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The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
2025 Volume 50, No.4

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DECEMBER 2025
A LETTER FROM THE PRESIDENT

KRZYSZTOF KLAJS

Dear ISH Members,
The second half of 2025 has been filled with important developments in the field of hypnosis. In August, Beijing hosted the **Second Asian Congress of Clinical Hypnosis**—the largest international gathering of hypnosis professionals this year, with **750 participants from 24 countries**.

The event was excellently organized, with high-quality lectures and workshops. The hospitality of our hosts and the friendly atmosphere made it easy for everyone to enjoy the shared experience. Sincere thanks to **Xin Fang and her team**, Peking University, the presenters, and all participants for creating such a memorable meeting.

From **October 16–18, the First Hypnosis Research Summit** took place in Budapest, Hungary. Around **200 participants from over a dozen countries attended.** The diversity of topics presented highlighted the remarkable growth potential of hypnosis research.

While it's impossible to summarize everything that was shared, a few themes stood out. We saw new findings on hypnosis in the treatment of **psychosomatic disorders,** support for oncology patients, and work with individuals diagnosed with **ADHD, autism**, and **chronic pain**.

Discussions explored both the **theory and practice** of hypnotic interventions, the possibilities offered by **neuroimaging**, and the ongoing **challenges researchers face**, including how to strengthen collaboration between scientists and clinicians. The presenters included both established experts with significant academic achievements and emerging voices—doctoral students and early-career researchers sharing their pilot studies. The generous and respectful dialogue between senior figures and passionate young scientists was both touching and full of promise for the future of hypnosis research.

Warm thanks to **Kata Varga and her team**, as well as to the **University of Budapest**, for providing a platform that was both scientifically rich and personally welcoming.

The volume of hypnosis-related research published in respected journals has increased significantly over the past decade. Even the challenges of the pandemic only slightly slowed this upward trend. Today, **clinical excellence**, **scientific inquiry**, and **theoretical exploration** form the three pillars of modern discourse in the field of hypnosis. The congresses in **China** and **Hungary**, both co-organized by ISH, affirmed the growing international interest and engagement with these areas—an encouraging sign for the future of our field.

The core qualities of any thriving professional community—**joy, shared purpose, a sense of belonging, and meaningful exchange**—were evident at both events. In a world marked by uncertainty and global challenges, these gatherings reminded us of the enduring value of **international cooperation** and the beauty of diversity. Building bridges of understanding remains more important than ever.

Kris Klajs
President, ISH

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EIN BRIEF DES PRÄSIDENTEN

ÜBERSETZT VON ANITA JUNG

Liebe ISH-Mitglieder,
Die zweite Jahreshälfte 2025 war reich an bedeutenden Ereignissen im Bereich der Hypnose. Im August fand in **Peking** der **Zweite Asiatische Kongress für Klinische Hypnose** statt – das weltweit größte Treffen von Fachleuten auf diesem Gebiet in diesem Jahr, mit **750 Teilnehmer:innen aus 24 Ländern**. Die Organisation war hervorragend, ebenso wie die Qualität der Vorträge und Workshops. Die Gastfreundschaft der Veranstalter und die herzliche Atmosphäre ermöglichten allen, die gemeinsamen Aktivitäten in vollen Zügen zu genießen. Ein herzlicher Dank geht an **Xin Fang und ihr Team**, die **Peking-Universität**, die Referent:innen und alle Teilnehmenden für dieses unvergessliche Treffen.
Vom **16. bis 18. Oktober** fand in **Budapest**, der Hauptstadt Ungarns, der **Erste Hypnose-Forschungsgipfel** statt. Rund **200 Teilnehmer:innen aus über einem Dutzend Ländern** nahmen daran teil. Die Vielfalt der vorgestellten und diskutierten Themen zeigte deutlich das enorme Entwicklungspotenzial der Hypnoseforschung.

Es ist unmöglich, alle behandelten Themen aufzuzählen, aber einige Schwerpunkte lassen sich hervorheben: Forschungsergebnisse zur Anwendung von Hypnose in der Behandlung von **psychosomatischen Störungen**, in der Arbeit mit **Krebspatient:innen**, mit Menschen, die mit **ADHS oder Autismus** diagnostiziert wurden, sowie im Bereich **Schmerztherapie**.
Diskutiert wurden sowohl **theoretische als auch praktische Aspekte** hypnotischer Interventionen, die Möglichkeiten der **neurobiologischen Bildgebung** hypnotischer Prozesse, die Herausforderungen, mit denen Forschende konfrontiert sind, sowie Wege zur **Förderung der Zusammenarbeit zwischen Forschung und Praxis**. Unter den Vortragenden waren sowohl etablierte Wissenschaftler:innen mit großen Verdiensten als auch Nachwuchsforschende, die Ergebnisse ihrer Dissertationen oder Pilotstudien präsentierten. Der respektvolle und unterstützende Austausch zwischen renommierten Persönlichkeiten und jungen engagierten Wissenschaftler:innen war berührend und lässt auf eine vielversprechende Zukunft der Hypnoseforschung hoffen.
Ein besonderer Dank gilt **Kata Varga und ihrem Team** sowie der **Universität Budapest** für die Schaffung einer wissenschaftlich fundierten, aber zugleich familiären Atmosphäre.
Die Zahl der in anerkannten Fachzeitschriften veröffentlichten Studien zur Hypnose ist in den letzten zehn Jahren deutlich gestiegen. Selbst die Herausforderungen der Pandemie konnten diesen Aufwärtstrend nur geringfügig bremsen. Heute bilden **klinische Exzellenz**, **wissenschaftliche Forschung** und **theoretische Auseinandersetzung** die drei tragenden Säulen des zeitgenössischen Diskurses in der Hypnose. Die Kongresse in **China** und **Ungarn**, beide von der **ISH mitorganisiert**, haben das wachsende internationale Interesse an diesen Themen bestätigt – ein ermutigendes Zeichen für die Zukunft unseres Fachgebiets.
Die grundlegenden Merkmale jeder lebendigen Gemeinschaft – **Freude, Zugehörigkeit, gemeinsame Aktivität und Erfahrungsaustausch** – waren auf beiden Veranstaltungen spürbar. In einer Welt, die sich mit tiefgreifenden Herausforderungen und offenen Fragen zur Zukunft konfrontiert sieht, erscheint der Sinn **internationaler Zusammenarbeit** und der Reichtum **menschlicher Vielfalt** als ein besonders wertvolles Gut, das es zu pflegen und weiterzuentwickeln gilt. **Brücken des Verständnisses zu bauen**, hat viele wichtige Dimensionen.

Kris Klajs
Präsident der ISH

LA LETTRE DU PRÉSIDENT

TRADUCTION NICOLE RUYSSCHAERT

Chers membres de l'ISH,

La seconde moitié de l'année 2025 a été marquée par des avancées importantes dans le domaine de l'hypnose. En août, **Pékin** a accueilli le **Deuxième Congrès Asiatique d'Hypnose Clinique**, le plus grand rassemblement mondial de professionnels d'hypnose cette année, avec **750 participants venus de 24 pays**. L'organisation fut remarquable, tout comme la qualité des conférences et des ateliers. L'hospitalité des hôtes et l'atmosphère conviviale ont permis à chacun de profiter pleinement de cette expérience partagée. Un grand merci à **Xin Fang et son équipe**, à l'Université de Pékin, aux conférenciers et à tous les participants pour avoir contribué à la réussite de cet événement.

Du **16 au 18 octobre**, le **Premier Sommet de la Recherche en Hypnose** s'est tenu à **Budapest**, capitale de la Hongrie. Près de **200 participants venus d'une douzaine de pays** ont pris part à l'événement. La diversité des thèmes abordés a révélé tout le potentiel de développement de la recherche en hypnose. Il serait impossible de citer tous les sujets traités, mais certains méritent d'être mentionnés : les résultats de recherches sur l'usage de l'hypnose dans le traitement des **troubles psychosomatiques**, l'accompagnement des **patients en oncologie**, le travail avec les personnes diagnostiquées avec **TDAH** ou **autisme**, ainsi que la **gestion de la douleur**.

Les discussions ont investigués à la fois la **théorie et la pratique** des interventions hypnotiques, le potentiel des **neuroimageries** dans l'étude des processus hypnotiques, **les défis** auxquels sont confrontés les chercheurs, et les moyens de renforcer la collaboration entre chercheurs et cliniciens. Les intervenants incluaient à la fois des experts reconnus dans le domaine scientifique et de jeunes chercheurs présentant les conclusions de leurs travaux académiques ou de projets pilotes. La bienveillance qui a régné dans les échanges entre professionnels reconnues et jeunes scientifiques passionnés était émouvante et porteuse d'espoir pour l'avenir de la recherche en hypnose.

Un sincère merci à **Kata Varga et son équipe**, ainsi qu'à l'**Université de Budapest**, pour avoir créé une plateforme scientifique de grande qualité dans une ambiance chaleureuse et familiale.

La quantité de recherches publiées sur l'hypnose dans des revues scientifiques reconnues a considérablement augmenté au cours des dix dernières années. Même les défis posés par la pandémie n'ont que légèrement freiné cette dynamique. Aujourd'hui, **l'excellence clinique**, **la recherche scientifique** et **la réflexion théorique** constituent les trois piliers sur lesquels repose le dialogue contemporain dans notre domaine. Les congrès de **Chine** et de **Hongrie**, tous deux coorganisés par l'ISH, ont confirmé l'intérêt international croissant pour ces thématiques—un signe encourageant pour l'avenir de l'hypnose.

Les qualités fondamentales de toute bonne communauté—**la joie, le sentiment d'appartenance, l'action collective et l'échange d'expériences**—étaient bien présentes lors de ces deux événements. Dans un monde confronté à des défis majeurs et à des incertitudes sur l'avenir, le sens de la **coopération internationale** et la richesse de la **diversité humaine** apparaissent plus que jamais comme des valeurs précieuses à préserver et à faire vivre. Construire des ponts de compréhension possède de nombreuses dimensions essentielles.

Kris Klajs
Président, ISH

LETTERA DEL PRESIDENTE

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Cari membri di ISH,

La seconda metà del 2025 è stata ricca di eventi significativi nel campo dell'ipnosi. In agosto, **Pechino** ha ospitato il **Secondo Congresso Asiatico di Ipnosi Clinica**, il più grande raduno mondiale di professionisti dell'ipnosi di quest'anno, con **750 partecipanti provenienti da 24 Paesi**. L'organizzazione è stata eccellente, così come la qualità delle conferenze e dei workshop. L'ospitalità degli organizzatori e l'atmosfera amichevole hanno permesso a tutti di vivere un'esperienza coinvolgente. Un sincero ringraziamento va a **Xin Fang e al suo team**, all'**Università di Pechino**, ai relatori e a tutti i partecipanti per aver creato un incontro così memorabile.

Dal **16 al 18 ottobre**, si è svolto a **Budapest**, capitale dell'Ungheria, il **Primo Summit Internazionale sulla Ricerca in Ipnosi**. Vi hanno partecipato circa **200 colleghi provenienti da più di una dozzina di Paesi**. La varietà dei temi trattati ha messo in luce l'enorme potenziale di crescita della ricerca in ipnosi. È impossibile elencare tutte le questioni affrontate, ma alcuni temi meritano di essere ricordati: i risultati di studi sull'uso dell'ipnosi nel trattamento di **disturbi psicosomatici**, nel supporto a **pazienti oncologici**, in persone con diagnosi di **ADHD o autismo**, e nella **gestione del dolore**.

