



esh

Newsletter

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Letter from the ESH President Nicole Ruyschaert



Dear ESH Members

Good to meet you here, as reader of the ESH NL, one of the commonplaces to share and exchange information! May I invite you to a boat trip with our ESH board of directors' staff?

And as "captain", I am happy with them around – I can sleep enough hours, trusting that our boat is still safely moving toward our goals ahead, having an attuned compass.

Matthias Mende, past president, offered to share his experience and be available for different committees. I am very grateful for that!

CEPE – Committee for European Psychotherapy Education – is chaired by Martin Wall, doing this job with dedication. Together with Shaul Livnay and Christine at central office they had to consider many applications under the grand-parenting clause to get an ECH European Certificate of Hypnosis. As this clause ended August 2011, new criteria needed to be proposed, discussed and agreed to deliver new certificates, and for the renewal of earlier delivered ECH's. Intensive negotiations and "fishing" activities to test the waters are necessary to find the best deals.

For our ESH Tri-annual congress I can rely on the work of the Strategic Committee – skillfully chaired by Consuelo Casula. It's a great pleasure to tell you that Bernhard Trenkle accepted to be co-opted in this committee with all his experience in organizing congresses. Extensive negotiations resulted in a contract draft and guidelines for organizing ESH congresses, a valuable document for now and for the future. After AEHE (Spanish Society of Ericksonian Hypnosis) resigned from their offer to organize, we needed to reorient and look for new horizons, for another society willing to organize and host the 2014 ESH congress. As we now have 3 societies applying to organize – great flow of energy streaming in our societies - we are designing new routes to deal with this issue and help constituent societies in voting.

Our publications committee is chaired by Consuelo Casula, fishing around the world to catch information for you and 'views, reviews, interviews' you can enjoy in reading ESH

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and ISH Newsletters. Christine Guilloux, vice-president of the SFH, who worked with us the past years, agreed to continue her commitment and is co-opted for this committee.

be part of a larger fleet. We also welcome the experience of Mhairi McKenna, who is co-opted in this committee and in the CEPE Committee.

Doing, sailing, steering – we can be continuously active and once on the road heading in high speed to some goals or objectives. But as I teach in stress management trainings now and then we need to pause and reflect and see things from a distance, questioning what we are doing, why, if it makes sense, if we need to shift attention or have different emphasis. Every obstacle or setback gives an opportunity to pause and reflect, learn, negotiate, discover some unknown skills of the people around. And that's the richness of a team of dedicated board members I can work with!!

Nicole Ruysschaert
President ESH

Translated into German
by Hans Kanitschar



Liebe Mitglieder der ESH

Schön, Sie hier als Leser des ESH Newsletters zu treffen, an einem der gemeinsamen Orte, um Informationen auszutauschen! Darf ich Sie auf einen Bootsausflug mit unserem ESH-Vorstand einladen?

Als "Kapitänin" bin ich froh, daß ich die Vorstandsmitglieder um mich habe – ich kann genügend schlafen in dem Vertrauen, daß unser Boot sich sicher in Richtung unserer Ziele bewegt, weil es einen gut geeichten Kompaß besitzt.

Matthias Mende, der vorige Präsident, hat angeboten, seine Erfahrung zur Verfügung zu stellen und sich für verschiedene Komitees bereit zu halten. Dafür bin ich sehr dankbar!

CEPE – das Komitee für Europäische Psychotherapie-Ausbildung – wird von Martin Wall geleitet, der diese Tätigkeit mit Hingabe versieht. Gemeinsam mit Shaul Livnay und Christine im Central Office hatten sie viele Anträge zu bearbeiten, die den Erwerb des ECH – Europäisches Zertifikat für Hypnose – unter der Übergangsbestimmung des "Grand-parenting" betrafen. Nachdem diese Bestimmung mit August 2011 ausgelaufen war, mußten neue Kriterien entworfen, diskutiert und beschlossen werden, um neue Zertifikate ausgeben zu können sowie früher ausgestellte Zertifikate zu erneuern. Intensive Verhandlungen und "Probefischen", um die besten Gewässer zu testen sind nötig, um die besten Vereinbarungen zu finden.

Was unseren ESH-Kongreß betrifft, der alle drei Jahre stattfindet, kann ich mich auf die Arbeit der Strategiekommision verlassen – die von Consuelo Casula mit großem Geschick geleitet wird. Es ist mir eine große

Our Constitution and ethics committees chaired by Kathleen Long is scrutinizing applications for membership from new societies as we – ESH – are still expanding, and more European societies are finding their way to ESH, wanting to

finden, die bereit ist, den ESH-Kongreß im Jahre 2014 zu organisieren und zu beherbergen. Gegenwärtig bieten 3 Gesellschaften an, den Kongreß zu organisieren – viel Energie strömt in unseren Gesellschaften – und wir arbeiten neue Linien aus um mit diesem Thema umzugehen und die Mitgliedergesellschaften bei der Wahl zu unterstützen.

Consuelo Casula sitzt unserem Publikationskomitee vor und sammelt Informationen rund um den Erdball und Sie können sich an der Lektüre von "Views, Reviews, Interviews" in den Newsletters von ESH und ISH erfreuen. Christine Guilloux, vice-president SFH, die die letzten Jahre mit uns zusammengearbeitet hatte, war bereit, ihre Zusage zu erneuern und wurde in dieses Komitee kooptiert.

Kongressen bereit war, in dieses Gremium kooptiert zu werden. Ausführliche Verhandlungen mündeten in einen Mustervertrag und in Richtlinien für die Organisation von ESH-Kongressen – ein wertvolles Dokument für Gegenwart und Zukunft. Nachdem die AEHE (Spanische Gesellschaft für Erickson'sche Hypnose) ihr Organisationsangebot zurückgezogen hatte, mußten wir uns reorientieren und neue Horizonte ins Auge fassen, um eine Gesellschaft zu Unsere Statuten- und Ethikkommission, die von Kathleen Long geleitet wird, bearbeitet Anträge auf Mitgliedschaft von neuen Gesellschaften, den wir, die ESH, expandiert immer noch und immer mehr europäische Gesellschaften finden ihren Weg zur ESH, in dem Wunsch, Teil einer größeren Flotte zu werden. Wir heißen ebenfalls Mhairi McKenna mit ihrer Erfahrung willkommen, die in dieses und in das CEPE-Komitee kooptiert wurde.

Werkend, segelnd, steuernd können wir beständig aktiv sein und einmal eingearbeitet, nähern wir uns den Zielen in hoher Geschwindigkeit. Aber wie ich in den Streßmanagement-trainings lehre, brauchen wir ab und zu eine Pause, um zu reflektieren und die Dinge aus der Distanz zu betrachten, um zu hinterfragen warum wir was tun, ob es Sinn macht, ob wir unsere Aufmerksamkeit verlagern oder andere Schwerpunkte setzen müssen. Jedes Hindernis oder jeder Rückschlag ist eine Gelegenheit, innezuhalten und zu reflektieren, zu lernen, verhandeln, und neue unbekannte Fähigkeiten der anderen zu entdecken. Das ist der Reichtum eines Teams hingebungsvoller Vorstandsmitglieder, mit denen ich arbeiten kann!

Translated into French
by Denis Vesvard, MD



Chers Membres de l'ESH

Je suis heureuse de vous retrouver en tant que lecteurs de cette Newsletter, ce lieu d'échange et de partage

d'informations. Laissez-moi vous inviter à un voyage en bateau en compagnie des membres du Bureau de l'ESH.

D'abord, en tant que « capitaine », je suis contente de les avoir à mon côté : j'ai mon compte de sommeil et peux me reposer sur eux avec confiance car, une fois le cap fixé, je sais que le bateau continue d'avancer en toute sécurité vers nos objectifs.

Matthias Mende, mon prédécesseur, m'a proposé de partager son expérience et de demeurer disponible pour les différentes commissions. Je lui en suis vraiment reconnaissante !

La commission CEPE (Committee for European Psychotherapy Education) est présidée par Martin Wall qui se consacre à cette tâche avec enthousiasme. En compagnie de Shaul Livnay et de Christine, au secrétariat, ils ont dû faire face à un afflux de candidatures à l'ECH (European Certificate of Hypnosis) au moment de la procédure d'accréditation par « grand-parenting ». Cette procédure ayant pris fin en Août 2011, il fallait proposer, discuter et fixer de nouveaux critères d'attribution des nouveaux certificats et préciser les modalités de renouvellement des certificats délivrés antérieurement. Des négociations intenses et des activités de sondage sont nécessaires pour trouver les meilleures zones de pêche.

En ce qui concerne le congrès triennal de l'ESH je peux m'appuyer sur le travail de la Commission Stratégique (Strategic Committee) que Consuelo Casula préside avec habileté. J'ai le plaisir de vous annoncer que Bernhard Trenkle a accepté d'être coopté par notre Commission et de partager son expérience d'organisateur de congrès. Après de longues discussions on a pu rédiger un contrat-type et des recommandations pour les sociétés organisatrices des congrès de l'ESH. Ce sont des documents précieux pour aujourd'hui et pour demain. Après que l'AEHE (Spanish Society of Ericksonian Hypnosis) ait retiré son offre d'organiser et accueillir le congrès ESH de 2014, il a fallu changer de cap et trouver de nouvelles perspectives, de nouvelles sociétés désireuses de le faire. Témoignage du flot d'énergie qui circule dans nos sociétés, trois sociétés sont maintenant candidates à l'organisation du congrès et nous mettons en place des procédures pour traiter cette question et organiser le vote des Sociétés membres de l'ESH.

La Commission des publications est présidée par Consuelo Casula, qui recueille pour vous de par le monde toutes sortes d'informations que vous retrouvez avec plaisir à la rubrique « Views, Reviews, Interviews » dans les Newsletters de l'ESH et de l'ISH. Christine Guilloux, vice-présidente de la SFH, qui travaillait déjà avec nous les années passées, a accepté de poursuivre son engagement à nos côtés et a été cooptée par notre commission.

Notre Commission Constitution et Éthique, présidée par Kathleen Long examine les nombreuses demandes d'adhésion à l'ESH des nouvelles sociétés. Comme l'ESH, ce phénomène prend de l'ampleur et de plus en plus de sociétés européennes se tournent vers nous avec le désir de rejoindre notre flotte de navires. Nous bénéficions aussi de l'expérience de Mhairi McKenna qui a été cooptée par cette commission et par la commission CEPE.

Agir, naviguer, barrer: nous avons sans arrêt à faire et, une fois en mer, il nous faut aller à bonne allure vers les objectifs et les destinations choisies. Mais, comme je le professe dans mes cours sur la gestion du stress, de temps en temps nous avons besoin de faire une pause, de réfléchir et de considérer les choses avec du recul, de s'interroger sur ce que nous faisons, sur le pourquoi des choses et, si besoin, de décaler notre attention et modifier notre route. Chaque obstacle ou contretemps nous donne l'occasion de faire une pause, de réfléchir, d'apprendre, de négocier et de découvrir des ressources insoupçonnées dans notre entourage. C'est cela qui fait la richesse du Bureau et de ses membres dévoués sur lesquels je peux compter.

