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The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
2025 Volume 50, No. 2

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A LETTER FROM THE PRESIDENT



KRZYSZTOF KŁAJNS

Dear ISH Members, as we move through 2025, I would like to take a moment to reflect on the value of connection—both personal and professional—in our international community.

In a world increasingly shaped by digital communication and global challenges, the possibility of meeting face-to-face has become especially meaningful. In-person encounters bring warmth, spontaneity, and deeper understanding. They allow us to learn not only from what is said, but also from presence, gesture, and shared experience.

At ISH, we are fortunate to be part of a diverse and dynamic network that spans continents and cultures. Our motto, *Building Bridges of Understanding*, comes to life when we meet, listen to one another, and connect beyond the boundaries of screens and schedules. Nothing replaces a conversation held in real time, eye to eye.

Our motto, *Building Bridges of Understanding*, comes to life when we meet, listen to one another, and connect beyond the boundaries of screens and schedules. Nothing replaces a conversation held in real time, eye to eye.

We are pleased to invite you to several upcoming events that provide such opportunities:

- The **2nd Asian Congress of Clinical Hypnosis** and the **3rd Chinese Congress of Clinical Hypnosis** will be held from 15 to 17 August 2025 in Beijing, China.
- The **Hypnosis Research Summit** (Education and Training Summit) will take place from 16 to 18 October 2025 in Budapest, Hungary.
- In 2026, we look forward to the **XVII European Society of Hypnosis Congress**, scheduled for 26 to 30 August in Glasgow, Scotland.
- And in 2027, the **XXIII International Congress of the International Society of Hypnosis**, titled *“Connecting Minds and Integrating Resources”*, will be held from 29 September to 3 October in Paestum, Italy.

If you are joining any of these events, please consider sharing your impressions and experiences with colleagues who could not attend—your perspective can inspire and connect others.



We warmly invite you to join us at these events—not only to learn and exchange knowledge but to experience the joy of meeting colleagues from around the world. As therapists, our mission includes humanizing the social space and nothing fulfils this mission more fully than being together, in person.

So we say: **Welcome to Beijing, Welcome to Budapest, Welcome to Glasgow, Welcome to Paestum!**

Warm regards,

Kris Klajs

ISH President





THE INTERNATIONAL
SOCIETY OF HYPNOSIS

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EIN BRIEF DES PRÄSIDENTEN

ÜBERSETZT VON ANITA JUNG

Liebe ISH-Mitglieder,

während wir gemeinsam durch das Jahr 2025 gehen, möchte ich einen Moment innehalten und über den Wert von Verbindung – sowohl persönlich als auch beruflich – in unserer internationalen Gemeinschaft nachdenken.

In einer Welt, die zunehmend von digitaler Kommunikation und globalen Herausforderungen geprägt ist, hat das persönliche Zusammentreffen eine ganz besondere Bedeutung gewonnen. Begegnungen von Angesicht zu Angesicht bringen Wärme, Spontaneität und ein tieferes Verständnis mit sich. Sie ermöglichen es uns, nicht nur von dem Gesagten zu lernen, sondern auch durch Präsenz, Gestik und gemeinsame Erfahrung.

Bei der ISH haben wir das große Glück, Teil eines vielfältigen und dynamischen Netzwerks zu sein, das sich über Kontinente und Kulturen erstreckt. Unser Motto *Building Bridges of Understanding* wird lebendig, wenn wir einander begegnen, zuhören und über die Grenzen von Bildschirmen und Zeitplänen hinaus in Kontakt treten. Nichts ersetzt ein Gespräch in Echtzeit – von Mensch zu Mensch, von Auge zu Auge.

Wir freuen uns, Sie zu mehreren bevorstehenden Veranstaltungen einzuladen, die genau solche Gelegenheiten bieten:

- Der 2. Asiatische Kongress für Klinische Hypnose und der 3. Chinesische Kongress für Klinische Hypnose finden vom 15. bis 17. August 2025 in Beijing, China statt.
- Der Hypnosis Research Summit (Education and Training Summit) wird vom 16. bis 18. Oktober 2025 in Budapest, Ungarn abgehalten.
- Im Jahr 2026 freuen wir uns auf den XVII. Kongress der Europäischen Gesellschaft für Hypnose, der vom 26. bis 30. August in Glasgow, Schottland stattfinden wird.
- Im Jahr 2027 folgt dann der XXIII. Internationale Kongress der International Society of Hypnosis mit dem Titel *Connecting Minds and Integrating Resources*, vom 29. September bis 3. Oktober in Paestum, Italien.

Wenn Sie an einer dieser Veranstaltungen teilnehmen, laden wir Sie herzlich dazu ein, Ihre Eindrücke und Erfahrungen mit Kolleginnen und Kollegen zu teilen, die nicht dabei sein konnten – Ihre Perspektive kann andere inspirieren und verbinden.

Wir laden Sie herzlich ein, bei diesen Veranstaltungen dabei zu sein – nicht nur, um zu lernen und Wissen auszutauschen, sondern um die Freude an der Begegnung mit Kolleginnen und Kollegen aus aller Welt zu erleben. Als Therapeutinnen und Therapeuten ist es unsere Aufgabe, den sozialen Raum zu menschlichen – und nichts erfüllt diese Aufgabe besser als das persönliche Zusammensein.

Deshalb sagen wir: Willkommen in Beijing, willkommen in Budapest, willkommen in Glasgow, willkommen in Paestum!

Herzliche Grüße

Kris Klajs

Präsident der ISH



LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Chères et chers membres de l'ISH,

Alors que nous traversons ensemble l'année 2025, je veux juste prendre un moment pour réfléchir à la valeur de la connexion – à la fois personnelle et professionnelle – au sein de notre communauté internationale.

Dans un monde de plus en plus façonné par la communication numérique et les défis mondiaux, la possibilité de se rencontrer en personne prend une signification particulièrement précieuse. Les rencontres en face à face apportent chaleur, spontanéité et une compréhension plus profonde. Elles nous permettent d'apprendre non seulement à travers les mots, mais aussi par la présence, les gestes et l'expérience partagée.

À l'ISH, nous avons la chance de faire partie d'un réseau dynamique et diversifié qui traverse les continents et les cultures. Notre devise, *Construire des ponts de compréhension*, prend tout son sens lorsque nous nous rencontrons, que nous nous écoutons et que nous créons des liens au-delà des écrans et des contraintes de temps. Rien ne remplace une conversation en temps réel, face à face.

Nous avons le plaisir de vous inviter à plusieurs événements à venir qui offrent de telles opportunités:

- Le **2e Congrès asiatique d'hypnose clinique** et le **3e Congrès chinois d'hypnose clinique** auront lieu du 15 au 17 août 2025 à Beijing, Chine.
- Le **Sommet de la recherche en hypnose** (*Hypnosis Research Summit, Education and Training Summit*) se tiendra du 16 au 18 octobre 2025 à Budapest, Hongrie.
- En 2026, nous nous réjouissons de participer au **XVIIe Congrès de la Société Européenne d'Hypnose**, prévu du 26 au 30 août à Glasgow, Écosse.
- Et en 2027, le XXIIIe **Congrès International de la Société Internationale d'Hypnose**, intitulé *Connecting Minds and Integrating Resources*, se déroulera du 29 septembre au 3 octobre à Paestum, Italie.

Si vous participez à l'un de ces événements, n'hésitez pas à partager vos impressions et expériences avec les collègues qui n'ont pas pu être présents – votre pont de vue peut inspirer et connecter d'autres.

Nous vous invitons chaleureusement à nous joindre à ces rencontres – non seulement pour apprendre et échanger des connaissances, mais aussi pour ressentir la joie de retrouver des collègues venus du monde entier. En tant que thérapeutes, notre mission inclut l'humanisation de l'espace social – et rien ne l'accomplit mieux que la présence physique, ensemble.

Nous vous disons donc : **Bienvenue à Beijing, bienvenue à Budapest, bienvenue à Glasgow, bienvenue à Paestum !**

Avec toute mon amitié,

Kris Klajs

Président de l'ISH



LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Traduzione di Consuelo Casula

Care e cari membri della ISH, mentre attraversiamo insieme il 2025, desidero prendermi un momento per riflettere sul valore della connessione—sia personale che professionale—nella nostra comunità internazionale.

In un mondo sempre più modellato dalla comunicazione digitale e dalle sfide globali, la possibilità di incontrarsi di persona ha assunto un significato particolarmente profondo. Gli incontri in presenza portano calore, spontaneità e una comprensione più profonda. Ci permettono di apprendere non solo da ciò che viene detto, ma anche dalla presenza, dai gesti e dall'esperienza condivisa. All'interno della ISH abbiamo il privilegio di far parte di una rete dinamica e diversificata che attraversa continenti e culture. Il nostro motto, *Costruire ponti di comprensione*, prende vita quando ci incontriamo, ci ascoltiamo e ci connettiamo oltre i limiti degli schermi e delle agende. Nulla può sostituire una conversazione in tempo reale, occhi negli occhi.

Siamo lieti di invitarvi a una serie di eventi che offriranno proprio queste preziose opportunità:

- Il 2° Congresso Asiatico di Ipnosi Clinica e il 3° Congresso Cinese di Ipnosi Clinica si terranno dal 15 al 17 agosto 2025 a Beijing, Cina.
- Il Hypnosis Research Summit (Education and Training Summit) si svolgerà dal 16 al 18 ottobre 2025 a Budapest, Ungheria.
- Nel 2026, ci aspetta il XVII Congresso della European Society of Hypnosis, dal 26 al 30 agosto a Glasgow, Scozia.
- E nel 2027, si terrà il XXIII Congresso Internazionale della International Society of Hypnosis, intitolato *Connecting Minds and Integrating Resources*, dal 29 settembre al 3 ottobre a Paestum, Italia.
-

Se parteciperete a uno di questi eventi, vi invitiamo a condividere le vostre impressioni ed esperienze con i colleghi che non potranno essere presenti—il vostro punto di vista può ispirare e creare connessioni.

Vi invitiamo calorosamente a partecipare a questi incontri—non solo per apprendere e scambiare conoscenze, ma per sperimentare la gioia dell'incontro con colleghi da tutto il mondo. Come terapeuti, il nostro compito è anche quello di umanizzare lo spazio sociale—e nulla realizza questo obiettivo più pienamente dell'essere insieme, in presenza.

Perciò diciamo: Benvenuti a Beijing, benvenuti a Budapest, benvenuti a Glasgow, benvenuti a Paestum!

Con affetto,
Kris Klajs
Presidente ISH



CARTA DEL PRESIDENTE (ES)

TRADUCIDO POR TERESA ROBLES

Queridas y queridos miembros de la ISH:

Mientras avanzamos juntos por el año 2025, quiero tomar un momento para reflexionar sobre el valor de la conexión, tanto personal como profesional, dentro de nuestra comunidad internacional.

En un mundo cada vez más moldeado por la comunicación digital y los desafíos globales, la posibilidad de encontrarnos cara a cara adquiere un significado especialmente profundo. Los encuentros en persona traen consigo calidez, espontaneidad y una comprensión más profunda. Nos permiten aprender no solo de lo que se dice, sino también de la presencia, los gestos y la experiencia compartida.

En la ISH tenemos la fortuna de formar parte de una red dinámica y diversa que abarca continentes y culturas. Nuestro lema, *Construyendo puentes de comprensión*, cobra vida cuando nos reunimos, nos escuchamos y nos conectamos más allá de las pantallas y los horarios. Nada puede reemplazar una conversación en tiempo real, de mirada a mirada.

Nos complace invitarles a varios eventos próximos que brindan estas valiosas oportunidades:

- El 2.º Congreso Asiático de Hipnosis Clínica y el 3.º Congreso Chino de Hipnosis Clínica se celebrarán del 15 al 17 de agosto de 2025 en Beijing, China.
- La Cumbre de Investigación en Hipnosis (*Hypnosis Research Summit, Education and Training Summit*) tendrá lugar del 16 al 18 de octubre de 2025 en Budapest, Hungría.
- En 2026, esperamos con entusiasmo el XVII Congreso de la Sociedad Europea de Hipnosis, programado del 26 al 30 de agosto en Glasgow, Escocia.
- Y en 2027, se celebrará el XXIII Congreso Internacional de la Sociedad Internacional de Hipnosis, titulado *Connecting Minds and Integrating Resources*, del 29 de septiembre al 3 de octubre en Paestum, Italia.

