tenkku, Ph.D. The training group consisted of eleven psychologists, four physicians (psychiatrists) and one dentist. Everybody wrote an article in the book by Martti Tenkku (Ed.) (1995): *Many Possibilities of Hypnotherapy* (published in Finnish). Finnish television and many newspapers reported this hypnotherapy training and the book. Thereafter, hundreds of professionals have ordered the publication.

The new three year training program will begin in September 1996. In this training we combine hypnosis with NLP (Neuro-Linguistic Programming).

Timo Heinonen, D.D.S., Secretary of Society for Scientific Hypnosis in Finland, Heinaemaantie 11, FIN-16300 Orimattila, Finland

Martti Tenkku, Ph.D., Leader of three year hypnotherapy training course, Voionmaankatu 36 as 26, FIN-33300 Tampere, Finland

Swiss Medical Society for Hypnosis (SMSH)

The SMSH now has over 250 members. The Society will meet at Rigi-Kaltbad, near Lucerne from November 7th to 9th, 1996. In addition to basic workshops, training will include: Hypnosis as an adjuvans in somatic medicine (Wolf Langewitz), Self Hypnosis (Bea Bucher) and Imaginative Techniques in Hypnotherapy (Konrad Wolff). Guest speaker is Barry Hart from Scunthorpe, England, who will be talking about Direct vs. Indirect Suggestion for Anxiety and giving workshops on 'Hypnosis for Anxiety' and 'Stress and Individual vs. Group Hypnosis for Smoking and Slimming.' There will be a parallel meeting in French in Lausanne.

Registration Information: SMSH, Fritz Trechslin DDS., Apollostrasse 8, CH-8032 Zurich, Switzerland. Tel. +41 1 383 8938 Fax. +41 1 383 8940

News of Members

Jorge Abia, M.D. and **Teresa Robles, Ph.D.** President and Secretary/Treasurer of the Mexican Society of Hypnosis (MSH), wrote a book on Self-hypnosis that has been translated into French. It is not yet published but if there is any colleague of the ISH interested in it, please contact them. Both of them, along with other members of the MSH: Benjamin Dominguez, Ph.D., Elizabeth Méndez Chavero, M.A. and Rafael Núñez, M.A., members of the ISH: Daniel Araoz, Ph.D. and Camillo Loredio, M.D. and colleagues from Latin America are contributing with a chapter to the book edited by Elizabeth Méndez Chavero, M.A., *Compartiendo experiencias de terapia con hipnosis* (*Sharing Experiences in Hypnotherapy*) and published by the Editorial del Instituto Milton H. Erickson de la Ciudad de México.

Richard Garver, E.D.D., P.C., has recently begun a new annual bi-monthly seminar in the applications of clinical, forensic, and sports hypnosis in psychotherapy for psychiatry and clinical psychology residents at The University of Texas Health Science Centre where Dr Garver is a Clinical Associate Professor of Psychiatry; for the psychiatry and psychology residents at Wilford Hall, United States Air Force Medical Centre; and for selected qualified and licensed practitioners in the San Antonio and surrounding areas. This seminar will be an on-going seminar conducted throughout the 1996 calendar year, and will be in addition to local component section activities.

Karen Olness, M.D., is very involved in international health training in complex humanitarian emergencies. She and her colleagues are giving a course for pediatricians, primary health providers and mental health professionals at Case Western Reserve University, July 8-13, 1996. She will be emphasizing not only the problems and priorities related to food and water but also those related to the common psychosocial issues of those who have experienced disasters.

Teresa Robles, Ph.D., has written a book *Concierto para cuatro cerebros en psicoterapia* which has been published in English by Vantage Press. She has another three books published in Spanish on Hypnosis, one of them co-authored with Jorge Abia, M.D.

The book of **Daniel Araoz, Ph.D.**, *Hypnosis and Sex Therapy* will be published in Spanish by the Editorial del Instituto Milton H. Erickson de la C. de México. He is the Director of the Long Island Institute of Ericksonian Hypnosis.

At The Evolution of Psychotherapy Conference, December 13-17, 1995 in Las Vegas, **Jeffrey K. Zeig, Ph.D.**, presented a paper on *Experiential approaches to clinical development*; and **Ernest L. Rossi, Ph.D.**, at the same conference, presented an Invited Address on *Self-organizational dynamics in Ericksonian hypnotherapy*; he proposed a new

conceptual framework for understanding psychotherapeutic techniques in terms of the nonlinear dynamics of complex, self-organizing systems. Many of the other Faculty made contributions to hypnosis, including Albert Ellis, Jay Haley, Ernest Rossi, Paul Watzlawick, Joseph Wolpe, and Jeffrey Zeig. Approximately 6,500 participants were in attendance.