Le discussioni hanno spaziato tra **teoria e pratica** degli interventi ipnotici, le potenzialità delle **neuroimmagini** nell'esplorazione dei processi ipnotici, le difficoltà che i ricercatori affrontano nel loro lavoro e le modalità per migliorare la collaborazione tra **ricerca e pratica clinica**. Tra i relatori vi erano sia studiosi affermati che giovani ricercatori, i quali hanno condiviso i risultati delle loro **tesi di dottorato** o dei **loro studi pilota**. Il dialogo generoso e rispettoso tra i senior e i giovani appassionati scienziati è stato commovente e fonte di grande speranza per il futuro della ricerca sull'ipnosi.

Un sentito ringraziamento a **Kata Varga e al suo team**, così come all'**Università di Budapest**, per aver offerto una piattaforma scientifica di alto livello e un'atmosfera accogliente e familiare.

La quantità di pubblicazioni sull'ipnosi apparse in riviste scientifiche autorevoli è cresciuta significativamente negli ultimi dieci anni. Persino le sfide della pandemia hanno solo rallentato leggermente questa dinamica positiva. Oggi, **l'eccellenza clinica**, **la ricerca scientifica** e **la riflessione teorica** rappresentano i tre pilastri fondamentali del dialogo contemporaneo nel campo dell'ipnosi. I congressi in **Cina** e in **Ungheria**, entrambi co-organizzati dalla ISH, hanno confermato il crescente interesse internazionale per questi temi—un segnale incoraggiante per il futuro dell'ipnosi.

Le qualità essenziali di ogni comunità viva—**gioia, obiettivi condivisi, senso di appartenenza, e scambio di esperienze**—sono state pienamente presenti in entrambi gli eventi. In un mondo caratterizzato da incertezza e sfide globali, questi incontri ci ricordano il perdurante valore della **cooperazione internazionale** e della **bellezza della diversità.** Costruire ponti di comprensione rimane più importante che mai.

Kris Klajs
Presidente, ISH

CARTA DEL PRESIDENTE

TRADUCIDO POR TERESA ROBLES

Carta del Presidente

La segunda mitad del año 2025 estuvo marcada por acontecimientos significativos en el campo de la hipnosis. En agosto, **Pekín** fue sede del **Segundo Congreso Asiático de Hipnosis Clínica**, el mayor encuentro internacional de profesionales del área en este año, con **750 participantes provenientes de 24 países**. La organización fue impecable, y tanto las conferencias como los talleres destacaron por su calidad. La hospitalidad de los anfitriones y el ambiente cordial permitieron que todos disfrutaran plenamente de esta experiencia compartida. Nuestro más sincero agradecimiento a **Xnn Fang y su equipo**, a la **Universidad de Pekín**, a los ponentes y a cada persona participante por haber hecho posible un evento tan memorable.

Del **16 al 18 de octubre**, tuvo lugar en **Budapest**, capital de Hungría, la **Primera Cumbre de Investigación en Hipnosis**. Asistieron alrededor de **200 personas de más de una docena de países**. La variedad de temas abordados reflejó claramente el potencial de crecimiento que tiene la investigación en hipnosis. Sería imposible resumir todos los asuntos tratados, pero vale la pena destacar algunos: se presentaron resultados de estudios sobre el uso de la hipnosis en el tratamiento de **trastornos psicosomáticos**, en el acompañamiento a **pacientes oncológicos**, en personas diagnosticadas con **TDAH o autismo**, así como en el **manejo del dolor**.

También se discutieron aspectos tanto **teóricos como prácticos** de las intervenciones hipnóticas, el potencial de las **neuroimágenes** para investigar los procesos hipnóticos, los desafíos que enfrentan los investigadores y las formas de **fortalecer la colaboración entre ciencia e intervención clínica**. Los ponentes incluyeron tanto figuras consolidadas con una sólida trayectoria científica como jóvenes investigadores que compartieron resultados de sus **tesis doctorales** o de **estudios piloto**. El respeto y la calidez en los intercambios entre expertos reconocidos y científicos emergentes fue conmovedor y alienta la esperanza en un futuro vibrante para la investigación en hipnosis.

Un agradecimiento muy especial a **Kata Varga y su equipo**, así como a la **Universidad de Budapest**, por haber creado una plataforma científica rigurosa en un entorno acogedor y humano.

En la última década, la cantidad de publicaciones sobre hipnosis en revistas científicas de prestigio ha crecido de forma notable. Incluso los retos planteados por la pandemia apenas lograron frenar esta tendencia ascendente. Hoy en día, la **excelencia clínica**, la **investigación científica** y la **exploración teórica** constituyen los tres pilares fundamentales del diálogo contemporáneo en este campo. Los congresos en **China** y **Hungría**, ambos coorganizados por la **ISH**, han confirmado el creciente interés internacional por estos temas—una señal alentadora para el futuro de la hipnosis.

Las cualidades esenciales de toda comunidad viva—**alegría, sentido de pertenencia, acción compartida e intercambio de experiencias**—estuvieron presentes en ambos eventos. En un mundo enfrentado a desafíos globales e incertidumbres sobre el porvenir, el valor de la **cooperación internacional** y la riqueza de la **diversidad humana** cobra aún más relevancia. **Construir puentes de entendimiento** es una tarea tan valiosa como necesaria, con múltiples dimensiones esenciales.

Kris Klajs
Presidente, ISH

LETTER FROM THE EDITOR

Anita Jung

Dear Readers,

As we reach the final newsletter of the year, I keep thinking about the quiet ways this community supports the field of hypnosis. Your membership is more than participation.

It's a steady gesture of curiosity and connection, a willingness to stay engaged with a discipline that continues to deepen in surprising and meaningful ways. Thank you for being here, for bringing your experience, your questions, and

This issue closes the year with a sense of movement and shared purpose, as though the field itself is leaning toward what comes next. In our main interview, we feature ISH Board Member Cecilia Fabre Robles, whose insights open a wider sense of possibility for the future of hypnosis. Her words create a natural bridge into what lies ahead, reminding us that the future of hypnosis is already taking shape in the conversations we share today.

In our *Research* section, we highlight the work of students from Eötvös Loránd University in Budapest. Valentina Cruzat, Maneesh Mithirhan Ezhilarasan, and Zhou Hezihan explore the role of hypnosis in fibromyalgia. Rana Elseriakousi offers a thoughtful piece on the psychological experience of waiting for critical surgery. Anna Szücs provides copyright-free research blogs—clear, practical summaries on easing children's medical-procedure distress and finding natural relief for menstrual pain. Gyula Reguly contributes a vivid reflection on the 2025 Budapest Hypnosis Research Summit, capturing the sense of global community that filled those days.

In *A Touch of Humor*, Bernhard Trenkle offers a light yet meaningful lesson on *Shi*—the art of recognizing and working with the natural potential already present in a situation.

In *Ideas in Focus*, Dyan Haspel-Johnson brings us into the landscape of sleep, showing how hypnosis can support deep, restorative rest when its pacing and metaphors follow the natural architecture of the mind at night.

We also include an update from Gary Elkins on the International Journal of Clinical and Experimental Hypnosis, highlighting the special issue on psychedelics, mystical experience, and hypnosis, along with the upcoming Ericksonian psychotherapy issue. His overview reflects a research culture that continues to expand in depth and imagination.

Under *Education*, you will find the monthly ISH Masterclasses, Coffee with the President, and details about the ISH XXIII Hypnosis World Congress in Paestum, Italy, in 2027, along with offerings from our constituent societies. Each of these gatherings helps keep our global learning community connected.

As the year comes to an end, I hope you give yourself a moment to acknowledge the work you have done—the people you have supported, the insights you have cultivated, the steadiness you have brought to your practice. Our community grows because each of you offers something uniquely your own.

Collectively, the work shared here reminds us how wisdom moves across generations.

Thank you for being part of this society and for the thoughtful, meaningful work you carry into the world. May the coming year open new directions in your practice, your research, and your sense of connection—to yourself, to others, and to this evolving field.

Warmly,
Anita Jung

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CARTA DE LA EDITORA

SPANISH TRANSLATION: BY TERESA ROBLES

Queridas lectoras y queridos lectores:

En este último boletín del año, vuelvo a pensar en las formas discretas pero esenciales en que nuestra comunidad sostiene el campo de la hipnosis. Su participación es mucho más que una afiliación. Es una presencia atenta, una curiosidad constante y una voluntad de seguir en diálogo con una disciplina que continúa desarrollándose y profundizándose. Gracias por estar aquí, por traer sus preguntas, su experiencia y su sensibilidad a este trabajo compartido.

Este número cierra un año de movimientos y objetivos compartidos, ya orientado hacia lo que está por venir. La entrevista principal está dedicada a Cecilia Fabre Robles, miembro del Consejo de la ISH, cuyas reflexiones abren nuevas posibilidades para el futuro de la hipnosis. Sus palabras crean un puente hacia lo que nos espera, recordándonos que el futuro de la hipnosis ya está naciendo en los diálogos de hoy.

En la sección *Investigación* presentamos los trabajos de estudiantes de la Universidad Eötvös Loránd de Budapest. Valentina Cruzat, Maneesh Mithirhan Ezhilarasan y Zhou Hezihan exploran el papel de la hipnosis en la fibromialgia. Rana Elseriakousi resume la investigación sobre el impacto psicológico de la espera previa a una cirugía crítica. Anna Szücs comparte blogs de investigación de libre uso—síntesis claras y accesibles sobre cómo la hipnosis puede reducir la angustia de los niños durante procedimientos médicos y ofrecer un alivio natural y duradero al dolor menstrual. Gyula Reguly aporta una reflexión vívida sobre el Hypnosis Research Summit celebrado en Budapest en 2025, capturando el espíritu de una comunidad científica internacional unida por un propósito común.

En la sección *A Touch of Humor*, Bernhard Trenkle nos ofrece una presentación ligera pero reveladora del concepto de *Shi*—el arte de reconocer y aprovechar el potencial que ya existe en cada situación.

En *Ideas in Focus*, Dyan Haspel-Johnson nos conduce al mundo del sueño y muestra cómo la hipnosis puede favorecer un descanso profundo y reparador cuando el ritmo y las metáforas utilizadas están en armonía con la arquitectura natural del sueño.
También incluimos una actualización de Gary Elkins sobre el *International Journal of Clinical and Experimental Hypnosis*: el número especial dedicado a los psicodélicos, las experiencias místicas y la hipnosis, junto con un adelanto de la próxima edición centrada en la psicoterapia ericksoniana. Su contribución refleja un panorama de investigación que sigue creciendo, lleno de rigor, creatividad y nuevas perspectivas.

En la sección *Formación* encontrarán información sobre las Masterclasses mensuales de la ISH, los encuentros de *Coffee with the President*, y el XXIII Congreso Mundial de Hipnosis que tendrá lugar en Paestum en 2027, además de las próximas actividades de nuestras sociedades constituyentes. Son espacios que mantienen viva y conectada a nuestra comunidad internacional.

Al cerrar el año, les invito a tomarse un momento para reconocer todo lo que han logrado—las personas a las que han acompañado, las ideas que han cultivado y la estabilidad y el cuidado que han aportado a su práctica. Nuestra comunidad se fortalece porque cada uno de ustedes contribuye con algo único.

Los trabajos reunidos en este número nos recuerdan cómo el conocimiento y la experiencia pueden transmitirse de una generación a otra.
Gracias por su presencia activa en esta sociedad y por el trabajo reflexivo, creativo y profundamente humano que entregan al mundo.