Translated into Spanish
by Maria Escalante de Smith



Estimados Integrantes de ESH

Me da gusto encontrarme con vosotros aquí, como lector del Newsletter de la Sociedad Europea de Hipnosis (ESH), uno de los lugares comunes para compartir e intercambiar información! ¿Podéis permitirme invitaros a un viaje en barco con la mesa directiva de la ESH?

Como "capitán", estoy contenta de tenerlos a mi alrededor – Puedo dormir la cantidad suficiente de horas, confiando en que nuestro barco sigue moviéndose con seguridad hacia nuestras metas futuras, teniendo una brújula bien calibrada.

Matthias Mende, presidente anterior, ofreció compartir su experiencia y estar disponible para diferentes comités ¡Estoy muy agradecida por eso!

CEPE –Comité para la Educación Europea en Psicoterapia- está presidido por Martin Wall, realizando su trabajo con dedicación. Junto con Shaul Livnay y Christine, de la oficina central, tuvieron que considerar muchas solicitudes bajo la cláusula grand parenting para obtener un CEH (Certificado Europeo de Hipnosis). Ya que esta cláusula concluyó en Agosto del año 2011, era necesario proponer, discutir y acordar nuevos criterios para emitir nuevos certificados, así como para la renovación de los anteriores Certificados Europeos de Hipnosis que habían sido entregados. Es necesario llevar a cabo negociaciones y actividades de "pesca" para probar las aguas y encontrar las mejores opciones.

Para nuestro congreso trienal de ESH puedo confiar en el trabajo del Comité Estratégico – sabiamente presidido por Consuelo Casula. Es un gran placer decir que Bernhard Trenkle aceptó la invitación a este comité con toda su experiencia para organizar congresos. Amplias negociaciones dieron como resultado un borrador del contrato y los lineamientos para organizar los congresos de la ESH, un valioso documento para ahora y para el futuro. Después de que la AEHE (Sociedad Española de Hipnosis Ericksoniana) declinó su oferta para organizar, necesitamos re-orientar y buscar nuevos horizontes, para encontrar otra sociedad que tenga la intención de organizar el congreso de la ESH para el año 2014. Ya que ahora contamos con 3 sociedades que han solicitado organizar – un gran flujo de energía proveniente de nuestras sociedades- estamos diseñando nuevas rutas para tratar este asunto y ayudar a las sociedades constituyentes a que voten.

Nuestro comité de publicaciones está encabezado por Consuelo Casula, pescando alrededor del mundo para vosotros así como “visiones, revisiones y entrevistas” que vosotros podéis disfrutar al leer los Newsletters de ESH (y también ISH). Christine Guilloux, vice-presidente SFH, quien trabajó con nosotros en los años anteriores, estuvo de acuerdo en continuar con su compromiso y está invitada para este comité.

Nuestro comité de Constitución y ética encabezado por Kathleen Long, está revisando solicitudes de membresía de nuevas sociedades mientras nosotros –ESH– seguimos expandiéndonos, y más sociedades Europeas van encontrando su camino a la ESH, queriendo ser parte de una flota más grande. También damos la bienvenida a Mhairi McKenna con su experiencia, quien está invitada para este comité y en el CEPE.

Haciendo, navegando, girando el timón- nosotros podemos estar continuamente activos y una vez que estemos en la carretera conduciendo a alta velocidad podemos ir hacia algunos objetivos o metas. Pero, de la misma forma en que explico en los entrenamientos para manejar el stress, de vez en cuando, necesitamos hacer una pausa y reflexionar y mirar las cosas desde la distancia, cuestionando lo que estamos haciendo, el por qué, si tiene sentido, si necesitamos redirigir nuestra atención o hacer énfasis en otras áreas. Cada obstáculo o retroceso nos da la oportunidad de hacer una pausa y reflexionar, aprender, negociar, descubrir algunas capacidades desconocidas de las personas que nos rodean ¡Y esa es la riqueza de un equipo dedicado de la mesa directiva con quienes puedo trabajar!

Tradotta in Italiano da Consuelo Casula



Cari membri di ESH, sono contenta di incontrarvi qui, lettori della ESH NL, uno dei luoghi dove condividere e scambiare informazioni! Posso invitarvi a fare un giro in barca con il nostro staff del board della ESH? Come capitano sono felice di averli intorno, posso dormire sonni tranquilli, fiduciosa che la nostra barca proceda speditamente verso gli obiettivi con la bussola bene orientata. Il past president, Matthias Mende, si è offerto di condividere la sua esperienza e di essere disponibile a lavorare in diversi comitati. Le sono grata per questo.

CEPE – Committee for European Psychotherapy Education – è guidato da Martin Wall, che svolge il suo lavoro con dedizione. Insieme a Shaul Livnay e Christine dell'ufficio centrale hanno dovuto esaminare le numerose richieste di ottenere il certificato europeo di ipnosi ECH con la clausola del “grand-parenting”. Siccome questa clausola si è conclusa nell'agosto del 2011, bisognava proporre, discutere e approvare nuovi criteri per la consegna di nuovi certificati e il rinnovo di quelli precedentemente consegnati. Per trovare i migliori accordi sono state necessarie negoziazioni accurate e attività di pesca per testare l'acqua.

Per ciò che riguarda il nostro convegno triennale posso contare sul lavoro del Comitato Strategico, abilmente guidato da Consuelo Casula. È un piacere informarvi che Bernhard Trenkle, con la sua esperienza nell'organizzare i congressi, ha accettato di far parte di questo comitato.

Elaborate negoziazioni hanno prodotto una bozza di contratto e di linee guida per organizzare i congressi ESH, documenti validi per adesso e per il futuro. Dopo che AEHE (Spanish Society of Ericksonian Hypnosis) ha ritirato l'offerta di organizzare il convegno, dovevamo riorientarci e cercare nuovi orizzonti, altre società interessate a organizzare e ospitare il convegno ESH del 2014. Siccome adesso 3 società si sono proposte di organizzarlo – grazie al grande flusso di energia che scorre nelle nostre società – stiamo disegnando nuove rotte per trattare la questione e aiutare le società costituenti a votare.

Il comitato sulle pubblicazioni è guidato da Consuelo Casula, che pesca in giro per il mondo per cercare informazioni per voi e ‘views, reviews, interviews’ così che potete avere il piacere di leggere le ESH Newsletter. Christine Guilloux, vice-president SFH, che ha lavorato con noi negli ultimi anni, ha accettato di continuare il suo impegno e collaborare in questo comitato. Il comitato su costituzione ed etica, guidato da Kathleen Long, sta analizzando l'applicazione di nuove società, dato che come ESH ci stiamo espandendo e diverse società europee desiderano far parte di una flotta più grande e stanno trovando la loro strada verso ESH. Ringrazio Mhairi McKenna che ci presta la sua esperienza, cooptata a far parte sia di questo comitato sia nel CEPE.

Fare, veleggiare, governare– possiamo continuamente essere attivi e, una volta in viaggio, puntare a gran velocità verso taluni goal e obiettivi. Ma, come insegno nei corsi sulla gestione dello stress, ogni tanto dobbiamo fare una pausa e riflettere, prendere le distanze, domandandoci cosa stiamo facendo, perché, se ha senso, se dobbiamo spostare l'attenzione o enfatizzare qualcosa di diverso. Ogni ostacolo o blocco offre l'opportunità di fermarci e riflettere, imparare, negoziare, scoprire qualche capacità sconosciuta nelle persone che ci stanno intorno. Questa è la ricchezza di un team di membri del board dedicati coi quali posso lavorare!

Letter from the Newsletter Editor Consuelo Casula



This ESHNL is saddened by the departure of Jack Watkins and Per-Olof Wikström. If you would like to read more eulogies about Per-Olof you can read the next issue of the ISHNL, and the June and September issues of [Swedish HypnosNytt](#), where Susanna Carolusson has collected eulogies from many friends of the ESH and ISH communities.

Since birth and death are part of the same cycle of life, this issue is made happy by the birth of a new Italian society, the International Center of Psychology and Strategic Psychotherapy (CIPPS) founded in Salerno, southern Italy, by Mauro Cozzolino, Giovanna Celia and Ernest Rossi. In addition, we offer a trip to the USA, to first visit Phoenix, Arizona, and then move on to Charlotte, North Carolina. In Phoenix you are accompanied by Denis Vesvard to visit the M. Erickson's house and by Federica Tagliati to grasp the feeling of the teaching seminars. Different friends share

their impressions of some of the short courses, workshops and interactive events offered by the 11th International Congress on Ericksonian Approaches to Psychotherapy on "Transforming Ericksonian Methods" (www.ericksoncongress.com), held in Phoenix, December 8-11, 2011. Their voices will transfer to you the transformation by Erickson's scholars, who added their own style to what they learned from Erickson and his disciples. This Ericksonian congress offered a Fundamental Hypnosis Track, consisting of 8 classes with 8 different masters giving participants a certificate on Ericksonian methods. It also offered a post conference on a master class in hypnotic psychotherapy, led by Michael Yapko and Jeff Zeig, where each gave a demonstration which the other commented, giving the participant a possibility to compare their method as well as their style and personality.

In Charlotte, the stock-car racing capital of America, you are invited to grasp the feeling of the 54th annual American Society of Clinical Hypnosis (www.asch.net) scientific meeting and workshops on "Racing to the Finish Line: Closing the Mind-Body Gap", held in March 16-20, 2012, as reported by Anita Jung. The ASCH congress had nearly 300 participants eager to listen to the plenary speakers, and to participate in basic, intermediate and advanced workshops. The interesting aspect of the ASCH annual meeting is the opportunity given to attendees to practice hypnosis techniques and thus achieve competence and confidence. Starting this year, ASCH also introduced a new advanced 10-hour Teaching and Consultation Workshop, designed for anyone who wants to learn the art of preparing and leading hypnosis training courses and wishes to become an Approved Consultant. The next ASCH annual meeting will be in the Queen City, Louisville, Kentucky, March 15-19, 2013, to integrate mind, body and spirit.

Coming back from the USA to Europe, we offer you some information received from various CS updating us about what they are doing, studying and improving, so that you may go and follow their interesting activities.

The ESHNL on "Views, Reviews and Interviews" presents several book and DVD reviews and an interview with Michael Heap, whom I thank very much for his collaboration.

Let me finish this introduction by thanking each and every contributor for his/her commitment in helping the ESHNL to be a vehicle for going from one country to another, from one CS to another, from one congress to another, always learning something new to share. Let me give a special thank to John Lentz and Christine Guilloux for their editing work.

Eulogy – Prof Jack Watkins

17 March 1913 – 12 January 2012
by **Mhairi McKenna**

Jack Watkins was Professor of Psychology and Director of Clinical Training at the University of Montana from 1964 to 1984.

He was also the author of over 190 academic articles and 11 books, including "General Psychology" (1960), "The Therapeutic Self" (1977),



"Hypnotherapeutic Techniques" (1987), and, with his wife Helen, "Ego States: Theory and Therapy" (1997). Much more to ESH, he was a wonderful friend and supporter. Any obituary which covers a life which spans over ninety years dwells on parts of this life rather than covering the full gamut, so I make no prolonged apology for my version!

Jack was a key player in the setting up of the International Society of Hypnosis and he was always keen on traveling to spread "the word about hypnosis". He quoted his involvement in this as one of the key events in his "hypnosis life"; the other was the development, with his wife Helen, of "Ego-state therapy", which uses hypnosis to analyse underlying problems within the personality, rather than traditional therapy to find the causes of psychological problems.

