

ISH NEWSLETTER

building bridges of understanding



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<http://ish-hypnosis.org>

LETTER FROM THE ISH PRESIDENT



Camillo Loredio, MD, PhD

THE BRIDGES OF BREMEN

While we are all preparing ourselves for an exciting adventure in Bremen, we have good reasons to think about the general meaning of this very special event. We still are some months away and yet we are now very close to 2000 participants, and over 300 presenters are already scheduled for the Congress.

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NOTES FROM THE ISH PRESIDENT-ELECT



Julie H. Linden, PhD

In 2009, while taking a walk in Rome during the 18th ISH congress, an attendee approached me on the street that asked to speak with me. He then proceeded to say how much he appreciated the people who do all of the work

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LETTER FROM THE ISH PRESIDENT

A legitimate expectation is we will have a successful congress. A possible expectation (I know it could be too optimistic) is this could be the largest hypnosis congress ever held.

In any case, to realize that in a period of serious general crisis involving most of the planet's activities, to see hypnosis to obtain so much interest and appreciation, cannot but give us a sense of pride and of hope for the future.

Another consideration about such an important appointment in my opinion is even more relevant.

The history of hypnosis is full of individualistic tendencies. Just to recall a few examples, Franz Anton Mesmer openly declared that he was the only one able to cure all the existing illnesses, as well as Charcot was named "the Napoleon of the Neurosis" because of his winning-at-all-costs personality.

Just to mention only episodes that are reassuringly distant from the present times, fighting among different schools of hypnosis, instead of creating powerful alliances, like it happened at the times of Nancy and Paris, has been often the cause of a long period of hypnosis decline.

The roots of ISH developed already with the First International Congress for Experimental and Therapeutic Hypnotism held in Paris, France on August 8-12, 1889. We can consider this Congress as the first serious attempt to overcome the prevailing tendency to individuality. Putting up together a faculty including presenters like Jean-Martin Charcot, Hippolyte Bernheim, Pierre Janet, Sigmund

Freud and Ambroise-Auguste Liébeault was certainly not easy, but that was the first step toward a different mentality.

And with this same mentality, although with long periods of suspension or interruption caused for some years by the even more threatening individualistic tendencies of war, ISH continues to survive since 112 years.

To underline the fundamental goal of connecting over their individuality, hypnotists from all over the world, some years ago Peter Bloom has adapted to the International Society the motto "Building bridges of understanding". From that moment on, the implicit agenda became part of the official logo, to openly emphasize the role ISH played and is supposed to play even in future years, in support of a cross-national and cross-cultural working alliance.

On a smaller scale, the present ISH Board has developed the use of internal meetings not only during the triennial congress, but also in other special moments. Apart from the virtual cyberspace of the usual skype meetings, Orvieto and Wigry - nice small villages in Italy and in Poland - have been the suggestive locations where the ISH Board has decided to meet with the aim of working together physically and emotionally for some days.

These experiences gave me the sensation of a living body, in which close relationships and even conflicts found the proper space and time to develop freely.

I don't know if I can interpret correctly Peter Bloom's idea of the ISH motto, but I think it suggests to us that hypnosis, both as a discipline and as a society, has the function to develop deep and close relationships.

Before to arrive at the end of my term as ISH president (I'm both exhausted by the role and at the same time glad to live every remaining minute of the experience) and at the end of the Board of Directors term, let me mention the ones that, sharing a deep and closer relationship, have worked side by side so hardly in the last three years, taking easy and difficult decisions in the name of ISH.

First of all, Julie Linden, irreplaceable pillar of ISH, that after giving so much, will receive the gavel of the next ISH President in one of the key moments of the Congress; Consuelo Casula elegant and efficient Secretary-Treasurer, as well as Newsletter Editor; Bernhard Trenkle, thoughtful Council of Representatives Chairperson and mind of the fantastic Bremen Congress; Giuseppe de Benedittis, Vice-Chairperson, active and dynamic Chair of the Research Committee; Brian Allen, brilliant and vigilant COR Secretary, and Greg Coman. I'm also grateful to the great sense of balance of Matthias Mende, and to the smiling wisdom of David Wark; and to Eric Vermetten, Past President, and careful Chair of the Election Committee, that after the completion of a very accurate inspection declared Claude Virot, ISH President Elect for the period 2012-15.

To Claude and to Mark Jensen, newly elected ISH Secretary-Treasurer, the congratulation and best wishes for their new mandate.

A great group, a unique living body, that demonstrate the inner attitude of ISH in building bridges, or if you prefer to believe in fables (like I often do), the capacity of count on the force of deep and close relationships like in the fairy tale of Jacob and Wilhelm Grimm, when the improvised Musicians of Bremen, unexpectedly succeed in appearing strong and powerful as a giant when they decide to perform standing on each other's backs.

Camillo Lorio



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NOTES FROM THE ISH PRESIDENT-ELECT

behind-the-scenes that allows a society to exist for the benefit of students like him. "I do not like to do the work", he said, "I am not someone who volunteers, or donates my time, but I love these congresses and I want you to know how much I appreciate the people who make this possible, so thank you!" I was a bit stunned by his comment. No attendee had even taken the time to thank me for my work in ISH. I managed to utter, "You are welcome". He shook my hand and repeated thank you several times and then we parted. While the encounter took just moments, the words and the feelings it elicited in me have stayed with me. I was happy that the behind-the-scenes work had created a satisfied "customer". ISH is fortunate to have many talented and dedicated behind-the-scenes workers.