Les deseo un año lleno de nuevas inspiraciones que alimenten su práctica, sus investigaciones y su vínculo con este campo en constante evolución.

Con aprecio,

Anita Jung

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BRIEF DER REDAKTEURIN

GERMAN TRANSLATION: BY ANITA JUNG

Liebe Leserinnen und Leser,

Mit diesem letzten Newsletter des Jahres denke ich an die stillen, aber verlässlichen Wege, auf denen unsere Gemeinschaft das Feld der Hypnose stärkt. Ihre Mitgliedschaft bedeutet weit mehr als Teilnahme. Sie zeigt Interesse, Engagement und die Bereitschaft, eine Disziplin zu begleiten, die sich ko ntinuierlich weiterentwickelt. Vielen Dank, dass Sie dabei sind und Ihre Erfahrung, Ihre Fragen und Ihre Präsenz einbringen.

In dieser Ausgabe greifen wir die Strömungen und Impulse des vergangenen Jahres erneut auf, im Sinne einer leisen Bewegung hin zu dem, was als Nächstes kommt. Im Hauptinterview wenden wir uns ISH-Vorstandsmitglied Cecilia Fabre Robles zu, deren Einsichten einen weiten Blick auf die kommenden Entwicklungen der Hypnose ermöglichen.

In unserem Forschungsbereich stellen Studierende der Eötvös-Loránd-Universität in Budapest ihre Arbeiten vor. Valentina Cruzat, Maneesh Mithirhan Ezhilarasan und Zhou Hezihan beschäftigen sich mit der Rolle der Hypnose bei Fibromyalgie. Rana Elseriakousi fasst die Forschung zur psychologischen Belastung während der Wartezeit vor einer wichtigen Operation zusammen. Anna Szücs stellt frei nutzbare Blogbeiträge bereit—klare, gut verständliche Zusammenfassungen zur Verringerung von Belastungen bei Kindern während medizinischer Eingriffen sowie zur natürlichen Linderung von Menstruationsschmerzen. Gyula Reguly teilt seine Eindrücke vom Hypnoseforschungsgipfel 2025 in Budapest und fängt die besondere internationale Atmosphäre ein, die dort spürbar war.

In *A Touch of Humor* teilt Bernhard Trenkle eine augenzwinkernde, zugleich aber treffende Erklärung des Konzepts *Shi*—der Kunst, das natürliche Potenzial einer Situation wahrzunehmen und daraus etwas zu machen.

In *Ideas in Focus* nimmt uns Dyan Haspel-Johnson mit in die Landschaft des Schlafes und zeigt, wie Hypnose tiefen, erholsamen Schlaf unterstützen kann, wenn Rhythmus und Metaphern im Einklang mit der natürlichen Schlafarchitektur stehen.
Gary Elkins informiert außerdem über Neuigkeiten aus dem *International Journal of Clinical and Experimental Hypnosis*, vom Sonderheft zu Psychedelika und mystischen Erfahrungen bis zur kommenden Ausgabe zur Ericksonschen Psychotherapie. Seine Zusammenfassung spiegelt eine Forschungskultur wider, die weiter an Tiefe und Vielfalt gewinnt. Unter *Education* finden Sie Informationen zu den monatlichen ISH-Masterclasses, *Coffee with the President*, sowie zum ISH XXIII Hypnose-Weltkongress 2027 in Paestum, Italien, und zu Angeboten unserer Mitgliedsgesellschaften. Diese Veranstaltungen halten unsere weltweite Gemeinschaft lebendig und miteinander verbunden.

Zum Jahresende möchte ich Sie einladen, einen Moment innezuhalten und die Arbeit zu würdigen, die Sie in diesem Jahr geleistet haben—die Menschen, die Sie begleitet haben, die Erkenntnisse, die entstanden sind, und die Stabilität, die Sie in Ihre Praxis eingebracht haben. Unsere Gemeinschaft wächst, weil jede und jeder von Ihnen etwas Einmaliges einbringt.

Die hier versammelten Beiträge machen spürbar, wie Wissen und Erfahrung über Generationen hinweg weitergegeben werden.

Vielen Dank, dass Sie unsere Gemeinschaft mit Ihrer Arbeit und Ihrem Engagement bereichern. Ich wünsche Ihnen ein Jahr, das Ihnen neue Impulse eröffnet—für Ihre Arbeit, Ihre Forschung und Ihr Gefühl der Zugehörigkeit zu diesem besonderen Feld

Herzlichst,

Anita Jung
Redakteurin, ISH Newsletter
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LETTRE DE LA RÉDACTRICE

FRENCH TRANSLATION: BY NICOLE RUYSSCHAERT

Chers lecteurs,

Pour ce dernier bulletin de l'année, je repense aux façons discrètes mais essentielles dont notre communauté soutient le domaine de l'hypnose. Votre engagement représente bien plus qu'une adhésion. C'est une présence attentive, une curiosité qui ne faiblit pas, une volonté de rester en lien avec une discipline qui continue de se renouveler et de s'approfondir. Merci d'être là, d'apporter vos questions, votre expérience et votre regard à ce travail collectif.

Dans ce numéro, vous trouverez des contributions qui reflètent les thèmes et les élans qui ont marqué notre année, dans une légère continuité vers ce qui s'ouvre maintenant. Nous consacrons notre entretien principal à Cecilia Fabre Robles, membre du conseil d'administration de l'ISH, dont les idées dessinent un horizon plus vaste pour l'avenir de l'hypnose.

La section *Recherche* met en lumière les travaux d'étudiants de l'Université Eötvös Loránd de Budapest. Valentina Cruzat, Maneesh Mithirhan Ezhilarasan et Zhou Hezihan examinent le rôle de l'hypnose dans la fibromyalgie. Rana Elseriakousi résume les recherches portant sur l'impact psychologique de l'attente précédant une intervention chirurgicale majeure.

Anna Szücs propose des billets de recherche libres de droits—des synthèses claires et accessibles sur la réduction de la détresse chez les enfants lors de procédures médicales, ainsi que sur un soulagement naturel et durable des douleurs menstruelles. Gyula Reguly partage quant à lui un aperçu vivant du Sommet international de la recherche en hypnose, organisé à Budapest en 2025, et restitue l'atmosphère d'une véritable communauté scientifique mondiale réunie autour d'un même élan.

Dans la rubrique *A Touch of Humor*, Bernhard Trenkle offre une présentation légère mais éclairante du concept de *Shi*—l'art de percevoir et d'utiliser le potentiel déjà présent dans une situation.

Dans *Ideas in Focus*, Dyan Haspel-Johnson nous invite à explorer la dynamique du sommeil et montre comment l'hypnose peut favoriser un repos profond et réparateur lorsque le rythme et les métaphores utilisées s'accordent avec l'architecture naturelle du sommeil.

Vous trouverez également une mise à jour de Gary Elkins concernant le *International Journal of Clinical and Experimental Hypnosis* : le numéro spécial consacré aux psychédéliques, aux expériences mystiques et à l'hypnose, ainsi qu'un aperçu de la prochaine édition dédiée à la psychothérapie ericksonienne. Son regard témoigne d'un paysage de recherche en pleine expansion, riche de créativité et de rigueur.

La section *Éducation* rassemble les informations relatives aux Masterclasses mensuelles de l'ISH, aux rencontres *Coffee with the President*, ainsi qu'au XXIIIe Congrès mondial d'hypnose, qui se tiendra à Paestum en 2027. Vous y trouverez également les prochaines activités proposées par nos sociétés constituantes, autant d'occasions de nourrir et de renforcer notre communauté internationale.

Alors que l'année touche à sa fin, j'espère que vous prendrez un moment pour reconnaître ce que vous avez accompli—les personnes que vous avez accompagnées, les idées que vous avez faites mûrir, la stabilité et la sensibilité que vous avez

apportées à votre pratique. Notre communauté s'enrichit parce que chacun et chacune d'entre vous y apporte quelque chose d'unique.

Les contributions réunies dans ce numéro nous rappellent combien le savoir et l'expérience circulent d'une génération à l'autre.

Merci d'être une présence active dans cette société et de porter un travail réfléchi, créatif et profondément humain.

Je vous souhaite une année riche en inspirations nouvelles, pour nourrir votre pratique, vos recherches et le lien que vous entretenez avec ce domaine.

Avec mes pensées les plus chaleureuses,

Anita Jung
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LETTERA DELL'EDITORE

ITALIAN TRANSLATION: BY CONSUELO CASULA

Cari lettori,

Con quest'ultima newsletter dell'anno rifletto sui modi discreti con cui la nostra comunità sostiene il campo dell'ipnosi. La vostra appartenenza è molto più di una semplice partecipazione. È un gesto di curiosità costante, di una disponibilità a rimanere ingaggiati nella disciplina che continua a crescere e trasformarsi in modi sorprendenti e significativi. Grazie di esserci, di portare le vostre domande, la vostra esperienza e la vostra presenza in questo lavoro.

Questo numero chiude un anno di movimenti e obiettivi condivisi, già rivolto a ciò che sta arrivando. L'intervista principale è dedicata a Cecilia Fabre Robles, membro del Consiglio dell'ISH, le cui riflessioni aprono nuove possibilità per il futuro dell'ipnosi. Le sue parole creano un ponte verso ciò che ci attende, ricordandoci che il futuro dell'ipnosi sta già nascendo nei dialoghi di oggi.

Nella sezione *Ricerca* presentiamo i lavori degli studenti dell'Università Eötvös Loránd di Budapest. Valentina Cruzat, Maneesh Mithirhan Ezhilarasan e Zhou Hezihan indagano il ruolo dell'ipnosi nella fibromialgia. Rana Elseriakousi riassume le ricerche sull'impatto psicologico dell'attesa che precede un intervento chirurgico critico. Anna Szücs mette a disposizione blog di ricerca liberi da copyright—sintesi chiare e accessibili sul modo in cui l'ipnosi può ridurre il disagio dei bambini durante procedure mediche e offrire un sollievo naturale e duraturo al dolore mestruale. Gyula Reguly propone invece uno sguardo vivido sull'Hypnosis Research Summit del 2025, tenutosi a Budapest, restituendo l'atmosfera di una comunità scientifica internazionale unita da uno stesso intento.

Nella rubrica *A Touch of Humor*, Bernhard Trenkle offre una presentazione leggera ma significativa del concetto di *Shi*—l'arte di riconoscere e utilizzare il potenziale già presente in ogni situazione.

In *Ideas in Focus*, Dyan Haspel-Johnson ci accompagna nel paesaggio del sonno, mostrando come l'ipnosi possa favorire un riposo profondo e rigenerante quando ritmo e metafore sono in armonia con la naturale architettura della mente durante la notte.

Presentiamo anche un aggiornamento di Gary Elkins riguardo al *International Journal of Clinical and Experimental Hypnosis*: il numero speciale dedicato a psichedelici, esperienze mistiche e ipnosi, e un'anticipazione dell'edizione futura sulla psicoterapia ericksoniana. La sua riflessione mostra una ricerca culturale che continua ad ampliarsi, in profondità e con l'immaginazione.

Nella sezione *Formazione* trovate informazioni sulle Masterclass mensili dell'ISH, sugli incontri *Coffee with the President*, e sul XXIII Congresso Mondiale di Ipnosi che si terrà a Paestum nel 2027, insieme alle prossime iniziative delle società costituenti. Sono tutte occasioni preziose per mantenere connessa la nostra comunità internazionale.