After service in the US forces during World-War II, in 1949 he published about using hypnosis with "war neuroses" or PTSD, with the use of abreactions within a hypnotic trance. Recently, when he was in his nineties, he was giving workshops to encourage this methodology; as he was scathing of what he referred to as the aspirin therapy ... reassurance and comfort so they didn't hurt, rather than dealing with the trauma in an abreaction.

When we were organising the 2005 ESH Congress in Gozo, we asked if he would come and give a workshop or key-note presentation, there was no hesitation, he came!

In addition to psychology, Dr. Watkins also loved music. In the 1930's he played upright bass in various dance bands. He had a rare euphonium baritone, which he played in Missoula's Town and Gown Dixieland band, and later on learned to play the vibraphone at age 80.

Dr. Watkins was 98 years old when he died while taking a nap Thursday morning, January 12. He is survived by his children and grandchildren.

He will be remembered!

Eulogy - Peo Wikström

11 October 1925 - 11 May 2012
by **Rick Kluff**

Peo Wikstrom, dentist from Stockholm, Sweden, known by most seniors of ISH, ASCH and SSCH, died on the 11th of May.



With the passing of Per-Olaf, Peo, Wikstrom, the world of hypnosis loses one of its wisest and warmest members, and one of its best ambassadors. Peo was a true gentleman, whose kind welcome to the world of European hypnosis I will always cherish. His company was always enjoyable. He not only practiced hypnosis with expertise for the benefit of others....He was exceptionally adept at the use of hypnosis for personal growth. He was generous and giving of his expertise and encouragement to his colleagues, providing a wonderful role model. Peo was also capable of promoting worthwhile changes in the world of hypnosis, and played a powerful role in helping European hypnosis develop its own identity and its own voice. Peo will be missed by all who were fortunate enough to know him.

Zum Tod von Per-Olof Wikström, Stockholm by Albrecht Schmierer, Stuttgart

Peo Wikström ist am 11. Mai 2012 verstorben. Und sehr viele Freunde in der internationalen Hypnoseszene trauern um ihn.

Er war für Jahrzehnte der Motor der Hypnose in Europa, er war auf allen Hypnosekongressen und jeder kannte und liebte ihn für seine humorvolle, kommunikative Art.

Peo war Vorbild, Mentor, Papa und Freund nicht nur für die Schmierer-Familie, er war dies auch für die ganze internationale Hypnosefamilie. Auch diejenigen, die nichts von ihm gehört haben, genießen heute die Ergebnisse seiner jahrzehntelangen Arbeit für die Hypnose. Ohne Peo hätte die Hypnose in Europa nicht diese Bedeutung und die große Anerkennung erreicht, von der wir heute alle partizipieren.

Er war ein Lehrer, Praktiker und Diplomat der Hypnose, der sich vor allem durch seine natürliche Begabung, mit anderen Menschen konstruktiv, positiv und liebevoll zu kommunizieren seinen Platz in der Geschichte der Hypnose verdient hat.

Früh schon engagierte er sich als Organisator und Trainer in der Hypnosefortbildung auf der ganzen Welt. Er war auf allen europäischen und den meisten internationalen Kongressen als Referent tätig. Er war Ehrenmitglied in den meisten Hypnosegesellschaften, so auch in der DGZH und der M.E.G. von der er den Milton Erickson Preis 1999 erhielt, und er wurde in Holland zum Ehrenpräsidenten der Europäischen Gesellschaft für Hypnose (ESH) ernannt. Seine bedeutendsten Auszeichnungen sind die Franz Anton Mesmer Medaille der Europäischen Hypnosegesellschaft ESH (1990), der Irving Sector Preis der Amerikanischen Hypnosegesellschaft ASCH 1991 und der Benjamin Franklin Gold Medaille der Internationalen Hypnosegesellschaft (ISH) 1997.

Peo gab mit seinem diplomatischen Geschick, mit seiner liebevollen Beharrlichkeit und seinem Eintreten für europäische Eigenständigkeit den Ausschlag für die Gründung der Europäischen Hypnosegesellschaft (ESH) im Jahr 1978.

Die European Society of Hypnosis ESH war sein Kind, er hatte sie zusammen mit Barolin, Finer, Gheorghiu, Langen (er war der erste Präsident), Leuner, Pajntar und Wallnöfer gegründet, als europäisches Gegengewicht gegenüber der damals allmächtigen und damals ausschließlich US-amerikanisch dominierten ISH. Zunächst war die ESH als europäische Sektion der ISH gedacht, aber Peo's Widerspruchsgeist führte zur Gründung der ESH. Sein Argument war: Die Hypnose hat ihre Wurzeln in Europa und deshalb sollte sie auch dementsprechend vertreten sein. Der erste Kongress der ESH fand 1978 in Malmö, Schweden statt, seither gibt es alle drei Jahre den Europäischen Hypnosekongress der ESH, der einmal auch, (im September 2005) im L-Imgarr Hotel in Gozo stattfand. Während dem letztjährigen Kongress der ESH 2011 in Istanbul haben ihn meine Frau Gudrun und Vici in Stockholm besucht.

Sein Lebenslauf

Per-Olof ("Peo") Wikström, geboren am 11. Oktober 1925 arbeitete als Zahnarzt mit Hypnose seit den Sechzigern. Um seine Verdienste würdigen zu können, ist eine Betrachtung seiner Vita interessant: Sie kann einen Eindruck geben, wie Peo zu seiner großen Liebe Hypnose gekommen ist.

Peo liebte schon immer die Musik und lernte Klavier, Akkordeon, Trompete und Chello so gut zu spielen, daß er als Entertainer mit "Wiener Musik" im Kaffeehaus sein Taschengeld aufbessern konnte. Er löste sich schon sehr früh von seiner Familie, kurz nach dem Abitur zog er (im besten Einvernehmen mit seinen Eltern) von zu Hause aus. Er hatte sehr früh das Bedürfnis autark zu sein und auf eigenen Beinen zu stehen. Seinen Lebensunterhalt verdiente er sich als Musiker für Tanzmusik in einer klassischen Swing-Jazz Bigband. Er lernte leicht und spielte nicht nur sein Lieblingsstück "Margie" auswendig. Deshalb hatte er auf seinem Notenständer die Schulbücher anstelle der Noten vor sich, um seinen Schulaufgaben nachzukommen.

Auf die Frage, wo er das meiste für die Hypnose gelernt hätte, sagte Peo: "Aus dem Beobachten der Leute beim Musikmachen, und Musik ist Trance". Nicht nur das Leiten der Bigband, sondern auch das Beobachten der Leute, wie sie um zwanzig Uhr zum Tanzen kamen und wie sich ihr Verhalten im Verlauf eines feuchtfröhlichen Abends änderte, faszinierte ihn und schulte seine Beobachtungsgabe.

Zu seiner Schulzeit war in Schweden der Deutschunterricht als erste Fremdsprache Pflicht. Deutsch verstand Peo gut, er sprach es auch, aber nur wenn nötig. Er sagte, dass es die sture Grammatikpaukerei war ("die fünfte Deklination des Substantives"), die für ihn diese Sprache negativ besetzt hat.

Bei seiner Musikertätigkeit fand er bald in die Rolle des Entertainers, der durch seine locker wirkende Art ganz beiläufig Rapport bekam und so durch seine angenehme Kommunikation zum gerne angenommenen Leader wurde. Gleichzeitig schulte er so seine Beobachtungsgabe, denn durch pacing, durch spiegeln lernte er ganz natürlich Rapport aufrecht zu erhalten. Seine Schule des Lebens waren das Studieren des Publikums im Tanzpalast. Die Vergänglichkeit der Liebe zwischen Menschen musste er dadurch schon früh erfahren. Seine erste Ehe war nicht von Dauer, er hatte als junger Zahnarzt zwei Kinder mit einer wunderschönen Frau, die als Stewardess damals durch Europa reiste. 1973 begenete er seiner zweiten Frau Margret, die ihn eine Zeit lang auf seine Reisen zu den Hypnosekongressen und den Seminaren auf der ganzen Welt begleitete. Erst in den letzten Jahren bekam er mit seiner Tochter Katarina und seiner Enkeltochter Alexandra wieder intensiven Kontakt, nachdem Katarina aus USA wieder nach Schweden zurückgekehrt waren. Sie waren 2008 beim ESH Kongress in Wien und bei der Verleihung der Ehrenmitgliedschaft der DGZH 2010 in Berlin mit dabei. Er lebte in den letzten Jahren von Margret getrennt in seinem bescheidenen Sommerhaus in den Schären von Stockholm, zuletzt in einem Pflegeheim. Er erhielt Unterstützung durch Katarina und die SSCEH, die schwedische Hypnosegesellschaft, insbesondere durch Sussana Carolusson.

1973 arbeitete er im Organisationskomitee des sechsten ISH-Kongresses in Uppsala. Auf diesem Kongress lernte er

Kay Thompson, Bob Pearson und Erika Fromm kennen. Kay Thompson und John Hartland wurden seine wichtigsten Lehrer, er nahm sich ihre Arbeit zu seinem Vorbild. Weitere Ausbilder von Peo waren David Cheek, Harold Crasilneck, Helen und John Watkins, Barry Evans, Ernest Rossi und Marlene Hunter. Konsequenterweise wurde er 1973 Mitglied der American Society of Clinical Hypnosis als Kay Präsidentin der ASCH war. Sie nahm ihn als Co-trainer auf viele Seminare und Kongresse in den USA mit. Von den europäischen Lehrern beeindruckten ihn vornehmlich Hanscarl Leuner (bekannt für das Katathyme Bilderleben), Heinrich Wallnöfer (Oberstufe des Autogenen Trainings) und Dietrich Langen (die gestufte Aktivhypnose), der maßgeblich an der Gründung der ESH beteiligt war. Gerhard Barolin, Alfred Katzenstein, Gualtieri Guantieri, Mirian Pajntar (Slowenien), Stanislav Kratochvil (Tschechien), Vladimir Gheorghiu sind gemeinsam mit ihm weitere wichtige Vorkämpfer der europäischen Hypnose geworden.

Meine Bitte, als ich ihn für die Laudatio bei der Verleihung des ESH Preises interviewte, sich doch selbst zu beschreiben kommentierte Peo mit: „Ich bin von Natur aus ein Entertainer, ein Ice-breaker und ich liebe es, meine Ziele zu erreichen“. Mit seinem Humor und seinem Enthusiasmus schaffte er auch schwierige Verhandlungen voranzubringen, dabei versteckte er jugenhaft charmant seine Begabung, konsequent ein Ziel zu verfolgen, dafür war er aber immer zur Stelle, wenn es etwas zu tun oder etwas zu organisieren gab.