Our 19th triennial congress in Bremen is very near, and as I approach the end of my term of president-elect, I would like to publicly thank the current president of ISH, Camillo Lorio for his outstanding job of steering ISH out of its financially dangerous waters into smooth seas. He is a masterful sea captain who, since the successful congress in Rome, has put us back on a steady course of growth and stability. During his three-year term, he made many arrangements for the Board of Directors to meet regularly by Skype and in person at workshops around the world, building a sense of community and fellowship. Camillo's ability to use his family therapy and hypnotic skills worked well with this diverse Board that had to adjust for 5 time zones with every conference

call. This has been a hard-working board, and special kudos goes to those who were awake at 5 am to participate. Thank you, Camillo, for your sacrifice of time and energy on behalf of ISH.

Equally deserving of our appreciation is Bernhard Trenkle. Board Member, Membership Chair and Bremen Congress Organizer, who wears each hat with ease and accomplishment. The program for Bremen is brimming with experts from around the world and the social activities promise to be memorable. Visit the congress website for details at <https://cxservices.com/htx12/ish2012.php?page=start>. Bernhard's work for ISH is truly remarkable.

So it is with some trepidation that I ponder the presidential shoes I will step into during Bremen. They seem big. I hope to walk in them with the steady calm of our outgoing president and the confidence that comes from knowing that the successful congresses have filled the financial, clinical and scientific treasury.

And, finally, thank you for being active members. Your participation is what makes us a vibrant society and allows us to share our wealth of knowledge and excitement about hypnosis throughout the world. This is what makes the behind-the-scenes efforts worthwhile.

Julie H. Linden

LETTER FROM THE EDITOR



This issue is enriched by contributions from colleagues and friends who offered their comments and update of their societies, such as Jeff Zeig who sent news from the Ericksonian Foundation and Nicole Ruisschaert, ESH president, who

informs us about the ESH activities.

We also have some reviews of different congresses. In particular of the 54th annual American Society of Clinical Hypnosis (ASCH, www.asch.net) scientific meeting and workshops on "Racing to the Finish Line: Closing the Mind-Body Gap", held in March 16-20, 2012, in Charlotte, the stock-car racing capital of America, where Joseph Zastrow started the meeting dressed with a Red Bull outfit. We also have 2 interesting reviews of the first Iranian International Congress on Hypnosis and Related Sciences, April 26-27, 2012 held in Mashhad, Iran, and one on "Toward a Science of Consciousness 2012", held in Tucson Arizona on April 9-14, 2012, www.consciousness.arizona.edu.

We also have some news from several committees, a DVD review and 2 interviews: one with Julie Linden and the other with Michael Yapko. I thank both of them for their kindness in giving heartfelt answers.

This issue is saddened by the departure of Peo Wilkstrom, remembered by his friend Peter Bloom. Peo, a dentist living in Stockholm, Sweden, was the co-Founding President of the European Society of Hypnosis in 1978. He received the ISH's Franz Anton Mesmer Gold Medal for his many merits in the field of hypnosis. He was also founder and editor of *Hypnos - the Journal Swedish Society of Clinical Hypnosis/Journal European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine*.

This is the last ISHNL of the current ISH Board 2009/2012, since a new one will be elected during the next congress in Bremen. It has been a pleasure for me to serve on the 2009/2012 triennial ISH Board of Directors, both as Secretary/treasurer and as ISHNL editor. Now that my term is coming to an end at the next ISH meeting in Bremen, let me thank all contributors of the ISHNL for their commitment in helping make the newsletter a bridge among the ISH Constituent Societies by sharing information. I wish the new triennial ISH Board 2012/2015 and the next editor all the best in the future.

I wish to end my commitment as ISHNL editor thanking each and every contributor for offering me her/his precious help: In particular let me thank John Lentz who helped me with the English of the non-native English speakers.

Consuelo Casula

NEWS FROM UMBRELLA SOCIETIES



THE MILTON ERICKSON FOUNDATION

By Jeff Zeig



In 2011, the Milton H. Erickson Foundation hosted the 11th International Congress on Ericksonian Approaches to Psychotherapy (www.ericksoncongress.com). Held in Phoenix, Arizona, December 8-11 at the Phoenix Hyatt Regency, the Congress drew more than 700 attendees from around the world. The impressive accommodations, lively social atmosphere, and engaging educational opportunity made this Congress a success. An exclusive faculty of 74 and 60 short-course faculty presented 34 short courses, 68 workshops and 64 interactive events. Keynotes included Helen Erickson, Stephen Gilligan, Ernest Rossi, and Jeffrey Zeig. A Fundamental Hypnosis Track, consisting of eight classes interwoven throughout the event, gave participants a firm foundation in Ericksonian methods which led to them receiving a certificate. Michael Yapko and Jeffrey Zeig presented a special post-conference master class.

The Foundation also recently sponsored the Couples Conference (www.couplesconference.com), April 27-29 held in scenic San Mateo, California. It was a sold-out event with more than 700 attendees. The stellar faculty included Ellyn Bader, William Doherty, Helen Fisher, Steven Frankel, John Gottman, Rich Hanson, Harville Hendrix, Esther Perel, Stan Tatkin, and Scott Woolley. For those unable to attend the conference there was a live podcast. The author's

hour proved popular with lines of people waiting to meet authors and have books signed.