Visto che l'anno sta per concludersi, spero vi concediate un momento per riconoscere ciò che avete realizzato—le persone che avete sostenuto, le intuizioni che avete

coltivato, la stabilità che avete portato nella vostra pratica. La nostra comunità cresce perché ciascuno di voi contribuisce con qualcosa di unico.

I contributi qui raccolti ci ricordano come la saggezza si sposta tra le generazioni.

Grazie per far parte di questa società e per il lavoro scrupoloso e significativo che portate nel mondo. Vi auguro che l'anno prossimo apra nuove direzioni alla vostra pratica, alle vostre ricerche e al vostro senso di connessione verso voi stessi, verso gli altri e verso questo campo in evoluzione.

Con affetto,

Anita Jung
Redattrice della Newsletter

MAIN INTERVIEW WITH CECILIA FABRE ROBLES

INTERVIEW CONDUCTED BY NICOLE RUYSSCHAERT

CECILIA FABRE

N. R.: What do you enjoy about being part of the ISH Board? What does it mean to you and to Latin America?

C.F.R.: Being part of the ISH Board for almost eight years now is a tremendous privilege and a loving responsibility. For me, it means serving as a bridge between cultures, languages, and diverse ways of practicing hypnosis Serving as a representative for Mexico and Latin America has enabled me to help open pathways for more professionals from our region to feel truly included in this international community, where they are respected, acknowledged, and valued. It is an honor to help our region maintain a strong presence, a clear voice, and active participation in the ongoing evolution of hypnosis worldwide.

N. R.: What kinds of activities are useful and necessary to promote hypnosis?

C.F.R.: Hypnosis expands when it is guided by ethics, humanity, and scientific evidence. We need activities that bring professionals closer to real experiences: Congresses, workshops, clinical demonstrations, accessible research, and spaces for reflection. With guidance from an idea proposed by Enayat Shahidi, the ISH Board has expanded this effort through accessible webinars led by excellent hypnotherapists. Since Mark Jensen's presidency, the "Coffee with the President" has added a monthly, open space for clinicians to exchange ideas. It is essential to offer training that balances academic rigor with the inner and spiritual depth of hypnotic work. Transformation occurs when knowledge merges with the deep experience of trance. This is precisely what we seek to embody at the "Centro Ericksoniano de México": an openness to spirituality and the ancestral wisdom that enriches our tradition.

N. R.: What role does social media play in the dissemination of hypnosis?

C.F.R.: Today, social media is a doorway to the world. At ISH, we have shown that hypnosis is a serious, humane, scientific, and deeply spiritual practice when used responsibly. Social media allows us to educate, inspire, dismantle myths, and show hypnosis in action. I am proud to lead the ISH Social Media Committee and to see how our messages reach countries that previously had little or no access to this information.

On these platforms we share metaphors that help people reflect and internalize ideas, opening new paths. We also share academic content, glimpses into the everyday lives of hypnotherapists, thoughts, quotes, and, of course, information about upcoming activities, courses, workshops, or congresses organized by ISH member societies.

N. R.: Should we increase online activity or focus on drawing people to in-person events?

C.F.R.: I truly believe that both paths are necessary. Online activity facilitates access and connects continents.

In-person events allow for intimate, transformative experiences—human encounters, shared trances, and personal connections that can only arise when we are physically together. I believe the key is a loving, balanced combination of both worlds.

N. R.: What is your opinion on online training in hypnosis?
C.F.R.: Online training can be extraordinary when it is well designed, includes supervision, practical experiences, and close accompaniment. Since the pandemic, all our programs at the Centro Ericksoniano de México have been online, and younger generations especially prefer this learning format. We have had many well-trained cohorts. What I consider extremely valuable and something that should never be lost is clinical training, which happens through real work with clients, even if virtually. Experience and real clinical practice are indispensable. A good theorist can never achieve solid work without enough practice and clinical experience. I have witnessed many people discover their potential and elicit inner resources even in online sessions when the structure and teaching are appropriate. It remains equally important to preserve empathy and the Ericksonian spirit of respect, creativity, and human connection in every format.

N. R.: How can we attract more health professionals to the use of hypnosis?
C.F.R.: We can engage more young health professionals by showing them results, letting them experience hypnosis for themselves, encouraging their participation, and involving them in research that produces clinical evidence. When a professional personally feels the benefits—relaxation, mental clarity, emotional relief—and sees the supporting scientific data, they become fully convinced. This is why it is essential to demonstrate, with solid evidence, that hypnosis is scientifically grounded while still embracing its spiritual dimension without compromising methodological rigor.

CECILIA FABRE

N. R.: Which applications deserve more attention today?
C.F.R.: I see strong potential in stress and anxiety management, chronic pain, trauma and resilience, deep change work, psychosomatic issues, and in self-knowledge and spiritual development. My central focus is the work with the body—weight, eating patterns, and one's relationship with oneself—where I have developed a unique therapeutic model.
There is also an underexplored field that has become very important to me: working with hypnosis during states of loss of consciousness. By chance, I worked with a patient who suddenly lost consciousness during a crisis, and I used hypnotic language with her. The results surprised me—she regained consciousness, and I realized that the hypnotic communication had been perceived unconsciously.
I wrote a detailed chapter about this clinical experience for a hypnosis book published in Spain.

N. R.: Are there cultural differences in how hypnosis is practiced around the world?
C.F.R.: Absolutely. Every culture has its own natural ways of entering trance and connecting with spirituality. In Latin America, the bond with nature, ancestors, and the sacred is very strong, which facilitates amplified states of consciousness. I have learned that respecting the patient's cultural background is a powerful resource and leads to more sensitive, transformative interventions.

N. R.: Have you seen evolution in the field over the past 20 years?
C.F.R.: I have seen enormous growth: more research, more integration with medicine, more acceptance within psychotherapy, and more interest in spirituality and deep inner contact. I have also seen a movement toward more humanistic, respectful, and creative practices.

N. R.: Which areas deserve more attention?
C.F.R.: We should go deeper into:
- hypnosis for general well-being and prevention
- self-hypnosis as an everyday tool
- integrating hypnosis with other therapeutic models
- the relationship between hypnosis and spirituality—the bridges between amplified states of consciousness and spirituality in its broadest sense
- body-based, emotional, and eating-related work
- integration with systemic and community psychotherapy

N. R.: How do people in your country view hypnosis? Are there myths or skepticism?
C.F.R.: In Mexico, there is growing openness, curiosity, and enthusiasm. Yes, myths exist especially due to stage hypnosis but once people live a true hypnotic experience, they understand its depth and natural spirituality. Every year I see less skepticism and more desire to learn about it from a serious, therapeutic perspective.

N. R.: What is your main area of practice with hypnosis?
C.F.R.: My main areas include:
- Ericksonian psychotherapy
- Amplified states of consciousness
- Systemic hypnotherapy
- Spiritual work through trance
- My recently created **Ericksonian Tarot**
- my program **Lightening Your Soul and Your Body**, developed over 20 years, helping people transform their relationship with food, their bodies, and their self-esteem from a place of awareness and harmony with others and with the planet

I also work with a systemic model using **metaphorical objects**, which I have developed and refined for 20 years.

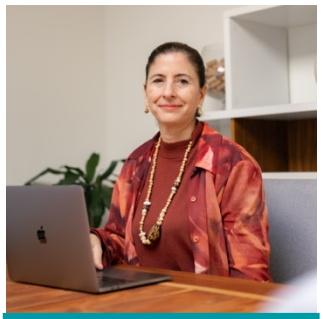
N. R.: What is the place of hypnosis in your work? What distinguishes you in the field?
C.F.R.: Hypnosis is the heart of everything I do. I believe I learned it naturally as my mother used my siblings and me as her "trial subjects" when she was learning.
My work is distinguished by a systemic approach that integrates Ericksonian psychotherapy with spirituality, nature, and ancestral wisdom. This combination awakens inner resources, helps reshape experience, and guides people back to the spiritual knowledge that has always been part of them.

N. R.: What changes have you observed in the application of hypnosis throughout your career?
C.F.R.: I've seen a growing search for brief, deep, respectful interventions centered on inner experience. I also notice that more therapists now dare to include creativity and spirituality in their clinical work, something that was less understood in the past.

N. R.: What do you consider your most important contributions?
C.F.R.: My most significant contributions are:
- the creation of the **Ericksonian Tarot**, a therapeutic method that unites trance, spirituality, and ancestral wisdom

- the development of the **metaphorical objects model**, a profound way of working with the unconscious
- my program **Lightening Your Soul and Your Body**, helping people heal their relationship with food, enjoy their bodies, and live with physical and spiritual lightness
- my nature-based retreats, **Vacations for the Soul**, where contact with nature and therapeutic techniques facilitate amplified states of consciousness that help people find solutions

N. R.: What advice would you give to those who want to learn hypnosis?
C.F.R.: To begin by experiencing hypnosis in their own body and soul, to approach it with humility, curiosity, and respect, and to never forget that hypnosis is a pathway to spirituality, internal connection, and the deepest wisdom that unites us, expands our consciousness, and brings peace and well-being.



CECILIA FABRE

N. R.: How do you see the future of hypnosis?
C.F.R.: I see hypnosis becoming part of hospitals, clinics, businesses, schools, and wellness programs. I believe it can also support larger groups, especially in times of crisis, helping bring people together instead of apart. This belief inspired us at the Centro Ericksoniano de México to create the Doctorate in Integral and Conscious Development for Organizations. I imagine a form of hypnosis that is more spiritual, more human, and more accessible—a tool for everyday life, not just a clinical practice.

N. R.: What is still needed?
C.F.R.: Greater dissemination and openness, more research, and more teachers capable of transmitting hypnosis from an ethical, deep, and loving place. And continued public education to eliminate myths.

N. R.: If you had a dream about the future of hypnosis…
C.F.R.: I dream of a world in which every person knows how to enter trance to heal, understand themselves, activate their spirituality, and find a safe inner refuge. I dream of hypnosis accessible to everyone.
Together with my mother Teresa Robles, I created an online platform called **Autohipnosis para Ti** ("Self-Hypnosis for You"), seeking to help more people benefit from hypnosis. It is our small contribution to the world.

N. R.: What dreams have you seen fulfilled in the field?
C.F.R.: I have seen hypnosis move from taboo to respected practice. I have seen entire communities flourish, grow, and build bridges between countries, cultures, and people.
And I have witnessed thousands of students transform their lives through hypnosis. One student even conducted a thesis comparing how students begin their training and how they leave healthily transformed simply by studying Ericksonian hypnosis.