Mit seiner Begabung als Schlichter von verfahrenen Situationen (die Koryphäen der Hypnose scheinen manchmal sehr machtorientiert und wenig flexibel zu sein) hatte er seine Position in der internationalen Hypnosegesellschaft gefunden. Peo wurde immer gebraucht, wenn scheinbar unversöhnliche Gegensätze und Interessen aufeinanderprallten. So wollten Martin Orne und Victor Frankel in den Siebziger Jahren eine Art "Hypnose Marshall Plan" durchsetzen, in dem Europa zu einem abhängigen, amerikanisch beherrschten Anhängsel der amerikanischen Hypnosegesellschaft werden sollte. Auf dem ISH Kongress in Glasgow sollten die Europäer als europäische Sektion der ISH als ESISH unter die Führung der ISH gestellt werden. Durch Peos kluge Intervention kam es jedoch zur Gründung der ESH und er schaffte es dabei mit fast allen beteiligten ein gutes Verhältnis zu behalten bzw. in diesem Prozess zu beginnen, was in dieser Ausgangssituation und bei dem Charakter der amerikanischen Protagonisten der Quadratur des Kreises nahekam. Seine Diplomatie führte zu einer gleichberechtigten, eigenständigen und in freundschaftlicher Zusammenarbeit mit der ISH verbundenen Europäischen Hypnosegesellschaft. Damit wurde er zum verdienten Gründer der ESH 1978, die sich damals nur aus sieben nationalen Hypnosegesellschaften zusammensetzte. Seit 1982 war er auch Mitglied im Board of directors der ISH. Nachdem Walter Bongartz mit seiner Frau Bärbel in Konstanz, Camillo Loredio in Rom und Eva Banyai in Budapest erfolgreiche ESH Kongresse geleitet hatten, waren sie auch gleichzeitig im Vorstand der ISH aktiv. Nach dem Zusammenbruch der ISH Organisation in Australien, leisteten auf dem ISH Kongress in Singapur 2004 neben Peo viele ESH Mitglieder (Shaul Livnay aus Israel, Matthias Mende aus Österreich, Gunnar Rosen aus Norwegen, Albrecht Schmierer aus Deutschland) mit Peo Wiederaufbauarbeit zur Neustrukturierung der ISH. Karen

Olness half mit einer großzügigen Spende, Eric Vermetten wurde ISH Präsident und leistete eine grossartige Arbeit im Wiederaufbau der ISH, sein Nachfolger ist jetzt Camillo Loredio, der vormals ESH Präsident war.

Uns verband mit Peo eine enge Freundschaft, nachdem er uns in unseren Anfangsjahren verschiedene Kontakte ins Ausland vermittelt hatte, er war in Stuttgart zusammen mit Vladimir Gheorghiu zum Hypnoseseminar und wurde ein Mitglied unserer Hypnosefamilie.

Bis heute in tiefer Trance-Erinnerung für alle Seminarteilnehmer ist unsere Tripelinduktion in Antwerpen mit Peo in Schwedisch, Gudrun in Deutsch und Albrecht in Englisch.

Peo engagierte sich neben Walter Bongartz und Burkhard Peter erfolgreich für die Aufnahme der Deutschen Gesellschaft für Zahnärztliche Hypnose (DGZH) als konstituierende Gesellschaft in die ISH. Denn schon 1973 war die B-Mitgliedschaft von Zahnärzthelferinnen in der schwedischen SSCEH Gegenstand von Diskussionen mit der ISH.

Ein wichtiges Kind von Peo war das Journal "Hypnos" der Schwedischen Gesellschaft für Klinische und Experimentelle Hypnose (SSCEH), das er viele Jahre lang herausgab und in dem er den Teil "We and the World" schrieb. Hypnos wurde 1990 zur Zeitschrift der ESH erweitert und Peo hat durch die Werbung von über 150 Mitgliedern für die "Foreign Member Section" ein einmaliges Reservoir an wichtigen Beziehungen für die SSCEH geschaffen.

Gute und langjährige Freundschaften auf der ganzen Welt, zum Beispiel mit Kay Thompson, John Heartland, Erika Fromm, Peter Bloom und Beata Jenks waren nach Peos Aussage die Grundlage seiner robusten Gesundheit. 1996 überwand er schwierige Herzprobleme, erlitt drei

Schlaganfälle, die er aber jedesmal mit Hilfe seines eisernen Willens und Selbsthypnose überwunden hat. Am Tag vor seinem Tode war er mit Katarina zusammen, sie wollten am nächsten Tag einen Ausflug unternehmen und sie fand ihn am nächsten Tag, wie eingeschlafen und lächelnd.

Die ihn kannten werden ihn sehr vermissen, die internationale Hypnosefamilie wird ihn als einen wichtigen Vorkämpfer der Hypnose würdigen. Von ihm stammt der Satz, mit dem ihn Peter Bloom bei der Auszeichnung in San Diego ehrte: „Hypnosis is buliding bridges of understanding.“

Peo, wir werden Dich im Herzen bewahren!

News from our Constituent Societies

Rinnovo Cariche Consiglio Direttivo Della SII by Claudio Mammini

Domenica 15 Aprile 2012 la Società Italiana di Ipnosi ha rinnovato le cariche direttive in una partecipata riunione nella nuova sede di viale Regina Margherita 269 a Roma. È stata confermata la presidenza al Prof. Camillo Loredio,

Presidente dell'International Society of Hypnosis, e la fiducia ai consiglieri: Giuseppe De Benedittis, Consuelo Casula, Mario Marazzi, Giuseppe Ducci, Vilma Sponti, Brigitte Stubner e Rolando Weilbacher. Camillo Valerio, Luisa Martini e Emanuele del Castello si sono presentati come consiglieri uscenti per permettere l'accesso a una nuova leva di colleghi. Lodevole il loro impegno nella SII ma anche, e soprattutto, nella promozione e divulgazione dell'approccio Ericksoniano in ambiti scientifici.

Merita ricordare che Camillo Valerio è stato ideatore, promotore e principale artefice della rivista "Ipnosi" nonché del sito della SII, che ha personalmente creato e provveduto a sviluppare nel tempo, oltre che formidabile implementatore di articoli scientifici e di opportunità associative. Luisa Martini si è dedicata in particolar modo, sebbene non esclusivamente, a far crescere la SII promuovendo nuovi ambiti d'interesse con la competenza, la dedizione e l'entusiasmo che da sempre la contraddistinguono. Così come Emanuele del Castello, col suo proverbiale buon umore e simpatia ha dato alla SII notevoli contributi, specialmente nel diffondere l'ipnosi a Napoli, sua città natale.

La generosità di questi colleghi, espressa nella decisione dimissionaria, ha permesso un avvicinamento che, considerate le capacità, il valore e l'apprezzamento attribuito loro da tutti gli altri membri, difficilmente sarebbe potuto avvenire.

Per i tre posti liberi erano candidate quattro persone. Tre espressioni del consiglio direttivo, Antonella Bianchi di Castelbianco, Fabio Carnevale e Claudio Mammini, e una della SII sezione regione sarda, Maria Lucia Mocchi. Alla riunione (più di cinquanta persone provenienti da molte regioni d'Italia), la maggioranza si è espressa eleggendo Antonella Bianchi di Castelbianco, Fabio Carnevale e Claudio Mammini a cui sono andati gli auguri di tutti i partecipanti.

Il Consiglio Direttivo ha provveduto anche a un'operazione di rinnovo delle cariche scientifiche. Per l'occasione, insieme ai compiti appartenenti al ruolo di consigliere del direttivo SII che i tre neoeletti si sono impegnati ad assumere, Antonella Bianchi è stata inserita nell'organico dei referee della rivista Ipnosi, Fabio Carnevale è entrato nel comitato di redazione e Claudio Mammini ha assunto il posto di Capo Redattore lasciato vacante da Camillo Valerio. Mario Marazzi è diventato Editorial Manager della rivista.

In previsione di un aumentato sforzo editoriale è stato inoltre deliberato di aggiungere due nuovi membri al comitato di redazione, uno di espressione della SII sarda, Luca Carcassi, e uno della sezione del Veneto il cui nome perverrà prossimamente. Durante il corso della riunione è stata palpabile la vitalità di un'associazione sicuramente dotata di un organico di potenzialità creative, riflessive e responsabili.

Associazione Medica Italiana Studio Ipnosi (AMISI) by Lara Bellardita

The beginning of 2012 sees the scientific activity of AMISI, along with the editorial activity of the Italian Journal of Hypnosis and Hypnotic Psychotherapy, calling back some

of the main themes that were emphasized during the XV Congress that was held in November 2011 in Milan. The current challenge is to put together the tradition and the progress in the field of hypnotic ericksonian psychotherapy, taking into consideration AMISI's milestones and values, which include the constant desire for innovation and improvement. The white new look edition of the review, according to Chief Editor Ivano Lanzini, wants to be a metaphor of an open space, where different contributions are welcome and everybody is invited to "leave their sign" as new ideas, projects and questions are part of the scientific evolution that the AMISI strives for.

The first signs of this year are definitively very interesting. Prof. Marcello Cesa-Bianchi and Carlo Cristini in their contribution ("The psychotherapist in the relationship with the patient") take up the leit motiv of the Congress, that is, the role of the psychotherapist in building therapeutic alliance and how the therapist's individual characteristics have a part in the reflecting function that the therapist plays for the patient. The Authors emphasize that the therapists' subjectivity is always present and intervenes in the relationship. As such, therapists have to take into consideration its subjectivity, control it, manage it and recognize it as interpersonal and relation tool, which they should be completely aware of.

Riccardo Pignatti's reflection on the role of neuropsychology in hypnotic psychotherapy highlights the importance of knowing memory processes as we always deal with patients' memories because patients develop their troubles based on personal memories and because it is in patients' memories that they can find the resources to look ahead and represent their own life as a better picture than the current one.

At the beginning of March, dr. Burkhard Peter held a seminar where he presented an approach to the treatment of pain both from a theoretical and practical perspective. Dr. Peter presented his approach to the treatment of pain making the distinction between a symptom-focused intervention and the treatment of psychosomatic disorders. In the first case, the hypnotic procedure should be directed to creating an imaginative structure for the pain symptom, which can eventually be looked at something that is located outside the individual. As far as psychosomatic syndromes, the hypnotic work aims to create an external observer, able to view the outside and to provide help and suggestion in order to deal with pain. The operational model presented by dr. Peter for symptom-focused approach was experienced, through practical exercises, such as the "glove anesthesia". Hand levitation was practiced and discussed in relation to hypnotic approach to pain. The seminar topics were widely and interactively discussed, highlighting that the application of clinical hypnosis in the field of pain treatment is of particular interest for students, teachers and practitioners. On April 21st/22nd, Francesco Tarantino held a seminar on new addictions, i.e. those forms of addictions that do not necessarily imply the abuse of a substance (such as smoke, drugs or alcohol) and that are more and more frequent in the form of internet and gambling addictions, just to give a few examples. The diffusion of these forms of addictions amongst young people and the elderly, that are frequently more vulnerable subjects, should bring to our attention the phenomenon both as therapists and community members.

On June 16th/17th, Prof. Gianfranco Gramaccioni will be holding a seminar on Sport Psychology.

Centro Italiano di Ipnosi Clinica E Sperimentale (CIICS) by Maria Tosello

CIICS's long standing interest in hypnosis, its uses and abuses found a new start and passion after meeting the interest, competence, severe research style of the scholars in the ancient University of Padova. Together we discovered that hypnosis is not only a therapeutic tool but also an excellent one for performing experimental research in a multidisciplinary approach and especially in the cardiovascular and anesthesiology departments.

Here are some of the most recent instances of it.