Si asistes a alguno de estos eventos, te animamos a compartir tus impresiones y experiencias con colegas que no hayan podido participar—tu perspectiva puede inspirar y conectar a otros.

Te invitamos calurosamente a sumarte a estos encuentros—no solo para aprender y compartir conocimientos, sino también para experimentar la alegría de reencontrarse con colegas de todo el mundo. Como terapeutas, nuestra misión incluye humanizar el espacio social—y nada cumple mejor con esta misión que estar juntos, en persona.

Así que decimos: ¡Bienvenidos a Beijing, bienvenidos a Budapest, bienvenidos a Glasgow, bienvenidos a Paestum!

Con afecto,

Kris Klajs

Presidente de la ISH



LETTER FROM THE EDITOR



Anita Jung

Dear Readers,

In the quiet and shifting current of this year, this issue opens a space—for pausing, for reconnecting, and for gently reorienting one's gaze.

Reflections on this can also be found in the address from our President, Krzysztof Klajs. He reminds us of the irreplaceable value of human connection—where eyes meet, voices encounter one another, and a shared moment takes form. Whether in quiet exchanges between two people or in the lingering resonance of a shared idea, it is these bridges of understanding that keep our community alive.

This issue is shaped by many forms of encounter—through interviews, stories, offerings, and shared experience. **Banafsheh Yaloodbardan and Kaltrina Gashi**, active members of our Youth Committee (Young Professionals), offer personal and professional insights in our interview series. **Stephen Lankton**, in the second part of his *Meet Our Mentors* interview, invites us into generationally-rooted wisdom that continues to unfold across time. **Bernhard Trenkle** brings his subtle humor and warmth once again in a short story that moves between lightness and depth—just where it's needed. **Nicole Ruysschaert, Consuelo Casula, Teresa Robles**, and **Julie Linden** contribute linguistic clarity and cultural sensitivity, reminding us of the richness that lives across borders and languages.

Benedek Gila, a student at Eötvös Loránd University in Budapest, enriches this issue with a set of openly accessible blog pieces—available for teaching, clinical work, personal reflection, or even for those wishing to bring hypnosis into greater visibility within their professional setting. A generous offering—thoughtful, practical, and guided by the desire to contribute. It reminds us that new voices are emerging with fresh perspectives, and that the future of our field is already underway.

And speaking of vision: just weeks ago, **Bertrand Piccard** was awarded the *Médaille d'Honneur* by the French President—not only for circumnavigating the globe in a solar-powered aircraft, but for a life dedicated to exploring the outer and inner edges of human potential. A psychiatrist, trained hypnotist, and pioneer, Piccard prepared for his solo flight across the Atlantic with support from **Bernhard Trenkle**, drawing on hypnosis not only to manage fatigue and focus, but to stay connected to something deeper—presence. When sleep was impossible and silence filled the cockpit, it was this inner rhythm—practiced and refined—that he could trust. His journey reminds us: resilience is not always born in action. Sometimes, it takes root in stillness—in that quiet inner confidence that grows when body and mind come into alignment. Whether you're preparing to join us in **Beijing, Budapest, Glasgow, or Paestum**—or simply reading these lines between therapy sessions and the many demands of daily life—know this: your presence here is felt.

With gratitude for all who contributed to this issue—and to all who read, reflect, and help carry the work forward.

Warmly,
Anita Jung

Editor, ISH Newsletter
anitajung.therapy@pm.me



CARTA DE LA EDITORA

SPANISH TRANSLATION: BY TERESA ROBLES

Queridas lectoras y queridos lectores:

En el curso silencioso pero cambiante de este año, este número abre un espacio: para hacer una pausa, reconectar y reorientar suavemente la mirada. Ecos de esta invitación también se encuentran en el mensaje de nuestro presidente, Krzysztof Klajs, quien nos recuerda el valor insustituible de la conexión humana — allí donde las miradas se encuentran, las voces se reconocen y surge un momento compartido. Ya sea en un intercambio silencioso entre dos personas o en la resonancia de una idea compartida, son estos puentes de comprensión los que mantienen viva a nuestra comunidad.

Este número está tejido a partir de múltiples formas de encuentro — a través de entrevistas, relatos, reflexiones e intercambios compartidos. Banafsheh Yaloodbardan y Kaltrina Gashi, miembros activas del Youth Committee (Young Professionals), ofrecen en nuestra serie de entrevistas una mirada personal y profesional. Stephen Lankton, en la segunda parte de su entrevista para la sección *Meet Our Mentors*, nos invita a descubrir conocimientos que trascienden generaciones. Bernhard Trenkle, como tantas veces, nos ofrece su calidez y su humor sutil en una breve historia que se mueve entre la ligereza y la profundidad — justo donde más se necesita. Nicole Ruysschaert, Consuelo Casula, Teresa Robles y Julie Linden aportan claridad, sensibilidad cultural y precisión lingüística, mostrando la riqueza que vive más allá de las fronteras.

Benedek Gila, estudiante de la Universidad Eötvös Loránd de Budapest, enriquece este número con una serie de blogs de libre acceso — disponibles para su uso en la docencia, la práctica clínica, la reflexión personal o incluso para dar mayor visibilidad a la hipnosis en su propio contexto profesional. Una contribución generosa — reflexiva, práctica y guiada por el deseo de aportar. Nos recuerda que nuevas voces están surgiendo con perspectivas renovadas, y que el futuro de nuestro campo ya está en marcha.

Y hablando de visión: hace pocas semanas, Bertrand Piccard fue condecorado con la *Médaille d'Honneur* por el Presidente de Francia — no solo por haber dado la vuelta al mundo en un avión propulsado por energía solar, sino por toda una vida dedicada a explorar los límites, internos y externos, del potencial humano. Psiquiatra, hipnoterapeuta formado y pionero, Piccard se preparó para su vuelo solitario a través del Atlántico con el apoyo de Bernhard Trenkle, utilizando la hipnosis no solo para gestionar el cansancio y mantener la concentración, sino también para mantenerse conectado con algo más profundo: la presencia. Cuando dormir no era posible y el silencio llenaba la cabina, fue ese ritmo interior — practicado y afinado — en el que pudo confiar. Su viaje nos recuerda que la resiliencia no siempre nace de la acción. A veces, nace en el silencio — en esa confianza interna y callada que crece cuando el cuerpo y la mente están en armonía. Ya sea que estés preparándote para encontrarnos en Beijing, Budapest, Glasgow o Paestum, o que simplemente leas estas líneas entre sesiones y compromisos cotidianos — quiero que sepas que tu presencia se siente aquí.

Con gratitud a todas las personas que han contribuido a este número — y a quienes leen, reflexionan y ayudan a continuar este trabajo.

Con afecto,
Anita Jung

Editora, Boletín de la ISH
anitajung.therapy@pm.me



BRIEF DER REDAKTEURIN

GERMAN TRANSLATION: BY ANITA JUNG

Liebe Leserinnen und Leser,

Im stillen und bewegten Strom dieses Jahres öffnet diese Ausgabe einen Raum: zum Innehalten, zum Verbinden – und zur stillen Neuorientierung.

Gedanken dazu finden sich auch im Grußwort unseres Präsidenten Krzysztof Klajs. Er erinnert uns an den unschätzbaren Wert menschlicher Verbindung – dort, wo Blicke sich treffen, Stimmen einander begegnen und ein gemeinsamer Moment entsteht. Ob im stillen Austausch zwischen zwei Menschen oder im Nachklang einer geteilten Idee – es sind diese Brücken des Verstehens, die unsere Gemeinschaft lebendig halten.

Diese Ausgabe lebt von Begegnung in ihren vielen Facetten – durch Interviews, Geschichten, Anregungen und geteilte Erfahrungen. **Banafsheh Yaloodbardan** und **Kaltrina Gashi**, Banafsheh Yaloodbardan und Kaltrina Gashi, engagiert im Youth Committee (Young Professionals), geben in unserer Interviewreihe persönliche und berufliche Einblicke. **Stephen Lankton** lädt uns mit dem zweiten Teil seines Interviews in der Reihe *Meet Our Mentors* dazu ein, generationenübergreifende Einsichten zu entdecken. **Bernhard Trenkle** bringt – wie so oft – seinen feinsinnigen Humor und seine Wärme in eine Kurzgeschichte ein, die zwischen Leichtigkeit und Tiefe balanciert – genau dort, wo sie gebraucht wird. **Nicole Ruyschaert**, **Consuelo Casula**, **Teresa Robles** und **Julie Linden** verleihen dieser Ausgabe durch ihre sprachliche und redaktionelle Kompetenz über Ländergrenzen hinweg Klarheit, Sorgfalt und kulturelle Feinfühligkeit.

Benedek Gila, Student an der Eötvös-Loránd-Universität in Budapest, bereichert diese Ausgabe mit einer Reihe von Blogs, die offen zur Verfügung stehen – zur Verwendung in Lehre, Praxis, persönlicher Reflexion oder auch, um Hypnose im eigenen beruflichen Kontext sichtbar zu machen. Ein großzügiger Beitrag – durchdacht, praxisnah und getragen vom Wunsch, der Gemeinschaft zu dienen. Er erinnert uns daran, dass neue Stimmen mit frischen Perspektiven bereits auf dem Weg sind – und dass die Zukunft unseres Feldes längst begonnen hat.

Und wenn wir schon von Visionen sprechen: Vor wenigen Wochen wurde **Bertrand Piccard** vom französischen Präsidenten mit der *Médaille d'Honneur* ausgezeichnet – nicht nur für seinen Flug um die Welt in einem solarbetriebenen Flugzeug, sondern für ein Leben im Dienst menschlicher Möglichkeiten. Als Psychiater, ausgebildeter Hypnotiseur und Pionier bereitete er sich mit Unterstützung von Bernhard Trenkle auf den Atlantikflug vor. Hypnose half ihm nicht nur, Müdigkeit und Konzentration zu steuern, sondern auch, in Verbindung mit etwas Tieferem zu bleiben – mit Präsenz. Wenn Schlaf unmöglich war und die Stille das Cockpit erfüllte, war es dieser innere Rhythmus – geübt und verfeinert –, dem er vertrauen konnte. Seine Reise erinnert uns: Resilienz entsteht nicht immer im Tun. Oft wird sie in der Stille geboren – im leisen Selbstvertrauen, das wächst, wenn Geist und Körper im Einklang sind.

Ob wir uns auf ein Wiedersehen in **Beijing**, **Budapest**, **Glasgow** oder **Paestum** vorbereiten – oder diese Zeilen einfach zwischen Therapiesitzungen und den Anforderungen des Alltags lesen – wissen wir: Unsere Präsenz hier ist spürbar.

Mit Dankbarkeit für alle, die zu dieser Ausgabe beigetragen haben – und für alle die mitlesen, mitdenken und mitgestalten.

**Herzlichst,
Anita Jung**

Redakteurin, ISH Newsletter
anitajung.therapy@pm.me



LETTRE DE LA RÉDACTRICE

FRENCH TRANSLATION: BY NICOLE RUYSSCHAERT

Chères lectrices, chers lecteurs,

Pendant la succession des saisons, qui se suivent calmement, ce numéro ouvre un espace : pour faire une pause, pour se relier et pour réorienter doucement notre regard. Des échos de cette invitation se trouvent également dans la lettre de notre président, Krzysztof Klajs, qui nous rappelle la valeur irremplaçable de la connexion humaine – là où les regards se croisent, les voix se rencontrent et un moment partagé peut émerger. Que ce soit dans l'échange silencieux entre deux personnes ou dans la résonance d'une idée transmise, ce sont ces ponts de compréhension qui maintiennent notre communauté vivante.