N. R.: Any recommendations for younger colleagues?
C.F.R.: To study, practice, and always seek supervision, and to not be afraid of integrating creativity and spirituality into their work. Hypnosis flourishes when the therapist is authentic, sensitive, and deeply human. I once heard a teacher say when I was a student: **"First you must be a good copy, and then you can become original."**

A TOUCH OF HUMOR

PROVIDED BY BERNHARD TRENKLE

BERNHARD TRENKLE

A LESSON IN SHI

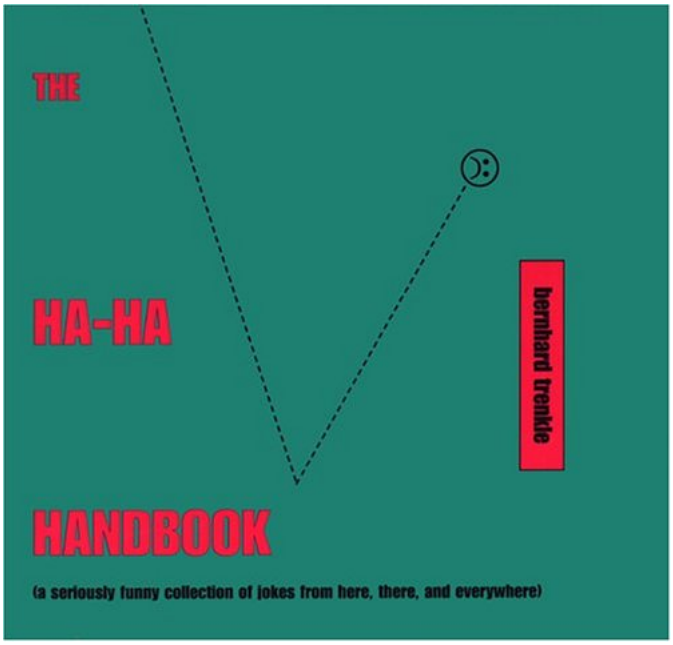
French philosopher and sinologist François Jullien has written an excellent book on Chinese thinking. The book is titled *On Effectiveness*. In it, he examines the Chinese word *Shi*, which bears great similarities to Erickson's principle of utilization and strategic approach to therapy.
It is about recognizing the potential in a situation and using it strategically to your advantage. Specifically, it deals with strategies for action, diplomacy, rhetoric, and even Sunzi's art of war.

Ultimately, it is about recognizing the potential in a situation, exploiting the possibilities of a situation, and achieving goals with ease. In Chinese war philosophy according to Sunzi, a good general is one who positions his troops in such a way that he wins without having to fight. There are many parallels here with Ericksonian approaches.

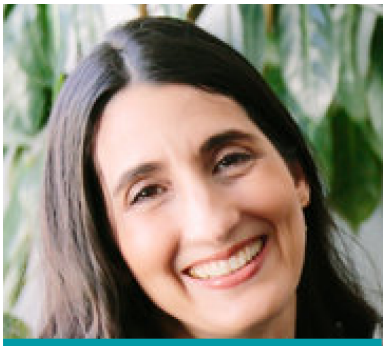
My book *3 Bonbons für 5 Jungs* (*3 Candies for 5 Boys*) contains many case studies of hypno-strategic work. To show how this quiet strategic force can unfold in everyday life, here's a story that captures the spirit of *Shi* far better than any abstract definition.

On the first day after her divorce, she sadly packed her belongings into boxes, crates, and suitcases. On the second day, the moving company came and picked up her belongings. On the third day, she sat down at her beautiful dining room table for the last time, listened to soft background music, and made herself comfortable with a kilo of shrimp, a can of caviar, three cans of sardines, and a bottle of champagne. When she was done, she went into every single room, dipped half-eaten shrimp in caviar, and stuffed them, along with some sardines, into the tube of the curtain rod. Then she cleaned the kitchen and left the house. On the fourth day, her ex-husband came back with his new girlfriend, and everything was blissful. Then the house slowly began to stink. They tried everything: cleaning, mopping, airing out. The carpets were steam-cleaned. They even looked for dead rodents. Fragrances were sprayed, air fresheners were hung everywhere. The exterminator set mouse traps. Once, so much fragrance was sprayed that even the fire alarm went off. During this time, the couple moved into a hotel. In the end, they even ripped out the carpet. Nothing worked. In the meantime, their friends stayed away and no one else came to visit either. The craftsmen refused to work in the house, and the cleaning lady also quit. Finally, they couldn't stand the stench anymore and decided to sell the house. When they couldn't find a buyer after a month, they halved the price, but that didn't help either. They simply couldn't find a buyer for the smelly house. In the meantime, even the real estate agents refused to work with them and stopped returning their calls. Finally, not wanting to wait any longer for a buyer, they went to the bank and took out a loan to buy a new place to live.

Then she called her ex-husband and asked how things were going. He told her about the nightmare of the smelly house. She listened politely and then said that she missed her old home so much and would be willing to take the house for a low price. Assuming that she had no idea how bad the smell really was, they agreed on a tenth of the price the house was actually worth. Of course, he insisted on settling everything immediately. She agreed, and within two hours they had completed all the paperwork at the notary's office. A week later, she watched from a safe distance, amused, as her ex-husband and his girlfriend completely emptied the house with a moving company and took everything to their new home. They even took the curtain rods!



IDEAS IN FOCUS



DYAN HASPEL-JOHNSON

Dyan Haspel-Johnson, Ph.D., S.E.P., is a licensed psychologist, a Consultant for the American Society of Clinical Hypnosis, and co-taught Clinical Hypnosis at UCLA's Department of Psychiatry. She is a Past President and former Vice President of Programs for the Southern California Society for Clinical Hypnosis. Her deep expertise in sleep has also made her a regular VIP contributor to Arianna Huffington's wellness platform, Thrive Global. www.thriveglobal.com

The Rest: Why and How Hypnosis Can be the Key to Finding Deep Quality Sleep

I've long thought that the power and gift of hypnosis comes from the direction of judiciously placed words and pauses to build a bridge from the conscious mind into the unconscious mind. This directs the attention of the hypnotic subject along a desired path towards transformation.

The more artfully, as hypnotists, we do this, the more quickly, effectively, safely and gracefully we can help others (and ourselves!) to reach certain goals.

Perhaps no problem lends itself more naturally to hypnotic intervention than sleep, and yet healing sleep issues requires an understanding of some core concepts so that the form and language of the hypnosis matches the form and nature of sleep itself. Here are two very important points that I've discovered are critical to keep in mind when working with sleep:

• The language of the unconscious is a language of metaphor. The unconscious governs the sleep state, therefore hypnotic interventions (including rhythm, pacing, implications, and stories/symbols) should rely heavily on metaphors that reflect shifting the subject's sleep symptoms towards healthy sleep.

• It's crucial to understand sleep architecture in order to speak to the unconscious about sleep and have the unconscious respond to the greatest degree. If we deliver hypnotic suggestions, for example, to relax the body or we tell the subject in more direct terms to relax and sleep deeply, without creating indirect and structural hypnotic scaffolding that mirrors healthy sleep architecture or healthy sleep metaphors, it will be like speaking Spanish to an English speaker. Much will be lost and the intervention will not create the desired effect.

Sleep as a Metaphor

The most common sleep problems are not actually problems with sleep.

Rand's "2023 Global Report on Sleep" identified insomnia as the biggest sleep issue, affecting almost 10% of the population. The experience of insomnia occurs when individuals have difficulty falling asleep when they first get into bed, when they wake up and can't get back to sleep, or if they awaken too early and can't fall asleep again. This results in symptoms of anxiety, frustration, and often exhaustion, daytime fatigue, cognitive fog, and so on. The challenge here is not with sleep but rather with the transition between being awake and asleep (insomnia) and with the transition between asleep and awake (exhaustion, fatigue, etc.).

Only when we, as practitioners, understand the metaphor of the symptoms themselves, can we effectively replace them with new metaphors that resonate at the unconscious level in a way that truly effects change. Hypnosis, of course, as mentioned earlier, by its very nature, acts a bridge between the conscious and unconscious minds. Perhaps the trance state offers us qualities and characteristics of both conscious and unconscious, waking and sleeping realms and thus it seems to have the unique ability to tap into the world of transitions. Hypnosis offers a pathway like no other to shift transitional challenges like insomnia. To do so, it's beneficial to understand the story that the symptom tells and to utilize that language to create a solution.

Sleep Architecture

Understand basics of sleep architecture and let that be the template for designing suggestions and for the hypnotic intervention. First, know that there are two distinct neurological phases of sleep (Patel, et.al):

• Non-Rapid Eye Movement (NREM), resting phases,
• and Rapid Eye Movement (REM), active phases

For the sake of simplicity, suffice it to know that during a normal, healthy sleep cycle, our brains move from being awake and conscious to slowing down and relaxing until we go into the first non-REM (NREM1) phase of light sleep. During that phase of rest, our brains start to elicit slower theta waves which are the same brain waves that have been shown to appear during hypnosis (e.g., Elkins, 2024; Jensen, Adachi, & Hakimian, 2015; Wofford, et.al., 2023). We then move into the second stage of non-REM (NREM2) where we continue to have some theta waves as well as some additional types of waves and spindles until we shift into the third non-REM (NREM3) stage where the brain waves slow down even more and we get the deepest sleep. Interestingly, we next return to the NREM2 again before going into the active dreaming REM phase. Ideally, we repeat this basic sleep structure numerous times during the course of a night's sleep.

Keeping this process in mind enables us to use it as the template for the development of metaphors and suggestions when approaching sleep related issues. Again, please remember that the theta brain waves that have been noted during hypnosis on fMRI's also activate during the first and second NREM phases of sleep. Theta brain waves are crucial elements bridging the waking state and the deepest NREM3 sleep state.

Coming Full Circle

When delivering hypnotic suggestions for sleep issues, it is this author's opinion that the most beneficial results occur with cohesive content, style, metaphor, and technique that reflect both what the symptoms are symbolically saying and the key components of sleep architecture. Further to this, many issues with sleep represent problems with transitions. Insomnia is the example we've thus far focused on but so many sleep dysfunctions similarly carry the attribute of being a problem with transitions: e.g., restless leg syndrome can be seen as activity during a time for rest whereas sleep apnea is too much rest in the vital process of breathing so that the cycles of the breath, and therefore sleep, are dangerously disrupted.

We can start by seeding easy transitions into sleep using the hypnotic bridge. This creates healthy pockets of rest that make sense to all levels of a person's mind, body, and spirit, creating harmony within a person's own organism and within the context of the world: the personal and the collective, the individual and the archetypal.

Here are some ideas for hypnotic language that can lay the foundation from the beginning of an induction:

"Just notice the soothing sound of my voice… and the pauses… in between each word… how the sound gives meaning to the quiet… and how the quiet brings meaning to the sound… And you might notice how similar this pattern is to so many other patterns… the waxing and waning of the moon… the movement of the tides… perhaps all things follow this same pattern…
And it's interesting how the ocean and the moon are connected… so that as it becomes night, the ocean seems to know… and the tides seem to know…
And we can wonder how it knows what it knows… and yet it does know what it knows…
And the ocean tides move out to the shore. And when they are moving out, they are only moving out… And then there is a point where… somehow they know exactly how far out to go before they pause… at the furthest reaches of the shore… And in this place of stillness… it is as if they check in at the end of that cycle… before the water gracefully moves back… back to the body… of the ocean… before it pauses again… as though safely and gracefully checking in with the body… of the ocean itself… before moving out again into the world…. "

We can build on something like this so that all of the suggestions that follow have already been primed by the metaphoric connection to the nighttime/sleepy-time moon, by the cycles of the ocean, and which could also be later tied to the similar patterning of the breath, the pulsing of the endocrine system, or countless other relevant archetypes.

The power of hypnosis can be deeply realized in using it to heal sleep when we create coherence between the innate qualities of hypnosis itself and the normal structure of the sleep/wake cycles.

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IJCEH
INTERNATIONAL JOURNAL
OF CLINICAL AND EXPERIMENTAL HYPNOSIS

Recent Issue: Volume 73, Issue 4

We are excited to announce that our October issue of the *International Journal of Clinical and Experimental Hypnosis (IJCEH)* features a special issue highlighting the ***"intersections of Psychedelics, Psychedelic and Mystical Experiences, and Hypnosis."*** This very timely and thought-provoking issue focuses on the therapeutic potential, psychological mechanisms, and theoretical frameworks that underpin both psychedelic experiences and hypnotic states. Readers can expect a thorough discussion and answers to questions such as: What are the similarities and differences in hypnotic and psychedelic contexts?; What is the clinical utility of mystical experiences that may be facilitated without drugs?; Do suggestion effects play a role in psychedelics?; Can mystical experiences be induced through hypnosis and meditation?; What is the potential of psychedelic and hypnosis to enhance creativity and spiritual inspiration/growth? Read more about this issue, and the abstracts of included articles at the end of this column.

