THE INTERNATIONAL SOCIETY OF HYPNOSIS
NEWSLETTER
Building Bridges of Understanding
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CONTENTS

01 LETTER FROM THE PRESIDENT
06 LETTER FROM TH E EDITOR
11 INTERVIEWS
14 A TOUCH OF HUMOR
15 IDEAS IN FOCUS
17 ARTICLES IN BRIEF
20 NOTES FROM PRACTICE
22 IJCEH
26 EVENT CALENDAR
30 PREVIOUS EVENTS
33 MEMBERSHIPS
35 LIST OF CONTRIBUTORS



A LETTER FROM
THE PRESIDENT

It has been over a dozen days since the 17th European Society of Hypnosis (E.S.H.) Congress. In Glasgow, UK, representatives of European hypnosis societies and many specialists from around the world gathered to share their reflections and experiences in the use of hypnosis, as well as the latest research findings in the field. Such meetings are essential for realizing the enormous potential inherent in the use of hypnosis and for bringing tangible benefits to patients. A similar exchange took place a year ago in Beijing during the 2nd Asian Hypnosis Congress. Next year, September 29–October 3, 2027, we will meet in Paestum, Italy, for the 23rd ISH Congress.

The number of research studies on hypnosis is growing year by year. A conference in Nancy, France, in October 2026 will be dedicated to the exchange of experiences and research findings between the academic community and practitioners. ISH has granted its patronage to this event.

A new E.S.H. Board of Directors was elected in Glasgow. Dr. Randy Abrahamsen from Denmark has assumed the chairmanship, and Andreas Kollar from Austria is now the president-elect. Let us wish them success and perseverance. We're keeping our fingers crossed.

Allow me to share—or perhaps, more accurately, to continue—a reflection on a phenomenon that has become increasingly evident in recent times. For many years, an unspoken assumption underlying our work was the belief that the patient's world and the therapist's world are two separate spaces. Drawing such clear boundaries allowed professionals to maintain relatively good mental health over a long period of time. This belief, while useful, is nevertheless based on a delusion. In its extreme form, it can lead to the false conclusion that the wise treat the less wise, the healthy treat the sick, and adults treat children (or at least highly immature individuals).

Global changes such as the climate crisis and political and economic instability affect everyone regardless of their profession. In countries such as Ukraine, Russia, Iran, or Israel—and I am mentioning only those countries whose organizations are affiliated with our society—the real threat of losing one's own life or that of loved ones is a painful reality of everyday life. It affects both patients and doctors. One's profession is not an effective vaccine against anxiety, depression, PTSD, or many other mental health challenges.

We live in the same shared world, connected by hundreds of invisible bonds, histories, stories, and experiences. The call for collaboration is becoming increasingly important—collaboration between therapist and patient, between therapists from different cultural backgrounds, and across generations.

It is also worth remembering how important social connections are—the opportunity for face-to-face meetings and the experience of listening and being listened to. It is worth tapping into the potential offered by supervision (especially group supervision), personal work, and participation in conferences and symposia.

"Building Bridges of Understanding" is more relevant than ever before. Let's think about what each of us can do to ensure that this motto doesn't remain just a string of words. Our knowledge and professional skills are not a privilege, but rather a social obligation, I believe.

Krzysztof Klajs
ISH President

EIN BRIEF DES PRÄSIDENTEN

ÜBERSETZT VON ANITA JUNG

Seit dem 17. Kongress der European Society of Hypnosis (E.S.H.) sind inzwischen mehr als zwölf Tage vergangen. In Glasgow, Großbritannien, kamen Vertreterinnen und Vertreter europäischer Hypnosegesellschaften sowie zahlreiche Fachleute aus aller Welt zusammen, um ihre Gedanken und Erfahrungen zur Anwendung von Hypnose sowie die neuesten Forschungsergebnisse auf diesem Gebiet miteinander zu teilen. Solche Begegnungen sind von großer Bedeutung, um das enorme Potenzial der Hypnose weiterzuentwickeln und für Patientinnen und Patienten konkret nutzbar zu machen. Ein ähnlicher Austausch fand vor einem Jahr in Peking während des 2. Asian Hypnosis Congress statt. Im kommenden Jahr, vom 29. September bis 3. Oktober 2027, werden wir uns in Paestum, Italien, zum 23. ISH-Kongress treffen.

Die Zahl der Forschungsarbeiten zur Hypnose wächst von Jahr zu Jahr. Eine Konferenz in Nancy, Frankreich, wird im Oktober 2026 dem Austausch von Erfahrungen und Forschungsergebnissen zwischen Wissenschaft und Praxis gewidmet sein. Die ISH hat die Schirmherrschaft für diese Veranstaltung übernommen.

In Glasgow wurde ein neuer Vorstand der E.S.H. gewählt. Dr. Randy Abrahamsen aus Dänemark hat den Vorsitz übernommen, und Andreas Kollar aus Österreich ist nun President-Elect. Wünschen wir ihnen Erfolg und Ausdauer. Wir drücken ihnen die Daumen.

Erlauben Sie mir, eine Überlegung zu einem Phänomen mit Ihnen zu teilen – oder besser gesagt: eine Überlegung fortzuführen –, das in letzter Zeit immer deutlicher sichtbar geworden ist. Viele Jahre lang lag unserer Arbeit eine unausgesprochene Annahme zugrunde: die Vorstellung, dass die Welt der Patientinnen und Patienten und die Welt der Therapeutinnen und Therapeuten zwei voneinander getrennte Räume seien. Solch klare Grenzen zu ziehen, ermöglichte es Fachleuten, über lange Zeit hinweg eine relativ gute psychische Gesundheit zu bewahren. Diese Vorstellung mag hilfreich sein, beruht jedoch letztlich auf einer Illusion. In ihrer extremen Form kann sie zu der falschen Schlussfolgerung führen, dass die Weisen die weniger Weisen behandeln, die Gesunden die Kranken und die Erwachsenen die Kinder (oder zumindest höchst unreife Menschen).

Globale Veränderungen wie die Klimakrise sowie politische und wirtschaftliche Instabilität betreffen uns alle – unabhängig von unserem Beruf. In Ländern wie der Ukraine, Russland, Iran oder Israel – und ich erwähne hier nur jene Länder, deren Organisationen unserer Gesellschaft angeschlossen sind – gehört die reale Gefahr, das eigene Leben oder das Leben eines geliebten Menschen zu verlieren, zur schmerzlichen Realität des Alltags. Sie betrifft Patientinnen und Patienten ebenso wie Ärztinnen und Ärzte. Der eigene Beruf ist kein wirksamer Impfstoff gegen Angst, Depression, PTBS oder viele andere psychische Belastungen.

Wir leben in derselben, gemeinsamen Welt, verbunden durch Hunderte unsichtbarer Bande, Geschichten, Lebensgeschichten und Erfahrungen. Der Ruf nach Zusammenarbeit wird immer wichtiger – Zusammenarbeit zwischen Therapeutinnen und Therapeuten und ihren Patientinnen und Patienten, zwischen Therapeutinnen und Therapeuten aus unterschiedlichen kulturellen Kontexten und über Generationen hinweg.

Es lohnt sich auch, daran zu erinnern, wie wichtig soziale Verbindungen sind – die Möglichkeit persönlicher Begegnungen und die Erfahrung, zuzuhören und selbst gehört zu werden. Ebenso lohnt es sich, das Potenzial von Supervision (insbesondere Gruppensupervision), persönlicher Arbeit sowie der Teilnahme an Kongressen und Symposien zu nutzen.

„Brücken des Verstehens bauen“ ist heute aktueller denn je. Denken wir darüber nach, was jede und jeder von uns dazu beitragen kann, damit dieses Motto nicht nur eine Aneinanderreihung von Worten bleibt. Unser Wissen und unsere beruflichen Fähigkeiten sind kein Privileg, sondern vielmehr eine gesellschaftliche Verpflichtung, so glaube ich.

Kris Klajs
Präsident der I.S.H.

LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Plus d'une douzaine de jours se sont écoulés depuis le 17ième Congrès de l'European Society of Hypnosis (ESH.). À Glasgow, au Royaume-Uni, des représentants des sociétés européennes d'hypnose ainsi que de nombreux spécialistes venus du monde entier se sont réunis pour partager leurs idées et leurs expériences sur l'utilisation de l'hypnose, ainsi que les résultats les plus récents de la recherche dans ce domaine. De telles rencontres sont essentielles pour développer l'immense potentiel inhérent à l'utilisation de l'hypnose et pour en faire bénéficier concrètement les patients. Un échange similaire a eu lieu il y a un an à Pékin, lors du 2ième Asian Hypnosis Congress. L'année prochaine, du 29 septembre au 3 octobre 2027, nous nous retrouverons à Paestum, en Italie, pour le 23ième Congrès de l'ISH.

Le nombre d'études consacrées à l'hypnose augmente d'année en année. Une conférence qui se tiendra à Nancy, en France, en octobre 2026 sera consacrée à l'échange d'expériences et de résultats de recherche entre la communauté scientifique et les praticiens. L'ISH a accordé son patronage à cet événement.

Un nouveau Conseil d'administration de l'ESH a été élu à Glasgow. Le Dr Randy Abrahamsen, du Danemark, en a pris la présidence, et Andreas Kollar, d'Autriche, est désormais président élu. Souhaitons-leur succès et persévérance. Nous leur souhaitons bonne chance pour l'avenir.

Permettez-moi de partager avec vous – ou, pour être plus précis, de poursuivre – une réflexion sur un phénomène qui est devenu de plus en plus manifeste ces derniers temps. Pendant de nombreuses années, une hypothèse tacite sous-tendait notre travail : l'idée que le monde du patient et celui du thérapeute constituaient deux espaces distincts. Le fait de tracer des frontières aussi claires permettait aux professionnels de préserver relativement bien leur santé mentale sur une longue période. Cette croyance, bien qu'utile, repose néanmoins sur une illusion. Dans sa forme extrême, elle peut conduire à la conclusion erronée selon laquelle les sages soignent les moins sages, les personnes en bonne santé soignent les malades, et les adultes soignent les enfants (ou, du moins, des personnes considérées comme très immatures).

Les changements mondiaux, tels que la crise climatique ainsi que l'instabilité politique et économique, nous touchent tous, quelle que soit notre profession. Dans des pays comme l'Ukraine, la Russie, l'Iran ou Israël – et je ne mentionne ici que les pays dont les organisations sont affiliées à notre société –, la menace réelle de perdre sa propre vie ou celle d'un être cher constitue une réalité quotidienne douloureuse. Elle touche aussi bien les patients que les médecins. Notre profession n'est pas un remède efficace (comme une vaccination) contre l'anxiété, la dépression, les trouble de stress post-traumatique (TSPT) ou de nombreuses autres difficultés psychiques.