Ce numéro est nourri par la richesse des rencontres – à travers des entretiens, des récits, des réflexions et des expériences partagées. Banafsheh Yaloodbardan et Kaltrina Gashi, membres actives de notre Youth Committee (Young Professionals), offrent des regards personnels et professionnels dans notre série d'interviews. Stephen Lankton, dans la deuxième partie de son entretien pour *Meet Our Mentors*, nous invite à puiser dans une sagesse intergénérationnelle qui continue de se transmettre. Bernhard Trenkle apporte, comme souvent, son humour subtil et sa chaleur à travers une courte histoire, à la frontière entre la légèreté et la profondeur – là où elle trouve tout son sens. Nicole Ruysschaert, Consuelo Casula, Teresa Robles et Julie Linden enrichissent ce numéro par leur précision linguistique et leur sensibilité culturelle, nous rappelant la richesse des échanges au-delà des langues et des frontières.

Benedek Gila, étudiant à l'Université Eötvös Loránd de Budapest, enrichit ce numéro par une série de blogs en accès libre – disponible dans un contexte pédagogique, clinique, personnel, ou encore pour rendre l'hypnose plus visible dans son propre environnement professionnel. Une contribution généreuse – réfléchie, concrète, animée par le désir de contribuer. Elle nous rappelle que de nouvelles voix émergent avec de nouvelles perspectives, et que l'avenir de notre champ est déjà en marche.

Et puisqu'il est question de vision : il y a quelques semaines, Bertrand Piccard a reçu la *Médaille d'Honneur* du Président de la République française – non seulement pour avoir fait le tour du monde à bord d'un avion solaire, mais pour une vie consacrée à explorer les limites, intérieures et extérieures, du potentiel humain. Psychiatre, hypnothérapeute formé et pionnier, Piccard s'est préparé à son vol transatlantique en solitaire avec le soutien de Bernhard Trenkle, utilisant l'hypnose non seulement pour gérer la fatigue et maintenir sa concentration, mais aussi pour rester en lien avec quelque chose de plus profond : la présence. Lorsque le sommeil n'était plus possible et que le silence emplissait le cockpit, c'est ce rythme intérieur – pratiqué, affiné – auquel il pouvait faire confiance. Son parcours nous rappelle ceci : la résilience ne naît pas toujours dans l'action. Elle prend parfois racine dans le silence – dans cette confiance intérieure discrète qui grandit lorsque le corps et l'esprit sont en harmonie.

Que vous vous prépariez à nous rejoindre à Beijing, Budapest, Glasgow ou Paestum, ou que vous lisiez ces lignes entre deux consultations et les nombreuses exigences du quotidien – sachez-le : votre présence ici est ressentie.

Avec gratitude pour toutes celles et ceux qui ont contribué à ce numéro – et pour vous qui lisez, réfléchissez, et faites avancer ce travail.

**Chaleureusement,
Anita Jung**

Rédactrice, Bulletin de l'ISH
anitajung.therapy@pm.me



LETTERA DELL'EDITORE

ITALIAN TRANSLATION: BY CONSUELO CASULA

Care lettrici e cari lettori,

Nel silenzioso e movimentato flusso di quest'anno, questa edizione apre uno spazio per una pausa di riflessione, per connettersi e per un silenzioso riorientamento.

Pensieri in questa direzione si ritrovano anche nel messaggio del nostro presidente Krzysztof Klajs. Egli ci ricorda l'inestimabile valore della connessione umana, là dove gli sguardi si incontrano, le voci si rispondono e nasce un momento condiviso. Che si tratti di un silenzioso scambio tra due persone o dell'eco di un'idea condivisa, sono questi i ponti della comprensione che mantengono viva la nostra comunità.

Questa edizione vive dell'incontro nelle sue molteplici sfaccettature, attraverso interviste, racconti, spunti e esperienze condivise. Banafsheh Yaloodbardan e Kaltrina Gashi, attive nel Comitato Giovani (Young Professionals), offrono nella nostra serie di interviste uno sguardo personale e professionale. Stephen Lankton, nel secondo capitolo della serie *Meet Our Mentors*, ci invita a scoprire intuizioni che attraversano le generazioni. Bernhard Trenkle, come spesso accade, ci dona il suo sottile umorismo e la sua calda umanità in un racconto breve che oscilla tra leggerezza e profondità, esattamente dove serve. Nicole Ruysschaert, Consuelo Casula, Teresa Robles e Julie Linden arricchiscono questa edizione con la loro competenza linguistica e redazionale, portando chiarezza, cura e sensibilità culturale oltre i confini nazionali.

Benedek Gila, studente dell'Università Eötvös-Loránd di Budapest, arricchisce questa edizione con una serie di blog liberamente accessibili, da utilizzare nell'insegnamento, nella pratica, nella riflessione personale o anche solo per rendere l'ipnosi più visibile nel proprio contesto professionale. Un contributo generoso, riflessivo, pratico e animato dal desiderio di essere utile alla comunità. Ci ricorda che nuove voci, con prospettive fresche, sono già in cammino, e che il futuro del nostro campo è già cominciato.

E già che parliamo di visioni, poche settimane fa, Bertrand Piccard è stato insignito della Médaille d'Honneur dal Presidente della Repubblica Francese, non solo per il suo volo intorno al mondo su un aereo a energia solare, ma per una vita dedicata alle possibilità umane. Psichiatra, ipnotista qualificato e pioniere, si è preparato al volo transatlantico con il supporto di Bernhard Trenkle. L'ipnosi lo ha aiutato non solo a gestire la fatica e la concentrazione, ma anche a rimanere in contatto con qualcosa di più profondo, con la presenza. Quando dormire era impossibile e il silenzio riempiva la cabina di pilotaggio, era questo ritmo interiore, esercitato e affinato, a cui poteva affidarsi. Il suo viaggio ci ricorda che la resilienza non nasce sempre nell'azione. Spesso nasce nel silenzio, nella quieta fiducia in sé stessi che cresce quando mente e corpo sono in armonia.

Che ci stiamo preparando a rivederci a Pechino, Budapest, Glasgow o Paestum, o che stiamo leggendo queste righe tra una seduta terapeutica e le richieste della vita quotidiana, sappiamo, la nostra presenza qui è percepibile.

Con gratitudine per tutti coloro che hanno contribuito a questa edizione e per tutti quelli che leggono, riflettono e partecipano.

**Con affetto,
Anita Jung**

Redattrice, ISH Newsletter
anitajung.therapy@pm.me



MEET OUR MENTORS

Interview conducted by Nicole Ruysschaert

The first part of the interview, available in the last newsletter, explores Steve Lankton's journey from an engineering student to a leading figure in the field of hypnosis. His curiosity about how things work led him to psychology, where he immersed himself in humanistic thought, Gestalt therapy, and transactional analysis. A pivotal moment was discovering Jay Haley's book on Milton Erickson, which, though initially forgotten, later influenced Steve's pursuit of hypnosis. Steve's path took him through rigorous academic study, hands-on work with youth and crisis intervention, and eventually to mentorship under Erickson himself. His deep analytical mind, combined with a desire to understand the therapeutic process, led him to develop his own methods, evolving from structured hypnosis techniques to a more fluid, naturalistic, and permissive style. Through years of careful observation, mirroring, and practice, he internalized Erickson's nuanced approach, where indirect suggestion and ambiguity allowed clients to derive personal meaning. Steve Lankton's career highlights the integration of psychology, linguistics, and anthropology in hypnosis, showcasing a shift from rigid inductions to an intuitive and deeply relational therapeutic style.

Curious about the first part of the interview? Please, take a look at the last newsletter. You can also view the full interview online.

SL: So back in the Crisis Center, I oversaw the visitors with bad trips that were the result of ingesting LSD, STP, psilocybin, and the like. I took that role partially because of this interest in general psychology; but also, since in my studies I had read Leary and Alpert's book *"The Joyous Cosmos"* and had become interested in LSD and in higher states of consciousness. As a former chemistry major, I knew of the different experiential effects of lysergic acid amide (LSA), such as in morning glory seeds, and that of ergot alkaloids, LSD-8, and LSD-25, and so on. (In general, the different mental effects relate to which carbon atom in the hydrocarbon chain bonds to the oxalate radicals.) And, of course, I had read Richard Bucke and psychiatrist John Lilly who had authored several books about drug induced cosmic consciousness. Admittedly, John Lilly seemed a little kooky, but he had challenging ideas. And I read several others on related topics like those by Tart, Ornstein, Huxley, Maslow, and the like. I believed I had a sense of how higher consciousness might play a role in humanistic psychology.

So, I had taken on the task of dealing with people who had used one of those drugs for consciousness expansion but were having bad trips. I was the Center coordinator, and we had eight-hour overnight shifts so I often had to take the shifts that no one else would take. The example I'm about to share is not atypical of one of the overnight shifts when somebody arrived there with the problem of an unpleasant psychedelic drug reaction. The Crisis Center and a 60's coffee shop was located at the top of a very tall stairway above a local music store and people would have to climb up a long stairway. The long stairway had stark off-white-colored walls. By the time people finally arrived at the top and walked in the door they had already exerted a great deal of energy...and, of course, they were already 'tripping.' Naturally, many would then have even more unpleasant experiences and did not want to be there anymore. And they would look around as they opened the door...and the conversation would often go like this:

S: "Hey, come on in and sit down."

C: "No, I can't, man."

S: "Why not?"

C: "The walls are moving or something, man! I can't come in."

And of course, his heart rate and heavy breathing and proprioceptive data would be modifying his perceptions. So, he might be stimulated to think the walls are moving.

And there might be trees or other movements visible outside depending on the time of day and moonlight.



S: I say, “Oh, wait. If the walls are moving, I need to see that. Stay there and don't go just yet. Tell me where you see it.”

And I would go stand by him and ask where.

C: “Over there, see right in there.”

S: (I rapidly agree) “Oh, wow, you're right. (calmly) The walls are moving. But it doesn't seem dangerous. I've been here for a couple of hours and it's really safe. I've been here for an hour, man, but I see what you mean. Oh, wait, it's the trees. It's the shadow of the trees. Or something from the headlights of the cars. Oh, wow, that's kind of cool, don't you think? I mean, it's kind of comforting a little bit. It's like, it's groovy. Kind of neat.

Let's sit down on the couch and let's look at it from over there.

It seems like it's kind of soothing and maybe that's why I'm so relaxed.

Does it help you relax to see it?”

C: “I guess so.”

S: “Yeah, you're breathing is more relaxed already. That'll probably just increase. You'll get more relaxed. You're probably noticing being more comfortable, right?”

C: “Yeah, I guess so...”

S: “I'm glad you came.”

C: “I'm glad I came too, man.”

At this point, this was somewhat like getting 100% into that person's world. I had been able to introduce my ideas, and they were acceptable to him. They're his ideas now, too. The “self-other” boundary and the “you-me” difference has begun to disappear.

So that's where Carl Rogers was “right on the money” about rapport and empathy. That's the first aspect of the induction paradigm, and it's interpersonal. This is not correct for theorists to characterize it, or considered it, to be role playing or anything like that. It begins, instead, to blur the self-other boundary so that ideas can be exchanged and accepted as one's own and neither person knows who started a particular idea.

For that matter, in the situation with the tripping crisis center client, I didn't start the idea of the walls vibrating, he did that (with the aid of his body and the stairway), it got me to figure out something that I wouldn't have figured and wouldn't have spoken about, and what I then said got him to think about something he wasn't going to say, and so on. We had dissolved or blurred the interpersonal self-other boundary. As that happens, and it happens even during a normal conversation, each mind is searching for personal meanings.

So, this mental search for meaning is the next part of the important chain of events, especially regarding the LSD tripper (but this is not unlike hypnosis and therapy); the client is searching for meaning. If I say... I'm really glad you're here because you'll start feeling better pretty soon and maybe even learn something you didn't plan on learning. The listener, to some degree, begins searching for what ‘feeling better’ means and what he can learn. (And contrarywise, if I say to the LSD tripper, “it's a good thing you didn't come in here an hour earlier, we found a dead rat.” Then he'll think about dead rats - and he'll be freaked out!) Obviously, you'd *never* say such a thing, but it emphasizes the point I'm trying to make.

The selection of words triggers a mental search and begins to evoke the subject's own experience. The listener is doing a mental search across different neural networks. That means blurring the ‘boundary’ if you can, for convenience call it a boundary, of the subject's normal waking state or state of consciousness that he presented at the time. In the case of the LSD tripper, which should immediately include experiences such as comfort, safety, and learning.