New Books

Erika Fromm and Michael R. Nash have a new book coming out in April this year. The book was written upon invitation by the International Universities Press, and is the first book since 1959 to deal with hypnosis that this very strictly psychoanalytically oriented publisher is going to publish:

Fromm, E., & Nash, M. (1996). *Psychoanalysis and Hypnoanalysis*. New York: International Universities Press.

Other books published recently:

Barber, J. (1996). *Hypnosis and Suggestion in the Treatment of Pain: A clinical guide*. New York: Norton.

Burrows, G.D. & Stanley, R. (Eds.) (1995). *Contemporary International Hypnosis. Proceedings of the XIIIth International Congress of Hypnosis*, Melbourne, Australia, August 6-12, 1994. New York: John Wiley & Sons.

Méndez Chavero, E., (Ed.) (1996). *Compartiendo experiencias de terapia con hipnosis*. México: Edit. del Instituto Milton H. Erickson de la C. de México.

Olness, K., & Kohen, D. (1996, 3rd edition). *Hypnosis and hypnotherapy with children*. New York: Guilford.

Robles, T., (1995). *A Concert for Four Hemispheres in Psychotherapy*. New York: Vantage Press.

Watkins, J., & Watkins, H. (1995). *Ego states: Theory and therapy*. New York: Guilford.

Forthcoming Meetings

1996

June 23-28: **XXth CINP Congress** in Melbourne, Australia, Contact ICMS Pty Ltd., 84 Queensbridge Street, South Melbourne, VIC 3205, Australia.

August 17-23: **Eurohypnosis 96: 7th European Congress of Hypnosis** in Budapest, Hungary; organized by the Hungarian Association of Hypnosis (HAH); under the auspices of the European Society of Hypnosis (ESH), the International Society of Hypnosis (ISH), and the Eötvös Loránd University, Budapest; Chairs: Éva I. Bányai and István Mészáros. Contact: Secretariat Eurohypnosis 96, Pf 4, 1378 Budapest 64, Hungary.

August 18-22: **International Society of Psychoneuroendocrinology** in Cascais, Portugal, as a satellite meeting to the World Congress of Psychiatry. Contact: ISPNE Secretariat, P.O. Box 121029, Nashville, TN 37212, USA.

August 31-Sept 7: **Australian Society of Hypnosis Meeting** at Kingfisher Bay Resort, Fraser Island, Australia: Contact: B. Bierman, PO Box 4062, Nambour QLD 4560, Australia.

December 11-15: **Brief Therapy Conference** in San Francisco. Contact: Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500, USA.

1997

June 21-27: **14th International Congress of Hypnosis** in San Diego, USA. Contact: ASCH, 2200 East Devon Avenue, Suite 291, Des Plaines, Illinois, 60018-4534, USA.

1998

October 25-30: **2nd World Congress on Stress** in Melbourne, Australia. Contact: ICMS Pty Ltd, 84 Queensbridge Street, South Melbourne, VIC 3205, Australia

14th INTERNATIONAL CONGRESS ON HYPNOSIS
SAN DIEGO, CALIFORNIA, U.S.A.
21-27th JUNE 1997

This meeting will be totally self-contained in the Town and Country Hotel in San Diego. You will find it a fine meeting venue with a resort atmosphere.

The City's mild climate makes it an ideal year-round destination. The average daytime temperature is 70 degrees fahrenheit (21 degrees celsius) and most days are sunny. Humidity is generally low and average annual rainfall is less than 10 inches and primarily between December and March.

San Diego's revitalized central city offers a mix of historic preservation in the Gaslamp Quarter and state-of-the-art architecture with Horton Plaza, a dramatic 6.5 block shopping and entertainment complex in the heart of downtown. Near Horton Plaza, the Paladion San Diego, downtown's upscale fashion center, is designed in the manner of great department stores created in the first third of the century. Parks and mixed-use commercial complexes, many in historic landmark structures, complement modern high-rise office and residential buildings. The San Diego Concourse, located in the heart of downtown, is a meeting and exhibit facility featuring a flexible design that can handle a wide range of gatherings. The Civic Theatre, part of the Concourse, is home to the San Diego Opera, and various stage and musical productions.

14th INTERNATIONAL CONGRESS ON HYPNOSIS
JUNE 21-27, 1997

SAN DIEGO, CALIFORNIA, U.S.A.

Please send me further information on the 14th International Congress as it becomes available:

SURNAME GIVEN NAME TITLE (Mr/Ms/Mrs/Dr)

ORGANIZATION

ADDRESS (No./Street)

CITY/SUBURB STATE/COUNTRY POST/ZIPCODE

TELEPHONE: Area Code () Number: FACSIMILE: Area Code () Number:

Please tick (✓) if applicable I wish to Present a Paper ☐

Please complete this form in **block letters** and return it to:

14th International Congress on Hypnosis,
Administrative Office
2200 East Devon Avenue, Suite 291
Des Plaines, Illinois 60018
U.S.A.

Telephone: (708) 297 3317 or Fax: (708) 297 7309