Sneak Peak into the following issue:

The *International Journal of Clinical and Experimental Hypnosis (IJCEH)* is also pleased to announce an upcoming special issue dedicated to ***Ericksonian Psychotherapy***, scheduled for publication in January 2026. This issue will explore the wide-ranging influence and contemporary relevance of Milton H. Erickson's approach to psychotherapy and hypnosis, highlighting its enduring impact on theory, practice, and empirical research.

For more information on this and any future call for papers and special issues of the *IJCEH,* visit our journal's website at:
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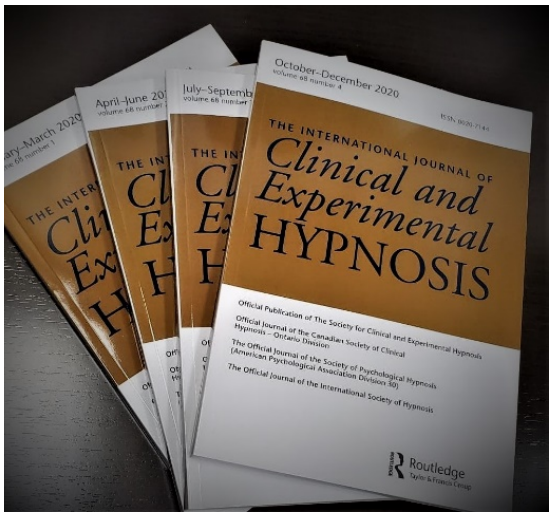
Topics can include: Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).



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November 14, 2025
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Lindsey McKernan, PhD, MPH and Elizabeth G. Walsh, PhD

Sign up or find more information on upcoming seminars in 2026 using this link:
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We are pleased to share abstracts from the articles published in the most recent issue of

THE INTERNATIONAL JOURNAL OF
Clinical and Experimental
HYPNOSIS

October Issue – Volume 73 (4)
Editorial*: *Intersections of Psychedelics, Mystical Experiences, and Hypnosis
The potential therapeutic benefits of psychedelic, mystical experiences, and peak spiritual experiences are of increasing interest among clinicians, researchers, and the public. Several studies have proposed potential parallels between the altered states of consciousness associated with psychedelics and hypnosis. Although there has been increased interest in psychedelics, mystical experiences, hypnosis, and non-ordinary states of consciousness, much remains unknown. The present special issue addresses many of these questions, such as: What are the similarities and differences in hypnotic and psychedelic contexts?; What is the clinical utility of mystical experiences that may be facilitated without drugs?; Do suggestion effects play a role in psychedelics?; Can mystical experiences be induced through hypnosis and meditation?; What is the potential of psychedelic and hypnosis to enhance creativity and spiritual inspiration/growth?. The reader will find thought provoking answers to these questions and deepen knowledge of the intersections among psychedelics, mystical experiences and hypnosis.

Mind-Manifesting Hypnosis: Phenomenological Similarities and Differences in Hypnotic and Psychedelic Contexts
Etzel Cardeña

In the 1970s, researchers and theoreticians of states of consciousness jointly discussed hypnosis and psychedelic alterations of consciousness, but recent research has mostly kept these topics apart. This paper discusses the similarities and differences of hypnosis and psychedelic alterations of consciousness, stressing that states of consciousness should not be defined by their preceding contexts. Predictors of positive responses to psychedelics (e.g., absorption, openness to experience) also predict hypnotic responsiveness. Most experiential changes (e.g., changes in bodily sensations and image, increased simple and complex imagery, and transcendent phenomena) produced by psychedelics are also reported within minimal suggestion hypnosis by highly responsive participants. Yet, there are differences in single sessions in that, as compared with hypnosis, psychedelic experiences typically last longer, are less controllable but more intense, and might produce more negative outcomes but also have a greater potential for positive long-term effects. Hypnosis, psychedelic research, and clinical work can enrich each other and should be more integrated than has been the case recently.

Feasibility of a Hypnosis Intervention for a Mystical Experience
Chris E. Corlett, Cameron T. Alldredge, & Gary R. Elkins

The purpose of the present study is to determine feasibility and acceptability of a standardized hypnosis–oriented intervention for a mystical experience based on a conceptual framework including cognitive expectancy, demand characteristics, the induced hypnotic state, and the role of hypnotizability. Ten college student participants provided informed consent and underwent a hypnosis-based exercise designed to facilitate a mystical experience. The hypnosis–oriented intervention was provided in a setting similar to that used in psychedelic drug research. All participants were in the mid-to-high range of hypnotizability. Results revealed that the hypnosis–oriented intervention was feasible and acceptable based on a composite acceptability score of 9.45 and no dropouts. All participants indicated that they would participate again if given the opportunity.
Additionally, 70% of participants met criteria for a "complete mystical experience" as measured by the Mystical Experience Questionnaire (MEQ30). While these results are encouraging, additional research is needed, including replication with a larger sample.

Clinical Utility of Mystical Experiences:
An Overview and Conceptual Framework
Cameron T. Alldredge, Meredith Vagner, Chris Corlett & Gary R. Elkins

Mystical experiences (MEs) are often profound and transformative encounters with a transcendent reality. Reported across many cultures and religions, these experiences are commonly characterized by a sense of unity, transcendence of time and space, positive mood, ineffability, and a noetic quality. Theoretical models have emphasized psychological, neurological, and sociocultural explanations to account for their positive effects on individuals, and psychometric tools have been developed to offer standardized methods to assess experience intensity and impact. MEs indicate significant potential in clinical psychology and have demonstrated psychotherapeutic benefit in the treatment of various conditions. We propose a novel conceptual framework to guide future use of MEs in therapeutic contexts, as interest in the mystical realm exponentially grows. The framework centers around the ME itself highlighting a requisite non-ordinary state of consciousness to foster intensely felt experiences occasioning profound psychological impact. The framework posits that MEs require three pre-state factors: invitation, context, and individual aptitude. After experiencing an ME, a necessary mediating factor in experiencing beneficial change is the process of integration.

Suggestions effects in psychedelics: Confounds and opportunitie

Madeline V. Stein & Devin B. Terhune

The resurgence of interest in psychedelics has led to their widespread, and often uncritical, promotion within both popular media and scientific communities. This heightened enthusiasm complicates assessments of the neurocognitive effects of psychedelics as well as their efficacy as adjuncts to psychotherapy. A key challenge for this nascent field involves understanding how suggestion effects can both act as a significant confound in research on psychedelics but also improve outcomes in therapeutic interventions. By critically examining how suggestion effects operate within psychedelic experiences, we aim to draw greater attention to their role as a source of bias but also as a tool that can be leveraged to maximize therapeutic benefits. We argue for more careful consideration of, and rigorous experimentation into, the role of suggestion effects in response to psychedelics.

Exploring Mystical-type Experiences through Auto-Induced Cognitive Trance
Aminata Bicego, Naji Alnagger, Etzel Cardeña, Corine Sombrun, Charlotte Martial, Jitka Annen, Olivia Gosseries & Audrey Vanhaudenhuyse

Mystical-type experiences can be induced through techniques that may induce altered states of consciousness like hypnosis and meditation. These experiences are often linked to paranormal beliefs and near-death experiences (NDE). This study explored auto-induced cognitive trance (AICT) as a method to induce mystical-type experiences, examining the influence of factors like religious/spirituality practices, paranormal beliefs, and NDEs-like outside of a life-threatening situation. Twenty-seven participants capable of self-inducing AICT were studied. Before the experiment, their religious/spirituality practices and paranormal beliefs were assessed. Participants underwent five conditions: rest, rest with auditory stimulation, imagination, AICT, and AICT with auditory stimulation. Experience intensity, mystical-type experiences, and NDEs-like were measured before and after AICT and rest. Results showed that AICT induce mystical-type experiences more frequently (29%) compared to the rest condition (0%). More specifically, the intensity of the experience and the degree of NDEs-like during AICT were linked to mystical-type experiences during AICT only. This is the first study to demonstrate that AICT can induce mystical-type experiences in healthy individuals.

Hypnosis, psychedelics, and Creativity: An Overview and Analysis
Sheryl Attig & Stanley Krippner

Alterations in consciousness have long been used to enhance creativity. Here, we focus on the ways in which hypnosis and psychedelics alter consciousness to enhance creativity, drawing on both research and first-hand accounts. The research utilizes standard measures of creativity as well as assessments of artistic, musical, and work-related problem-solving ability. First-hand accounts of scientific discovery offer individual perspective on creativity via personal experience. Various mechanisms of how altered states may enhance creativity are explored including the roles of positive mood, flow, heightened senses, tapping into the unconscious, variations in thought processes (i.e. the Dynamic Framework of Thought Theory), and spiritual inspiration. Finally, limitations and future directions are addressed.

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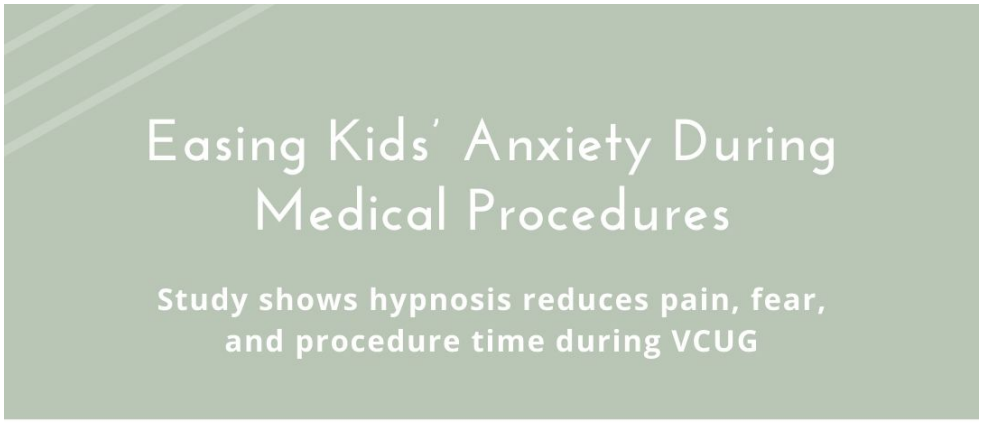
Anxiety and pain reduction in children during medical procedures



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

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

Reference: Butler, L. D., Symons, B. K., Henderson, S. L., Shortliffe, L. D., & Spiegel, D. (2005). Hypnosis reduces distress and duration of an invasive medical procedure for children. *Pediatrics*, *115*(1), e77-85. https://doi.org/10.1542/peds.2004-0818

Menstrual pain

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

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

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The Role of Hypnosis in Fibromyalgia

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Fibromyalgia is a functional somatic disorder with chronic widespread pain and can cause cognitive and psychological limitations. Symptoms of fibromyalgia, other than the chronic pain, include fatigue, sleep disturbances, headaches, lower abdominal pain, and depression (Wolfe et al., 2016). Moreover, one of the most notable signs of fibromyalgia is the extensive musculoskeletal pain that often accompanies mental health challenges such as anxiety, depression, and insomnia (Galvez-Sánchez et al., 2020). Therefore, it can be extremely debilitating and stressful for patients who suffer from fibromyalgia to live a normal life.