Nous vivons dans le même monde, un monde partagé, reliés les uns aux autres par des centaines de liens invisibles, d'histoires, de récits et d'expériences. L'appel à la collaboration devient de plus en plus important – collaboration entre thérapeute et patient, entre thérapeutes issus de contextes culturels différents, et entre les générations.

Il est également important de se rappeler combien les liens sociaux sont essentiels – l'opportunité de se rencontrer en personne, l'expérience d'écouter et d'être écouté. Il est tout aussi important d'exploiter le potentiel qu'offrent la supervision (en particulier la supervision de groupe), le travail personnel ainsi que la participation à des congrès et à des symposiums.

« Construire des ponts de compréhension » est plus pertinent que jamais. Réfléchissons à ce que chacun et chacune d'entre nous peut faire pour que cette devise ne reste pas une simple chaîne de mots. Nos connaissances et nos compétences professionnelles ne sont pas un privilège, mais plutôt une responsabilité sociale, je crois.

Kris Klajs
Président de l'I.S.H.

LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Sono trascorsi più di dodici giorni dal 17° Congresso della European Society of Hypnosis (E.S.H.). A Glasgow, nel Regno Unito, rappresentanti delle società europee di ipnosi e numerosi specialisti provenienti da tutto il mondo si sono riuniti per condividere riflessioni ed esperienze sull'uso dell'ipnosi, nonché i più recenti risultati della ricerca in questo campo. Incontri di questo tipo sono essenziali per sviluppare l'enorme potenziale insito nell'uso dell'ipnosi e per tradurlo in benefici concreti per i pazienti. Uno scambio simile ha avuto luogo un anno fa a Pechino, durante il 2° Asian Hypnosis Congress. Il prossimo anno, dal 29 settembre al 3 ottobre 2027, ci incontreremo a Paestum, in Italia, per il 23° Congresso della ISH.

Il numero di studi di ricerca sull'ipnosi cresce di anno in anno. Una conferenza che si terrà a Nancy, in Francia, nell'ottobre 2026 sarà dedicata allo scambio di esperienze e risultati della ricerca tra la comunità accademica e i professionisti. L'ISH ha concesso il proprio patrocinio a questo evento.

A Glasgow è stato eletto un nuovo Consiglio Direttivo della ESH. La Dr. Randy Abrahamsen, della Danimarca, ne ha assunto la presidenza, mentre Andreas Kollar, dell'Austria, è ora presidente eletto. Auguriamo loro successo e perseveranza. Facciamo il tifo per loro.

Permettetemi di condividere – o, forse più precisamente, di continuare – una riflessione su un fenomeno che negli ultimi tempi è diventato sempre più evidente. Per molti anni, alla base del nostro lavoro vi è stata un'ipotesi non dichiarata: la convinzione che il mondo del paziente e quello del terapeuta siano due spazi separati. Tracciare confini così netti ha consentito ai professionisti di mantenere, per lunghi periodi, una salute mentale relativamente buona. Questa convinzione, per quanto utile, si basa tuttavia su un'illusione. Nella sua forma estrema, può portare alla falsa conclusione che i saggi curino i meno saggi, i sani curino i malati e gli adulti curino i bambini (o, almeno, persone altamente immature).

I cambiamenti globali, come la crisi climatica e l'instabilità politica ed economica, riguardano tutti, indipendentemente dalla professione. In Paesi come l'Ucraina, la Russia, l'Iran o Israele – e cito soltanto quei Paesi le cui organizzazioni sono affiliate alla nostra società – la minaccia reale di perdere la propria vita o quella di una persona cara è una dolorosa realtà quotidiana. Riguarda tanto i pazienti quanto i medici. La propria professione non è un vaccino efficace contro l'ansia, la depressione, il disturbo da stress post-traumatico (PTSD) o molte altre difficoltà psicologiche.

Viviamo nello stesso mondo, un mondo condiviso, collegati da centinaia di legami invisibili, storie, racconti ed esperienze. L'invito alla collaborazione diventa sempre più importante – collaborazione tra terapeuta e paziente, tra terapeuti provenienti da contesti culturali diversi e tra generazioni.

Vale inoltre la pena ricordare quanto siano importanti i legami sociali – la possibilità di incontrarsi di persona e l'esperienza di ascoltare e di essere ascoltati. Vale la pena attingere anche al potenziale offerto dalla supervisione (in particolare quella di gruppo), dal lavoro personale e dalla partecipazione a congressi e simposi.

«Costruire ponti di comprensione» è più attuale che mai. Riflettiamo su ciò che ciascuno di noi può fare affinché questo motto non rimanga soltanto una sequenza di parole. Le nostre conoscenze e competenze professionali non sono un privilegio, ma piuttosto una responsabilità sociale, credo.

Kris Klajs
Presidente della ISH

CARTA DEL PRESIDENTE (ES)

TRADUCIDO POR TERESA ROBLES

Han pasado más de una docena de días desde el 17.º Congreso de la European Society of Hypnosis (E.S.H.). En Glasgow, Reino Unido, representantes de las sociedades europeas de hipnosis y numerosos especialistas de todo el mundo se reunieron para compartir sus reflexiones y experiencias sobre el uso de la hipnosis, así como los hallazgos más recientes de la investigación en este campo. Encuentros como este son esenciales para aprovechar el enorme potencial de la hipnosis y convertirlo en beneficios concretos para los pacientes. Un intercambio similar tuvo lugar hace un año en Pekín, durante el 2.º Asian Hypnosis Congress. El próximo año, del 29 de septiembre al 3 de octubre de 2027, nos reuniremos en Paestum, Italia, para el 23.º Congreso de la ISH.

El número de estudios de investigación sobre hipnosis aumenta año tras año. Una conferencia que se celebrará en Nancy, Francia, en octubre de 2026 estará dedicada al intercambio de experiencias y resultados de investigación entre la comunidad académica y los profesionales. La ISH ha concedido su patrocinio a este evento.

En Glasgow se eligió una nueva Junta Directiva de la E.S.H. El Dr. Randy Abrahamsen, de Dinamarca, ha asumido la presidencia, y Andreas Kollar, de Austria, es ahora presidente electo. Deseémosles éxito y perseverancia. Crucemos los dedos por ellos.

Permítanme compartir —o, quizá más exactamente, continuar— una reflexión sobre un fenómeno que se ha hecho cada vez más evidente en los últimos tiempos. Durante muchos años, nuestro trabajo se sustentó en una suposición tácita: la creencia de que el mundo del paciente y el mundo del terapeuta son dos espacios separados. Establecer límites tan claros permitió a los profesionales mantener una salud mental relativamente buena durante mucho tiempo. Esta creencia, aunque útil, se basa, sin embargo, en una ilusión. En su forma extrema, puede conducir a la falsa conclusión de que los sabios tratan a los menos sabios, los sanos tratan a los enfermos y los adultos tratan a los niños (o, al menos, a personas muy inmaduras).

Los cambios globales, como la crisis climática y la inestabilidad política y económica, nos afectan a todos, independientemente de nuestra profesión. En países como Ucrania, Rusia, Irán o Israel y menciono únicamente aquellos países cuyas organizaciones están afiliadas a nuestra sociedad, la amenaza real de perder la propia vida o la de un ser querido es una dolorosa realidad cotidiana. Afecta tanto a los pacientes como a los médicos. Nuestra profesión no es una vacuna eficaz contra la ansiedad, la depresión, el trastorno de estrés postraumático (TEPT) ni contra muchos otros problemas de salud mental.

Vivimos en un mismo mundo, conectados por cientos de vínculos invisibles, así como por historias, relatos y experiencias. El llamado a la colaboración adquiere cada vez mayor importancia: colaboración entre terapeuta y paciente, entre terapeutas de distintos contextos culturales y entre generaciones.
También conviene recordar la importancia de las conexiones sociales: la oportunidad de encontrarnos cara a cara y de escuchar y ser escuchados. Vale la pena aprovechar el potencial que ofrecen la supervisión (especialmente la supervisión grupal), el trabajo personal y la participación en congresos y simposios.

«Construir puentes de comprensión» es más relevante que nunca. Pensemos en lo que cada uno de nosotros puede hacer para que este lema no se quede en una simple sucesión de palabras. Nuestros conocimientos y nuestras competencias profesionales no son un privilegio, sino una obligación social. Así lo creo.

Krzysztof Klajs
Presidente de la ISH

LETTER FROM THE EDITOR



Dear Colleagues,

One of the enduring qualities of hypnosis is its capacity to help us notice possibilities that might otherwise remain unseen. What first appears to be an obstacle may become a resource. A familiar question may open differently when approached from another direction. An experience we cannot easily explain may still touch something deeply felt.

Our main interview with Clément Apelian, PhD, carries this curiosity into contemporary hypnosis research.

Rather than asking only who responds to hypnosis, he turns toward how people create particular responses—and toward a future in which the science of suggestion may become increasingly precise, personal, and responsive to the individual.

Bernhard Trenkle brings us back to one of the foundations of Ericksonian work: utilization. Through his characteristic humor, he reminds us that what seems inconvenient, unusual, or problematic may contain the very material from which something new can emerge. You may find yourself laughing while learning.

In Notes from Practice, Alejandra Diaz explores creativity in hypnosis and introduces hypnocreativity—where the therapist's intuition meets the client's perspective and something new can emerge.

Gary Elkins, Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis, offers a glimpse into current research and the breadth of our field— klinischer Hypnose bei chronischen Erkrankungen bis hin zu Hypnotisierbarkeit und visueller Imagination. At the same time, we turn to an emerging voice: Thea Raji Shehayeb, student at Eötvös Loránd University, summarizes current research on Hypnosis and Attachment, highlighting how trust, safety, trauma, and early relational experiences may shape hypnotic responsiveness.

In Ideas in Focus, I turn toward the numinous and how poetry and music can bring us close to experiences beyond ordinary language—difficult to explain, yet somehow familiar when we feel them.

Many ISH Board members and members also gathered in Glasgow for the ESH Congress, a wonderful and successful meeting in an extraordinary city. There was the pleasure of learning and exchanging ideas, the pleasure of returning to old friendships and beginning new ones, and of experiencing once again what it means to belong to an international community. I invite you to visit our Event Calendar → Previous Events and enjoy some of the photographs from Glasgow.

Perhaps a quiet thread runs through these pages: looking again at what is already there, remaining curious about what we do not yet know, and staying open to what may emerge.
I hope you enjoy this issue.