One of the latest researches appears in the *Int. J. Clin. Exp. Hypn.* 2012; 60: 241-261, titled «Measured outcomes with hypnosis as an experimental tool in a cardiovascular physiology laboratory», as usual by prof. E.Casiglia and his team. It is the description of a coordinated set of experiments on the physical consequences of hypnosis with the dual purpose of both showing what to expect when experimenting with hypnosis in the cardiovascular and pain field (trigeminal and nontrigeminal) and enabling a possible replication of the experience. Here are some of their findings which come up for the first time in the hypnosis literature. A) It is a general belief that hypnotic induction is a relaxed and relaxing phase. Induction per se is probably hemodynamically neutral, while deepening is not. B) The cardiovascular response to blood letting is simply due to the mental participation to the event and not (or not only) to the hydraulic subtraction of blood. C) In agreement with the gate control theory or more in general of the neuromatrix theory of pain and in disagreement with the dissociative models, hypnotic analgesia really blocks the nontrigeminal painful stimuli at a certain level of the nervous pathway, fully legitimating its use in surgery and in painful maneuvers. Trigeminal pain is different from the nontrigeminal pain in that it is accompanied by vasodilation + bradycardia rather than by vasoconstriction + tachycardia. This is important in dental practice.

The studies aimed at quantifying the effect of hypnotic focused analgesia (HFA) during the electrical stimulation of the teeth were conceived and carried on with Facco et al. in 2009 and 2011 (for Facco's, see immediately below).

In *Medicina Magazine. Il Giornale della Facoltà di Medicina di Padova* 2011; 9-10, prof. E. Facco (specialist in Anesthesia and Intensive Care, and specialist in Neurology in the same faculty) published an article on «Hypnosis, a wellbeing without medicine». Recently, an article in the newspaper *Panorama* 2012; 4: 90-91, titled «Scienza e miracoli. Dopo il caso Muamba» on the famous Congolese soccer-player Fabrice Ndala Muamba's near death experience (back to life after 78 minutes' cardiac arrest, i.e. apparently with no breath nor heart beat, mentioned his recent essay «Near-death experiences, science and consciousness at the limits between physics and metaphysics» where he uncovers the roots of immortality in mortality. He will take some of his experience at the XIX ISH Congress in Bremen.

An interesting seminar in a new approach to medical and judiciary graphology, Rorschach test, with and without hypnosis was organized in Torino by a CIICS member, prof. F. Lecher, a psychiatrist, criminologist, medical examiner, university lecturer at the 3rd University of Rome with dr. A.Gonella, dentist and psychotherapist, dr. V. Tarantino, MO, graphology expert, dr. R.Cicioni, psychologist and principal of the forensic Rorschach Institute of Forlì, and dr. L.Papi, psychotherapist) and will soon be repeated in Rome.

First a student, then a member of our teaching staff, dr. G.Vercelli, a psychotherapist and sport psychologist of our national mountain skiing team, lecturer in the Torino University, collected awards and fame and recently led his boat-racing team to victory in an exciting international competition. But that story will be told by him another time. Some other research studies (on age regression, consciousness and hypnosis, from conditioning to state dependent learning, etc.) will probably appear on next *Contemporary Hypnosis & I.T.* with Prof. E.Casiglia as next Editor.

Austrian Society for Applied Depth Psychology and General Psychotherapy (OEGATAP) by Hans Kanitschar

From March, 8th to 14th, the 18th International Seminar for Hypnotherapy and Autogenic Psychotherapy took place in Kramsach, a lovely small village in Tyrol, Western Austria. Among several topics like hypnotherapy in the treatment of severe diseases (Michael Harrer), hypnotherapy in the treatment of posttraumatic disorders (Matthias Mende), we had a guest from Germany, Roland Kachler, who introduced a profound new concept for the treatment of mourning which was appreciated very much by the audience.

Wolfgang Oswald is giving a short comprehension:

"In the winter seminary 2012 of the OEGATAP, for the first time Roland Kachler from Germany was present. He teaches us in a moving-touching way his very practicable understanding of mourning-therapy. It means to enable instead of letting go, to integrate instead of closing out. In his workshop and in his lecture he reached us in a good way: he questioned the approach of "Letting go" which characterize the common models of treating mourning problems. Roland Kachler offers alternative concepts: the searching for a good inner place for the dead person, the creation of inner and outer places for encountering a.s.o. By these means, after a severe loss, a "second loss" (by forcing of "letting go") can be avoided and instead of it a space for the integration of the relationship in a new way is being opened."

Vom 8. bis 14. März 2012 fand in dem lieblichen kleinen Tiroler Ort Kramsach das 18. Internationale Seminar für Hypnosepsychotherapie und Autogene Psychotherapie statt. Neben verschiedenen Themen wie die Anwendung von Hypnosepsychotherapie bei schweren körperlichen Krankheiten (Michael Harrer) oder bei Posttraumatischen Störungen (Matthias Mende) stellte ein Gastreferent aus Deutschland, Roland Kachler, sein fundiertes neues Konzept zur Trauerarbeit vor, das große positive Resonanz hervorrief.

Wolfgang Oswald gibt eine kurze Zusammenfassung: "Beim Winterseminar 2012 der ÖGATAP war Roland Kachler zu Gast und erstmals auch in Österreich! Und er bringt uns bewegend-berührend und praxisnah sein Verständnis von Trauerarbeit näher: zulassen statt loslassen, integrieren statt ausschließen. Sowohl beim Workshop als auch beim Vortrag hat er uns gut erreicht: „Loslassen“, das herkömmliche Modell der Trauerpsychologie stellt er deutlich in Frage, und bietet alternative Konzepte an: die Suche nach einem guten inneren Ort für den Verstorbenen, die Kreation von inneren wie äußeren Orten der Begegnung u.v.a.m. Damit wird, gerade bei schweren Verlusten, ein 2. Verlust (in Gestalt des „Loslassens“) verhindert und stattdessen der Raum für eine Integration der Beziehung eröffnet.“

Deutsche Gesellschaft für Hypnose und Hypnotherapie (DGH) by Peter Dünninger

In November (17.-20. 11. 2011) we held our very successful annual meeting in Bad Lippspringe, Germany. Beside 50 of the most reknown speakers and teachers from Germany, Austria and Switzerland we gladly welcomed Christel Bejenke, USA for a lesson and workshop. Again we registered a new all time-high in the number of attendants. Our greatest concern for the future will be to maintain the unique familiar atmosphere our meeting is known for and the effectiveness of the workshops despite the increasing number of visitors. Recently we published the program for our 2012 meeting (for details see www.dgh-hypnose.de) 15. 11.-18. 11. 2012. Among many others Maggie Phillips (USA), Susanna Carolusson (Sweden), Berne Erlandson(Sweden) and Oruc Güvenc (Turkey) agreed to come and will guarantee an interesting and creative event. As a lot of attendants of our 2011 meeting have already booked in advance for 2012 we strongly suggest an early registration as we will possibly be forced to limit the number of visitors for certain workshops.

As the membership in the German Society of Hypnosis has always been strictly limited to physicians, psychotherapists and dentists, our society gladly registered the decision of the Council of Representatives of ESH not to change the constitution of ESH in order to admit the membership of other medical professionals. We consider that as a very important measure to keep up the reputation of medical hypnosis and hypnotherapy.

Société Française d'Hypnose (CFHTB Confederation Member) by Christine Guilloux

La Société Française d'Hypnose, a été créée en 1985 par les élèves de Léon CHERTOK aux fins de regrouper les différentes approches de l'hypnose (hypnose classique, traditionnelle, semi traditionnelle, ericksonienne, « nouvelle », de promouvoir les recherches cliniques et de démystifier l'hypnose auprès du grand public. La SFH se veut société savante. Y participèrent Jean GODIN, Didier MICHAUX, Édouard COLLOT, Jane TURNER...

Quelques années de « sommeil » pour une renaissance en 1997. Des conférences grand public sur des thèmes comme « Hypnose et EMDR », « Hypnose et douleur », «

Hypnose et conduites alimentaires », « Hypnose et sexualité », « Hypnose et dépression », « Hypnose et sevrage tabagique », « Hypnose moteur du changement »... y ont alors été régulièrement organisées. Le Dr Jean-Pierre JOLY puis le Dr Christian DELANNOY se sont inscrits dans l'ouverture à d'autres approches comme l'EMDR, la SE (Somatic Experiencing).

Jane TURNER, psychologue clinicienne, Christine GUILLOUX, Djayabala VARMA et Ana LUCO, vice-présidents, le Dr Olivier GRINDA et Colette DUROU-DELANOE, trésoriers, Bernard MAYER, secrétaire, s'orientent à en faire un lieu d'échange et de convivialité pour offrir aux hypnothérapeutes une visibilité adéquate par rapport à leurs activités professionnelles.

Swedish Society of Clinical Hypnosis (SSCH) by Susanna Carolusson

Our contemporary status; a brief summary:

I will start with the worries and have it done. We have a decline in the number of members. We do register new members all the time, but seniors and some young members are leaving, due to economic prioritizing and retirement. Some young members are leaving too, and my impression is that they follow the mainstream of joining the cognitive clubs, avoiding the word "hypnosis".

Good facts: People are becoming more aware of SSCH and ESH as the *professional* society with quality and with strict rules for membership. Our web is appreciated as helpful, our webmaster Magnus Bjurhammar is working a lot on his spare time with making the web attractive. I am spending much time giving free advice for the SSCH web on the page "Questions and Answers about hypnosis".

SSCH are among the constituent societies of a national society for licensed psychotherapists, i.e. nationally registered post-post graduate professionals in the health and care field, entitled to diagnose and treat psychological and psychiatric illness. We have a great Psychotherapy Fair in Stockholm in May, with, I guess about 1500 people registered already and more will come.

We will present seminars on hypnosis to colleagues of other orientations, have a book table, roll-ups and possibilities to experience hypnosis or listen to my CDs or mp3.

In November there will be a national conference for Dentists in Göteborg, and three of our members will present a discussion panel there on hypnosis in dental care.

We need to upgrade our position in the psychological field as well as in the medical field and our strategy is to be seen in media and at various congresses.

We also encourage our members to have our web (www.hypnosforeningen.se) as an automatic address on their computer whenever they enter the internet. That gives us good statistics, which gives us a high rank when people google on hypnosis.

Several books on hypnosis, edited by Anna Gerge and co-authored by several Nordic members have been spread in Scandinavia.

My second book about my son, this time with focus on psychotic episodes after brain trauma and PTSD, will be translated into English in time for the ISH conference I hope.

SSCH will start an advanced course in **Ego State Therapy** in 2013. The basic and middle levels of Ego state therapy are taught in the hypnosis training on basic (64hrs) and our 2 years programs.

SSCH is continually giving an education in **Basic psychotherapy with hypnosis**, 2 years, 406 hrs including 120 hrs group supervision, doing psychotherapy with at least two patients, and 50 hrs own psychotherapy as a patient.

SSCH also still offers the traditional and appreciated 2 years program of **medical hypnosis** for all members who have done the basic 64 hrs.

See you at the next ESH congress or earlier in Bremen.