The use of hypnosis to improve people's lives has gained relevance since the 90s. However, in the last 10 years, there has been an increase in the studies that show the effectiveness of hypnosis in treating patients with this somatic disorder. For instance, the study conducted by Aravena et al. (2020) explored how a self-administered audio-recorded hypnotic intervention could alleviate pain and fatigue in people with fibromyalgia, while also addressing their self-reported depressive symptoms and overall life satisfaction. The researchers gathered 97 participants with fibromyalgia and split them into two groups: one that received the experimental treatment and a control group. The experimental group listened to hypnotic audio recordings that included techniques such as imagery, dissociation, and confusion during their initial session. After the intervention, the experimental group experienced significant reductions in pain intensity, pain interference, fatigue intensity, fatigue interference, and depressive symptoms, although their life satisfaction didn't show a significant change. A follow-up confirmed that these benefits were maintained.

In the same line, Caputo et al. (2024) validated the therapeutic effects of hypnosis in participants with fibromyalgia for managing chronic pain. The authors explored the effects of hypnosis on pain, mental health, sleep, and quality of life, giving the control group 8-week, 1-hour sessions with a hypnotherapist, involving induction of hypnotic trance followed by suggestions to promote analgesia. The findings indicated that hypnosis has a significant impact on reducing pain intensity, supporting mental health improvements, and enhancing sleep quality in those with fibromyalgia compared to the control group. Interestingly, the pain relief effects were sustained for at least three months, positioning hypnosis as a promising approach for chronic fibromyalgia pain management. Additionally, hypnosis helped lessen the unpleasantness of pain, likely due to the use of suggestions that emphasize comfort, positivity, and personal empowerment in dealing with everyday challenges.

Moreover, Faerman et al. (2022) conducted an interesting investigation into how different types of hypnotic suggestions impact patients' perceptions of involuntariness and effortlessness. They focused on the link between how responsive patients were to specific suggestions and any changes in their sense of agency, particularly in those suffering from fibromyalgia. The study involved gathering a group of fibromyalgia patients and assessing their hypnotizability through the Hypnotic Induction Profile (HIP). After that, they filled out the Sense of Agency Rating Scale (SOARS). The findings revealed that feelings of involuntariness were strongly influenced by how well patients responded to dissociation suggestions, control differential suggestions, and ideomotor suggestions. On the other hand, effortlessness was mainly predicted by responsiveness to ideomotor suggestions. Interestingly, higher involuntariness was associated with better pain relief and less exhausting pain, while greater hypnotizability was linked to more effective treatment relief and lower affective pain levels.

Similarly, Kumar Govindaiah et al. (2024) took a closer look at how the brain activity of fibromyalgia patients varies between resting states and hypnosis. They recorded EEGs from women with fibromyalgia during both conditions. The results revealed that while under hypnosis, these patients exhibited higher levels of theta, beta, delta, and slow gamma power compared to when they were simply resting. They also found a decrease in functional connectivity in the frontal electrodes, less anterior-to-posterior connectivity, more lateral connectivity, and a drop in node strength. All of this points to the idea that hypnosis can alter brain networks related to pain and self-awareness, potentially providing valuable electrophysiological markers for hypnosis in fibromyalgia patients.

Hypnotizability helps people be more responsive to hypnosis-based therapies and is connected to how the left dorsolateral prefrontal cortex works (Faerman et al., 2024). Therefore, the authors analysed whether increasing hypnotizability in low-to-medium hypnotizable individuals could improve the efficacy and effectiveness of therapeutic hypnosis as a clinical intervention. Using transcranial magnetic stimulation to see if they could temporarily boost hypnotizability, they discovered that in individuals with fibromyalgia syndrome, active transcranial magnetic stimulation, compared to a sham version, led to a notable increase in hypnotizability. Still, further research is essential to refine the stimulation techniques and identify the optimal dose and timing for clinical use.

Hypnosis has become a valuable tool in managing fibromyalgia, a condition that causes widespread pain and often doesn't respond well to traditional treatments. In a study by Caron-Trahan et al. (2023), researchers looked at a self-hypnosis program called HYlaDO, which was designed to help people with chronic pain. Participants joined online group sessions where they were guided through hypnosis exercises and later encouraged to practice on their own using audio recordings or memory. Many

reported feeling calmer, experiencing less pain, and even moments of joy during the sessions. One participant said, "It's impressive how I can get myself to be pain-free" (Caron-Trahan et al., 2023, p. 33). A different study by Schein et al. (2023) tested hypnosis alongside another brain-based technique called transcranial direct current stimulation (a-tDCS). They found that hypnosis helped participants tolerate pain better, while a-tDCS affected how the brain processed pain. This shows that both methods may work in different ways to help people with fibromyalgia.

What's interesting is that both studies found hypnosis to be a safe and helpful option. In the self-hypnosis program, most people were able to use the techniques on their own, whether at home or during stressful moments, like waiting for appointments (Caron-Trahan et al., 2023). However, some found it harder to focus without the audio recordings. Schein et al. (2023) also noticed that people who were more responsive to hypnosis experienced better results. This suggests that hypnosis could be even more effective when tailored to each person's needs. Overall, both studies support using hypnosis as part of a larger treatment plan for fibromyalgia, especially since it can reduce pain without the side effects that come with medication.

Overall, the growing body of research strongly supports the use of hypnosis as a valuable and effective tool for managing fibromyalgia.

Studies across different approaches—including self-hypnosis, therapist-guided sessions, and neurophysiological investigations—consistently show that hypnosis can help reduce pain intensity, improve sleep, lower anxiety and depression levels, and enhance overall quality of life.

What makes hypnosis especially promising is that it empowers patients with practical techniques they can use independently, helping them regain a sense of control over their symptoms. Whether used on its own or in combination with other treatments like brain stimulation, hypnosis offers a safe, non-pharmacological alternative that avoids the side effects associated with medication. As fibromyalgia continues to present challenges for both patients and healthcare providers, hypnosis stands out as a practical, accessible, and holistic method to support long-term symptom management and emotional well-being.

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STUDENT RESEARCH HIGHLIGHTS

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Psychological Effects of Waiting for Critical Surgery – Summary

This summary aims to provide a detailed examination and thorough review of the literature on the impact of waiting for critical surgeries from the patient's perspective. The focus is on the overall nature of the waiting experience, quality of life during the preoperative period, and tolerance. The wait time for health services is generally viewed as a straightforward, linear process, where longer waits are hypothesized to intensify a patient's distress (Carr et al., 2009). The experience can be frustrating, filled with uncertainty, whether it ranges from waiting for a few minutes for a blood test or several months for elective surgery (Charmaz, 1991). Waiting experiences are often multifaceted, subjective, and generally influenced by cultural factors (Gasparini, 1995).

Patients awaiting their operations go through increased psychological distress, which contributes to lower quality of life (LQoL) before surgery (Ackerman et al., 2011). During the preoperative period, patients often experience high levels of anxiety, eventually leading to a negative impact on their mental well-being, increased hospital stays, and post-surgical complications (Anagnostopoulou et al., 2011; Wilson et al., 2016). Anxiety is a natural, objective feeling typically experienced before appointed surgeries (Anagnostopoulou et al., 2011; Levandovski et al., 2008; Perks et al., 2009; Rosen et al., 2008; Gan, 2006), and its intensity varies among patients (Anagnostopoulou et al., 2011). Anxiety affects a patient's emotions, thoughts, and daily activities, playing a significant role in cognitive and behavioural changes (Rosen et al., 2008). Elevated anxiety levels can adversely affect the patient's physiology, leading to increased nausea and vomiting (Gan et al., 2006), higher catecholamine release, increased morbidity and mortality (Perks et al., 2009), higher anaesthetic and analgesic requirements, more postoperative pain, cognitive and behavioural disturbances (Rosen et al., 2008), as well as increased infections and neuroendocrine stress (Levandovski et al., 2008).

Patients reported several complex experiences, regardless of the wait time (Carr et al., 2017):

- Restriction: Lifestyle limitations due to illness
- Uncertainty: Worry from not knowing what or when the surgery will happen
- Resignation: Helplessness, a sense of powerlessness, or giving up control over one's life
- Coping: Attempting to adapt and manage the wait

- Opportunity: Personal growth, preparation time, and reflection

In a study, more than half of the patients reported a lower quality of life, a decline in their health status, increased pain, and high psychological distress that remained elevated at preadmission; reduced confidence in managing their health; and fatigue during the waiting period for joint replacement surgery (Ackerman et al., 2011). Although their overall health status and psychological distress remained relatively stable, subjective experiences suggested worsening in other domains, which indicates a mismatch between standard metrics and lived experiences. In relation to these findings, pre-operative well-being emerges as a strong outcome predictor after joint replacement surgeries, and a high morbidity burden persists while awaiting surgery.

The waiting time for bariatric surgery was not experienced as neutral or passive; it was emotionally and psychologically charged (Gregory et al., 2013). Many participants saw their waiting period as a state of suspension, where their life plans, emotional well-being, and health goals were put on hold. This period was often marked by conflicting emotions such as hope, doubt, uncertainty, and fear about whether their operation would happen or succeed. A common theme among bariatric patients was describing their feelings of surviving instead of truly living. They were caught in a phase where they were in a cycle of medical appointments, stigmatization, and the heavy emotional burden of obesity (Gregory et al., 2013). Therefore, patients had insightful suggestions to make the waiting time more meaningful and less harmful:

- **Transparency:** Clear communication, updates about evaluations, and not being kept in the dark about procedures or placement on the waiting list
- **Preparation programs:** Educational sessions on post-operative life, nutrition, and realistic expectations
- **Peer support and counselling:** Reduces feelings of isolation and provides coaching to enhance emotional resilience
- **Mental health support:** Reduces buildup of stress, depression, frustration, self-hate, and blame

In another example, prostate cancer patients, on average, waited five times longer than expected for their operation. Their emotional distress was most prominent during the waiting time between receiving their biopsy diagnosis and undergoing surgery (Seklehner et al., 2013). Adding to their distress was uncertainty about their treatment plan, which further fuelled their anxiety. The study suggests that reducing the waiting time to an interval between four to six weeks could significantly alleviate psychological distress and anxiety, whereas extending this period worsened their well-being.

Patients who were waiting for elective general surgery had higher postoperative complication rates compared to those who underwent surgery without waiting (Oudhoff et al., 2004). Since the risk of irreducible hernia and pain increases over time (Gallegos et al., 1991; Rai et al., 1998), delayed surgeries negatively impact surgical outcomes. Similarly, longer waiting times increased emergency surgery rates (Sobolev et al., 2003). Collectively, this evidence suggests that timely surgery prevents complications and improves physical and psychological outcomes, while delaying surgeries increases patients' suffering and risks of worsened symptoms and strangulations.

The waiting period for surgery has an undeniable impact on mental health, quality of life, and post-surgical recovery. For patients with severe symptoms and complaints, psychological distress frequently continues and may deteriorate during the waiting period. Therefore, patient education, regular communication, psychological and rehabilitation interventions, and organized healthcare policies can serve as important

buffers to help minimize the negative effects of waiting (Gregory et al., 2013; Seklehner et al., 2013). Addressing pre-operative anxiety must be a priority to improve patient consciousness and surgical outcomes.

Based on the studies gathered, there is an understatement of the need to understand and call for systematic change and patient-centred care (Desmeules et al., 2009; Carr et al., 2009; Carr et al., 2017). Healthcare teams should help evolve integrative medicine where patients are trauma-informed, and compassionate care models are applied to help understand emotional wounds and address psychosocial suffering during the preoperative waiting period. The longer the queue—seeing that many others are also waiting for critical procedures—the more likely the patient may perceive their own case as less urgent or might even fear being forgotten. The waiting list itself can become a psychological burden; this is where patients begin to feel invisible, and instead of focusing on recovery, they focus on waiting.