The Foundation is now gearing up for the 11th Brief Therapy Conference and the Evolution of Psychotherapy Conference. The Brief Therapy Conference (www.brieftherapyconference.com) will be held December 5-9, 2012 in San Francisco, California at the Hilton Union Square. The extraordinary faculty of 35 will present workshops and keynotes earning participants up to 43 CEs.

The Evolution of Psychotherapy Conference (www.evolutionofpsychotherapy.com), December 11-15 2013 will be held in Anaheim, California.

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NEWS FROM SASCH TO ISH

Here in South Africa, our organisation, SASCH (**South African Society of Clinical Hypnosis**) is a very active division of PsySSA (Psychological Society of South Africa). We have won the prize for the most progressive and active division of PsySSA for 3 consecutive years. This is no mean feat. PsySSA is the largest profession body for psychologists, counsellors and related professionals in South Africa and of which SASCH is one of the divisions. In our country, a relatively small percentage of psychologists become hypnotherapists (and this only after they have qualified). Considering this, it makes our achievement something to be truly proud of. SASCH makes a significant contribution to our field through participation in the annual congress; running of regular workshops that facilitate continuous professional development; scheduling ongoing training programmes at SASCH branches that have been established in five of the nine provinces; and communicating with its members through a magazine, newsletter and articles for publication in professional magazines.

Congress and Workshops

The SASCH annual congress is normally held in the first half of the year. This year we have had to put it on hold due to the general preference to go to the ICP (International Congress of Psychology) in Cape Town. Given current economic pressures, most of our members have had to make belt-tightening choices that they have not needed to make in the past. Naturally, the International Congress took priority. At the forthcoming ICP Congress 2012, SASCH will be hosting a symposium. Some of our members are also scheduled to deliver individual presentations.

Dr Cecile Gericke – A Hypnotherapeutic Model of Ericksonian and Ego-States for Effective and Successful Therapy.

Dr Ian Opperman - “When Wifey Gets Frisky, You Don’t Want Your Accountant Part Handling the Matter” – Ego State Therapy and Sexual Problems.

Dr Louise Olivier - Ericksonian Principles Utilised In Combination with the Primordial Connection of Human Beings with Wild Animals.

Dr Susan Kriegler - The Problem with the Unconscious is that it is Unconscious – Is the Marriage of Hypnosis and Depth Psychology a Remedy?

We have 4, half-day workshops during the course of the year. Dr Cecile Gericke (Chairlady) heads up that department. Examples of some of the workshops we run are:

“How Trauma Affects the Brain and how Psychotherapy/Hypnotherapy can Transform the Brain” presented by Ms Eleanor Bubb

“The Bridge Between Somatic Experience (SE) and Hypnosis” presented by Dr Susan Kriegler and Dr Cecile Gericke.

Training

Our training, headed up by Dr Ian Opperman (Vice-Chair), is highly regarded by practitioners in the field. The focus is on practical application underpinned by a sound theoretical component.

In 2011 SASCH offered 9 training courses in 10 months. Our training courses are structured into Elementary, Intermediate and Advanced programmes. The Elementary level covers the basis of hypnosis and hypnotherapy, touching on the different modalities, namely: Ego State Therapy, Ericksonian Therapy, Integrative Clinical Hypnosis and Medical Hypnoanalysis. Delegates can then build their knowledge and skills further by completing the Intermediate and Advanced levels for any or all four modalities in their own time. This is illustrated in the diagram below.

We offer these courses at regular intervals, not only in Gauteng but around the country in our four additional regions.

Now that SASCH has made the significant shift from surviving to thriving, we plan to bring back the diplomate.

SASCH Regions

The SASCH head office has branched out into four Regions, namely: Mpumalanga, Eastern Cape, Western Cape and KwaZulu Natal. All regions are very active. Each has a chairperson and they all run their own workshops under the auspices of SASCH.

Communication

SASCH communicates with its members largely through emails. We sent out a newsletter every second month, in which we share current and interesting information. We also send members our magazine “Hypnos” four times a year. “Hypnos” consists of two articles as well as the year programme and the chairperson’s letter.

In our continuing efforts to improve our service to our members, we at SASCH have, in the past year, re-designed and expanded our website. The website now boasts a much more user-friendly way for practitioners to have their contact details listed by

region. Members also have the option of linking their business cards to a profile page where the public can read more about them. Both these options provide links to practitioners' own websites.

Also new on the SASCH website, is a section where general information is provided for the purpose of promoting public awareness and knowledge of hypnosis. The SASCH helpline regularly receives and answers an array of questions pertaining to the uses of hypnotherapy for various problems, ranging from stuttering to bulimia. The SASCH committee members graciously give of their time to serve the public as "agony aunts and uncles."

In the interests of optimising our Internet presence, we are anticipating the coming of age of Generation Z, born between 1995 and 2012. This genera-

tion will be our new source of potential clients from 2013 to 2020. Even more so than Generation Y, Echo Boomers or Millennials, Generation Z is expected to be highly sophisticated in terms of media and computer environments and will be extremely reliant on the Internet for information regarding their personal and interpersonal issues. This is a good reason for SASCH to continue to improve our cyber presence as it will help our members to improve and increase their livelihoods, which further increases SASCH relevance.