Tibbi Hipnoz Dernegi (THD) by **Ali Özden Öztürk**

While continuing our training activities in 2012, we also have been making some improvements regarding our training program me to better meet and comply with the ESH training criteria. We only accept Medicine, Dentistry, and Psychology scholars for our membership, and also our training activities and certification in hypnosis. We are so strict and sensitive about these issues since we find them very important for the future of medical hypnosis in Turkiye. In accordance with that, we are negotiating with the government to make the necessary amendments in healthcare services law to define the criteria for being an eligible and competent hypnotist, and prevent lay hypnotists use hypnosis in treatment. We also meet with other local medical hypnosis societies to create a common platform to discuss the legal issues about hypnosis.

On May 25th -27th, our President Dr. Ali Özden Öztürk and our BOD member Hasan Ali Nogay will give a workshop in ICMART (International Council of Medical Acupuncture and Related Techniques) Congress in Athens about "How Microsystems Acupuncture Points Correlate with AUCH (Awareness Under Conscious Hypnosis) Method". This an important workshop since it is an interdisciplinary study showing the correlations of touches, tapings and passes used in AUCH Method with acupoints.

In the 11th National Breast Congress, Belek, Antalya, Turkiye, Dr. Ali Özden Öztürk gave a workshop about the breast cancer operation performed with hypnoanesthesia using AUCH method, which has aroused great interest in national press.

Vlaamse Wetenschappelijke Hypnose Vereniging (VHYP) by **Nicole Ruyschaert**

June 2012, saw VHYP hold its Spring Congress entitled 'Hypnosis in European Colours'; with BoD Members having the pleasure of meeting and teaching Congress participants. The Congress was followed by the annual

ESH Board of Directors Meeting, an annual event held by invitation to host by one of our Constituent Societies.

After having given a lecture on 'medical hypnosis' at university of Antwerp for medical students, a very interested and motivated group students asked further training in the basics of hypnosis. 2010 - 2011 a group of 17 medical students participated at a 40 hours initial training worked out and given by Dr. Nicole Ruyschaert. A specific part of self-hypnosis for improving focus, concentration and learning was part of the program. All students succeeded in the exams and continue to participate at regular supervision sessions waiting for the time they have clinical practice and can learn more about how to apply hypnosis in clinical work.

Annual training (basic hypnosis training) starts every year in October. We reviewed and reconsidered admission criteria and now also admit (psychiatric) nurses, social workers with training in psychotherapy and masters in physiotherapy. Advanced training is given as workshops, where participants have an obligatory part for all professions and a choice depending on the setting/problems they have to deal with in their clinical practice.

2012 March we started a specialized training on "Hypnotic communication and distraction methods for pain control" as a 5 days training for nurses, medical doctors, psychologists in the University Hospital of Antwerp. 12 nurses, 1 midwife, 1 physiotherapist started this training and are eager to learn the methods to improve communication and comfort of the patients they are working with.

News from ESH Committees

A Report from the Committee on Educational Programmes in Europe (CEPE) by **Martin Wall**

It is the strength of a pan European society such as ESH that its cultural and national interests combine to nurture a rich heritage of understanding and innovation.

A consequence of this diversity of influence is that the central committees have to compose criteria that are acceptable to this diaspora of hypnotic understanding.

Since our congress in Istanbul our principal work has been involved with the structure and implementation of the 'European Certificate of Hypnosis'. In particular

- The various understandings of the primary nature of hypnosis, and how these should be examined:
 - o A tool of no therapeutic value of itself but profoundly valuable as an **adjunct** in the full range of clinical applications. OR
 - o A therapeutic **modality** in its own right.
- An essential part of certification involves ongoing Continuing Professional Development (CPD)
 - o What is acceptable?
 - o How is it verified?
 - o How is it valued?

- Now that the grand parenting period is over we need to appoint and train examiners, proficient in the various languages of the applicants.
- We need to organise moderation within the examining cohort.

As to the fruits of our labours - if you are considering applying for an ECH the full 'Application Pack' is available from Central Office. In addition I hope in the near future that our website will carry both the 'Application Pack' and 'Guidance Notes on CPD'.

I hope this gives a flavor of the work of our committee, and of course any input you may choose to offer would be very welcome!

News from the Milton Erickson Foundation

1) A visit to Erickson's home and office by Denis Vesvard

After the recent death of Mrs. Erickson, Elizabeth Euphemia Moore, in 2010, the Milton H. Erickson Foundation bought Erickson's home and office. In this humble house, where Haley, Weakland, Rossi and many others spent much time, you can still breathe the perfume of the creative sixties. You can also imagine the simple way of living that the wise man lived and measure how difficult it was for Erickson to live in a wheelchair under the heavy sun of this dry area.

In the waiting room, you can meditate on the famous picture of Jean Marie Charcot hypnotizing a woman in Paris Salpêtrière Hospital and discover that Milton Erickson was interested in books written by Braid, Feldenkrais, Mead, Caycedo or Huxley.

As you continue your tour you would enter his office. Everything you see in the room will remind you of Erickson's stories and his life. The shelves are filled of old and recent books often dedicated «to the Master », as Jay Haley did. In this confined office, you can only escape the sharp and kindly sight of the therapist in focusing on sharp things made of ironwood or on some strange handicrafts made by cured patients.

Next to the waiting room, you can have a look to the room where Weakland used to sleep when he went to visit Erickson. «Ernest Rossi rested in this sofa» comments the gentle lady who guided us. She adds: «Here is the last appointment book of Dr Erickson. There are a lot of appointments and teaching seminars for the coming weeks»

I visited Erickson's home and office with two friends. In the cab that brought us back to the Ericksonian Conference we remained silent. We had just experienced a fascinating regression in time.

2) Intensive Training in Ericksonian Hypnosis by Federica Tagliati

More than 20 years ago a friend of mine gave me a book that would become my bible. It was "My voice will go with

you". It was the beginning of my deep love for Milton Erickson and for his incredible, tremendous, and highly innovative therapy.

Between September 2010 and July 2011 I attended the intensive training in Ericksonian hypnosis at the Erickson Foundation in Phoenix, Arizona.

The classes were taught by Brent Geary, Jeffrey Zeig and Lilian Borges Zeig. The lessons were loaded with contents, exercises, experiences and buckets of emotions. I enjoyed doing all the "psych-aerobics" that Jeff Zeig invited us to do. Many exercises were presented in a very simple way, almost as games or easy storytelling. Of course they hid powerful meaning and subtle teachings to improve our ability as (Ericksonian) therapists. What was the best one would be hard to say. Maybe the "Multiple embedded metaphor" in which three stories of equal length were told. This is how it worked: story one was started and interrupted midway to start story two, which was interrupted to tell story three. Then story two was completed as if story three had never been told and eventually story one was completed as if story two had never been told. It was very intriguing.

I loved all the stories about Milton's life that Jeff told us and I couldn't help but buying the recordings of all the moments spent there, so that I can enjoy them again and again. I think the most useful story I heard was about the atmosphere one could feel at Erickson's office: everyone was extremely relaxed, a few of his children were hanging around, the dogs were lazing out on the floor. So there was no strict separation between family life and professional life. It seems that Erickson found in one of his dogs the best allied in hypnotizing subjects as it was extremely relaxed, lying on the floor right in front of the sofa where Erickson's patients used to wait for their session. The pre-induction was done by the dog!

On the other hand the funniest story was about a patient who was sent to Erickson because he was resistant to hypnosis. No one was able to hypnotize him no matter what. Erickson just started talking and after two hours the subject was in a deep trance. Milton's comment was "If they do not go easily I take them by boredom!"

Of course I couldn't miss the hike to Squaw Peak, lately renamed Piestawa Peak, the famous task that Milton Erickson asked his new patients, to assess their will to go through therapy with him. The only moment in the day that's possible to climb up without suffering for the heat is at dawn, so we met at 5.30 a.m. at the beginning of the trail, right in the middle of Phoenix. The hike to the top is about a couple of kilometers and 500 meters to climb, the trail is rocky but not extremely difficult. The city view at the top is breathtaking and the only thing we could do was to sit in silence and absorb the overwhelming beauty of the sunrise. We could almost feel the strength of all that had been learnt by Erickson's patients just by hiking that trail.

Last but not least we had the chance to visit the last house where Milton Erickson lived, at 1201 E. Hayward Avenue. Robert Erickson and his wife greeted us. I asked Robert how it was being son of Milton Erickson. Robert simply answered "Different", and even that single word seemed to carry all the complexity and the emotions of such a genius. We saw the small waiting room where the dog pre-hypnotized the patients and the incredibly little studio (hard to believe that a wheelchair could move around there)

where Milton met his patients, with the diary still on the table, the calendar showing 25th March 1980 and, of course, the purple telephone.

And eventually I had fulfilled my dream.

3) Comments on the Eleventh International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy: Transforming Ericksonian Methods

December 8-12, 2011, Phoenix, Arizona - USA

3.1 Joyce Mills Workshop, "StoryPlay, Reawaken the Resilient Child within" by **Nicole Ruyschaert**

A little bag filled with funny toys and a warm welcome stimulates my curiosity and opens up my mind for learning. Play has a tremendous effect on brain development, stimulating learning and as therapists we can be the 'playroom'.

Story-play as developed by Joyce is built on six roots: creativity, the natural world, trans-cultural wisdom and healing philosophies, principles of Milton Erickson, real Life & Myth Stories & Metaphors and play therapy. Each root is like a 'creative steppingstone' and depending on where you are, what you or client have, you utilize one or more aspects. A stimulating, indirect communication style promotes rapport. Personal creativity or telling stories from different cultures opens up a world of resources.

Surprisingly easy we could create a story, and convey an experience of resilience to our partner. Particular emphasis is put on resilience, and elements of nature of the own environment are utilized and get a symbolic meaning. You won't be surprised to hear examples like the tree growing stronger after surviving a storm or the Hawaiian story about a bowl of light, a symbol of innate and unique abilities. After telling the story, follows an imaginary exercise to release the light, and the experience is reinforced by drawing it.

Indeed, Story crafts expand the storytelling metaphor into a physical form through artistic expression. Another example is the 'dreaming pot' to hold good dreams and let go the bad ones. The imaginary experience is linked with a symbol, a real pot with an opening, painted as a group activity, and kept as an anchor.

Metaphors are interspersed in the whole workshop. I particularly liked the therapeutic metamorphosis, with a parallel between eggs put on the right leaf (beginning of therapy and contact with therapist), caterpillar phase as time for a change (from comfort to discomfort), imaginary discs of change in the body of the caterpillar (resources, gifts dormant in each person, imaginary 'discs') the cocoon (therapy provides casing) and finally the emerging butterfly (awakening, autonomy) ready to fly with new wings!

In a balance of conveying ideas, research data and sharing experiences, participants got well designed exercises to integrate learning in immediate practice.

At the end we were well prepared to design a ritual and ceremony to help one of the participants in the small group integrating much of the new information. And our inner child was nurtured at the end when all of us could make bubbles and discover the fun of doing it!

Story Play is useful in working creatively with individuals and communities after traumatizing events but the method can be expanded to promoting health and wellbeing for all.