It's the same situation during induction of, or during therapy while using, hypnosis. I'm pulling out-of-awareness experiences, unconscious material, or material that exists in other states of consciousness, but is often not in the current one, into the foreground. And if I'm pulling up safety, relaxation, time distortion, confidence, comfort, and reducing the subject's sensory experience, I'm pulling together experiences that create what we call hypnosis. So, we co-create a



temporary new frame of reference or state or ego state, whatever you want to call it - a glob of neurological firing which we are calling hypnosis. And from there, this temporary state has an even weaker boundary than the existing normal waking state or the existing state that came in my office. This “boundary” is weaker because the experiences are held together by our interaction that just evolved over the last few minutes. I need to re-emphasize that by using the analogy of a “weaker boundary,” I mean it is increasingly easy to locate to associate experiences that were not at first present.

So, it would be much easier now to add, for example, “do you remember a time when you ice skated on thin ice” or “I wonder if you ever imagined a person who ice skated on thin ice and they didn't know what they were getting into? That must have been a moment when they realized that they had to do something because it was important for their very health.” And a mental search ensues which may result in the client responding, “Oh, yeah, I remember that.” Thus, the client touches on something even more remote – their personal understanding or experience of needing to take action to improve a situation. Of course, the next communication continues in the same manner as we seek a therapeutic outcome. That is, getting the needed experiential resources associated into the desired context.

In conventional theoretical parlance, that first search process is “hypnotizability.” And making an attribution of that as a trait is not correct. It is not a trait of the individual. Instead, we should conceive of it as interpersonal: How well have I established that blurring of a boundary and how well have I stimulated their mental search. Once they're experiencing hypnosis, the second feature is usually called the trait of “suggestibility.” But, again, that is also not correct. It's not a trait within the individual. Instead, it's the result of mental searching from the state that has been co-created and constructed with much weaker boundaries. And in addition, the subject has already warmed up their mental searching process across a large area of neural activity. So, as a result, it's really much easier for a rapid search to fire off and to locate other, perhaps also less common, experiences into that temporary state.

The therapist then helps the person obtain the experiences that they need and associate them with the contexts in which they experience their problem. We can assume that the neurons related to both sets of experiences are activating simultaneously: And remember, “What fires together wires together” like Hebb explained in *The Organization of Behavior*. Or if you're Pavlov, you can just say that those experiences quickly became conditioned to occur together. At that point in the process, the therapist will have smoothly combined the induction and treatment phases helping the subject begin having the experiences they needed but couldn't evoke – and which created the condition that brought them to therapy.

This conforms exactly with what Erickson said in several ways; that the client does the mental work to search and identify needed personal experiences – and those experiential resources are coming from the client's own learnings. Therapists may have to introduce some confusion to distract the conscious mind, and to ensure that clients can start a new train of thought about what they need. A cure is a matter of having the experiential resources you need in the contexts in which you need them.

The model that I just illustrated doesn't have to use any nominalizations for inner “traits” like suggestibility and hypnotizability. And it doesn't rely on operating from an epistemology where experts “observe” hypnotizability and suggestibility. It relies on an interactive epistemology during which the therapist and client are co-creating outcome.

NR: Is that something that you can see as a new paradigm for the future of hypnosis for its future evolution?

SL: I hope so. I think that's the way developing thought in the field of mental health care is going. And it's harder than hell to conduct research from that emerging epistemology. At this point we have very few tools to measure these processes empirically. We don't yet have the fMRI's refined enough to follow neural-net traces after a single word or set of words are used. And you can't compare that data of thousands of other people on whom you've done similar fMRIs. We are lacking both



measurements and controls. The empirical roadblock is there waiting for more sensitive technology. We have ethical roadblocks, philosophical training roadblocks, personal investment roadblocks, equipment roadblocks, and so on. And then, too, we've got exciting new things that are going to distract people like AI. AI is not ready yet. AI is inadequate so far. But it's like a shiny object and may be more enticing than working to solve those roadblocks to specifying variables and researching that process. Because of that enticement, it may be more of an obstacle than an aid for our research and education.

NR: Okay.

SL: For instance, out of curiosity, I asked ChatGPT about what Lankton's contribution was to psychology. In response, it explained what I did for the development of Solution Focused Therapy. But I've not written about that topic. I then told it that the answer it provided was inaccurate: Lankton did not write about that topic. And ChatGPT replied, as it always does when caught hallucinating, "Oh, I apologize." And then gave another rendition of the answer. The second explanation was much more correct. But what if I asked a question and received an answer that I did not know was incorrect? For instance, I've had it fail repeatedly when providing accurate computer advice on advanced details. It apologized again after I corrected it. But had I not known that the answer was incorrect information, and I subsequently followed the wrong instructions, I could have seriously incapacitated my operating system. It always apologizes...very polite...but that is not good enough. If it can't get biographies right and can't get known programming mechanics correct, it is certainly not ready for mental health care.

NR: That's a very good test. Yeah.

SL: AI is not a sufficient source for information about conducting therapy or hypnosis. Using hypnosis, you can't just say "Okay, Nicole, close your eyes and relax, and breathe comfortably. And go deeper into sleep. And when you awaken all those [name the problem] symptoms will be gone." Or "this and that symptoms will be gone, and you will feel fine" - hypnosis and treatment don't work like that - you know, with these "one size fits all" scripts unless you take a firm authoritarian approach and have overly compliant clients! (Then it'll work great - for a while). And too, many entry-level psychotherapists graduating from our universities may be woefully unprepared. Years ago, we went to universities to learn the dynamics of psychology and to be able to apply the principles of psychology to treat problems in human development. I see that nowadays many students are not learning psychological or interpersonal dynamics at any depth. I am saying this as a former undergraduate and graduate level instructor who worked at universities in Michigan, Florida, and Arizona.

So that's our final roadblock. I think many of our educational institutions are cranking out people who know how to do minimal cognitive behavior therapy, and easily researchable approaches, and that's going to continue. But what I just outlined is not one of those easily specifiable and researchable things. Some aspects of cognitive-behavioral therapy is correct, of course: If I repeatedly insist that I can't do math - I can't do math. I won't be able to learn to do math. So clearly that cognition is messing me up and I should stop thinking those thoughts.

However, I could say the words instead, "I **can** do math, I can learn things. I've learned things before." Yet, and most importantly, if those words are not connected to the experience needed in the foreground, then they're just hollow words like the interpersonal example, "I love you," when it has been preceded by hateful and neglectful actions: "Why did you beat me till I was bruised and shut me in the closet?" "Well, because I love you." The words must connect to the proper experience. And while the negative words connect to undesirable experience, you're going to eliminate them, but that doesn't fill in the gap of retrieving the positive substitutes simply because you replace them with newly constructed sentences - you know, like Albert Ellis wanted you to do.

NR: You were the Editor-in-chief of the American Journal of Clinical Hypnosis for many years. Now there is a vacancy, you're looking for someone else as a successor.

SL: Yes, today's the 31st of January. This is the last day to apply for that position.



NR: What motivated you to become the editor-in-chief? Maybe, Milton Erickson was the first editor-in-chief and are you also “mirroring him?” Or, what motivated you to take this responsibility?

SL: I had written and published, and I had also edited the *Erickson Monographs* series books for 10 years. Those 10 years were a little like pulling teeth because there weren't a lot of authors that also were clinicians who knew much about Erickson's work. So, obtaining quality articles for the *Monographs* was difficult. But I had that experience in my background already. Dr. Phil Accaria strongly urged me apply to be the Editor. I didn't know exactly what was in store for the future at the time...we were still publishing “in house” as they say. At that time most of the work was being done via email. Eventually, we signed with Taylor and Francis publishing company and now the entire process must be completed online - from submission to review and acceptance.

Prior to applying, I taught workshops for several of the ASCH state organizations: Dabney Ewin, in Louisiana, Alexander Levitan, Minnesota, and the list goes on. These individuals comprised the membership of the Board of Governors. Knowing me, they were favorable about my work and voted me in. That's how I got the job.

The *Journal* was a mess when I came on board. There was no backlog of articles, nothing in the pipeline, the deadline for the next issue was something like 15 days down the road, and the Impact Factor was nearly as low as it could be. But things have improved over time. We have a backlog ready for the incoming EIC, both the impact factor and circulation have risen remarkably, and we have authors submitting from around the world. It is in exceptionally good shape now.

But I think it is time for somebody younger to do the job. Well, I am young at heart, anyway. Although, I am entrenched in some things, I'm not well read in neuropsychology. And there is a great deal more wisdom and knowledge happening about neuropsychology. Research in that field may contribute to our understanding behavior and consciousness, I am just not that up on it. And I am not going to be up on it anytime soon.

There are new trends too. Like AI. I am not a fan of AI being used in place of interpersonal behavior. It may become a great aid for helping people write computer programs and it is already helpful tweaking Linux operating systems. (If we overlook the problems I have already mentioned). But it is not ready to be much of an aid in therapy or hypnosis. Why don't we just become smarter regarding how we deal with human beings? Then we don't have to say, “I don't have a clue how to talk to people – let's ask the AI do it.

The way I first began learning psychology, back when I read the collected works of everybody you can think of (except Jung...I did not read all his collected works because he authored too many books!) I didn't just read the author's books sequentially. Instead, as I went, I cross-referenced my reading. So, if Fenichel said that a true neurosis was different from a sexual neurosis because of blah, blah, blah, I thought, well, wait a minute. Now, is that exactly the way in which Freud explained it? I hunted for what Freud said. And then I would cross-reference how Progoff defined these...and Reich...and Lowen - and while I was at it, what did the ego psychologist, like Hartman, say about their differences, and so? You could say, I read horizontally like a literal bookworm instead of first reading the book beginning to end.

That really helped me learn thoroughly and gave me a body of knowledge that allowed me to translate the theoretical differences between authors and synchronize many of the author's concepts. But again, it included little to no neuroscience. And that's a direction in which theories of hypnosis need to continue, and which we are continuing. For instance, I only know a small amount of research regarding mirror neurons, and while I think that area is a very valuable piece of the puzzle of how empathy takes place, there's another side to the story. There appears to be a good deal of research that says mirror neurons are not even a real thing. My learning in those areas is beyond my training and expertise. I don't see an easy path for me to correct that any time soon.



NR: Yeah, it's also open for discussion.

SL: And for me to acquire the learning to really understand it, I would need and do it the way I have learned best in the past - and that would require a great deal of time and effort.

NR: Could you give us advice for the future generation on how they can integrate hypnosis? How do you see the evolution of hypnosis in the world in psychotherapy and in the field of health care?

SL: We are making real headway in that it once was scary, then it was woo-woo, then it became an accepted "alternative treatment" and now it is more mainstream for mental health professionals and all of health care. We absolutely have volumes, tons, of research that show that any appropriate intervention that is properly conducted in the context of hypnosis is more successful and more efficient than it is when done without.

We can show that most (if not all) amenable treatments work better in the context of hypnosis. This is true for reducing anxiety, overcoming incidents PTSD and its sequelae, factors in dental surgery, emotional regulation including depression, phobias, reducing unpleasant pregnancy symptoms, treating IBS, to name a few. That has really brought hypnosis to the attention of the mainstream. And I am sure that it is going to continue to grow.

If the educational aspect of hypnosis continues to be stifling in the way that I mentioned earlier we will, instead, hit a brick wall at some point. And, to gain acceptance we have other aspects to consider. We still have the general public's opinion, and they are poorly informed about treatment and hypnosis - they're not up to speed on the things that I'm saying here about the positive aspects. There is still a good bit of, "Oh, I can use hypnosis to get a date at the bar," "I can go to watch a hypnotist make my uncle cluck like a chicken," and "I'd never let anyone hypnotize me!" And while that continues to be the opinion of perhaps 60-70% of the public, that's going to continue to be a roadblock. At least until something triggers a change in the general public. That may come about by social media or mainstream media - But I don't think simple word-of-mouth by educators or satisfied patients and clients is likely to be enough to make much of a sizable dent in that obstacle in a foreseeable future.

NR: What if you had a dream - perhaps not a lucid dream - if you had a dream about the future of hypnosis, what happens in your dream?

SL: What would happen in my dream? Well, there'd be a lot more development of what you could call "mind reading" in my dream. People will have become much more sensitive to reading cues from others. There are things that dogs and cats can tell about you - and more that we humans can, too. For instance, dogs can be trained to alert their owners when an epileptic seizure is about to occur.