Hypnosis / Suggestion-Based Interventions

1) Brugnoli (2014). Clinical hypnosis and relaxation in the surgery room, critical care, and emergency settings for pain and anxiety relief.

High levels of anxiety and suffering are significantly associated with patients in critical care, undergoing surgery, and experiencing trauma. It is not always appropriate or sufficient to rely solely on medication (such as analgesics and anaesthetics). As part of comprehensive therapeutic management, there is a growing demand for non-pharmacological interventions. When fast and adaptable psychological interventions are needed, therapeutic hypnosis can be a useful addition to medical regimens. Particularly in high-stress situations (emergency and surgical rooms), hypnosis helps lessen anxiety and cognitive appraisal of pain through focusing attention, altering perception, and modifying cognitive evaluation of pain. In this paper, the strategies included guided imagery, suggestive language, and progressive relaxation in three stages: preoperatively (to calm anxiety), intra-operatively (during surgery with the help of local anesthesia), and post-operatively (for recovery and pain adjustment). This research advocates collaboration between anesthesiologists, nursing staff, and psychologists for broader training and awareness among healthcare professionals about when and how to use hypnosis effectively.

2) Amraoui (2018). Effects of a Hypnosis Session Before General Anesthesia on Postoperative Outcomes in Patients Who Underwent Minor Breast Cancer Surgery.

The HYPNOSEIN study examined whether brief hypnosis before general anaesthesia could enhance postoperative results in 150 women undergoing breast cancer surgery. Participants were randomly assigned to either a 15-minute pre-surgery hypnosis group or a control group. The primary outcome was postoperative breast pain; secondary outcomes included fatigue, anxiety, nausea/vomiting, comfort, length of PACU stay, and patient satisfaction. The study observed no significant differences in pain levels following PACU discharge or later, with slightly higher pain reported in the hypnosis group. However, patients in the hypnosis group experienced significantly lower anxiety and fatigue on the evening of surgery. Additionally, their PACU stays were shorter, and intraoperative medication use was reduced. While hypnosis did not alleviate pain, it appeared to enhance emotional well-being and recovery efficiency, suggesting hypnosis serves as a useful complementary approach in perioperative care.

3) Wang, R., Huang, X., Wang, Y., & Akbari, M. (2022).
Non-pharmacologic approaches in preoperative anxiety: A comprehensive review. Frontiers in Public Health, 10, 854673.

This paper examines the prevalence, causes, and treatment of preoperative anxiety. Due to fear, uncertainty, and anticipation before surgery, it affects up to 80% of surgical patients. While pharmacological treatments are widely popular, they may cause side effects and interfere with anaesthesia. Non-pharmacological interventions including CBT, hypnosis, guided imagery, communication strategies, music therapy, aromatherapy, massage, and spiritual practices carry effective outcomes and are considered safe. Evidence supports their ability to reduce anxiety, stabilize vital signs, and improve patient satisfaction across different ages and surgical types. Among these, hypnosis and suggestion-based relaxation techniques were particularly noted for their ability to offer holistic preoperative care (e.g., modulate perception, enhance emotional control, and elevate psychological readiness before surgery).

EVENT CALENDAR
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Upcoming Workshops 2025–2026

Ego-State Therapy and Early Trauma

January 16–17, 2026
with Silvia Zanotta

Address pre-verbal and attachment-related trauma using somatic and ego-state approaches.

Therapeutic Magic

October 9–10, 2026
with Annalisa Neumeyer

XVII EUROPEAN SOCIETY OF HYPNOSIS CONGRESS

XVII European Society of Hypnosis Congress

"Let hypnosis guide you to inner peace"
26-30 August 2026, University of Glasgow, Scotland

- Wednesday 26 August: Pre-conference registration (timings to be confirmed)
- Thursday 27 August: Pre-congress workshop
- Friday 28 - Sunday 30 August: Main Conference

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Melden Sie sich noch heute zu einer der weltweit größten Hypnose-Tagungen an und freuen Sie sich auf einen inspirierenden Fachkongress mit Vorträgen und vielen Workshops sowie Pausen-Entspannungen von angesehenen Referent:innen an vier Tagen rund um das Tagungsthema.
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AMERICAN SOCIETY OF CLINICAL HYPNOSIS

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Pre-Conference Sessions and Speakers: Thursday, March 19, 2026

Daniela Hütwohl, MD

THE IMPACT OF AI TECHNOLOGIES ON PATIENT COMMUNICATION AND CARE

This workshop examines how artificial intelligence is reshaping clinical practice for physicians and mental health providers, including its potential to deliver life-saving diagnostic and treatment support while also introducing new uncertainties into clinical communication. We will explore how AI systems enhance efficiency as well as decision-making and how they may influence trust, rapport, and the flow of information between clinician and patient. The session highlights how medical hypnosis and hypnotic communication strategies can support therapeutic presence in technologically mediated settings. Participants will learn how AI tools can assist in developing therapeutic language frameworks and how hypnosis-informed approaches help maintain clarity, empathy, and patient-centered care.

Ronald A. Alexander, PhD

EXPLORATIONS IN TRAUMA TREATMENT THROUGH ERICKSONIAN HYPNOSIS, MINDFULNESS, AND CORE CREATIVITY

Milton Erickson's innovative approach to hypnosis emphasized rapid trance, storytelling, and metaphor to engage the unconscious in healing, reframing symptoms as expressions of the body's innate wisdom rather than pathology. Complementing this, over 2,500 years of Buddhist meditation have developed skillful methods—mindfulness, visualization, and awareness training—for cultivating self-regulation, emotional release, and trauma transformation.

This workshop integrates Ericksonian Hypnosis, Buddhist Mindfulness, and Core Creativity to treat trauma. Participants learn clinical skills such as tracking, pacing, and symptom utilization to access the creative unconscious, transform somatic-affective experience, and support rapid healing and future growth.

Gary Elkins, PhD

MINDFUL HYPNOTHERAPY: THE BASICS FOR CLINICAL PRACTICE

Mindful hypnotherapy is an intervention that intentionally uses hypnosis (hypnotic induction and suggestion) to integrate mindfulness for personal or therapeutic benefit. In this workshop, participants will learn about the conceptual basis and theoretical foundations of mindful hypnotherapy and hypnotically oriented interventions in psychotherapy. Research on mindful hypnotherapy will be reviewed as well as applications. Mindful hypnotherapy will be considered in regard to stress and anxiety management. Hypnotherapy presents an intriguing synchronicity with some aspects of mindfulness, in that both practices involve focused attention, experiencing the world differently, and relaxation. A combination of lecture, case examples, and experiential practice will be utilized to meet learning objectives in the workshop.

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REGULY SUMMARY

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Gyula Reguly is a PhD student at the Faculty of Affective Psychology at ELTE university.

His doctoral studies under Zoltán Kekecs involve the emotional interactions between humans and AI. regulygyula@gmail.com

Hypnosis Research Summit. Budapest • October 2025

The three-day Hypnosis Research Summit in Budapest brought together leading esearchers from across the world, offering a rare opportunity to hear cutting-edge findings directly from the people shaping the field.

The atmosphere carried an unmistakable sense of community — pioneers standing alongside emerging scholars,each building on the foundations laid by those before them. That sense of shared purpose may have been the Summit's greatest strength.

Science guided the entire event. There was a consistent balance between excitement for new developments and a disciplined revisiting of what we thought we understood. Nowhere was this clearer than in the themes of the symposia, which placed safety in hypnosis at one end of the spectrum and psychedelic psychotherapy at the other, with clinical work, neuroscience, and methodological critiques filling the space in between. The first day opened cautiously with a symposium on safety — one of the most important ethical issues in hypnosis research. Z. Kekecs began with a detailed report of adverse effects gathered from a 300-person study. He was followed by D. Moss, who presented a best-practice framework for evaluating and recording adverse events. Their work set a careful tone that carried into further talks. P. Whorwell presented data on gastroenterological hypnotherapy delivered remotely, which paired naturally with S. Arbige's findings on online hypnosis. É. Bányai then spoke about research involving vulnerable populations and the responsibilities that come with that work.

After lunch, the focus shifted when F. Benedetti brought placebo and nocebo phenomena into the conversation, introducing some of the neuroscientific threads that would run through the rest of the Summit.

The free lectures that followed offered a wide-angle view of current research directions. C. Apelian opened by contrasting prominent top-down theories of hypnosis with evidence supporting bottom-up mechanisms.

J. Brunel examined hypnotisability, proposing a multidimensional typology and introducing the construct of Direct Verbal Suggestibility. Before him, N. V. Obukhov had presented work identifying individual electrophysiological patterns associated with hypnotic states. After a midday coffee break, D. Ogez shared his development of VR-assisted hypnotherapy for chronic pain management. The paired presentations by M. N. Berg and L. H. Birketvedt highlighted the current state of the scientist–practitioner gap in hypnosis. The session concluded with C. Alldredge's growing line of research into inducing mystical experiences with hypnosis. The evening unfolded with wine, food, and a Bingo-style signature exchange, before a short night's rest ahead of Day Two.

The second day opened with a symposium focused on neuroscientific perspectives.

P. Vuilleumier began by examining how the brain regulates itself and the crucial role attention plays in hypnosis.He was followed by M. Landry, whose presentation added a multifaceted neuropsychological view with particular emphasis on individual differences.

A. Van Caekenberghe continued this exploration by addressing how hypnoanalgesia research might best be conducted, especially regarding pain modulation. The symposium closed with V. Oswald, who introduced concepts of complexity and entropy in neural dynamics, with special attention to non-ordinary states of consciousness, including hypnosis.

After lunch, the spotlight turned toward psychedelic-assisted psychotherapy. D. Revenstorf shared clinical experiences integrating ketamine with hypnotherapy, framing his work through ideas of order and entropy in the mind. He was followed by J. B. C. Mertens, who presented a case of ketamine-assisted hypnotherapy for treatment-resistant depression. C. Schmidt then offered a close look at psychedelic therapy experiences, highlighting the importance of distinct stages in the process. The session concluded with M. V. Stein's research demonstrating how placebo alone — in this case, inhaling air framed as nitrous oxide — can induce altered states of mind. G. De Benedittis closed the day with reflections and gratitude before the evening's Gala dinner, where food, wine, dancing, and laughter filled the room.

The final day opened with a symposium dedicated to hypnotisability. D. B. Terhune began by examining different approaches to measuring hypnotisability, offering critiques and recommendations for future work. He was followed by G. Petri, who brought mathematical, topographical, and statistical tools to bear on brain-imaging data in hypnosis. The symposium concluded with E. L. Santarcangelo's presentation on the physiological correlates of hypnotisability and the relevance of those findings for therapy, research, and medicine.

KATALIN VARGA

The last symposium of the Summit turned to interactional aspects of hypnosis. Drawing on decades of research and practice, É. Bányai described how interactional theory shaped her scientific work. J. Meyerson followed with a reflection on how administering hypnosis influences the therapist's own trance and experience.

The Summit host, K. Varga, closed the series with her long-term research on the phenomenology of hypnotic interaction and the results it has produced.

The Summit ended with closing remarks from the organisers, expressions of gratitude for everyone who contributed, and a shared sense of possibility for what future gatherings may offer. Throughout the event, the strength of the community — its curiosity, its collaboration, and its momentum — was unmistakable, pointing toward a promising future for hypnosis research.

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