Dr Cecile Gericke

SASCH: Chairlady

Enquiries	SASCH Training Courses	Website Enquiries
010 211 9024	011 622 1598	012 344 4022
Office Dr Cecile Gericke (Chairlady)	Office Dr Ian Opperman	Office Dr Susan Kriegler

NEWS FROM THE SSCH, SWEDEN

By Susanna Carolusson

The chair/president of SSCH is still Michael Rundblad and we have an active Board nationally, and three local Boards; West, South and Stockholm.

Educational activities are as always continuously offered. The traditional 8 days basic training in Hypnosis is offered in Stockholm and South.

Clinical Hypnosis 2 years, is offered in

South; Malmö/Lund: As a Medical-Clinical Hypnosis in Stockholm: as a combined basic psychotherapy training + clinical hypnosis with Anna Gerge as coordinator, and in

West; Gothenburg: as an advanced training for people who have the basic psychotherapy exams, like clinical psychologists, with Susanna Carolusson as coordinator.

In Gothenburg we also will offer an advanced Ego State Training starting 2013.

You know that we have a long tradition of Swedish training in Hypnosis. One of the founders of the Swedish Society, the training and the journal HYPNOS, is Peo Wikström who passed away 11th of May.

The ISH-COR representative Gunnar Rosén wrote:

Some people do not disappear when they pass away but we kind of make them more alive by vividly recalling and always remembering. Peo has meant a lot for many including myself. For me he was a great inspirator for making studies and writing articles about Phantom Limb Pain, and the use of hypnosis as a treatment. Actually this was also inspiring me to later on proceed to get my PhD in the same area. Peo has always been a very forceful conductor for creating interest, professional development and organizational frames like the ESH, for the promoting and development of hypnosis. This spirit will just keep going with Peo in our minds although we will always miss him.

Peo also founded the Foundation to the memory of M. H. Erickson, which may not be so known worldwide. I have the honor to be the chairperson of this foundation.

I will inform about that foundation since this may be news to some ISH members:

Scholarships 2012 have been applied for before June 1. The Fund's Board of Directors has decided to hand out maximum 3 000 € to one or divided among more applicants.

Any professional or student who have passed 70% of their professional program, can search and purposes are stated in the Fund's statutes.

From the statutes of SFKH's FUND to MILTON H. ERICKSON'S memory:

§ 2. The Fund's purpose is that of Milton H. Erickson's spirit of creation and development of psychotherapeutic work to promote research, clinical development and documentation within the field of hypnosis and psychotherapy.

...

§ 6. The Board shall annually, through advertisements in SFKH's magazine as well as in some other appropriate manner, in good time before the expiry of their grant, the application for scholarship from the Fund can be made. Application are open to all, but members of SFKH shall prevail. The Board is free to decide on the distribution of funds between the applicants.

§ 7. The recipient shall submit a written report on the outcome of the projects which have received aid within the time limit set by the Board.

The documentation and final report should be available for publication in SSCH Journal. When pub-

lishing elsewhere there shall be a statement that the Fund contributed financially.

How to apply: The application should be brief and mailed to susanna@carolusson.se. Present your project and justify the manner in which it is consistent with the Foundation's purpose, according to § 2 above.

The Fund's Board and three members with a doctor degree, who have no personal relation to the applicants, and who have expertise and scientific competence will determine together the year's grantee.

Participation in training programs or studies abroad are not eligible for scholarship. Scholarship grantee will be announced in the August edition of *Hypnos Nytt* and on the website www.hypnosforeningen.se

Chairperson: Susanna Carolusson, Treasurers: Ulf Torngard & Anders Brannstedt, board members: Torbjörn Hellenius and Per-Olof Wikstrom

NEWS FROM ESH

By ESH president Nicole Ruyschaert

Istanbul, August 2011 – it's with great pleasure and energy I accepted and started my presidency. More than 20 years as board member in different functions made me familiar with "sailing and navigating in different waters", being president and observing how other presidents deal with adversity and manage the board, and so step by step developing and acquiring necessary skills.

And as "captain", I am happy with my staff 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!

May I introduce to you CEPE – Committee for European Psychotherapy Education - chaired by Martin Wall? A huge amount of work had been done by Shaul Livnay, who still is helpful with all the applications we got 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 renewal of earlier delivered ECH's.

Our ESH Tri-annual congress is an important event. 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 coopted 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 next 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 and ISH Newsletters. Christine Guilloux, who worked with us the past years, agreed to continue her dedication and is coopted.

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 be part of a larger fleet. We also welcome the experience of Mhairi McKenna, who is coopted 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!

We have an annual board meeting, this time in Belgium right after the spring congress "Hypnosis in European Colors" organized by VHYP, June 7th and 8th. All ESH BOD members accepted to present, giving a lecture and a workshop. June 8th and 9th we'll have a BOD meeting in our 'harbour' this time in Antwerp a place where many boats arrive and sailors like to visit!

NEWS FROM AUSTRALIA

By Brian Allen, ASH Immediate past president

We have been extremely fortunate to have had some wonderful training opportunities in Australia over the last 12 months. As mentioned previously we had a star studded cast of key note speakers at our very successful Congress held in Adelaide.