NR: Yeah, some dogs are trained for that and for other diseases like diabetes and detecting hypoglycemia.

SL: Given that human beings have more cranial activity than dogs I think we must have lost a great deal of our sensory ability to use common sense. I understand that animals vary in the biological development of their sensory apparatus - and often have more than humans. Yet, I am sure we've lost the use of much of what we once had and perhaps we can relearn it. And by that, I mean our senses that are common.

We have hundreds or thousands of years of history in which we constrained ourselves to become "cultured." We must make sure we wear neckties so that you don't breathe too much. We must cover our faces with makeup so I can't really see the changes in your skin porosity, and you can't see mine. We alter our pheromones and bodily odor with colognes and perfumes. We even cover our mental processes with internal chatter or outside stimuli.

One of my dreams is that we recover abilities to communicate beyond words. It drives me nuts that we see these televangelists on our television and people give



them money. When I seem them my gut reaction right away says, “No, you cannot trust that person.” What is wrong with these folks who do? I was raised to understand how to read people somehow, as my parents, who did not go to college, just used their noggins, as they would say. And they would know “you can’t trust that person as far as you can throw him.” It was only one of the phrases my parents would use. And yet, look at to whom so many send money and support!

I have read articles about certain music rock stars with titles like, ‘He hid his secret in plain sight’ Yeah, “Hello, how could you not notice?” I mean, you know, the guy didn’t even hide how bizarre his behavior was in public. Well, it’s easy in retrospect to say, “No, I never trusted Diddy, and I never trusted Jim Bakker, Jimmy Swaggart, or Jim Jones.” It’s easy in retrospect, but I did not trust any of them from the beginning. And my dreams are that, first, everybody gets back at least that minimal level of common sense and the ability to trust their guts and hone their intuition. And then the next level of my dream would be that we don’t even have to speak about it. Like those dogs I mentioned who can sense you are about to have an epileptic seizure, “Let’s sit down before you fall down” ... like that.

NR: Okay. Reconnect with the basics.

SL: Yes. I think it’s there. I’m sure it is pretty latent. When you don’t use it, you lose it a little bit. So, you and I may not be able to recover that. But if we begin tying the human species might be able to recover it over time.

NR: That’s very important, yeah?

SL: And part of that is to be aware of and cognizant of the non-verbal things we communicate and that those evoke reactions in others - those syllables, minor muscle movement, speed of movement, postures, tones, breathing, and even the more subtle “vibes” we communicate, and so on.

For instance, it does not dawn on most people that muscle tension becomes part of communication, of the message as they speak. So, the whole area of social psychiatry, if you want to categorize it as Eric Berne did, can provide insights and learning that would help us.

However, I’ve been told that throughout these last few decades that even psychiatry is not being taught very well in this country. Students do not regard things that are interpersonal and psychodynamic. Instead, I am told it’s become primarily a pharmacological curriculum.

NR: Yeah, this biological psychiatry is getting the lead also here in Europe Unfortunately.

SL: Well, judging from your reaction, it seems like we are on sort of the same page in many ways about these matters.

As we end, I want to say that it was nice talking with you. I loved it. I am glad we met, and I hope we’ll meet in person at a future conference one day.

NR: Thank you so much Steve, for taking your time for this interview and for sharing your enriching thoughts and visions and the wonderful harvest of insights into examining the field in your special way!



INTERVIEWS

Interview conducted by Nicole Ruysschaert



INTERVIEW WITH KALTRINA GASSI (MD/PhD Candidate, Germany)

NR: As member of the youth committee, what motivates you to be a member?

KG: I remember taking a Clinical Psychology class during my undergraduate studies. Prof. Hautzinger was a brilliant and funny lecturer, full of fascinating cases. It was inspiring to learn from him. But reading his book, I felt the hopelessness of some of the patients deep in my gut—their stories were heavy, filled with unease. I kept wondering: how do you give someone hope when, even after many therapy sessions, the chances of success seem so low?

Then came a lecture on something I'd never heard of before: hypnotherapy. Bernhard Trenkle gave that lecture, and it completely changed how I saw things. It was one of the best lectures I've ever attended. I was captivated by Milton Erickson's way of viewing a symptom—not just as a sign of disease, but as a resource. Until then, I'd been afraid I might lose hope in the clinical process. But Bernhard's talk woke up something in me—the creative part that wanted to explore, to understand the system behind the symptom.

That's why I'm part of the Youth Committee. I want young professionals—especially those who are just starting out and may feel uncertain—to know this: *You* are part of the healing process. The way you look at a situation shapes the way your patient sees it.

NR: How do you see the role of this committee, and what are your priorities?

KG: I see the role of this committee as creating ways to make Milton Erickson's work and its development better known, spreading the word about ISH, and connecting with peers. One of my main priorities is finding ways to involve young professionals and help them connect with ISH. I also see this committee as a space to start a dialogue between different generations. As a medical student, I bring that perspective into the conversation, and right now, we're still working on establishing the next steps.

NR: How can ISH members be helpful for the committee?

KG: I think scientists, professors, clinicians – whoever works with university students - could come together and help us find out what their students need and how we can be of service to fulfill those needs.

NR: How did you first come in contact with hypnosis – when / where?

KG: It was in 2015, during a lecture by Bernhard Trenkle.



That moment really stayed with me. Since then, he has continuously supported me—he stayed in touch, encouraged me, and even made it possible for me to attend the Evolution of Psychotherapy conference in Los Angeles, organized by the Milton Erickson Foundation. That experience deepened my interest and opened a whole new path for me.

NR: What was your first impression in contact with therapeutic hypnosis? How did colleagues around you react to that?

KG: Everyone loves “strategic communication” or “Neurolinguistic Programming”. Everyone looooves (!) the idea of *comfort talk* and *neuroscience*. But talking about hypnosis and hypnotherapy usually makes people cautious and usually I get asked “isn’t that something esoteric.”

NR: Can you give a brief overview of your career, and your work and the place hypnosis has in it.

KG: I graduated in Psychology in 2018 and received the *Young Scientist Award* through the German Milton Erickson Foundation for my Bachelor Thesis which compared neurophysiological data between hypnotherapy and cognitive behavioral therapy. After my Psychology Degree I spent a year in the United States and worked for and with Prof Tonya Palermo, a colleague of Mark Jensen’s and a chronic pain researcher. During that time, I decided to pursue a career in medicine which I am finishing. During my medical education I started my Master’s degree in Psychology with focus on Clinical Psychology and wrote my master thesis on Imagery Rescripting and its effect on emotion regulation under Prof. Dirk Revenstorf. As a medical student, I had the opportunity to write the grant for funding and coordinate the Global Classroom on *Clinical Hypnosis* during our global COVID-19 pandemic under Prof. Michael Noll-Hussong.

NR: What is your main area of practice with hypnosis?

KG: Medical field, not practicing yet.

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

KG: Everyday communication, reducing tension within patient-student-doctor interactions, hypnotherapeutic work gave me the tools I need to navigate life as a student in a hospital (My favorite sentence: “Please, work with me, not against me. What can I do, right here, and right now, to improve the situation a little bit?”)

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

KG: Bernhard Trenkle (mentor, big influence, big support), Mark Jensen (big support, big influence, mentor), Claudia Reinicke (mentor), Katalina Varga (influenced my way of thinking)

NR: What is your favorite professional hypnosis book?

KG: Both in German: *Thomas Fritzsche: Die Frau, deren Arm sich hängen ließ* and *Bernhard Trenkle: Dazu fällt mir eine Geschichte ein*

NR: How do you see the future of clinical/ medical hypnosis?

KG: Bright.



NR: What do you like or dislike in the field / world of hypnosis?

KG: I like (more so love) the community, the congresses. The interactions are usually supportive and upbeat. I like the many opportunities that the field holds, especially when it comes to communication. I think working towards establishing hypnosis in a university setting would be really beneficial and is currently missing.

Even if it is called “strategic communication in 10 minutes” or something like that where students have the opportunity to learn one strategy about successful communication in 10 minutes.

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

KG: Bright. There is a lot of potential and need. Working with Psychiatrists or Internists who are specialized in e.g. Cardiopsychomatics would be great because offering training with specific strategies – especially for young/early professionals – would make first access to hypnosis a little easier.



NR: What is missing?

KG: In the medical field, I feel like the time to dive in is missing and enough awareness of what difference it makes to use hypnotic communication.

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

KG: Most know it. Most name it. Everyone uses it for the benefit of the patients.

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

KG: Spread the word. We are in this together. Big solutions are discovered by addressing specific, small problems. That small problem is communication, but – boy – does it bring a big solution. (:

NR: Do you see some important contributions of hypnosis in offering help in areas/countries/populations affected by disasters?

KG: Yes, absolutely! There is an organization here in Homburg called Space Lama e.V.. They are currently working on supporting young girls on their healing path from child abuse and maltreatment during the war in Syria. The organization has already helped hundred of children in the Philippines and just started their new project in Syria. This is just one example of the many organizations that need professionals who volunteer for humanitarian work and where the ISH has a big chance to support people in general and these girls specifically.

Thank you very much!

Dr. Nicole Ruysschaert MD Psychiatrist.

On behalf of ISH and our ISH Newsletter committee



INTERVIEWS

Interview conducted by Nicole Ruysschaert



INTERVIEW WITH BANAFSHEH YALOODBARDAN (Dentist, Iran)

NR: How do you see the role of the Youth Committee (Young Professionals Committee) among the other committees?

BY: The youth committee is essential in shaping the future of hypnosis within the society. It serves as a bridge, connecting young, innovative minds with the established practices of our field, fostering growth, collaboration, and the exchange of ideas that will propel us forward.

NR: What are the priorities for this committee?

BY: Our priority is to foster a vibrant community of young professionals who are excited about the potential of hypnosis.

NR: What are you working on?

BY: After joining the previous youth committee, I was elected as the chair this year. I'm working on building a cohesive team dynamic with the committee members. Currently, I am applying innovative techniques in pediatric dentistry and writing a book on this subject. I will also be presenting a masterclass in June this year, teaching my techniques to a broader audience.

NR: How do you see the role of this committee among the other committees?

BY: The youth committee plays a vital role in bringing fresh perspectives to the table. While other committees focus on clinical, research, or educational aspects of hypnosis, we are dedicated to engaging and empowering the next generation of professionals.

NR: How can ISH members be helpful for the committee?

BY: Members of the ISH can be incredibly helpful by mentoring younger professionals, providing feedback on initiatives, and supporting the activities organized by the youth committee. Their expertise and guidance are invaluable in ensuring that we are heading in the right direction.

NR: What motivates you to take up the responsibility as chair of the committee?

BY: I am passionate about supporting the growth of young professionals in hypnosis. It is exciting to be part of a process that helps develop the next generation of leaders, and I feel a deep responsibility to ensure that the future of hypnosis is in capable hands.

NR: How did you first come in contact with hypnosis – when / where?

BY: I first became familiar with hypnosis during my time as a interpreter at the international Hypnodontics congress in Mashhad in 2016. My exposure to prominent figures in the field sparked my interest. I was studying dentistry at the time and had the opportunity to work with leading hypnotherapists. Later, I took a hypnosis course with Dr. Mehdi Fathi. In 2019, I became the head of interpreters at the first Asian Hypnosis Congress, and that gave me even more exposure to



hypnosis and its application. In 2023, I had the privilege of delivering my first international lecture on non-pharmacological relaxation techniques for children in pediatric dentistry at the European Hypnosis Congress in Antalya, and the feedbacks encouraged me to trust my abilities in this field.

NR: Can you give a brief overview of your career, and your work and the place hypnosis has in it?

BY: Throughout my career, I have focused on integrating hypnosis into pediatric dentistry, using it as a tool to help children overcome their fear of dental procedures. Hypnosis has become a central part of my practice, allowing me to provide a more comfortable and effective experience for young patients.

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

BY: Hypnosis is integral to my work in pediatric dentistry. It helps create a calm, cooperative atmosphere for children and reduces the need for more invasive treatments. What sets my work apart is the way I combine hypnosis with other communication techniques to build rapport and trust with young patients.



NR: Who are/were your mentor(s)? People who influence your way of thinking and working?