3.2 Sidney Rosen Workshop "Ideomotor and Ideosensory Expressions in Waking Self Hypnosis" by **John D. Lentz**

84 Year old Rosen showed he is still a master. The Co-author as he likes to call himself of the timelessly popular book "My Voice Will Go With You" the teaching tales of Milton H. Erickson M.D. demonstrated how sharp he still is. While teaching the history of ideomotor techniques in hypnosis he did so making the whole thing memorable by illustrating with personal stories of his own experimentation. Then, like any good presenter after everyone was able to understand what ideomotor and ideosensory techniques were, he elicited volunteers to experience the process and learn firsthand, knowing full well that everyone watching was also learning as well, he directed his teaching to the entire class and seamlessly went back and forth between talking indirectly to the class and directly to the volunteers.

While ideomotor and ideosensory techniques are used by many indigenous cultures around the world in rituals that involve some sorts of hypnosis, in Rosen's hands it is a straight forward technique to utilize with clients and self to enhance self hypnosis for self improvement as well as lowering pain and other such handy applications.

Rosen spoke of how he routinely used both as a means to enhance his effectiveness and to lower pains when he didn't have time to be sick, or access to a dentist. His wiliness to utilize his own stories and practice of these techniques made the use of them appear useful and gave the attendees permission to be creative and personalize how to use these approaches for us and our clients. What I especially liked was because of Dr. Rosen's scientific attitude about the process there was never any mystery about what was occurring. It was a straight forward method of enhancing self hypnosis, and ratifying the experience by thoughts becoming involuntary movements or thoughts becoming involuntary sensory experiences. What a wonderful way to learn about ideomotor and ideosensory tech-

niques than by the whole thing becoming so straightforward that idea referring to thought became demonstrated. One part of the workshop that was especially masterful was his indirect method of getting everyone to experience the phenomena whether they volunteered or not. It sold me on how effective and masterful he was in teaching.

3.3 A new perspective of change in psychotherapy: Psychosocial and Cultural Genomic **How we can co-create ourselves learn to regulate the gene expression** by **Giovanna Celia and Mauro Cozzolino**

During his keynote session Ernest Lawrence Rossi with Kathryn Rossi, Mauro Cozzolino and Giovanna Celia as co-presenters, documented how to measure changes in activity or experience-dependent gene expression over relatively brief time periods (one hour and 24 hours) following a single intervention of therapeutic hypnosis called The Creative Psychosocial Genomic Healing Experience (about one hour). We propose this molecular-genomic level of discourse as a supplement to the traditional cognitive-behavioral description of therapeutic suggestion, hypnosis, and psychotherapy.

In our study at University of Salerno (Italy) we assessed the hypothesis that a top-down creatively oriented positive human experience can modulate gene expression on the molecular level. A DNA microarray data analysis of the white blood cells of 20 human subjects was performed immediately before, one hour after, and 24 hours after The Creative Psychosocial Genomic Healing Experience (Rossi, Cozzolino et al., 2010; Cozzolino, Rossi et al., 2012 in press). We documented changes in the expression of 46 early response genes within one hour that apparently initiated a further cascade of 154 genes 24 hours later.

Currently the Psychosocial Genomic and The Creative Psychosocial Genomic Healing Experience is the only evidence-based molecular-genomic approach to mind-body healing and problem solving that can facilitate: 1) stem cell activation 2) reduction of chronic inflammation 3) cellular oxidation.

This study now requires cross validation with a variety of diseases and diagnostic classifications to document the validity and reliability of using DNA microarrays to assess our new creative psychosocial genomic therapeutic protocol in a variety of health contexts. Our results suggest however that this study provides documentation consistent with the hypothesis that our new therapeutic protocol may modulate gene expression in human white blood cells. This unexpected finding may have important implications for the posthypnotic suggestion in

therapeutic hypnosis, many other psychological experiences and it could completely change our understanding of the health and mind-body care.

3.4 Breant Geary Workshop “Dissociation Diagnosis: An Explained Model For Clinical Utilization” by **Antonella Monini**

Dr. Geary is a licensed psychologist with a private practice in Phoenix, Arizona. Since 1988 he has also been the Director of the Intensive Training Program organized by The Milton Erickson Foundation. He conducts training and supervision in methods of Ericksonian brief Psychotherapy and teaches internationally.

I have known Dr. Brent Geary since 2008 when I attended the Intensive Training in Phoenix and I consider him one of the best trainers I ever had. In this WS he explores dissociation in everyday life, in psychopathology, and in hypnotic phenomena. He teaches the audience that hypnosis itself relies upon dissociation: dissociation and hypnosis are strictly intertwined and dissociation is one of the ways to think hypnotically. Thinking and hearing in terms of hypnotic concepts is central in the Ericksonian approach, in planning and tailoring the intervention, and in doing our assessment since the very first interview with the client. Patients are actually dissociated from resourcefulness, and they tell us about dissociation without saying the word: they are dissociated from Movement-Optimism-Resources-Energy (MORE elements of dissociation). In this WS we learned that in hypnosis therapist helps people to positively dissociate in order to lead them through the process of therapy.

3.5 Reflecting the Legacy of Erickson's Resilient Essence of Being by **Betty Blue**

International and Brief Therapy Conferences sponsored by The Milton H. Erickson Foundation have taken place in December, close to Erickson's birthday, since 1980 when Jeff Zeig organized the first Ericksonian Conference. Although December may be an inconvenient time for some conference attendees to be away from home, it seems fitting that professionals gather during the Northern Hemisphere's darkest time of year to bask in the inspiring light of creative resiliency reflected by those influenced by Erickson.

Perhaps such reflections exemplify and honor Erickson's exquisite abilities to radiate to others and elicit from others a positively-focused “essence of fully being oneself”: A courageously authentic essence that inspires and models transcendence from life's adversities, even those of “paralyzing proportions”. Many of us who were not fortunate enough to have personally interacted with Erickson experience his essence

not just through examples of his naturalistic ingenuity but through the engagingly entrancing twinkling eyes, gentle voices, openness and hope-oriented spirits of master teachers such as Jeff Zeig, Stephen Gilligan, Michael Yapko and Ernest Rossi.

Perhaps these master teachers then appoint us to be guardians of the light of positive potential, with the mission, should we decide to accept it, that we, likewise, creatively share and model the compassionately, resilient and inspiring radiance of **our own authentic essence** of being as human transformers.

"We can not hold a torch to light another's path without brightening our own."

Ben Sweetland

3.6 Overview by Anita Jung

The Conference promised to offer world-class faculty, cutting-edge subjects, opportunities to engage in Ericksonian fundamentals, and listen to globally renowned teachers of psychotherapy.

Keynote addresses by Erickson's distinguished students Ernest Rossi, Helen Erickson, Stephen Gilligan, and Jeff Zeig marked the era of a core transformation of Ericksonian approaches. They beautifully illustrated their own journey of transforming Erickson's work. We witnessed that it takes more than one person to become the multi-faceted Dr. Erickson and that we have to develop our unique ways to incorporate parts of the learning to fit into the scheme of our therapeutic enterprise.

The conference proved to be a composition of many esteemed Masters, amidst their own students presenting their knowledge, and dazzling and stimulating learning on all levels. During lunch, my own group inductions with live music inspired a touch of wellness and creativity. Most participants attended on all three days.

Consuelo Casula's experiential workshop demonstrated the five petals of women's identity, unveiled our strengths, and provided a breath of fresh air. We explored the archetypes of each petal and stepped into current identities. Casula's approach left us with an impression of grace and elegance and strengthened our journeys as women in the world of psychotherapy.

Congress Reviews

54th Annual Scientific Meeting and Workshops of the American Society of Clinical Hypnosis (ASCH) Racing for the Finish Line: Closing the Mind Body Gap
March 16-20, 2012, Charlotte, North Carolina - USA
by Anita Jung

The Conference aimed to examine some of the newest developments in hypnosis and to demonstrate increased understanding regarding how to apply the latest scientific brain research to the use of hypnosis in clinical practice.

Plenary sessions by leaders in the field such as David Spiegel, Pierre Rainville, Doug Drossman, and Stevens Smith delighted the audience with the brilliancy of their work and their ease in presenting the information.

My agenda for the conference included immersing myself into the world of pain regulation and learning as much as my brain could retain. The conference offered a wealth of information on the subject. David Patterson's Master class provided ample knowledge on assessing pain from a biopsychosocial perspective and hypnotic interventions with both acute and chronic pain. His teaching included a powerful Ericksonian style induction that will continue to percolate in my mind. Dr. Patterson's clinical demonstration with a participant with chronic pain in her toe demonstrated the ease of his work and his respect for the patient.

Highly notable was Pierre Rainville's plenary "From Nociception to Zen Meditation." I learned that there is no such thing as a center of pain. However, recent research conducted using functional cerebral PET imaging clearly shows that certain parts of the brain change when we are afraid of the sensation before it occurs. In addition, according to MRI results, central brain regions that regulate emotion and pain were significantly thicker in meditators compared to non-meditators. Researchers found the response of certain regions of the cortex is directly proportional to the subjective experience of pain.

The discovery was made by comparing grey matter thickness of meditators and non-meditators. Evidence suggests that practicing the centuries-old discipline of Zen reinforces a central brain region that regulates pain. Through training, meditators can thicken certain areas of their cortex, which lowers sensitivity to pain. The reduced suffering reported in experienced meditators involves a reduction in judging and interpreting and is *associated* with differences in brain activity and/or morphology within evaluative, emotional, and executive areas. Chronic pain or aging usually results in a thinning of the cortex; however, it is reversible simply by learning. As exciting as this sounds one must use caution as experiential descriptions are "subjective". However, experiential approaches support "non-conventional strategies to reduce suffering.

Bernard Plansky's workshop on 'Minding the gap: How post-hypnotic suggestion maintains the world of osteoarthritis - Taking steps to dehypnotize the body for recovery and restoration of joint function' provided numerous examples and recent findings on restorative learning.

Dr. Plansky led us on a boundless physical journey through our joints and cartilage toward a harmonious body alignment. Via hypnotic 'Eternal Spring Tai Chi' movements and his smoothness in demonstrating the movements, Dr. Plansky instilled a sense of flow and ease in participants. The point of conscious engagement in exercises to support conditions opposite to those maintaining arthritis reminded me very much of Milton H. Erickson's work on using patient's mind at the unconscious level in order for the conscious mind to do its job.

**Rencontre Professionnelle
de la SOCIÉTÉ FRANÇAISE D'HYPNOSE
31 mars 2012, Paris**

Compte-rendu de Christine Guilloux

***Loyautés invisibles
Se départir de nos loyautés***

L'histoire pourrait commencer par « Il était une fois une famille qui fit des petits, pas si petits que l'on pourrait croire. Petits fils d'Ariane ? Trames et lisières ? Loyautés invisibles, inconscientes et néanmoins prégnantes ? ... »

Loyautés familiales invisibles ? Le concept a été développé et publié en 1973 dans « par un psychanalyste d'origine hongroise, Ivan Boszormenyi-Nagy, avec Geraldine M. Spark et repris par de nombreux travaux en psychogénéalogie. Chaque famille véhiculerait des règles de loyauté où chacun a sa place, son rôle et où chacun tient compte de ses obligations et compte ce qu'il a reçu et donné. Chacun tiendrait de manière non consciente un « Grand Livre des Comptes de la Famille », selon Anne Ancelin Schützenberger : nous recevons de nos parents, nous donnons, nous transmettons à nos enfants. Le système est transgénérationnel. La psychogénéalogie pour débusquer ces loyautés invisibles, pour acquitter ou nous libérer de nos dettes ?