Shortly after the Congress Michael Yapko returned to Adelaide to conduct the remaining segments of his 100 hour training. This format of 3 segments of 5 days each has proved to be a very popular and effective event. The 37 of us who made the trip to Adelaide rated it as some of the most helpful training we had experienced.

This year a group of some of the most experienced trainers in Australia together with their local counterparts in Queensland have banded together to offer the Society's Diploma Course in Brisbane. Feedback from the early part of the course has been very positive and it is likely that this training format will be utilised more often in the future.

The trial of the Continuous Assessment training model in Western Australia and South Australia has been very well received and it is likely more States will go over to this model.

ASH is now starting to get a number of new members from the other allied health professions to which we opened our membership.

Much more needs to be done to promote the Society and to this end it has been decided to appoint a full time Executive Officer to oversee the operations of the Society. Our current President Gayre Christie has played a key role in this and other endeavours which are designed to ensure solid growth in the future.

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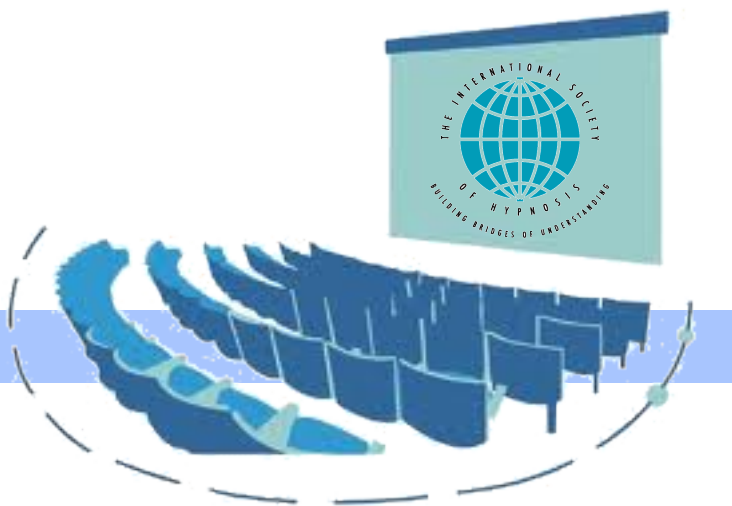
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CONGRESS AND WORKSHOPS



Reviews of the 54th Annual Scientific Meeting and Workshops of the American Society of Clinical Hypnosis: Racing for the Finish Line: Closing the Mind Body Gap

March 16-20, 2012, Charlotte, North Carolina – USA

By Joseph F Zastrow MD, 2012 President of ASCH

The 54th annual American Society of Clinical Hypnosis (ASCH) scientific meeting and workshops was held during March in Charlotte, North Carolina. Because Charlotte is the stock-car racing capital of America, this year's meeting had a race theme: "racing to the finish line closing the mind-body gap". Nearly 300 participants were present as the green flag was waved and David Spiegel M.D. led with an excellent plenary talk entitled: "Tranceformation: Hypnosis in Brain and Body". Pierre Rainville PhD presented fMRI data in his talk: "From Nociception to Zen Meditation: Experiential Neurophenomenology of Pain Regulation". Doug Drossman MD followed with an excellent overview of IBS treatments with his talk "An Integrated Approach to Irritable Bowel Syndrome". Stevens Smith PhD concluded our excellent scientific section with a plenary "Treating Tobacco Use and Dependence: Clinical Guideline and Update".

In addition to these talks, there were the usual excellent workshops. A new prototype advanced workshop called the "Master Class" proved very popular. After a master demonstrated techniques, the workshop time was spent in small skill-practice groups. This provided registrants with the opportunity

to practice hypnosis techniques and achieve competence and confidence. The Master Class series included rapid induction techniques taught by Dr.'s Gabor, Filo, Grayson and Thomas, ideomotor signaling by Dr. Eimer, pain management by Dr.'s Patterson & Jensen and alert hypnosis by Dr. Wark. ASCH also introduced a new advanced 10-hour Teaching and Consultation Workshop which is designed for anyone who wishes to become an Approved Consultant or plans to teach courses on hypnosis.

In Charlotte we raced forward to the intersection of the mind and body; next March we will make a run for the Roses as we integrate Mind, Body and Spirit in Louisville Kentucky! Come join us!

Musings about the ASCH Annual Meeting in Charlotte, March 16-20, 2012

By Reinhild Draeger-Muenke, PsyD, LMFT

No better way to meet spring early than coming from Philadelphia to attend the ASCH Annual Meeting in Charlotte, NC. People were out and about, enjoying a walkable, beautiful city right in front of the hotel, and had the time to do so with a program that was intense but included time to shift gears and smell the flowers, quite literally.

Joe Zastrow and his team, at home in Charlotte, went all out to make this Annual Meeting personable and memorable. From Nascar connections, photo shoot options to celebrate St. Patrick's Day

even for the Non-Irish, to restaurant recommendations, the conference shone with attention to detail and reached its goal to make attendees feel appreciated and welcome.

Emma Leighton and Team Kasper figured out a way to make the budget work so that people could enjoy food and company at the same time, and it showed: People mixed, mingled, and made connections, leading to many informal exchanges and discussions, creating community between longtime attenders and newbies. The atmosphere was open, friendly, inviting, and full of energy.