BY: Dr. Mehdi Fathi was my first mentor in the field of hypnosis. Bernhard Trenkel has always been an inspiration to me. Additionally, Dr. Allan Krupka and Dr. Veit Mesmer were the ones who ignited the first and most profound thoughts about hypnosis in pediatric dentistry in my mind.

NR: What is your favorite professional hypnosis book?

BY: My favorite professional hypnosis book is *Kinderhypnosis*, written by Dr. Albrecht Schmierer, which is in German. My first experience with interpretation occurred during Dr. Schmierer's workshop at the first Hypnodontics Congress in Mashhad in 2016.

NR: How do you see the future of clinical/medical hypnosis?

BY: I believe that clinical and medical hypnosis will continue to grow in importance, especially in fields like pediatric dentistry, pain management, and anxiety treatment. As more research validates its effectiveness, we will likely see more widespread adoption in clinical settings.

NR: How do you see the future of hypnosis? In the medical field? In the psychotherapeutic field?

BY: In both fields, I see hypnosis becoming more integrated into mainstream treatment protocols, as more professionals recognize its efficacy.

NR: If you had a dream about the future of hypnosis, what happens in your dream?

BY: In my dream, hypnosis is universally recognized as an essential tool in healthcare, and it is integrated into treatment protocols across all disciplines. Patients of all ages benefit from its power to alleviate pain, manage anxiety, and improve overall well-being.

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



BY: My advice is to remain curious and open-minded. Hypnosis is an evolving field, and the more you explore and learn, the more effective you will be in your practice. Don't be afraid to experiment and find what works best for you and your patients.

NR: Do you see some important contributions of hypnosis in offering help in areas/countries/populations affected by disasters?

BY: Hypnosis has great potential to help populations affected by disasters, particularly in trauma recovery. It can help alleviate emotional distress, reduce anxiety, and promote healing in ways that are both non-invasive and highly effective.



Thank you very much!

Dr. Nicole Ruysschaert MD Psychiatrist.

On behalf of ISH and our ISH Newsletter committee



A TOUCH OF HUMOR

provided by Bernhard Trenkle



The Aha- and Haha-Handbook of Organizing

provided by Bernhard Trenkle

(Excerpt – On Gender Balance and the Realities of Invitations)

Because I've written joke books and a collection of aphorisms, my publisher is now waiting for my next book—this time, on the joys and challenges of organizing congresses and running professional societies. At a recent ISH Board of Directors meeting, Anita Jung shared a moment that instantly reminded me of one of the chapters I've already sketched out. She mentioned receiving feedback for featuring too many interviews with men and not enough women. She clarified that she had indeed invited several women, but hadn't received replies or confirmations.

This brought back many memories for me—particularly of times I was also criticized for not including enough female keynote speakers. And yes, this pattern has a reason.

Some time ago, my son—who works professionally as an event manager—told me about an interview he had just heard on the radio. A well-known German talk show host, herself a woman, was asked about the male dominance in her program. The interviewer asked, "Why, as a woman, don't you invite more women onto your show?"

My son laughed and said, "Dad, she said exactly what you always say!" Her explanation was familiar. When she planned a show on a political topic and invited a woman, the typical response was: "I'm sorry, this isn't exactly my field of expertise—I don't feel confident speaking on this."

But when she asked a man, he might say: "I'd love to do it! It's not quite my area, but you should ask X or Y—they're even better. But if they're not free, call me again—I'm sure I can contribute something that makes sense."

In the end, the result is predictable: more men on the show. This echoes my own experience as a congress organizer.

I once organized a family therapy congress with the theme "Multigenerational Perspectives." I invited a renowned female journalist to give a keynote.



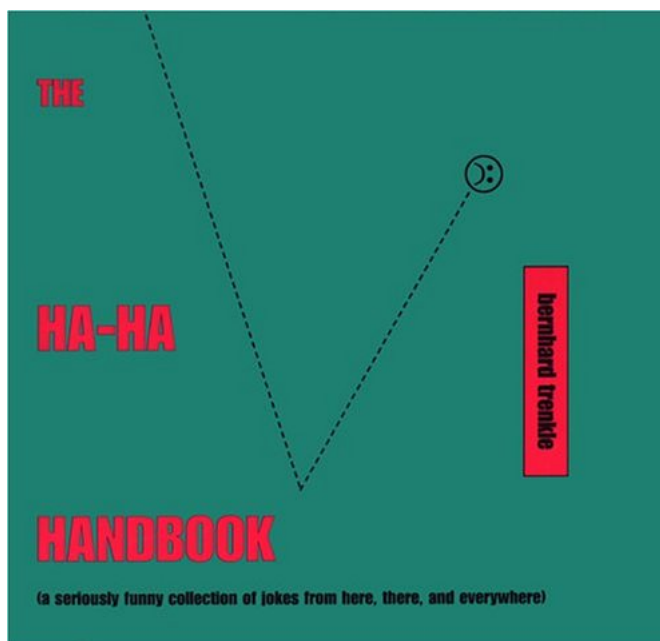
She had written a deeply moving book about her family, and in the ten years prior had received nearly every journalism award in Germany. I knew her well—she had even written about hypnosis and psychotherapy. She declined.

I asked again for another congress. Still no. I tried my best to make it inviting: “You could blend reading from your book with a personal reflection—something informal, accessible, moving.” Still no.

Then there was the young singer from the famous Reinhardt Sinti family relatives of Django Reinhardt. She had already been invited to perform in a concert project with Oliver Rajamani. She had just published a new book about the Reinhardt family and its rich, painful, and beautiful history. I offered her the same idea: “You’ll sing at the concert, and also give a keynote. Just talk a little about how the book came to be. Read a few excerpts. Reflect on your family’s story, and how it speaks to German history—including the Roma and Sinti people’s persecution under Hitler.”

It would have been a perfect keynote—powerful, personal, historically resonant. I even traveled to meet her in person and encourage her. She had appeared many times on major German talk shows. And yet—despite being scheduled for the concert—she ultimately didn’t feel brave enough to step up for the keynote.

So here’s a rule from the Aha-handbook of organizing: **To secure a female keynote speaker, you often need three times as much time and effort.** And while doing so, you also need to gently—but firmly—say no to the many male colleagues who are eager to rush to the podium.



IDEAS IN FOCUS



Where Do Science and Practice Meet in Clinical Hypnosis?

By Anita Jung

Germany now formally recognizes clinical hypnosis as an evidence-based treatment—a significant milestone that reflects the growing scientific legitimacy of the field. But this also raises important questions: What kinds of knowledge are being prioritized, and what might be left behind?

Milton H. Erickson resisted rigid standardization. He believed in the power of improvisation, metaphor, and tailoring each session to the unique individual not in fixed protocols or certifications. Yet today, even the Milton H. Erickson Foundation has introduced a **Core Competency Model**, developed by Dan Short and colleagues, to articulate six observable skills in Ericksonian therapy: tailoring, utilization, strategic intervention, destabilization, experiential learning, and naturalistic integration. This framework aims to preserve Erickson's flexible ethos while offering measurable criteria for training and research.

Still, many clinicians continue to work from a foundation of **practice-based evidence**—allowing clinical results and lived therapeutic encounters to guide their methods. Others lean more heavily on **evidence-based practice**, applying techniques supported by established research. These two perspectives often coexist uneasily, and the gap between them—between science and practice remains a central tension in the field of clinical hypnosis.

SciPraHypGap, a project by **Magnus** Nyborg Berg, explores this divide. Why do so many clinicians continue to use approaches not fully supported by empirical studies? What assumptions shape how we define and measure hypnotizability? And how wide is this scientist-practitioner gap, really?

To investigate these questions, Magnus has developed a questionnaire for both clinicians and researchers in the field of clinical hypnosis. The responses will form part of his master's thesis at the University of Oslo and contribute to a broader reflection on how the field might move toward a more inclusive, integrated understanding of hypnosis in practice.

We are curious to see what Magnus will uncover—and hope that many in the field will lend their voices to this important exploration. Please, see his message below:

SciPraHypGap: Building Non-Linear Bridges Between Research and Practice in Clinical Hypnosis

The gap between science and practice in clinical hypnosis is well documented. According to the 2023 report by the Society of Clinical and Experimental Hypnosis Task Force for Efficacy Standards in Hypnosis Research (McCann, 2023), fewer than one-third of respondents reported using evidence-based methods in their clinical work. While the scientific literature supporting clinical hypnosis continues to grow, many approaches favored by practitioners have been left behind by the research community.

This concern is not new. As early as 2000, Matthews cautioned that rigorous research into the efficacy of Ericksonian hypnotherapy was urgently needed,



“lest this approach becomes isolated from the scientific hypnosis and therapy communities” (Matthews, 2000).

Our project explores what may have been lost in the pursuit of the elusive "evidence-based" seal for clinical hypnosis. Why do many clinicians still refrain from using evidence-based methods? What questions deserve greater attention moving forward? How do current research methods—and our conceptualizations and measurements of hypnotizability—contribute to the gap? And how wide is this gap, really?



To explore these questions, we have created a questionnaire for both clinicians and researchers in the field of clinical hypnosis. Your participation will help illuminate the complexities at the intersection of science and practice and form the basis of a master's thesis at the University of Oslo.

We warmly thank you in advance for your contribution. Your insights are vital in shaping a more integrated understanding of clinical hypnosis—one that bridges rigor with relevance.

Link to the study: <https://nettskjema.no/a/sciprahypgap>

Magnus Nyborg Berg, Board member and Lars Birketvedt, Deputy board member
Norsk Forening for Klinisk Evidensbasert Hypnose (NFKEH)

Translated **Norwegian Society of Clinical Evidence-Based Hypnosis**



IJCEH

International journal
of clinical and experimental hypnosis

LATEST NEWS FROM



Recent Issue: Volume 73, Issue 2

The latest issue of the International Journal of Clinical and Experimental Hypnosis (IJCEH) is composed of four research articles, a scoping review, and a case study. This issue explores clinical applications of hypnotherapy in practice for pain management, irritable bowel syndrome, chronic ankle instability, and dental care. In its featured review, hypnotizability was identified as a potential predictor of treatment efficacy for therapies targeting the improvement of interoception, based on nitric oxide levels in the central nervous system during sensory and cognitive tasks (Giusti & Santarcangelo, 2025). You can read more about each of the article abstracts below.

Sneak Peek into the Following Issue

The next issue will feature our long-awaited special edition dedicated to the work of Dr. Steven Jay Lynn, who passed away on March 29, 2024, leaving behind a legacy of over 500 publications and countless inspired students and colleagues. This commemorative issue is guest-edited by Joseph P. Green, Ph.D., and presents a collection of articles reflecting Dr. Lynn's contributions. It will include research on memory and hypnotizability, theories of hypnosis, and clinical applications. Readers can expect a rich and diverse tribute to Dr. Lynn's enduring influence.

Special Issues in the Upcoming Year

Beyond the July issue, several special issues are planned. These editions will advance the field of hypnosis and broaden its applications across various areas of psychology. Thank you to all contributors making this possible.

The October issue will focus on "Intersections of psychedelics, mystical experiences, and hypnosis." It will highlight new research into therapeutic benefits, mechanisms, and parallels between psychedelics and hypnosis. Selected articles will be available online in advance.

Interested Authors:

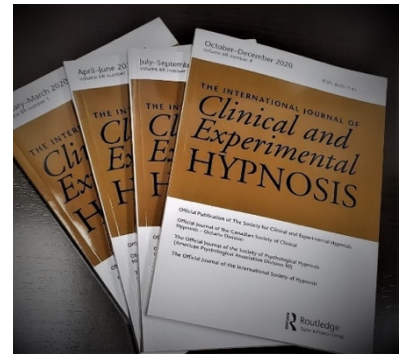
Submissions are accepted and articles are published on a rolling basis. The *International Journal of Clinical and Experimental Hypnosis* receives all manuscript submissions electronically via Taylor & Francis' submission portal located at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

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

Contact us at: IJCEH@baylor.edu



As a reminder, the IJCEH accepts many types of papers, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, and significant historical or cultural material. Topics can include: hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; as well as studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, and consciousness).



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Interested in learning more about hypnosis?