Warmly,

Anita Jung, LPC-S, LPA
ISH Newsletter Editor
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CARTA DE LA EDITORA

SPANISH TRANSLATION BY TERESA ROBLES

Estimadas y estimados colegas,

La hipnosis abre una y otra vez nuevas posibilidades de percepción y comprensión. Lo que en un principio parece un obstáculo puede revelarse como un recurso. Una pregunta conocida puede abrirse de otra manera cuando la abordamos desde una perspectiva diferente. Una experiencia que no podemos explicar fácilmente puede, aun así, conmovernos profundamente.

Esta curiosidad también está presente en nuestra entrevista principal con Clément Apelian, PhD, quien abre nuevas perspectivas sobre la investigación contemporánea en hipnosis. La cuestión no es solamente quién responde a la hipnosis, sino cómo crean las personas determinadas respuestas. Así, se perfila un futuro en el que la ciencia de la sugestión podrá ser cada vez más precisa, personalizada y sensible a la singularidad de cada individuo.

Bernhard Trenkle nos recuerda uno de los principios fundamentales del trabajo ericksoniano: la utilización. Con su característico sentido del humor, nos muestra cómo aquello que en un principio parece incómodo, inusual o problemático puede contener el material mismo del que surja algo nuevo. Quizá se descubran riendo mientras aprenden.

En Notes from Practice, Alejandra Diaz explora la creatividad en el trabajo hipnoterapéutico. Con el término hipnocreatividad, describe ese espacio creativo en el que la intuición terapéutica se encuentra con la perspectiva del cliente y permite que surja algo nuevo.

Gary Elkins, editor en jefe del International Journal of Clinical and Experimental Hypnosis, ofrece una mirada a las investigaciones actuales y a la amplitud de nuestro campo, desde la hipnosis clínica en enfermedades crónicas hasta la hipnotizabilidad y la imaginación visual. Al mismo tiempo, dirigimos nuestra atención hacia una voz joven: Thea Raji Shehayeb, estudiante de la Universidad Eötvös Loránd, presenta una síntesis de las investigaciones actuales sobre hipnosis y apego y destaca cómo la confianza, la seguridad, el trauma y las experiencias relacionales tempranas pueden influir en la respuesta a la hipnosis.

En Ideas in Focus, me acerco a lo numinoso y a cómo la poesía y la música pueden acercarnos a experiencias que van más allá del lenguaje cotidiano: difíciles de explicar y, sin embargo, de algún modo familiares cuando las sentimos.

Muchos integrantes de la Junta Directiva de la ISH y miembros de nuestra comunidad se reunieron también en Glasgow para el Congreso de la ESH, un encuentro maravilloso y exitoso en una ciudad extraordinaria. Disfrutamos la oportunidad de aprender e intercambiar ideas, de reencontrarnos con viejas amistades, de iniciar otras nuevas y de experimentar, una vez más, lo que significa pertenecer a una comunidad internacional. Les invito a visitar Event Calendar → Previous Events y a disfrutar algunas de las fotografías de Glasgow.

Quizá un hilo sutil recorra estas páginas: volver a mirar lo que ya está ahí, mantener la curiosidad ante lo que aún desconocemos y permanecer abiertos a aquello que pueda surgir.
Espero que disfruten este número.
Con cariño,

Anita Jung
Editora, Boletín de la ISH
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BRIEF DER REDAKTEURIN

GERMAN TRANSLATION BY ANITA JUNG

Liebe Kolleginnen und Kollegen,

Hypnose eröffnet immer wieder neue Möglichkeiten des Wahrnehmens und Verstehens. Was zunächst als Hindernis erscheint, erweist sich als Ressource. Eine vertraute Frage, aus einem anderen Blickwinkel betrachtet, bringt eine unerwartete Antwort hervor. Manches, was sich unserem Verstehen entzieht, vermag uns dennoch tief zu berühren.

Dieses Interesse prägt auch unser Hauptinterview mit Clément Apelian, PhD, der neue Perspektiven auf die gegenwärtige Hypnoseforschung eröffnet. Dabei geht es weniger darum, wer auf Hypnose anspricht, sondern darum, wie hypnotische Reaktionen entstehen. So gewinnt die Wissenschaft der Suggestion an Differenzierung und Präzision – und zugleich an Nähe zum einzelnen Menschen.

Bernhard Trenkle erinnert uns an einen Grundgedanken Ericksonscher Arbeit: die Utilisation. Mit dem ihm eigenen Humor zeigt er, wie gerade das, was zunächst störend, ungewöhnlich oder problematisch erscheint, Veränderung ermöglichen kann – ebenso lehrreich wie unterhaltsam.

In Notes from Practice widmet sich Alejandra Diaz der Kreativität in der hypnotherapeutischen Arbeit. Mit Hypnocreativity beschreibt sie den schöpferischen Raum, in dem therapeutische Intuition und die Perspektive des Klienten etwas Neues entstehen lassen.

Gary Elkins, Chefredakteur des International Journal of Clinical and Experimental Hypnosis, ermöglicht einen Einblick in die aktuelle Ausgabe des Journals und die Vielfalt ihrer Themen – von klinischer Hypnose bei chronischen Erkrankungen bis hin zu Hypnotisierbarkeit und Imagination. Zugleich richten wir den Blick auf eine junge Stimme: Thea Raji Shehayeb von der Eötvös-Loránd-Universität fasst aktuelle Forschung zu Hypnose und Bindung zusammen und beleuchtet, wie Vertrauen, Sicherheit, Trauma und frühe Beziehungserfahrungen die hypnotische Responsivität mitprägen können.

In Ideas in Focus wende ich mich dem Numinosen zu und der Frage, wie Poesie und Musik uns an die Grenzen des Sagbaren führen können. Nicht alles, was uns tief berührt, lässt sich erklären oder in Worte fassen. Manches können wir nur spüren – in jenen Augenblicken, in denen sich etwas zeigt, bevor wir es verstehen.

Der ESH-Kongress in Glasgow wurde für viele Mitglieder des ISH-Vorstands und der ISH zu einem Ort des Austauschs und der Begegnung – inmitten einer faszinierenden Stadt. Alte Freundschaften fanden neuen Raum, neue Verbindungen entstanden, und die Verbundenheit unserer internationalen Gemeinschaft war überall spürbar. Einige dieser Momente haben wir in Bildern festgehalten. Sie finden sie unter Event Calendar → Previous Events.

Vielleicht verbindet die Beiträge dieser Ausgabe vor allem eines: die Bereitschaft, Vertrautes neu zu betrachten, dem noch Unbekannten mit Neugier zu begegnen und offen zu bleiben für das, was daraus entstehen kann.

Ich wünsche Ihnen viel Freude beim Lesen.

Herzlichst,

Anita Jung
Editor, ISH Newsletter
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LETTRE DE LA RÉDACTRICE

FRENCH TRANSLATION: BY NICOLE RUYSSCHAERT

Chers collègues,

L'hypnose ouvre sans cesse de nouvelles possibilités de perception et de compréhension. Ce qui apparaît d'abord comme un obstacle peut se révéler être une ressource. Une question familière, envisagée sous un autre angle, peut faire émerger une réponse inattendue. Certaines choses échappent à notre compréhension et peuvent pourtant nous toucher profondément.

Cet intérêt façonne également notre entretien principal avec Clément Apelian, PhD, qui ouvre de nouvelles perspectives sur la recherche contemporaine en hypnose. Il s'agit moins de savoir qui répond à l'hypnose que de comprendre comment les réponses hypnotiques émergent. La science de la suggestion peut devenir de plus en plus précise, nuancée tout en se rapprochant davantage de la singularité de chaque personne.

Bernhard Trenkle nous rappelle l'un des principes fondamentaux de l'approche Ericksonienne: l'utilisation. Avec son humour qui le caractérise, il montre comment ce qui paraît d'abord inconfortable, inhabituel ou problématique peut précisément devenir une possibilité de changement — avec autant de pertinence que de légèreté.

Dans Notes from Practice, Alejandra Diaz se penche sur la créativité dans le travail hypnothérapeutique. Avec le terme Hypnocreativity, elle décrit cet espace créatif où l'intuition thérapeutique rencontre la perspective du client et où quelque chose de nouveau peut émerger.

Gary Elkins, rédacteur en chef de l'International Journal of Clinical and Experimental Hypnosis, nous offre un aperçu du dernier numéro de la revue et de la diversité des thèmes abordés — de l'hypnose clinique dans les maladies chroniques à l'hypnotisabilité et à l'imagination. Simultanément nous focalisons notre attention sur une jeune voix : Thea Raji Shehayeb, de l'Université Eötvös Loránd, présente une synthèse des recherches actuelles sur l'hypnose et l'attachement et explore la manière dont la confiance, la sécurité, les traumatismes et les premières expériences relationnelles peuvent contribuer à façonner la réceptivité hypnotique.

Dans Ideas in Focus, je me tourne vers le numineux et m'interroge sur la manière dont la poésie et la musique peuvent nous conduire aux expériences au-delà de ce qui peut être exprimé par les mots. Tout ce qui nous touche profondément ne peut pas nécessairement être expliqué ou mis en mots. Certaines choses ne peuvent qu'être ressenties — dans ces instants où quelque chose se révèle avant même que nous puissions le comprendre.

Le Congrès de l'ESH à Glasgow est devenu, pour de nombreux membres du Conseil d'administration de l'ISH et de notre communauté, un lieu d'échange et de rencontre au cœur d'une ville fascinante. D'anciennes amitiés ont trouvé un nouvel espace, de nouveaux liens se sont créés, et la profonde connexion qui unit notre communauté internationale était partout perceptible. Nous avons capté certains de ces moments en images, et je vous invite à visiter notre site ISH > Event Calendar → Previous Events pour profiter des photos de Glasgow.

Peut-être est-ce avant tout cela qui relie les contributions de ce numéro : la volonté de reconsidérer ce qui nous est familier, d'affronter avec curiosité ce qui reste inconnu et de voir ce qui peut en émerger.

Je vous souhaite une très belle lecture.

Bien chaleureusement,

Anita Jung
Rédactrice, Bulletin de l'ISH
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LETTERA DELL'EDITORE

ITALIAN TRANSLATION: BY CONSUELO CASULA

Care e cari colleghi,

L'ipnosi apre continuamente nuove possibilità di percezione e comprensione. Ciò che inizialmente appare come un ostacolo può rivelarsi una risorsa. Una domanda familiare, osservata da una prospettiva diversa, può far emergere una risposta inattesa. E alcune esperienze, pur sottraendosi alla nostra comprensione, possono comunque toccarci profondamente.