The comfortable setting was matched by a well thought out program that offered learning opportunities for the student new to hypnosis as well as to the seasoned clinician. Beginning and Intermediate Hypnosis learners were able to attend the plenaries and paper presentations of those much advanced in the field and got a taste of where their road with hypnosis might lead. Nowhere but at an Annual Meeting do new learners get to take their own first hypnosis steps while experiencing the breadth of the field.

The program indeed was rich and varied and showed some of the best of what hypnosis teaching has to offer, from presentations of first class research on pain to combining hypnosis with alternative approaches to healing, from learning how to be an approved consultant in hypnosis to tailoring hypnotic interventions to particular groups of patients. Luckily, most sessions were audiotaped and can be purchased, so that you really don't have to miss anything.

Looking ahead to next year's Annual Meeting in Louisville, KY, March 15-19, 2013, I can wholeheartedly recommend that you already block out that space in your calendar and make room in your schedule to attend. It promises to be another fabulous meeting, both in terms of ambience and quality of presentations offered. See you there!

Comments about the ASCH Annual Meeting in Charlotte 16-20, 2012

By Anita Jung, LPC, DAPA

The Conference aimed to examine some of the newest developments in hypnosis and to demonstrate in-

creased 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 their 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 your mind at the unconscious level in order for the conscious mind to do its job.

Comments on "Toward a Science of Consciousness 2012"

By Paola Brugnoli, MD, President AIST Italian Association for the Study of Pain therapy and Clinical Hypnosis.

"Toward a Science of Consciousness 2012" is the tenth biennial international, interdisciplinary conference on the fundamental question of how the brain produces conscious experience. It is sponsored and organized by the Center for Consciousness Studies, at the University of Arizona.

Toward a Science of Consciousness (TSC) is the largest and longest-running interdisciplinary conference emphasizing broad and rigorous approaches to the study of conscious awareness. TSC brings together various fields approaching the issue of consciousness from different perspectives, orientations and methodologies. These include neuroscience, philosophy, medicine, quantum physics, biology, psychology, anthropology, artificial intelligence, contemplative and experiential traditions, arts, culture, humanities, spirituality and others. Cutting edge, controversial issues are emphasized.

The conference began in part because of the work of Stuart Hameroff MD who is Professor of Anesthesiology and Psychology, and Director of the Center for Consciousness Studies at the University of Arizona in

Tucson. Hameroff became interested in intelligent behavior of microtubules, protein lattices which organize activities within living cells. Hameroff and colleagues developed theories of microtubules as self-organizing molecular computers.

In the 1990s Hameroff teamed with Sir Roger Penrose on the controversial Penrose-Hameroff "Orch OR" model of consciousness based on quantum computing in brain neuronal microtubules, a notion bolstered by recent evidence. In Orch OR, Penrose physics connects brain microtubules to the most basic level of the universe - fundamental spacetime geometry at the Planck scale. At that level, Penrose had also proposed Platonic information could guide, or influence conscious choices and perceptions. Viewing consciousness as such a process in the fabric of the universe, Hameroff's theories, provides plausible scientific explanations for spirituality - interconnectedness through entanglement, accessible Planck scale wisdom.

The 2012 Conference in April 2012, Tucson, Arizona, USA, included 11 Plenary or Keynote Sessions (30 speakers), 24 Concurrent Sessions (120 speakers), 2 Poster Sessions (more than 200 presenters), 3 Art/Tech/Health Demos (19 exhibitors), 10 Pre-Conference Workshops, a Forum on Eastern Philosophy and Consciousness, and an evening workshop with Deepak Chopra.

Over 700 participants attended the conference, from 50 countries on 6 continents and 500 abstracts were submitted.

The first TSC conference was held in 1994 in Tucson and has been held subsequently in Tucson in even-numbered years, alternating with co-sponsored international TSC conferences: in collaboration with groups in various locations around the world.

In fact, the TSC past conferences have held in the following locations and years, 1995–Ischia, Italy; 1997–Elsinore, Denmark; 1999–Tokyo, Japan; 2001–Skövde, Sweden; 2003–Prague, Czech Republic; 2005–Copenhagen, Denmark; 2007–Budapest, Hungary; 2009–Hong Kong, China; 2011–Stockholm, Sweden. The 2013 TSC Conference will be held March 3-9, 2013 in Agra, India in conjunction with Dayalbagh University.

The Program Committee of TSC Conference and Center for Consciousness Studies were Co-Chairs, Professor David Chalmers (Australian National University, Canberra) and Professor Stuart Hameroff (The University of Arizona, Tucson). The Program Committee members were: Hakwan Lau (New York University), Uriah Kriegel (The University of Arizona), and CCS-TSC Assistant Director Abi Behar Montefiore (management and editorial direction).

TSC is the largest interdisciplinary gathering probing fundamental questions related to conscious experience. An estimated 500 scientists, philosophers, psychologists, experientialists, artists and students from over 60 countries are due to take part.