Here are some recommended webinars hosted by the *Society of Clinical and Experimental Hypnosis*:

June 13, 2025

Using Science about the Unconscious to Promote Hypnosis and Psychotherapy
David Patterson, PhD, ABPP, ABPH

July 11, 2025

Clinical Hypnosis for Fibromyalgia and Autoimmune Disorders
Louis F. Damis, PhD, ABPP, FASCH

August 1, 2025

Hypnosis for the Curious: Everything You Need to Know about Hypnosis
Donald Moss, PhD, Lisa Lombard, PhD and Janna Henning, JD, PsyD

September 12, 2025

Hipponosis: Helping Children Help Themselves with Hypnosis
Linda Thomson, PhD, APRNN, ABMH, ABHN, FASCH

October 3, 2025

Bridging Hypnosis with Psychedelic-Assisted Psychotherapy: Preparation and Integration Strategies
Ciara Christensen, PhD

November 14, 2025

Hypnosis for Pelvic Pain and Lower Urinary Tract Symptoms
Lindsey McKernan, PhD, MPH and Elizabeth G. Walsh, PhD

Sign up or find more information at this link:

<https://mam.memberclicks.net/webinars>

We are pleased to share abstracts from the articles published in the most recent issue of

THE INTERNATIONAL JOURNAL OF *Clinical and Experimental* HYPNOSIS

April Issue – Volume 73 (2)

Enhancing Hypnosis Training to Promote Transfer to Clinical Practice for Cancer Pain Management: A Qualitative Analysis of Providers' Perceived Needs

Lauren M. Carney, Julie B. Schnur, Orly Morgan, Joseph P. Green, & Guy H. Montgomery

Hypnosis is vastly underused despite strong evidence supporting its efficacy in the context of cancer care. Little is known about what providers need to feel confident moving from education in hypnosis to using hypnosis in clinical care. The goal of this study was to examine cancer care providers' ongoing needs post-hypnosis training to inform the development of future hypnosis training programs. We

qualitatively examined open-ended responses about post-training implementation from trainees (n = 70) of our Hypnosis for Cancer Pain training program. Data were analyzed using inductive thematic analysis. Four main themes regarding challenges to real-world implementation of clinical hypnosis were identified:

1) How do I “pitch” hypnosis to the people in my health system?;



- 2) How do I conduct hypnosis in my native habitat (aka the messy, imperfect real world)?;
- 3) How do I move “off-book” and improvise?; and,
- 4) I’d feel more secure with a “buddy system.” These challenges have direct implications for the development of future hypnosis training programs to better facilitate post-training provider implementation.

Nitric Oxide in the Hypnotizability-Related Interoception: A Scoping Review

Gioia Giusti & Enrica Laura Santarcangelo

Interoception – the sense of the body – includes the perception of visceral signals and its integration with many other information in the central nervous system. Hypnotizability levels are associated with interoceptive accuracy and sensitivity, likely due to different insula gray matter volume, and different availability of vascular nitric oxide during sensory and cognitive tasks in peripheral arteries and in the brain. This theoretical review deals with the relevance of possible hypnotizability-related nitric oxide availability at various levels of the central nervous system to interoception and, consequently, to physiological and pathological conditions, such as emotion, sleep disturbance, eating behavior, and cardiovascular illness. Moreover, the review suggests that hypnotic assessment could be a predictor of the efficacy of therapies based on improvement of interoception.

Case Study: An Integrative Modification of Gut-Directed Hypnotherapy for a Patient with Intermittent Flares of Long-Standing Irritable Bowel Syndrome

Jessica Gerson

This article presents a case of a patient whose treatment for irritable bowel syndrome (IBS) involved a modification of gut-directed hypnotherapy (GDH). It was delivered in a nonstandard schedule and integrated concepts from other therapeutic modalities, primarily mindfulness meditation and narrative therapy. A review of the literature on GDH and prior modifications, as well as other iterations of integrative hypnosis, will be provided. Along with describing the case, a rationale for the treatment and examples of the modification will be presented.

A Brief Hypnosis Intervention Improves Single-Limb Dynamic Balance in People with Chronic Ankle Instability: A Crossover Experimental Pilot Study

Lydia Caggiano, Nicholas V. Karayannis, Calvin Collins, Dustin Grooms, & Janet E. Simon

Ankle sprains are one of the more common musculoskeletal injuries in active populations and can develop into chronic ankle instability (CAI), a condition with uncertain etiology and symptoms that include poor dynamic balance, the ability to maintain balance during movement. The components of CAI are psychophysiological and biomechanical, indicating mind-body connections that can influence the development and persistence of this condition. Preliminary evidence suggests that self-hypnosis, a mind-body therapy, can restore physical performance in conditions like CAI. Twenty-four participants with CAI participated in this experimental pilot study, with a crossover design, to investigate the relationship between self-reported measures of ankle instability and other

psychological factors with performance-based measures of dynamic balance and heart rate variability (HRV). Participants also received an 8-minute, self-hypnosis session to determine its influence on balance performance. Perceived ankle instability and dynamic balance were not associated with enhancement-based (interoceptive awareness, self-efficacy) or limit-based (kinesiophobia, anxiety) psychological factors. Perceived anxiety was not associated with HRV. Hypnosis was modestly effective in improving direction-specific (lateral) dynamic balance.

Current Practices and Perspectives in Brazilian Hypnosis (HYPNO CENSUS 2024): Addendum to an International Survey

Filipe Luis Souza, Nathalia Cabral Souza, Robert Resende Nascimento, Mark Anderson Caldeira, & Olafur Palsson



An online survey of 103 clinicians using hypnosis was conducted to gain a broad real-world view of current practices, experiences, and perspectives on clinical hypnosis in Brazil. This research replicated a form focused on identifying clinical hypnosis practices across 31 countries, contributing to a global perspective on this intervention modality. The present study employed descriptive statistics in its data analysis. According to respondents, among the 36 most common uses of hypnosis, improving well-being, enhancing self-esteem, reducing stress, and controlling specific phobias and anxiety were reported as the most clinically effective applications. In Brazil, 90.3% of hypnotherapists do not consider hypnotizability relevant to the success of hypnotherapy. Concerns were raised about the technical-professional training of Brazilian hypnotherapists. This is the first investigation into hypnosis practices in Brazil. Although hypnosis has been regulated for over two decades by professional health councils, such as the Federal Council of Medicine and the Federal Council of Psychology, efforts to promote evidence-based practices must be made to address the identified gaps.

Application and Perception of Hypnosis in Dental Practice: A Cross-Sectional Survey in German-Speaking Regions

Thomas Gerhard Wolf, Katharina Nadja Kellerhoff, Gerhard Schmalz, & Albrecht Schmierer

Despite its benefits, hypnosis remains underutilized in dental practice, largely due to misconceptions. This study assessed its use and perception among dentists in German-speaking countries. A validated questionnaire was distributed to a total of 1,081 members of hypnosis societies in Germany, Switzerland, and Liechtenstein, yielding 271 replies (response rate: 25.1%). Of these, 57.6% were retired or nearing retirement, and only 10% had graduated in the past 15 years.

Most (64.2%) first encountered hypnosis during postgraduate training, while 91.1% supported its inclusion in pre-graduate dental curricula. Hypnosis was primarily used by experienced practitioners, with 36% using it daily and 80% regarding it as a primary approach for uncooperative patients. It was seen as equally effective for both sexes by 56.8%, though 42.1% found it particularly beneficial for female patients. While 81.6% considered it a viable alternative to pharmacologic sedation, 19.6% preferred agents like nitrous oxide. Early integration into dental education and targeted training could overcome barriers, enhance implementation, and benefit both practitioners and patients.



BLOGS

By: Blog Creation provided by Benedek Gila (gilabenedek@gmail.com)

Hypnosis and relaxation techniques are effective techniques, that reduce short- and also long-term migraine headache activity. Studies have demonstrated hypnosis to be statistically superior or equivalent to commonly used treatments and they are drug-free (Flynn, 2018)!

Flynn, N. (2018). Systematic Review of the Effectiveness of Hypnosis for the management of Headache. *International Journal of Clinical and Experimental Hypnosis*, 66(4), 343–352. <https://doi.org/10.1080/00207144.2018.1494432>

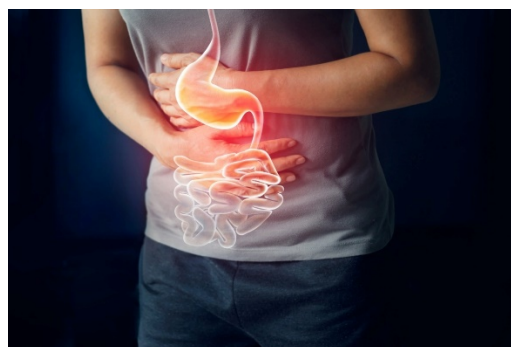
<https://sci-hub.se/https://doi.org/10.1080/00207144.2018.1494432>



Hypnotherapy has been proven to be effective in managing irritable bowel syndrome, providing lasting symptom relief even for patients who do not respond adequately to usual medical treatment. It might be the next promising, non-invasive treatment for gastrointestinal disorders (Palsson, 2015).

Palsson, O. S. (2015). Hypnosis Treatment of Gastrointestinal Disorders: A Comprehensive Review of the Empirical evidence. *American Journal of Clinical Hypnosis*, 58(2), 134–158. <https://doi.org/10.1080/00029157.2015.1039114>

<https://sci-hub.se/https://doi.org/10.1080/00029157.2015.1039114>





Surprise your grandma with better sleep! Hypnotic suggestions can boost slow-wave sleep, enhancing both sleep quality and cognitive function. This promising approach offers an easy and free alternative for improving rest and brain health in aging (Cordi et al., 2015).

Cordi, M. J., Hirsiger, S., Mérillat, S., & Rasch, B. (2015). Improving sleep and cognition by hypnotic suggestion in the elderly. *Neuropsychologia*, 69, 176–182. <https://doi.org/10.1016/j.neuropsychologia.2015.02.001>

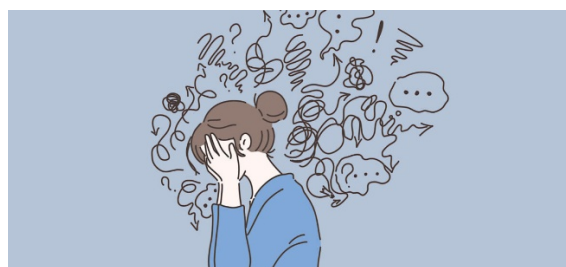
<https://sci-hub.se/10.1016/j.neuropsychologia.2015.02.001>



Hypnosis can reduce anxiety significantly, outperforming many standard treatments in both short- and long term effects. Studies show it's even more effective when combined with other therapy techniques. A natural and impactful solution for managing stress and fear (Valentine et al., 2019).

Valentine, K. E., Milling, L. S., Clark, L. J., & Moriarty, C. L. (2019). The Efficacy of Hypnosis as a treatment for Anxiety: A Meta-Analysis. *International Journal of Clinical and Experimental Hypnosis*, 67(3), 336–363. <https://doi.org/10.1080/00207144.2019.1613863>

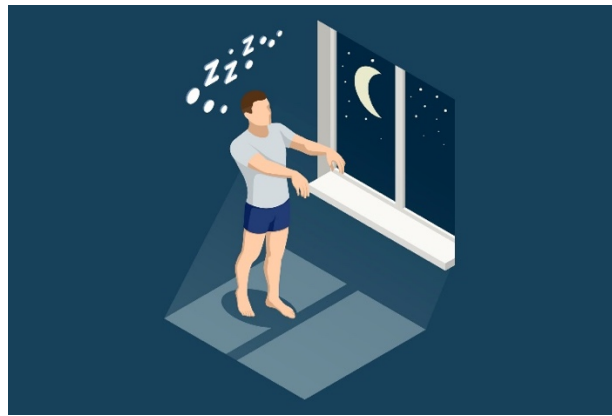
<https://sci-hub.se/https://doi.org/10.1080/00207144.2019.1613863>



A study found that just one or two hypnotherapy sessions significantly reduced parasomnias like sleepwalking and nightmares in 45% of patients, and effects last up to five years. This time-efficient method could be a first-line treatment for chronic sleep disruptions (Hauri et al., 2007).