Questo interesse attraversa anche la nostra intervista principale con Clément Apelian, PhD, che apre nuove prospettive sulla ricerca contemporanea in ipnosi. L'attenzione si sposta dalla domanda su chi risponde all'ipnosi a quella su come nascono le risposte ipnotiche. La scienza della suggestione acquista così maggiore differenziazione e precisione, avvicinandosi al tempo stesso alla singolarità di ogni persona.
Bernhard Trenkle ci ricorda un principio fondamentale del lavoro ericksoniano: l'utilizzazione. Con il suo caratteristico umorismo mostra come proprio ciò che inizialmente appare disturbante, insolito o problematico possa diventare una possibilità di cambiamento – in modo tanto istruttivo quanto piacevole.

In Notes from Practice, Alejandra Diaz si dedica alla creatività nel lavoro ipnoterapeutico. Con il termine Hypnocreativity descrive quello spazio creativo in cui l'intuizione terapeutica e la prospettiva del cliente si incontrano, permettendo a qualcosa di nuovo di emergere.

Gary Elkins, direttore dell'International Journal of Clinical and Experimental Hypnosis, offre uno sguardo sull'ultimo numero della rivista e sulla varietà dei temi affrontati – dall'ipnosi clinica nelle patologie croniche all'ipnotizzabilità e all'immaginazione. Allo stesso tempo, rivolgiamo l'attenzione a una giovane voce: Thea Raji Shehayeb, dell'Università Eötvös Loránd, presenta una sintesi delle ricerche recenti su ipnosi e attaccamento, esplorando come fiducia, sicurezza, trauma ed esperienze relazionali precoci possano contribuire a plasmare la responsività ipnotica.

In Ideas in Focus mi rivolgo al numinoso e alla domanda di come la poesia e la musica possano condurci ai confini di ciò che può essere espresso a parole. Non tutto ciò che ci tocca profondamente può essere spiegato o tradotto in parole. Alcune cose possiamo soltanto sentirle – in quei momenti in cui qualcosa si rivela prima ancora che possiamo comprenderlo.

Il Congresso ESH di Glasgow è diventato, per molti membri del Consiglio direttivo dell'ISH e della nostra comunità, un luogo di scambio e di incontro, nel cuore di una città affascinante. Vecchie amicizie hanno trovato nuovo spazio, sono nati nuovi legami e il senso di connessione della nostra comunità internazionale era percepibile ovunque. Abbiamo raccolto alcuni di questi momenti in immagini, che potrete trovare alla voce Event Calendar → Previous Events.

Forse ciò che unisce più di ogni altra cosa i contributi di questo numero è la disponibilità a guardare ciò che ci è familiare con occhi nuovi, ad avvicinarci con curiosità a ciò che ancora non conosciamo e a rimanere aperti a ciò che può nascere da questo incontro.
Vi auguro una buona lettura, con affetto.

Anita Jung
Redattrice della Newsletter

MAIN INTERVIEW

INTERVIEW CONDUCTED BY NICOLE RUYSSCHAERT



Clément Apelian, PhD
Directeur du laboratoire PRHySME
clement.apelian@prhysme.com

Nicole Russchaert (NR): How did you first encounter hypnosis?

Clément Apelian (CA): My first encounter with hypnosis was indirect. In 2008, I read a book about East Asian martial arts that mentioned the concept of qi and, interestingly, included an exercise for experiencing it. The exercise was strikingly similar to the famous "magnetic hands" suggestion, though I knew nothing about hypnosis at the time. The experience stayed with me, and it prompted me to investigate what can produce such unusual bodily experiences and, years later, led me to hypnosis as a framework for studying the plasticity of perception and beliefs.

NR: Interesting. It looks like there are many ways leading to the field of hypnosis. How did you continue and find your main interest in the field?

CA: I am an early-career cognitive scientist working on the mechanisms that allow suggestions to alter perception, action, and the sense of agency. During my doctoral research, I studied how hypnotic suggestions can modify body representations, comparing their effects with sensory illusions and voluntary imagery. I am now particularly interested in identifying the basic processes and strategies that could make responses to suggestions more reliable, potent, and accessible.
One of my more unusual or critical positions concerns hypnotizability. I do not deny the existence of substantial individual differences, but I am critical of the tendency to treat hypnotizability as a single explanatory ability. The construct has been extremely valuable to the field, but I think it has sometimes directed too much attention toward the question "Who responds to hypnosis?" at the expense of "How does a person produce a particular response?" Different suggestions may involve different mechanisms, and different people may achieve similar experiences through different strategies. Understanding this diversity may ultimately help us improve responsiveness rather than merely classify it.

NR: For many years, there was this controversy between state and non-state, and the importance of hypnotizability or suggestibility. I think this shift to study responsiveness is particularly important. Who were your mentor(s), shaping your thinking or work?

CA: The late Steven Jay Lynn was one of the most influential figures in my intellectual development. I had the privilege of working with him during the final years of his life, and I was deeply impressed by his kindness and intellectual openness. His work played a major role in directing my career toward the study of hypnosis.
I am also very grateful to Devin B. Terhune, whose work I respect deeply. I have learned a great deal from his methodological rigor and the precision with which he approaches difficult questions.

NR: Okay. And besides your teachers, any favorite professional hypnosis books?

CA: The 2008 Oxford Handbook is probably my favorite, although I am biased because it was the first academic book I read when entering the field. On a more clinical side, I am also very fond of M. Yapko's Trancework.

NR: What can we learn from the past of hypnosis?

CA: The history of hypnosis is marked by cycles of exaggerated promises followed by disappointment and rejection. This has caused many issues, but I would like to highlight one in particular: the impoverishment of hypnotic techniques through its history.

My deepest frustration with the general origin myth of hypnosis is its tendency to begin with Mesmer and animal magnetism.

The story becomes much richer when we recognize that hypnosis is rooted in older ritual, religious, and healing practices that also used attention, expectation, imagination, embodiment, and interpersonal influence to shape experience.
In distinguishing itself from supernatural explanations, hypnosis understandably distanced itself from these traditions. However, it may also have neglected some of their practical knowledge. This does not mean accepting their original explanations but studying their techniques and translating whatever proves useful into concepts compatible with current science, culture, and ethics.

NR: You're right. It makes sense to go way back in history to enrich the perception of hypnosis and really understand how it works. On the other hand, research and scientific knowledge are necessary to further integrate hypnosis into clinical practice. How can research contribute to the acknowledgment of hypnosis in medical/psychotherapeutic practice?

CA: To me, one major obstacle is the variability and limited predictability of individual responses. Hypnosis can sometimes produce striking benefits, but we do not always know why a particular procedure succeeds for one person and not another. Research can help by identifying the causal mechanisms involved, determining which processes matter for which outcomes, and establishing how procedures can be adapted to individual patients. This improvement in reliability is one of the main avenues for improving adoption of hypnosis in medical and psychotherapeutic practice.
A second priority is to develop clearer therapeutic models that specify and test what hypnosis adds to the treatment of a particular problem. We already have evidence of benefit across several clinical applications, but hypnosis is often delivered as a complex package, making it difficult to determine which components are active and how they contribute to improvement.
I'm fully aware that mechanistic research is not sufficient on its own. Clinical research, training, and community support are crucial to spreading hypnosis and contributing to its acknowledgment.

NR: Yes, indeed. From where we are now, how do you see the future of hypnosis? If you had a dream … about the future of hypnosis … what happens in your dream?

CA: I dream of a more precise and personalized science of suggestion. We often treat hypnosis as a single intervention and hypnotic responsiveness as a single ability, even though different suggestions may rely on different mechanisms and different people may achieve similar responses through different strategies. My hope is that we learn to identify those processes, teach useful strategies, and adapt procedures to individuals rather than merely classifying them as high or low in hypnotizability.

In the medical field, I envision that one of the major shifts of the 21st century will be a gradual movement from models in which care is largely delivered to passive recipients toward models in which patients become active participants in their own health. I think hypnosis can play a major role in this shift by helping patients develop greater influence over symptom perceptions, emotional responses, behaviors, and physiological processes that are not ordinarily experienced as being under voluntary control.

In psychotherapy, I do not see hypnosis becoming the next fashionable school or brand of therapy. Rather, I believe that an understanding of suggestion and hypnotic methods should become a foundational component of psychotherapy training. However, this is seldom the case, and I hope we see progress on that front over the next decades.

NR: How can we make that happen? How do we free the work of hypnosis from its misconceptions? You are organizing a congress, "Placebo, Hypnosis and Functional Disorders." What motivates you to bring these fields together?

CA: The original motivation was the theoretical convergence I saw among these fields. Hypnosis, placebo and nocebo effects, and functional disorders all raise questions about how expectations, learning, attention, social context, and prior experience can alter perception and physiology. Yet these domains developed in relative isolation and have sometimes reached apparently conflicting conclusions.

For example, hypnotic responsiveness is commonly treated as a stable individual characteristic, whereas placebo responsiveness can vary dramatically between two different placebo trials. One response would be to conclude that the two phenomena are fundamentally different. However, situations in which phenomena look similar while behaving differently are often scientifically productive. The PHFD conference is intended to examine precisely these convergences and tensions.

NR: I sincerely hope this congress will seed awareness of these fields in the medical world. You chose Nancy as the congress venue. Is there a particular reason for that choice?

CA: Nancy has a unique place in the history of hypnosis. In the final decades of the nineteenth century, physicians of the Nancy School challenged Charcot's view that hypnosis was a pathological neurological state associated with hysteria—a historical category that overlaps with our modern concept of functional neurological disorders.

The Nancy School demonstrated that hypnotic phenomena could occur in healthy participants and emphasized the formative roles of suggestion, expectation, and social context. Many questions at the center of PHFD were already being debated in Nancy more than a century ago. Holding the conference there therefore creates a meaningful dialogue between the history of these fields and their future.

NR: That really makes sense. And what about the congress language?

CA: We chose to have this conference entirely in English. It is the lingua franca of research, and we envision this choice as being the most inclusive option for colleagues around the world.

NR: How do you see the relationship between hypnosis and suggestion?

CA: The question is more difficult than it first appears because both "hypnosis" and "suggestion" can refer to several different things. Hypnosis may mean a procedure, a social context, a set of experiences, or the mechanisms proposed to explain them.

What interests me most in hypnosis is the sophisticated use of suggestion. Over centuries, hypnotists have developed remarkably inventive ways of using communication, attention, expectation, and imagination to alter experience. I see suggestion as the broader category and hypnosis as one historically and culturally developed way of organizing it.

The concept of suggestion remains broad, and its underlying mechanisms need to be specified rather than assumed. Nevertheless, it allows us to compare hypnosis with similar forms of experiential influence in medicine, psychotherapy, ritual, and everyday social interaction. For hypnotists, that broader literature is an immense source of both practical inspiration and scientific knowledge.

NR: Which professionals are you targeting at this congress?