The Center for CONSCIOUSNESS STUDIES:

CCS Director, Stuart Hameroff, MD, Anesthesiology, Arizona Health Sciences Center The University of Arizona, College of Medicine Associate Director and Co-Chair of the TSC Conference David Chalmers, Professor of Philosophy, Australian National University, Canberra CCS Assistant Director, Abi Behar Montefiore, Center for Consciousness Studies

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www.consciousness.arizona.edu

Comments on the 1st Iranian International Congress on Hypnosis and Related Sciences, May 26-27, 2012 – Mashhad, Iran

**By Enayatollah Shahidi, MD, PhD,
 ISSCH BoD Member**

The well-organized congress was executed by collaboration of Iranian Scientific Society of Clinical Hypnosis (ISSCH) and Mashhad University of Medical Sciences.

Although some of the very important invitees could not attend the congress, but with their remote encouraging supports pushed the organizers even further towards the realization of their dreams. After all, we were fortunate enough to get advantage of the presentations and workshops of two prominent ISH representatives, Bernhard Trenkle and Gunnar Rosen.

Bernhard, one of the most experienced congress organizers in the hypnosis field, after returning to Germany, sent me an email and mentioned: "You and your team did a brilliant job at this congress. I cannot tell you what you could do better. It was better organized than many other meetings I have seen in the last decades." imagine how encouraging these sentences are!

This congress was unique in regard to covering a broad spectrum of different psychotherapeutic approaches. Presence of the vice-president of Italian Society of EMDR, Dr. Antonio Onofri, was another strong point of the congress. His presentation and workshop on EMDR were quite attractive.

These events, along with the attendance of some of other savant presenters from Germany, Norway, Italy, Switzerland, UAE and Greece were motivating enough to decide to organize 2nd International congress in the next year. I hope we will have more foreign guests in the next congress to make it even more international.

The organizers realize that the congress was not perfect at all, but it surely was the beginning of a new era of scientific hypnosis in Iran, by which ISSCH is entering an exciting phase of its history.

74 presentations, 62 posters, and 8 workshops were held in the spacious and luxury saloons of the 5 star Pars Hotel. The presentations were on a variety of subjects like History, Theories, Neuropsychophysiology, Neuroscience, Ericksonian Approach, Cognitive Hypnotherapy, Sport Hypnosis, Hypnotic Anesthesia, EMDR, Engineering Approaches in Psychology, etc.

Participation of 832 people showed the attractiveness of the subject for Iranians. Participants were composed of 350 Psychologists, 255 Medical Doctors, 92 Medical Engineers, and 135 Nurses, Physiotherapists & Midwives.

Three impressive workshops were presented by German guests: Hypnotherapy of Anxiety Disorders by Bernhard Trenkle, Hypnotic Psychotherapy by Gholamreza Yeganeh, and Psychotherapy Based on Imagination by Soheyla Kiani. The joint performance of EMDR workshop by Enayatollah Shahidi and Antonio Onofri from Italy attracted more than 40 people. Other workshops were on NLP, Hypnotic Body Lan-



guage, Ericksonian Hypnotherapy, Neurofeedback, and Signal Processing in Psychiatric Disorders.

The clarifying presentation of ISSCH president, Dr. Ali Sharif, elucidated the debated subject of forensic considerations of hypnosis.

One of the most attractive parts of the congress was the live performance of a dental pulpotomy under hypnotic anesthesia by Dr. Mehdi Fathi.

The organizers give their special thanks to the scientific societies of ISH, EMDR Italy, Razi Association of Germany, and Tolman Institute of Italy; whose scientific support was essential for the congress.

Comments on the 1st Iranian International Congress on Hypnosis and Related Sciences, May 26-27, 2012 – Mashhad, Iran

By Bernhard Trenkle, ISH BoD Member

April 26-28 the Iranian Hypnosis Society ISSCH organized the 1st International Congress on Hypnosis and Related Sciences in Iran. Gunnar Rosen and Bernhard Trenkle represented the International Hypnosis World, and were provided a royal VIP

treatment by their Iranian colleagues in best oriental tradition. The Congress Organization team including Mehdi Fathy, Enayat Shahidi and Kambiz Abghari did an excellent job. The overall organization of the congress was remarkably good. Around 800 people attended the congress with an impressive number of Iranian University Professors practicing and teaching hypnosis. Mehdi Fathy, associate professor of anesthesia in cardiology was doing a live demonstration together with a woman dental professor. He was hypnotizing her rapidly with verbal and nonverbal techniques and then did a dental treatment including touching the nerve. The whole thing was projected on large screen so everybody could see the details.

What also was interesting was something that I had never seen before. One of the senior respected professors of psychiatry explained in detail and in a very sensitive way the ethical code and proper manners of a hypnotherapist. Since there were a lot of interested young doctors and psychologists at the congress I think that was a good idea.

Another interesting feature mentioned was that both Pope Pius XII and Ayatollah Chamenei had declared hypnosis as a useful and helpful tool for

the medical field. In fact, at several universities hypnosis projects are currently ongoing, and even some of the main research papers were presented at the congress.

For me it was a congress not only for the brain but also for the heart, because the whole congress was organized with style and class. It even included some religious ceremonies as well as singing parts of the Koran. Our Iranian colleagues did their utmost to give Gunnar Rosen and me a good time. One young female participant in saying goodbye told me: "Please tell the world that the Iranian people are friendly people." Actually some of the leading people of the Society more or less openly told me the same thing, but hearing it by a young participant somehow made it all come alive.