Auparavant Carl Gustav Jung avait suggéré un inconscient collectif, héritage transmis de génération en génération, tout en apportant quelques précisions, quelques précautions : « *Je n'affirme nullement la transmission héréditaire de représentations, mais uniquement la transmission héréditaire de la capacité d'évoquer tel ou tel élément du patrimoine représentatif.* » Jacob Moreno développa bien plus tard l'idée d'un co-conscient familial ou groupal. Freud avait également postulé l'existence d'une âme collective, d'un inconscient transmis aux membres d'une même famille.

Ana Luco, psychologue clinicienne, hypnothérapeute, directrice du CEFATC (Centre Européen de Formation et d'Application de Thérapies de la Communication) est intervenue, le 31 mars 2012, au cours de la Rencontre Professionnelle de la Société Française d'Hypnose. « Changement et loyauté » pour montrer et démontrer comment peuvent s'harmoniser deux aspects apparemment opposés, étrangers l'un à l'autre, voire contradictoires grâce à une approche hypnotique qu'elle a mis en place.

Ana Luco nous engage sur les voies de la dette familiale, notion approfondie par Karl Abraham, médecin et psychanalyste. Nous avons vis à vis de nos prédécesseurs, de nos parents une dette, une dette qui n'a rien de minime, une dette de vie, de survie : parmi les mammifères, nous sommes les seuls à naître « prématurés », dépendants de nos parents, de notre environnement. Nous sommes immergés, nous reprenons, nous reproduisons ce que nous avons appris. Pour le meilleur et pour le pire. Pour exemple, l'enfant, enfermé/élevé dans un placard, demande à retrouver ses parents lorsqu'ils sortent de prison.

Nombre de nos sentiments, de nos comportements et de nos symptômes ne sont pas liés à notre histoire personnelle. Meurtrissures, « pétrissures », répétitions, syndromes d'anniversaire, traumatismes ou secrets non

connus/méconnus, frontières à ne pas franchir, audaces à ne pas exprimer ..., il est toutes sortes de fidélités inconditionnelles, d'injonctions intériorisées, à respecter les règles d'une famille comme se rabaisser, s'oublier pour les autres, s'empêcher d'être,

Faire le ménage dans notre grenier, nos greniers. Penser, trier, jeter ou conserver. L'hypnose peut être un outil puissant pour faire ce travail intérieur, ce voyage intérieur pour nous sortir de la servitude comme de la reconnaissance éternelle, pour séparer le bon vin de l'ivraie, pour choisir de garder ce qui est bon pour soi, d'écarter ce que nous ne voulons pas... "Tout ce qui n'est pas porté à la conscience se transforme en destin" avait affirmé Carl Gustav Jung. L'hypnose comme une occasion de défier le destin, d'écrire autrement le roman familial avec ou sans plus ou moins de conformité à la tradition familiale, de vivre sa vie.

De l'utilisation du web pour éduquer nos patients...

Internet, aux multiples toiles, nous offre une encyclopédie interactive en perpétuel mouvement. Aux textes de référence certes, aux prestations de formation aux bases de l'hypnose comme en applications spécialisées, aux blogs de comptes-rendus d'expériences en live ou en livres, s'adjoignent depuis quelque temps déjà, les séquences vidéo de séances d'hypnose, d'expériences décortiquées, d'explications illustrées: *YouTube* et *Daily Motion* pour nous servir.

Extraits de séances de Milton H.Erickson et de bien d'autres praticiens de l'hypnose, certes mais démonstrations où le ludique, l'humour, l'irrévérencieux s'allient en la personne de Mr Ramesh pour calmer nos peurs de la vie, de la mort, de tout et de rien..., nos peurs d'avoir peur. Mr Ramesh, jovial, tient officine, épicerie nous communique une bonne humeur et une sagesse de bon aloi. (<http://www.youtube.com/watch?v=An18wQ3asMw>)

A nous d'aiguiser notre curiosité, de prendre des risques, de sourire à nos aventures, et d'inciter nos patients à vagabonder sur ces médias pour apprivoiser leurs peurs, comme pour apprendre, avec le sourire, quelques de nos mécanismes mentaux – ainsi la série des tests d'attention sélective <http://www.youtube.com/watch?v=vJG698U2Mvo>) nous suggère sans détours Bernard Mayer, psychosomaticien, spécialisé en Psychothérapies à médiation corporelle et Psychothérapies Brèves, Président – co-fondateur de l'IETSP (Institut Européen de Thérapies Somato-Psychiques). Une manière d'éduquer nos patients, de les sensibiliser à nos approches thérapeutiques.

L'hypnose pour se faire léger, pour voyager léger, pour s'ouvrir à soi-même. Et si la loyauté commençait par celle d'être à soi-même ?

Breaking News

**A new Italian Institute:
International Center of Psychology and Strategic
Psychotherapy (CIPPS)
By Giovanna Celia and Mauro Cozzolino**

Mauro Cozzolino and Giovanna Celia, students and collaborators of Ernest Lawrence Rossi, have founded in

Salerno, Italy, the International Center of Psychology and Strategic Psychotherapy (CIPPS), first European center totally dedicated to the integration of the Erickson's strategic model with innovative studies of Rossi's Psychosocial and Cultural Genomic. CIPPS has been recognized by the Italian Ministry of University and Research as a post graduate school in Psychotherapy for medical doctors and psychologists, and it boasts famous teachers as well as E.L. Rossi, K. Lane Rossi, C. Casula, R. Roche, etc...

Principles of CIPPS

The fundamental principles which make the therapeutic, the training and the research method of CIPPS particularly innovative are:

1. Psychosocial Genomic of Ernest Lawrence Rossi

E. L. Rossi, psychotherapist and international scientist, has been able to link in a very excellent way the wealth of tools and resources coming from the traditional and Ericksonian psychotherapy with neuroscience into his Psychosocial Genomic. While Behavioral Genetics focuses on how genes influence behavior and psychological traits, Psychosocial Genomics' explains the way in which the psychotherapy is able to modulate the health, the consciousness through gene expression. In this way it is finally possible to overcome the one-way tendency to consider wellbeing only as a result of a biological, cerebral or genetic process of human being.

2. Dialogue between Psychotherapy and Research

The CIPPS model aims to reduce the gap between research and clinic in psychotherapy. Regarding the training process of the future psychotherapist, the goal is to facilitate the dialogue among researchers and clinics, linking the different researches on psychological models with the recent knowledge coming from medical and neuroscience's field. The CIPPS training intends to provide the capability of arranging a therapeutic process, characterized by the appropriated mix of creativity and eclecticism, and at the same time wants to be able to assume a scientific culture and perspective in a modern point of view.

3. Blending of Disciplines

Jean Piaget used to say that the only way to be able to add something interesting to a discipline is to direct our interest to another one. Our center offers new and modern psychotherapy training attuned with latest scientific discoveries in order to let them become effective therapeutic tools. The CIPPS model turns out from the dialogue between medicine, biology and neuroscience, in an integrated and equal way, without supremacy and/or subjugation

4. Mind-Body Integration

Nowadays a segmented concept of disease/therapy is not considered acceptable anymore, so following a holistic view of the therapeutic process, a body-mind perspective has been adopted. The CIPPS model uses the most accredited theories and psychotherapeutic techniques; it integrates them with the new knowledge about the cerebral, neuronal, physiological and genomic processes.

5. Internationalization of Training

In the CIPPS training model the communication and collaboration with international institutes and colleagues is strongly encouraged. Therefore, inside the teacher staff in a

stable way there will be European and American colleagues and the International cooperation and exchanges with the Milton Erickson Institute of California Central Coast USA, Ernest Lawrence Rossi Foundation USA, University Autonoma of Barcelona, University of Salerno, SCUPSIS center of Rome, etc. are all currently active.

Opening of "the House of Elms"

The rebirth of elms, of a house, of a village

By Christine Guilloux



At the gates of the Burgundy, in France, the Yonne proceeds with its channels, its rivers, its water and sailing activities, its hills and mounts, its forests and its everlasting buildings. At the gates of the Burgundy, in a small village closer to Paris, is nestled «La Maison des Ormes», «The House of Elms», a house which progressively will become a welcoming area of creative and artistic activities, of trainings and learnings, of resourcement and presence to the world.

«La Maison des Ormes» will welcome you **on Saturday and Sunday, September 15th, 2012, for two days of sharings**. Elms are celebrating! Puysegur, one of the hypnotherapy pioneers, can smile on this and exercise quietly under his trees – his fetish trees? He can dispense justice to them and deal out justice, cure our injuries, calm our souls, meditate and gain strength.

After the May, 2009, Paris exhibit « La mi-vie, L'âme y vit, L'amie, vis! » and the December, 2010, Lyon exhibit « Sorties de Domovoï », **Christine GUILLOUX**, "psychologist – psychotherapist, writer, imager and links maker », founder of the Milton H.Erickson Centre-France Institute and vice-president of the Société Française d'Hypnose, invites us to share and mobilize our known and unknown resources. It is to be a moment of coalescence, of revitalized energies, a day for communications, animations, productions on the **theme of rebirth, the rebirth of elms, of « La Maison des Ormes », of the village of elms**.

Every participant to this opening event is invited to take pencils, feathers, brushes and any other expression and writing tools!

Every one is invited to prepare and bring concocted, realized, revealed and/or budded contributions : texts,

poems, drawings, paintings, stickings, mosaics, assemblies, interbreedings, photographs, readings, sceneries, games, workshops, melodies, songs, musics, dances, and all other kinds of compositions... for a tonic, animated and joyful day, fulfilled with our generousities, our hearts and our shared creativities.

To lay the « foundation stones », to tame « La Maison des Ormes », and to make our first steps inside and outside, some elms will be planted. As a milestone to commemorate, a book will be created from the contributions of the participants..

If you feel like enjoying this event, bring your picnics and your other nutriments to feed our bodies and our souls, to share this first moment of coalescences, of rebirths, of births and of co-births.

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www.christine-guilloux.eu

La Maison des Ormes – 7, Chemin du Lavoir – 89110 Les Ormes

Christine GUILLOUX – SILLAGES – 106, rue Vieille du Temple – 75003 Paris

Calendar – upcoming Congresses and Activities

2012: 7-9 September

DGZH Annual Congress
Steigenberger Hotel, Berlin
www.hypnose-kongress-berlin.de
www.dgzh.de

2012: 4-7 October

Split, Croatia
<http://www.psychodermatology2012.com>
Psychodermatology2012@gmail.com

2012: 17-21st October

ISH Congress
Bremen, Germany
<http://www.dhg-rottweil.de/ish/>

2012: 15-18 November

Hypnose – Das Tor zum Unbewussten
DGH, Bad Lipspringe
www.dgh-hypnose.de
info@dgh-hypnose.de

Training Courses

BSCAH-Scotland

Glasgow Pond Hotel
Module One: 27th & 28th October 2012
Module Two: 24th & 25th November 2012
Module Three: 12th & 13th January 2013
www.bsmdhscotland.com

DSCAH

Practical Education in Clinical Hypnosis (Diploma Course)
for Health Professionals
6 weekends spread over 1 year (116 hours of training)
Next course starts in April.
info@hypnoterapi.com

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