CA: PHFD was designed primarily for researchers and clinicians working in hypnosis, placebo and nocebo effects, and functional disorders.
This includes psychologists, physicians, neuroscientists, psychotherapists, and other healthcare professionals. We are particularly concerned about the gap between research and practice, which exists in both directions. That's why the conference is intended to create sustained dialogue between these communities.

NR: Thank you, Clément, for the interview and for organizing this congress! I wish you plenty of success, and let's hope the fields of research and practice are inspired by each other, building a strong future.

CA: Thank you very much!

Note from the Editor:

The conference discussed in this interview, Placebo, Hypnosis, and Functional Disorders (PHFD 2026), will take place in Nancy, France, October 14–16, 2026, and is co-sponsored by the International Society of Hypnosis. The conference brings together researchers and clinicians to advance the clinical and scientific understanding of placebo effects, hypnosis, and functional disorders and to promote interdisciplinary dialogue and shared clinical advances.

The program is now finalized, and registration is open. We warmly invite ISH members and colleagues to participate.

Conference program, abstracts, and registration:
www.phfd-conf.org/en/

A TOUCH OF HUMOR

PROVIDED BY BERNHARD TRENKLE



BERNHARD TRENKLE

UTILIZATION

Utilization is one of the core concepts in Ericksonian Hypnotherapy. It implies that not only should central characteristics and individual qualities of clients be analyzed and diagnosed, but an attempt should also be made to utilize them to achieve therapeutic goals.

Example: A man with psychosis believes he is Jesus. Erickson talks to him: "I hear that you've got some experience as a carpenter." Erickson instructs the man to build a bookshelf for the clinic. This principle is sometimes used intuitively by parents and vocational counselors, as the following story shows.

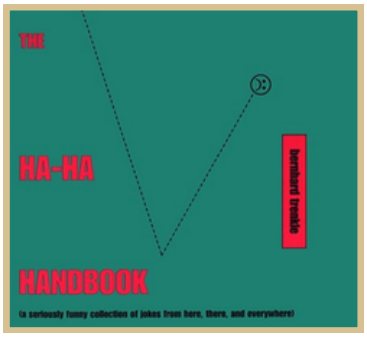
The parents accompany their little son Max to a vocational counselor and have him tested. Afterward, the counselor talks to them. "Does your son have any special preferences or abilities?" – "He likes animals so much," says his mother, "and so we've already thought that becoming a butcher might be just the thing for him."

Real estate agents have also heard of this principle:
The real estate agent is enthusiastically describing a property: "With this property you will gain a huge advantage. Not too far north there's an oil refinery, a fish-meal factory in the south, in the east there's a chicken farm and a garbage dump in the west." The prospective buyer is somewhat aghast and asks: "And where is the huge advantage in that?" The estate agent replies: "You'll always know exactly which direction the wind is coming from."

During therapy, some clients not only learn self-hypnosis and other skills needed to achieve their goals, but also apply the principle of utilization in an almost brilliant manner, as the following story shows.
A stutterer turns up at a Bible society and offers his services as a door-to-door salesman for Bibles. "I wwwwwwannnt tttto sssssell bibibibles." It already takes him more than half a minute to utter only this one sentence. The manager refuses to comply at first. But the stutterer is very insistent and repeats over and over again: "Bbbbut I wwwwannnt tttto ssssell bibibibles." Sometimes it takes him longer, sometimes it takes less time to get his wish across.

Eventually, the manager concedes and gives him two Bibles and two invoices. The stutterer protests: "Nnnno, I wwwant ttttto ssssell ttttten bibibibles." Finally, the manager gives him another eight Bibles and an invoice pad. At about 10:30, the stutterer leaves the rooms of the Bible society. At about 5:00 in the afternoon, he returns, carrying the money for 10 sold Bibles and copies of the invoices. TThe manager is very surprised, and the stuttering young man takes 20 Bibles along this time. The next day, he returns around 3:00 in the afternoon, having already sold all the Bibles. The manager says to him: "Hey! I've been the manager here for 13 years now. Never before has anyone managed to sell more than 7 Bibles in two days. How do you do it?

The stutterer explains: "Thththat's qqqqqquite easssy. I rrrring thththte ddddddoorbbbell. And thththen I ssssay I've ggggot a bibibible hhhhere. Wowowould yyyyyou llllllike me ttttto rrrread yyyou an exxxxxxxccccerppppt or wowowould yyyyyou llllike tttto buy one?"



(Footnote: The idea of using this joke to illustrate the utilization approach is from Kasia Szymanzka. Kasia is Co-Director of the Polish Milton Erickson Institute)

IDEAS IN FOCUS

BY ANITA JUNG



ANITA JUNG

AT THE EDGE OF WORDS

For thirty years, I have worked with musicians and other artists. They have taught me to listen differently—not only to what is said, but to rhythm, silence, image, metaphor, and those moments when someone stops searching for words and simply says, I don't know how to explain it.

As therapists, clinicians, and researchers, we know that territory too. A piece of music moves us before we know what it has touched. A line of poetry stays with us although we cannot quite say why. In hypnosis, an image may emerge unexpectedly, a sensation may shift, or a metaphor may suddenly carry more meaning than a carefully constructed explanation. Something is experienced before it is understood.

More than a century ago, the German theologian Rudolf Otto gave a name to something of this quality: the numinous—das Numinose. He described it as mysterium tremendum et fascinans: a mystery that can evoke awe while at the same time drawing us toward it (Otto, 1917/1958). Yet the word itself can only point toward the experience. What matters is the felt sense of encountering something that reaches beyond what we can readily explain.

Decades later, Ernest and Kathryn Rossi, together with Roxanna Erickson-Klein, explored the numinous from another direction. Their work brought it into conversation with novelty, creativity, learning, and therapeutic change, describing what they called the Novelty-Numinosum-Neurogenesis Effect (Rossi et al., 2008). Central to their thinking was the state-dependent nature of memory, learning, and behavior—the idea that familiar states can keep us within familiar patterns of experience. Novelty may interrupt those patterns, opening the possibility of something different. Their work on the future orientation of constructive memory extended this idea further: human beings do not merely respond to what has already happened. We anticipate, imagine, rehearse, and create possibilities that have not yet occurred (Rossi et al., 2021). Something new may begin as an image, a sensation, or a possibility before we fully understand where it is leading.

Poetry has always known something of this. A poem does not need to explain everything it touches. It can offer an image and allow that image to reverberate. A few words may awaken a memory, an association, a longing, or a recognition that was not accessible a moment earlier. As Jane Hirshfield (1997) suggests in her exploration of the poetic mind, meaning may live as much in image, rhythm, surprise, and what remains unsaid as in what appears on the page.

Music, too, can carry us beyond what words can express. Rhythm, tone, repetition, expectation, and silence shape experience before we consciously interpret them. A familiar song can return us to another time almost instantly. The body seems to recognize something before the story catches up.

Robert Frost called this the "sound of sense"—the meaning carried through the rhythm, cadence, and intonation of speech, even beyond the words themselves (Frost, 1913/2014). In my own work with musical elements in hypnosis, I have been interested in this same meeting place: how rhythm, prosody, repetition, expectancy, and even surprise can shape how hypnotic suggestions are delivered and experienced—not only through the words we choose, but through what is anticipated, interrupted, emphasized, and allowed to resolve (Jung, 2024). Hypnosis, too, often works near this boundary between knowing and not yet knowing.

I think of a musician I once worked with who was trying to describe a feeling he could not name. Each time he approached it, he stopped.

The words seemed either too small or too certain for an experience he could sense but not yet understand. Rather than asking him to explain further, I invited him to imagine that the feeling had a sound. He became quiet.

After a while, he said it was a low note, sustained somewhere beneath everything else. I asked him simply to listen to it. There was no need to decide what it meant. As he remained with the imagined sound, its quality began to change. Other tones appeared. Then an image. Eventually, a memory came to mind that he had not consciously been searching for. What mattered was not the memory alone. It was the way he had reached it. We had stopped asking language to do something it could not yet do.

There are moments in therapy when the most useful question may not be What does this mean? but What does it sound like? What image belongs to it? Such questions do not abandon language. They allow us to approach experience from another direction.

Our words are carried by cadence, timing, expectancy, pauses, images, associations, and the particular responsiveness of the person before us. Much of our work invites something different: a surprising image, an exception to an old certainty, a future imagined with enough vividness that it begins to feel possible. We cannot know in advance exactly what significance any of these will hold for a particular person. That uncertainty may be part of their value.

Creativity has its own version of this process. In my work with musicians, I sometimes hear a frightening sentence: I have lost my creativity. Perhaps we are too quick to assume that silence means absence. There are periods when nothing appears to be happening, yet a process of change may still be reorganizing outside conscious awareness. Old patterns may no longer fit, while what comes next has not yet found its form. A rest in music is not the absence of music. It belongs to the music.

There is something here for us as clinicians as well. We live in a professional world that appropriately values what can be observed, measured, replicated, and explained. Research gives our field its necessary grounding. Yet human experience also includes what resists immediate explanation: awe, wonder, beauty, creativity, grief, connection, and unexpected moments of change.

Not everything meaningful needs to remain mysterious. Neither does everything mysterious need to be explained away. Perhaps this is where poetry, music, and hypnosis come unusually close to one another. Each can interrupt the familiar. Each can invite association rather than dictate meaning. Each can bring us toward an experience before asking us to name it.

We cannot prescribe the numinous. We cannot manufacture wonder, insight, or transformation. What we can sometimes do is help create conditions in which the unexpected becomes possible: enough attention to notice, enough curiosity to follow, enough openness to be surprised, and perhaps enough silence for what has not yet found words.

Then what has not yet found form may begin to emerge. An image. A sensation. A memory. A possibility. Perhaps even a moment in which someone encounters what they could not have anticipated—and knows, before they can explain why, that something has changed.

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Author's note: I am grateful to Kathryn L. Rossi, PhD, for reviewing the discussion of the work of Ernest and Kathryn Rossi and Roxanna Erickson-Klein, and for her thoughtful guidance and suggestions regarding the relevant literature.

ARTICLES IN BRIEF

SUMMARY BY THEA RAJI SHEHAYEB, EÖTVÖS LORÁND UNIVERSITY



HYPNOSIS AND ATTACHMENT

Attachment theory regards the foundational role of early relational experiences in shaping emotional regulation, trust, and interpersonal dynamics, which are factors critical to hypnotic receptivity.

Hypnotic engagement, whether framed through dissociation theories that portray trance as a detachment from reality, or socio-cognitive models which highlight positive expectation, positive motivation, and positive attitude known as Barber's (2000) triarchic theory of high hypnotizability, heavily relies on establishing relational safety and receptivity.