Hauri, P. J., Silber, M. H., & Boeve, B. F. (2007). The Treatment of Parasomnias with Hypnosis: a 5-Year Follow-Up Study. *Journal of Clinical Sleep Medicine*, 03(04), 369–373. <https://doi.org/10.5664/jcsm.26858>

https://www.researchgate.net/publication/6144319_The_Treatment_of_Parasomnias_with_Hypnosis_a_5-Year_Follow-Up_Study

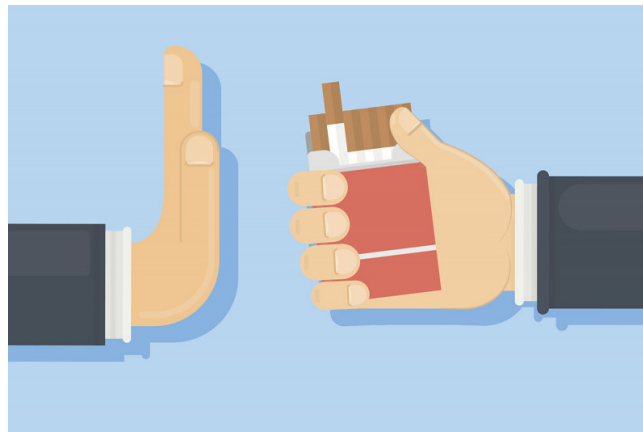


Hypnosis, when combined with other interventions, shows promising results in supporting smoking cessation. Personalized hypnotic suggestions, can enhance motivation and resilience, making the journey to quit smoking more effective (Carmody et al., 2008).

Carmody, T., Duncan, C., Simon, J., Solkowitz, S., Huggins, J., Lee, S., & Delucchi, K. (2008). Hypnosis for smoking cessation: A randomized trial. *Nicotine & Tobacco Research*, 10(5), 811–818.

<https://doi.org/10.1080/14622200802023833>

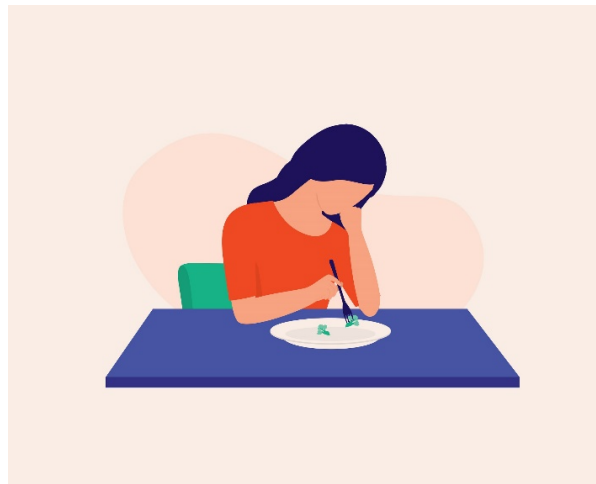
<https://sci-hub.se/https://doi.org/10.1080/14622200802023833>



Hypnotherapy helps in treating eating disorders like bulimia, anorexia, and obesity, especially when combined with cognitive-behavioral approaches. It enhances self-control, supports healthier habits, and provides long-term benefits, making it a valuable tool in overcoming illnesses (Barabasz, 2007).

Barabasz, M. (2007). Efficacy of hypnotherapy in the treatment of eating disorders. *International Journal of Clinical and Experimental Hypnosis*, 55(3), 318–335. <https://doi.org/10.1080/00207140701338688>

<https://sci-hub.se/https://doi.org/10.1080/00207140701338688>



A single hypnosis session, significantly improved the subjective and objective handgrip strength of participants. The effects lasted for at least one week, highlighting hypnosis as a potential tool for boosting physical performance and aiding recovery (Nieft et al., 2024).

Nieft, U., Schlütz, M., & Schmidt, B. (2024). Increasing handgrip strength via post-hypnotic suggestions with lasting effects. *Scientific Reports*, 14(1). <https://doi.org/10.1038/s41598-024-73117-0>

<https://www.nature.com/articles/s41598-024-73117-0>



A structured 20-session hypnosis program showed a 77% success rate in maintaining sobriety for at least one year. This method combines personalized therapy, stress reduction, and relapse prevention, against addictions like alcoholism and drug abuse (Potter, 2004).

Potter, G. (2004). Intensive therapy: Utilizing hypnosis in the treatment of substance abuse disorders. *American Journal of Clinical Hypnosis*, 47(1), 21–28. <https://doi.org/10.1080/00029157.2004.10401472>

<https://sci-hub.se/https://doi.org/10.1080/00029157.2004.10401472>



Hypnosis can reduce asthma symptoms, improve breathing and lower medication use, especially in children and highly suggestible individuals. Studies suggest it works best with repeated sessions and self-hypnosis, offering a potential alternative to traditional treatments (Hackman et al., 2000).

Hackman, R. M., Stern, J. S., & Gershwin, M. E. (2000). Hypnosis and Asthma: A Critical review. *Journal of Asthma*, 37(1), 1–15.

<https://doi.org/10.3109/02770900009055424>

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EVENT CALENDAR ISH

ISH Monthly Masterclass Webinars provided by Enayat Shahidi

An international learning series featuring voices from around the world. A few years ago, Enayat Shahidi, Secretary/Treasurer of ISH, had the wonderful idea to initiate the ISH Masterclass Webinars. Since 2021, many of the world's leading experts in hypnosis have shared their knowledge through this program. We also regularly welcome younger colleagues who represent the future of our field.

The next three webinars beautifully reflect the spirit of this masterclass series:



 Wednesday, June 18, 2025
17:00 CEST


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Dr. Banafsheh Yaloodbardan
Chair of the ISH Youth Committee;
Dentist, Mashhad, Iran

Originally trained by Prof. Mehdi Fathi, Dr. Yaloodbardan has translated numerous workshops by internationally recognized hypno-dentists such as Dr. Albrecht Schmierer and has played a key role in organizing several international hypnosis congresses in Iran.

At the 2023 ESH Congress in Turkey, she surprised us with a brilliant presentation on using hypnosis with children in the dental chair.


Her upcoming workshop will offer insights relevant to professionals across disciplines—and even to parents seeking supportive approaches for children in challenging situations.

 Wednesday, July 16, 2025 — 17:00 CEST

Manfred Prior
Author, Trainer, and Expert in Therapeutic Communication

A master of subtle yet powerful communication, Manfred Prior is one of the most influential voices in the German-speaking hypnosis community. He is the author of the bestselling book *Minimax-Interventionen*, which explores the principle of minimal interventions with maximum effects.

His book has sold over 235,000 copies in German and has been translated into multiple languages—including Korean. In this masterclass, he will share the essence of his Minimax Interventions in a practical, experience-rich format.

You can learn more about all of these esteemed colleagues on our international platform:  www.whoISHwho.com

If you would like to be featured, please feel free to send us your CV, photo, and a list of publications.

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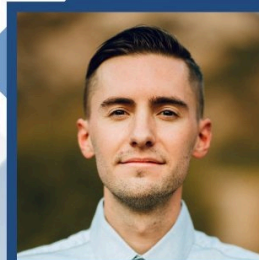


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 - Friday 28 - Sunday 30 August: Main Conference

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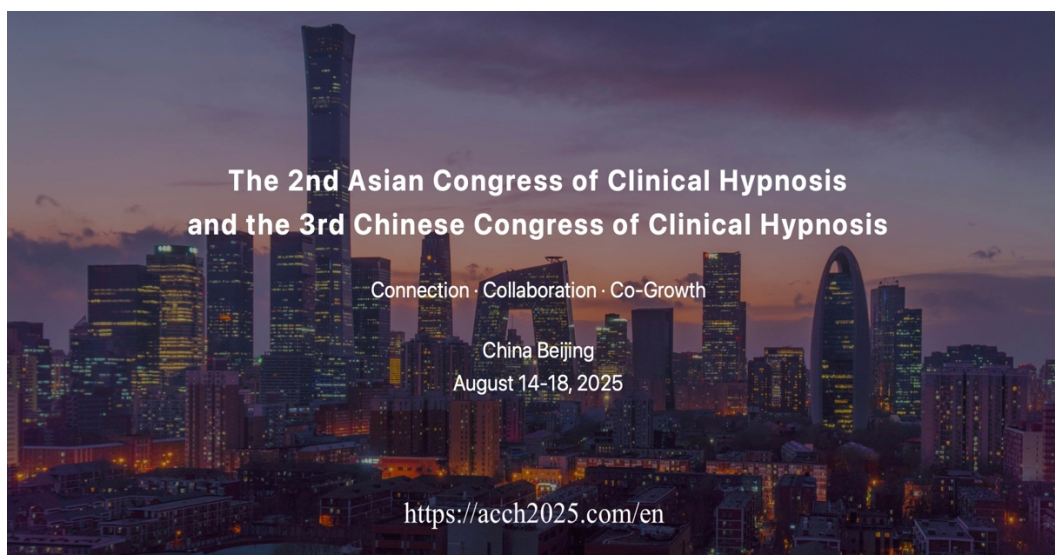
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ASIAN CONGRESS





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Aim	To provide a platform for researchers in the fields of hypnosis, suggestion, and ASC to share the findings from their research and ideas regarding theories of hypnosis, suggestion, and ASC with other researchers and clinicians who are active in the field.		
City / Venue	Budapest 1075 Budapest, Kazinczy u. 23-27.		
Organizer	International Society of Hypnosis, Eötvös Loránd University, Active Psychology Foundation		
Co-chairs	Mark Jensen (USA), Giuseppe de Benedittis (IT), Katalin Varga (HUN)		
Date	16-18 October 2025		
Events	Lectures, Symposia, Panel Discussions, Poster Sessions, Scientific/Clinical "Speed Dating," and Networking		
Length	3 days (Thurs, Fri, Sat), running 6-8 sessions daily		
Website	www.ishhypnosis.org		
Language	English		
Main topics	<div><div>(1) EEG and hypnosis</div><div>(2) Neuroimaging (other than EEG) and Hypnosis.</div><div>(3) Hypnotizability</div><div>(4) Hypnosis, placebo, and nocebo</div><div>(5) Hypnosis and psychedelics</div><div>(6) Hypnosis research guidelines</div><div>(7) Interactional aspect of hypnosis</div></div>		
Fees	<div><div>-</div><div>Participants – non ISH member</div></div>	<div><div>410 / 470 / 520 USD</div></div>	
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<div>till 31 March 2025 / normal / on the spot:</div>	<div><div>-</div><div>University Students (Ba, Ma or PhD)</div></div>	<div><div>100 / 150 / 200 USD</div></div>	
	<div><div>-</div><div>Daily ticket for streaming</div></div>	<div><div>60 USD</div></div>	
	<div><div>-</div><div>Gala dinner</div></div>	<div><div>80 USD</div></div>	



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ISH World Headquarters

info@ishhypnosis.org

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- The right to represent your society at Council of Representatives (COR) meetings.

Required Documents for Constituent Societies:

- A copy of your bylaws and ethics code (in English).
- A list of officers and contact information.
-

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LIST OF CONTRIBUTORS

Anita Jung

EDITOR

Ideas in Focus Contributor

German Language Editor

anitajung.therapy@pm.me

Krzysztof Klajs

PRESIDENT

krzysztof.klajs@gmail.com

Consuelo Casula

Italian Language Editor

consuelocasula@gmail.com

Gary Elkins

Editor IJCEH

Gary_Elkins@baylor.edu

Kaltrina Gashi

Interviewee

mail@kaltrina-gashi.de

Benedek Gila

Blog Creator and Student

Eötvös Loránd University Budapest, Hungary

gilabenedek@gmail.com

Stephen Lankton

Interview, Meet our Mentors

steve@lankton.com

Julie Linden

English Editor

julie@drjulielinden.com

Paloma López Valencia

Layout Editor

valenciapaloma@hotmail.com

Teresa Robles

Spanish Language Editor

tere@grupocem.edu.mx

Nicole Ruysschaert

Interviewer, French Language Editor

nicole.ruysschaert@skynet.be

Shady Tonn

ISH Administration/Headquarters

info@ishhypnosis.org

Bernhard Trenkle

Humor and Stories Contributor

bernhard@bernhardtrenkle.com

Banafsheh Yaloodbardan

Interviewee

banafshehyaloodbardan@gmail.com