Moreover, neurobiological research further supports this interplay by the implication of oxytocin, a bonding hormone, in fostering trust during hypnotic interactions (Zelinka et al., 2014).

Collectively, these theories conceptualize hypnotic responsiveness as a relational process mediated by attachment security. Attachment styles have been shown to influence hypnotic suggestibility in an impactful manner, such as individuals with secure attachment exhibit greater hypnotizability, likely due to traits such as trust, optimism, and compliance with social contexts. Peter et al. (2014) uncovered a linear relationship between securely attached adolescents who showed self-sacrificing and unselfish traits, accounting for approximately 30% of the variance in hypnotic responsiveness, who were securely attached substantially more than the full sample, drawing only 11%. Likewise, Spiegel et al. (2019) emphasized that secure therapeutic alliances enhance trace depth via attunement and mutual trust. Conversely, individuals with insecure attachment styles exhibit more complex and sometimes contradictory patterns. Anxiously attached individuals may show heightened behavioral responsiveness yet experience internal turbulence during the hypnotic experience stamped with intrusive self-critical dialogue and emotional dysregulation (Di Filippo & Perri, 2024). Avoidantly attached individuals often display emotional distancing and difficulty with absorption, suggesting discomfort with the intimacy hypnosis requires. Meanwhile, fearful attachment is correlated with dissociative tendencies and schizotypal traits. Peter et al. (2011) imply that for some, hypnosis functions as a form of psychological escape.

These distinctions reveal tensions between behavioural outcomes and phenomenological experiences. While earlier studies, such as Peter et al. (2011), suggested a straightforward link between insecure attachment and heightened suggestibility, more recent work challenges this, highlighting instead qualitative disruptions like fragmented attention or emotional discomfort that do not necessarily align with standardized hypnotic scales (Di Filippo & Perri, 2024). Gender also appears to moderate hypnotic responsiveness, with women demonstrating greater absorption and emotional reactivity, traits potentially influenced by socialized relational attunement (Peter Et al., 2014). Contextual differences further complicate interpretations since clinical applications of hypnosis often leverage the therapeutic relationship to repair attachment ruptures (Spiegel, 2016), while experimental settings such as those explored by Williams et al. (2020) may isolate self-hypnosis effects without the relational component, leading to divergent outcomes.

Trauma significantly amplifies the relationship between attachment insecurity and hypnotic responsiveness, particularly through its impact on dissociative tendencies. Weirder and Terhune (2019) demonstrated that individuals with both high trauma exposure and high levels of anxious attachment showed the strongest link between suggestibility and dissociation. Their moderated analysis revealed that this association was not present among individuals with lower trauma exposure or those with more secure attachment profiles. This suggests that trauma may act as a sensitising factor, heightening the likelihood that hypnosis is used as a form of emotional escape. For clinicians, this adds an important layer of complexity; therapeutic interventions involving hypnosis must be adapted based on both attachment styles and trauma history, especially to avoid reinforcing dissociative coping strategies in vulnerable clients.

From a neurobiological perspective, oxytocin has been proposed as a key mechanism underlying hypnotic responsiveness in a relational context. Zelinka et al (2014) theorized that oxytocin, which is released during moments of trust and interpersonal safety, could enhance hypnotic engagement by reducing amygdala activity, thus lowering fear and increasing activation in the prefrontal cortex, which supports attention and self-regulation. This model offers a compelling bridge between the psychological and physiological dimensions of hypnosis. Nonetheless, despite its theoretical appeal, the hypothesis remains speculative; to date, no studies have directly measured oxytocin levels before and after hypnotic induction. Further empirical research is needed to clarify its role.

In addition, the anterior cingulate cortex (ACC) may represent another neurological link between clinical hypnosis and the attachment process. The ACC has been implicated in the experience of social rejection (Miehls, D., 2008), 2010; Eisenberger & Lieberman, 2004; Hanson & Mendius, 2009), attachment-related regulation (Neumann, 2008), and the modulation of pain through hypnosis (Faymonville et al., 2003, 2006; Vanhaudenhuyse et al., 2009). Zelinka et al. (2014) propose a closer examination within integrative models that bridge neuroscience and interpersonal dynamics, given their involvement in both social cognition and hypnotic responsiveness.

Hypnosis has also shown promise in addressing spiritual forms of attachment insecurity, particularly in individuals who struggle with avoidant attachment to God. Williams et al. (2020) developed a six-week self hypnosis protocol aimed at reducing this specific form of relational disconnection. Participants engaged in daily guided imagery exercises that encouraged them to envision God as a nurturing and unconditionally loving presence, for example, by imagining being embraced by God's warmth and care. The intervention led to a significant reduction in avoidant spiritual attachment (d = 0.61), though it had no observable effect on anxious attachment patterns I still believe it is worth noting since these finding suggest that hypnosis may serve as a valuable tool in faith-based counseling, particularly for individuals who feel alienated from religious traditions or struggle to internalize a comforting spiritual representation.

Moreover, Williams et al. (2020) highlight tailoring hypnotic interventions to clients based on their attachment styles, including adding certain guidelines to enhance both rapport and effectiveness. Securely attached individuals typically respond well to directive, goal-oriented approaches, such as those used in pain management. Their inherent trust and emotional stability allow them to engage deeply with therapeutic suggestions, making them ideal candidates for more structured hypnotic work. In contracts, individuals with insecure attachment styles require more nuanced, relationally sensitive approaches. In anxious attachment, suggestions should be framed collaboratively to mitigate fears of coercion, such as offering choice based language.

Additionally, the literature is constrained by developmental and cultural limitations. Much of what we know about attachment/hypnosis relationships is based on studies conducted with Western adolescents and university students, such as those by Peter et al. (2014) and Williams et al. (2020). As a result, we know very little about how these dynamics operate across the lifespan or within non-Western cultural contexts. Given that both attachment and hypnotic responsiveness are shaped by early relational experiences and cultural norms, particularly around authority, emotional expression, and trust, this is a critical gap. Further studies would benefit from exploring how age and culture intersect with attachment to influence hypnotic engagement in more diverse populations.

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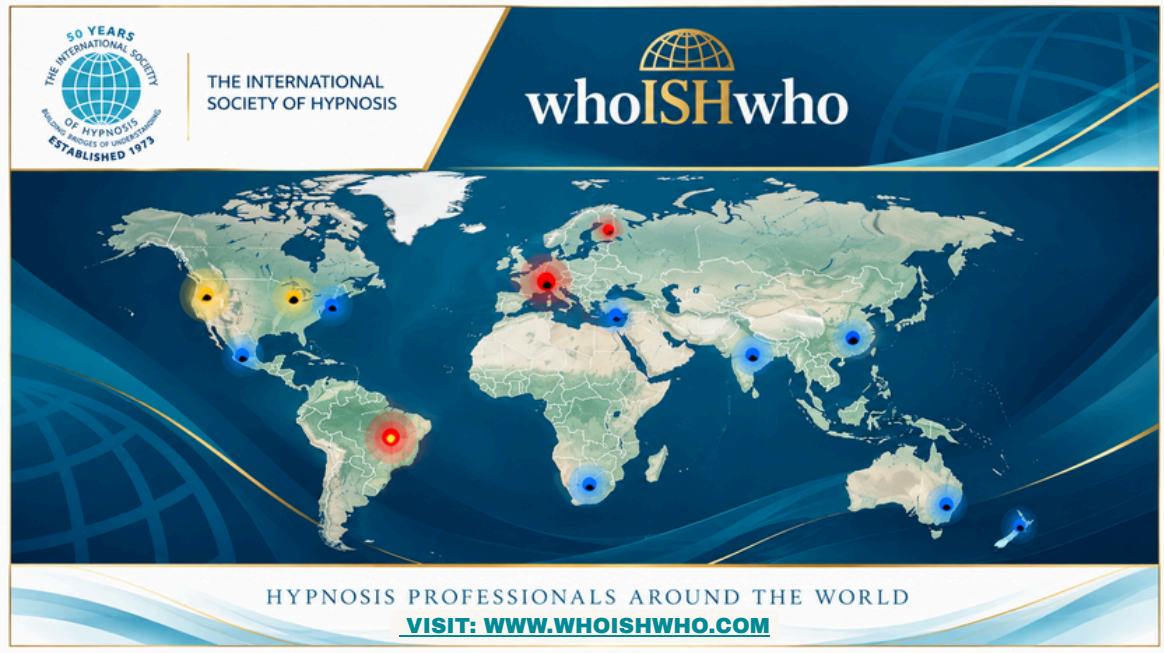
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NOTES FROM PRACTICE

NOTES FROM PRACTICE ON CREATIVITY BY ALEJANDRA DIAZ



ALEJANDRA DIAZ

Alejandra Diaz, LPC, integrates hypnotherapy to explore the mind–body connection.

Creativity is a word we use often in our field but rarely stop examining. Would you describe yourself as a creative hypnotherapist? And how would you know? When we think about curiosity, we often picture great inventions in history—great minds that had not only talent, but the vision of something that needed to be born.

Or perhaps creativity is less about vision and more about an internal drive: an urge to shape on the outside what lies within.

In the work I do, I call it hypnocreativity: the practice of drawing on both my intuition as a hypnotherapist and my client's own perspective to shape something neither of us could have arrived at alone. I see it as a bridge. A point of mutual creation—often a dance of unspoken needs, processes, and possibilities that transforms the therapeutic work.

Considering that we have two curious people working toward the same goal, the creative part starts taking form in both minds.

Think for a moment about how your creative self has been shaped throughout your life and career—by your experiences at different levels, some more positive than others, the interactions you've had, the ups and downs. What truly shapes the creative hypnotherapist in you isn't just the ability to generate novel ideas or solutions. It's the capacity to take that spark into action: to turn it into something useful, challenging, inspiring, transformative.

In the work we do with hypnosis, creativity unfolds as interesting possibilities that differ from what the person has already tried before. The individual has exhausted what their conscious mind had access to. In session, the therapist listens with openness and flexibility, weighing options, considering new pathways, perhaps even unexplored directions, and asking themselves relevant questions that may speak to the client through metaphors and indirect language.

When I think of how Milton Erickson came up with so many creative ways of addressing situations with his patients—the metaphors drawn from a person's own life, the indirect suggestions tailored to a single individual in a single moment—I can only think of how deeply in touch with his intuitive self he must have been. He rarely used the same approach twice, because he was working from what he observed in the person in front of him, not from a script. Observation, more than technique, seems to me like a magnificent tool.

Let's play a creative game. I'll use myself as an example, and then I'd like you to take a few moments to reflect. If I contemplate what has made me a creative hypnotherapist (because I truly believe I am), I can think of many elements throughout my life that have contributed to this. This time, I'll use a triad of geographical places to describe how that happened.

First, I was born and raised in Costa Rica, a country of abundant tropical richness. Costa Rica gave me my first creative language: nature. I learned how nature always finds possibilities, even in the most unexpected places and ways. It taught me how patiently growth and transformation can happen, and how many discordant sounds and elements can become a beautiful harmony.

Second, I've lived in Texas for over 15 years now. Life brought me to Dallas, and unlike the rich Costa Rican green scenery, Texas is a place where I learned that even in dryness, life finds a way to bloom. Through my mentors, I discovered that creativity is not about the environment we are given, but about the seeds of curiosity, imagination, and inspiration we choose to cultivate.

Finally, I have a profound, unexplained connection with Scotland. This scenic country has nourished my creative self through landscapes of mystery, ancient stories, and symbolic richness. It reminds me that creativity often emerges from the places where history, imagination, and the unconscious meet.

I would like to invite you to create your own meaningful triad—a collection of three elements that have contributed to who you are and the way you express your creativity. Anything that holds personal significance: three people who have influenced you, three life events that transformed you, or three songs, books, or movies that shaped your perspective.

Allow yourself to explore beyond the obvious. Let curiosity guide you, and notice what stories, symbols, or memories emerge. Your triad reflects the unique landscape from which your creativity grows.



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INTERNATIONAL JOURNAL OF CLINICAL AND EXPERIMENTAL HYPNOSIS

NEWS FROM THE INTERNATIONAL JOURNAL OF CLINICAL AND EXPERIMENTAL HYPNOSIS

The IJCEH is the #1 most cited hypnosis journal. In addition, the IJCEH now posts regular updates on social media. Following the IJCEH on social media (Instagram, Facebook, YouTube) can help keep you in the loop on recent articles, event information, and exclusive content from some of our expert authors, through our Author Spotlight Interview Series. Below are the links to IJCEH Instagram and Facebook.

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The latest IJCEH post on YouTube is an interview with Dr. Kwartarini Wahyu Yuniarti from Maylasia. Dr. Yuniarti was interviewed about the recent IJCEH publication **"Clinical Hypnosis for Chronic Illnesses: A Scoping Review of Randomized Controlled Trials."** Dr. Kwartarini Wahyu Yuniarti is a Professor of Clinical Psychology at Gadjah Mada University in Malaysia.
You can watch the interview by clicking on the link below.

Interview: https://www.youtube.com/watch?v=Ilt4J8FrMEA

Looking to the future, the next upcoming Author Spotlight Interview will be with Dr. Katalin Varga. Dr. Varga will be interviewed about the recent IJCEH publication **"Hypnotizability and Visual Imagery Inside and Outside Hypnosis: A Replication and Extension."** Dr. Varga is the Head of the Department of Affective Psychology at Eötvös Loránd University in Budapest, Hungary.

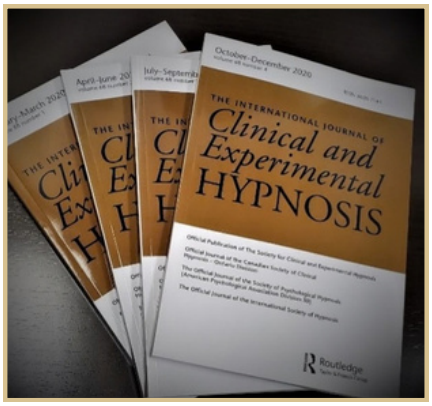
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Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed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



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THE INTERNATIONAL JOURNAL OF
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July Issue – Volume 74 (3)

Recent Issue: Volume 74, Issue 3
The latest issue of the International Journal of Clinical and Experimental Hypnosis (Volume 74, Issue 3) offers articles exploring the research methods and considerations for clinical hypnosis, as well as articles focusing on interdisciplinary connections to hypnosis. Several articles focus on hypnotizability and how to appropriately measure hypnotizability, as well as other aspects.

Other studies focus on brain plasticity or imaginative suggestions. Other articles focus on interdisciplinary connections to clinical hypnosis, including how hypnosis and indigineous trance language are conncted and how hypnosis might be applied in a theatrical context. We encourage readers to read the abstracts of included articles.

Standardized Hypnotizability Assessment and Rapport Education (SHARE)
Boglárka Cserni, Bálint Dömök, Cameron Alldredge, Gary Elkins, and Zoltan Kekecs

The Elkins Hypnotizability Scale (EHS) provides a brief, pleasant, and safe assessment of the full hypnotizability spectrum, with proven reliability and validity for clinical and experimental use. This paper presents the Standardized Hypnotizability Assessment and Rapport Education (SHARE), a training program developed to teach research assistants—typically psychology or medical students—the administration of standardized hypnotizability scales. The training includes five steps: (1) gaining personal experience with the scales, (2) observing expert administration, (3) studying the scales and learning about hypnosis, (4) attending a seminar on theoretical background, standardized rapport, and safety considerations, and (5) conducting 6 practice sessions with each scale. The article provides a comprehensive guide for managing the training to help its implementation in any research lab. We also discuss the training's safety and benefits for trainees. Findings from focus groups of research assistants working at the Mind-Body Medicine Laboratory (Baylor University) and the Behavioral Medicine and Research Credibility Laboratory (Eötvös Loránd University) are also presented, giving further perspective on each step of the training.

Hypnotizability and Visual Imagery Inside and Outside Hypnosis: a Replication and Extension
Katalin Varga, Zoltan Kekecs, Eniko Kasos, Zsuzsanna Besnyő, Erzsébet Gulyás & Ilona Kovács

This study investigates the relationship between hypnotizability inside and outside hypnosis. Hypnotizability reflects one's responsiveness to hypnotic suggestions. Imagery vividness seems to be crucial for hypnosis, but the empirical data are inconsistent. We tested 56 participants using the Vividness of Visual Imagery Questionnaire (VVIQ) for outside hypnosis (trait) imagery, the Phenomenology of Consciousness Inventory (PCI) inside hypnosis for state imagery, and the Harvard Group Scale of Hypnotic Susceptibility (HGSHS) for hypnotizability. No significant correlation was found between hypnotizability and trait imagery ($r = 0.13$). However, moderate correlation was found between hypnotizability and state imagery during hypnosis ($r \approx 0.45$). These results suggest that while there might be no or negligible relationship between general imaginative capacity (trait imagery), and hypnotizability, the ability to engage in vivid imagery in specific contexts (state imagery) is associated with higher hypnotic susceptibility. This highlights the importance of context in imaginative abilities during hypnosis and suggests that situational engagement in imagery, rather than a stable trait, influences hypnotic responsiveness.

Experience of Responding to Imaginative Suggestions: A Micro-phenomenological Interview Exploratory Study
Kevin Sheldrake, Yesesvi Konakanchi and Zoltan Dienes

The micro-phenomenological interview is a technique for investigating phenomenology in detail during an activity lasting seconds to minutes. Here, we applied it to understanding the moment-to-moment experiences of subjects responding to imaginative suggestions that were aimed at temporarily altering perceived reality through deployment of phenomenological control. Our intention was to generate novel hypotheses that could be tested in a future study. We presented three suggestions individually to seven participants, and then interviewed them about their experiences, with the qualitative findings generating four independent hypotheses. We repeated the process with six new participants and found that the data supported three of the hypotheses. These were that while moderate responses involved goal-directed fantasies, high responses appeared to not; that responses scored low did not involve reports of active sabotage; and high and moderate responders do not appear to be aware that they are generating the suggested behavior and cognitions. These hypotheses will need confirming for generalizability with a quantitative study. If confirmed, these results will bear on the mechanisms underpinning phenomenological control.

Hypnotizability and Schizotypy Values of Participants at Two Annual Conferences of the Milton Erickson Society for Clinical Hypnosis, Germany (MEG)
Burkhard Peter

At two annual conferences of the MEG, a hypnotizability and a personality test were conducted at an interval of seven years. At the first conference there was a right-skewed distribution of hypnotizability with more high than low hypnotizable subjects and increased values in the personality style schizotypy in the high compared to the low hypnotizable subjects. At the second conference there was an approximately planar distribution of hypnotizability and there were no differences in the personality style schizotypy between the high, medium and low hypnotizable. It is discussed that external factors such as the COVID pandemic 2020-22 shortly before the second test probably did not play a role.

Because the participants at these two annual meetings did not differ in their sociodemographic data, because it was the same test and the test conditions were largely similar, only guesses can be made to explain the differences between the two conferences: It is possible that the theoretical and practical understanding of hypnosis and hypnotherapy within the MEG has changed in recent years.

Brain Plasticity Induced by Motor Imagery Training: Role of Cognitive Abilities, Interoceptive Sensibility, and Hypnotizability
Eleonora Malloggi and Enrica L. Santarcangelo

High hypnotizability predicts greater similarity between the cortical correlates of actual and imagined action (functional equivalence, FE). The study investigated whether motor imagery (MI) training (MIT) improves subjective experience, chronometric indices, and the EEG correlates of MI (like physical training), and whether absorption, imagery abilities, and interoceptive sensibility influence the possible improvement. Participants with high, medium, and low hypnotizability participated in a session before MIT (S1) and another session after 15-day MIT (S2). Each session included baseline conditions (B), actual movements of the left arm and hand (M), visual (V), and kinesthetic imagery (K) of the same movements. EEG and ECG were monitored. After MIT, the reported efficacy of imagery increased, and the changes in both the aperiodic and oscillatory components of EEG indicated improved imagery in all groups. FE was observed for all groups in high beta PSD. Its similar changes that occurred after MIT during both baseline and tasks indicate neural plasticity.

The Structure of Indigenous Trance Language
Walter Bongartz and Bärbel Bongartz

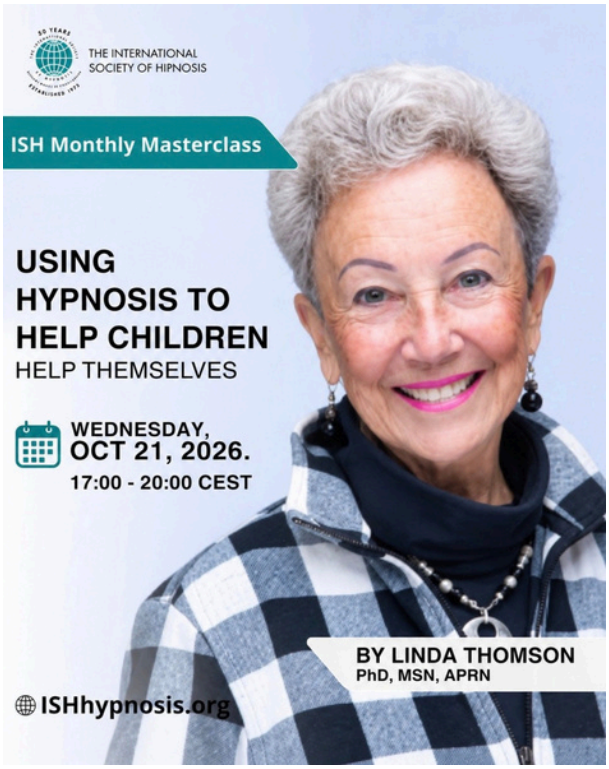
The structures of trance texts used in healing rituals from five Indigenous cultures (e.g., Navajo) are compared in order to identify common factors that may be relevant to the effects of Indigenous trance languages. In contrast to modern trance languages that use continuous texts, the five Indigenous texts are completely segmented, consisting mainly of two-liners and multi-liners. Two-liners are used to construct an imaginary reality that serves as a context in which multi-liners deepen emotional physical experiences. While the Indigenous trance languages differ significantly from the languages of classical hypnosis (direct suggestions) and modern hypnotherapy (narratives, indirect suggestions), they show clear similarities to the epic and mythical texts of ancient civilizations such as those of Mesopotamia (e.g., the Epic of Gilgamesh), etc. Despite the comparability of the ancient texts with Indigenous texts, multi-liners are ten times more common in Indigenous trance texts, underscoring the importance of multi-liners for Indigenous trance languages. The mechanisms of action of two-liners and multi-liners are discussed with reference to concepts from cognitive psychology and cognitive linguistics.

Hypnosis as a Tool for Theatrical Performance
Tiago Garcia and Valdenilson Ribas

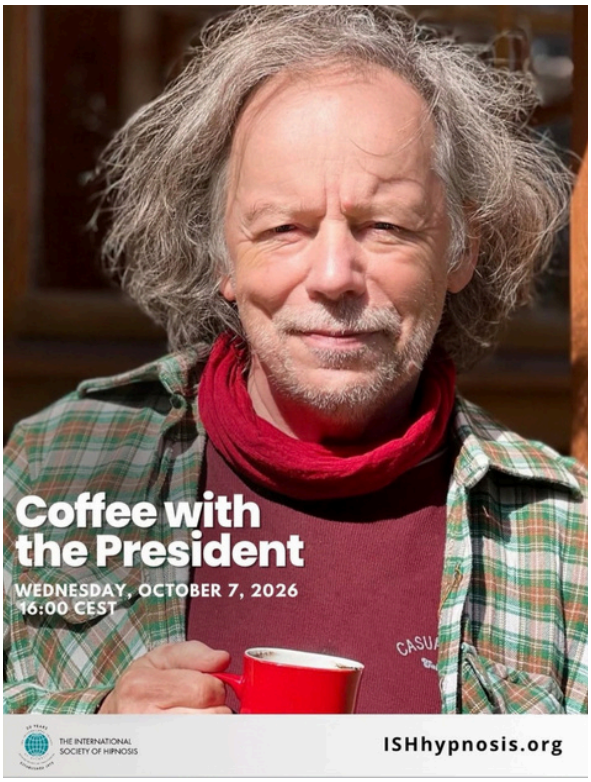
Hypnosis has been described as a tool that facilitates immersion into roles by modulating cognitive and attentional processes. This study aimed to evaluate how hypnosis can help actors create and interpret characters. Previous research has occasionally reported gender differences in hypnotic susceptibility and responses to hypnotic interventions. Although not a primary aim of this study, gender-related variations in hypnotizability were explored as secondary findings. Sixteen male and sixteen female actors performed two distinct roles, a firefighter and a fire victim, randomly assigned under hypnotic and non-hypnotic conditions. The Elkins Hypnotizability Scale (EHS) was used to measure individual hypnotizability. Participants completed post-performance questionnaires to assess perceived improvements in role absorption and character engagement. Results demonstrated that hypnosis significantly enhanced actors' immersion and their ability to authentically represent characters, independent of gender. These findings suggest that hypnosis can improve role congruence and acting performance, offering a valuable tool for theatrical training and performance enhancement.

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Comment certains contextes, interactions et attentes, produisent des dysfonctionnements somatiques, souvent pénibles, handicapants et résistants aux traitements ?

A l'inverse, comment d'autres contextes, interactions et attentes, aident la guérison, améliorent l'expérience somatique ou promeuvent la performance physique ?

Au fil des ans, ces questions ont engendré des résultats expérimentaux fascinants, une véritable richesse théorique et des savoir-faire cliniques complémentaires.

Malheureusement, ces savoirs se retrouvent disséminés dans trois champs qui ont évolué en isolation, autant sur le plan méthodologique qu'institutionnel. Il s'agit de l'étude de l'effet **placebo / nocebo**, de **l'hypnose** et du vaste champ de la **médecine psychosomatique**.

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ESH 2026



GLASGOW WAS EXTRAORDINARY.

AN OUTSTANDING SCIENTIFIC PROGRAM, INSPIRING PRESENTATIONS, MEANINGFUL CONVERSATIONS, AND THE OPPORTUNITY TO RECONNECT WITH COLLEAGUES AND FRIENDS FROM ACROSS THE WORLD MADE ESH 2026 A TRULY MEMORABLE CONGRESS.

THE MAGNIFICENT SETTING OF GLASGOW ADDED SOMETHING SPECIAL TO THE EXPERIENCE - HISTORY, CHARACTER, WARMTH, AND AN UNFORGETTABLE BACKDROP FOR OUR INTERNATIONAL HYPNOSIS COMMUNITY. CONGRATULATIONS TO ESH AND THE ORGANIZERS ON AN EXCEPTIONAL CONGRESS!

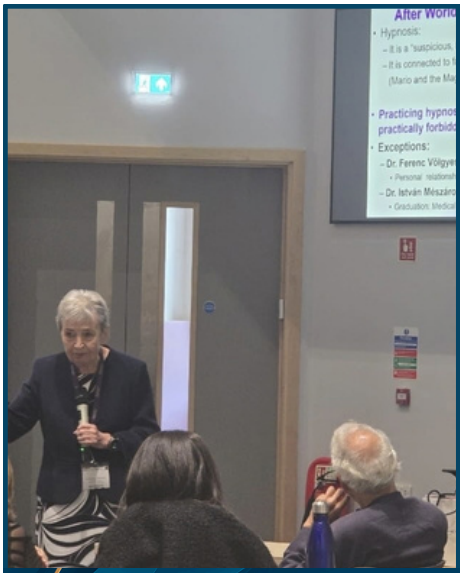
AN UNFORGETTABLE LOCATION. DR. ENAYAT SHAHIDI ISH BOARD MEMBER, PRESIDENT OF THE ASIAN COGRESS OF HYPNOSIS
SOME OF OUR ISH BOARD MEMBERS.


AN UNFORGETTABLE LOCATION. DR. ENAYAT SHAHIDI ISH BOARD MEMBER, PRESIDENT OF THE ASIAN COGRESS OF HYPNOSIS



SOME OF OUR ISH BOARD MEMBERS.

ESH 2026



PROF. BÁNYAI ÉVA - PAST PRESIDENT ISH



DR. MIKE GOW AND DR. ERIC WILMARTH



US TEAM FROM LEFT-WILMARTH-THOMPSON-SPIEGEL-DAITCH-MOSS



FROM LEFT-NOWAK-KULPA--KLAJS--CASULA JENSEN--TRENKLE

ESH 2026



JAMES B. AND
ISH PRESIDENT KRZYS K.



BERNHARD TRENKLE
PAST PRESIDENT ISH



WITH KRZYS KLAJS AND
BRIAN ALLEN FROM ISH



DR. GIUSEPPE BENEDITTIS
ISH BOARD

WE CONGRATULATE ESH FOR HOSTING A SUCCESSFUL CONGRESS!

THANK YOU TO ALL THE ISH MEMBERS WHO ATTENDED AND CONTRIBUTED WITH WONDERFUL PRESENTATIONS AND THEIR WONDERFUL PRESENCE! WE VALUE YOU AND LOOK FORWARD TO SEEING YOU AT THE 2027 ISH CONGRESS IN PAESTUM, ITALY!

ISH MEMBERSHIP



BECOME AN ISH MEMBER TODAY!

The International Society of Hypnosis (ISH) is a global, non-profit organization dedicated to advancing the field of hypnosis among health professionals. Membership includes individual members and society memberships from around the world, uniting professionals committed to excellence in hypnosis.

Who Can Join ISH?

ISH welcomes members from diverse professional backgrounds in the health field who are dedicated to advancing hypnosis.

Membership Categories:

Individual Members:

- Members of ISH Constituent Societies (CS).
- Non-CS members who meet ISH's qualifications.
- Representatives to the ISH Council of Representatives (COR).

· **Constituent Societies:**

- These societies share similar missions and by-laws with ISH, fostering global collaboration and alignment. To learn more about ISH's mission and by-laws, visit our website and become part of a community committed to advancing hypnosis.

Exclusive Member Benefits

- As an ISH member, you'll gain access to resources and opportunities designed to support your professional growth and engagement in the field of hypnosis.

Why Join ISH? Here's What You'll Gain:

- Save on Events: Receive discounts on ISH International Congresses and other scientific events.
- Be Recognized: Get a personalized certificate celebrating your membership.
- Access Leading Publications: Subscribe to The International Journal of Clinical and Experimental Hypnosis (IJCEH)—the most prestigious journal in the field—at a reduced fee.
- Stay in the Loop: Enjoy free access to the ISH E-Mail Newsletter for the latest updates.
- Expand Your Network: Connect with peers through the Hypnosis Listserv to exchange ideas and insights.
- Have a Voice: Participate in elections, vote, and run for office.
- Learn Anytime: Unlock members-only educational content in the Exclusive Video Library.
- Connect Globally: Use the Members Directory to build relationships with professionals worldwide.

ISH MEMBERSHIP

How to Join or Renew
Individual Membership or Constituent Society Membership:
Apply Here

Individual Membership Renewal:
Click Here

Constituent Society Renewal:
Click Here

View the List of ISH Constituent Societies:
Click Here

Constituent Society Members
In addition to the benefits above, Constituent Society members enjoy:

- A dedicated space to share information about your organization.
- The right to represent your society at Council of Representatives (COR) meetings.

Required Documents for Constituent Societies:

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

Join ISH Today!

By becoming a member of ISH, you'll join a global network of professionals advancing the art and science of hypnosis. Don't miss out—apply or renew your membership today and unlock these amazing benefits!

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Editor Note:
Translations were prepared with the assistance of AI, then carefully reviewed and refined by an editor with expertise in each respective language to ensure accuracy, clarity, and linguistic nuance.

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