At this congress I learned that there is German-Iranian Razi-Society organization that has been meeting for some years at psychosomatic and psychotherapy congresses in Isfahan. One Board Member of the Razi Society was also coincidentally had volunteered

for me at several congresses in the 90ies. He is a very competent hypnotherapist who along with another BOD Member of the Razi Society regularly teaches for Deutsche Gesellschaft f. Hypnose DGH. Discovering those types of connections warms my heart, and shows how interconnected that we all are.

Now four weeks after the congress we received registrations for a group of 30 Iranian colleagues who plan to come to Bremen. It will be quite a lot of work to get the visas for them in this short amount of time. However, a few of them will teach. In order to make this happen in return for their kindness to us we accepted their proposals despite the deadline for sending us proposal was January.

So please also come to Bremen to ISH-congress www.hypnosis-congress.com or join us next in Iran in May.

If you have questions please contact me: mail@bernhard-trenkle.de

News from Bremen



19th International Congress of Hypnosis ISH in Bremen – an update

By Bernhard Trenkle, ISH BoD Member

From October 17-21, 2012 more than 2000 professionals from more than 40 countries will meet at the ISH Congress in Bremen. We can tell already it will be the largest hypnosis congress in history.

The preliminary program can be downloaded via www.hypnosis-congress.com. You can choose to download an English or German language version. In the program we clustered the proposals, so you can find all pain presentations on one page, all topics connected with hypnosis and depression at another page, etc.

So specialists with ease can find what the congress is offering in the area of the own expertise and what else the congress is offering what might be interesting.

It is very difficult to name here the main attractions of the scientific program because there are too many. We will do better to name here some the new faculty not yet in the downloadable internet brochure. In just the last few days Bertrand Piccard

agreed to come for an additional key-note. Bertrand is child psychiatrist, hypnotherapist and trainer of Swiss Medical Hypnosis Society. He was the first to circumnavigate the earth in a balloon. He is an absolutely marvelous charismatic speaker. Dabney Ewin has also recently confirmed and he is one of the experienced legendary pioneers. Also the radiologist Elvira Lang, the author of "Patient Sedation without Medication" will join us in Bremen. Amir Raz is also considering coming to Bremen.

The Iranian Hypnosis Society is now planning to arrive with a large group, and a few of them will teach. (please look at separate article about the recent International Hypnosis Congress in Mashha, Iran)

Some more of the leading German pioneers have also decided to come at the last minute.

The congress will feature more than 300 speakers from at least 33 nations.

Don't miss this landmark congress.

After registration you will get information about hotel booking. We blocked enough hotel rooms in all price categories.

The organizing group helping ISH Board Member Bernhard Trenkle has been organizing a large congress in Germany every year. These congresses are famous for the entertaining humorous evening programs and for the generally good atmosphere. It will be true this time as well despite so many people attending. Please also check this evening program. Additionally the "October Fest" of the North called Bremer Freimarkt is starting on Friday during the congress week. This is the largest festival of Northern Germany and it has a 970 year tradition.

The first days in June we are trying to bring the 300 speaker in a final time schedule. Then all participants will get a questionnaire and they can choose to which lecture/workshops they planning to go.

At the moment we are working 24 hours a day and if that is not enough we even work at night. Please join us in Bremen and tell your colleagues registration is still possible.

For questions please email to kontakt@trenkle-organisation.de.

FAX: +49 741 206 88999

News from Paris ISH Congress 2015

20th ISH Congress - PARIS - 26th - 29th August 2015

By Claude Virot ISH Board Member

Roots and future of Consciousness

50 years after its third congress in Paris (1965), ISH comes back to France.

Why in France?

Unanimously, the ISH board decided to entrust the bulk of preparation for its 20th congress to the French speaking Confederation of Hypnosis and Brief Therapies and its 28 constituent societies of

France, Belgium and Switzerland. In addition to the societies the congress is supported by universities in France and Belgium, as well as the City of Paris and the ministry of culture.

Why in Paris?

Paris is the city with a rich history of hypnosis. Everyone knows about the first international congress in 1889 which gathered our prestigious predecessors including Charcot, Bernheim, Liébault, Delboeuf, Babinski, Freud and Pierre Janet!

We have chosen the city of lights, art and culture, which also happens to be the most visited city in the world. Everything is already in place to facilitate easy access to people arriving by train or by plane and the hotel facilities can accommodate all

budgets. There is even a well developed public transportation that is economical.

Why the emphasis on history and future of consciousness?

Because hypnosis is the main vehicle through which science has studied consciousness and therapeutic applications for more than 2 centuries. Also hypnosis is and will be even more fundamental to understanding consciousness as well as the mind body connection in the future. Each therapist who uses hypnosis today is like an individual researcher. Each congress, and especially the International congress is «here and now» the venue to built the future and bridges between all the cultures.

Since we expect about 1500 - 2000 attendees, the congress will be held in the most important venue of Paris, the «Palais des Congrès» which can hold 3000 people in comfortably. We will have two theatres and a plenty of rooms for workshops and symposiums.

Translation

One of our most important goals is to gather colleagues speaking many languages. As such the congress will be translated into French -English and

German. We even hope to also have enough people attending who speak Spanish and Italian so that we could also have translations into those languages as well. Furthermore, we are creating a network of hypnotherapists able to translate a lecture or a workshop from Turkish, Hungarian, Swedish, Russian, Iranian, Indian and so on, into the languages of the attendees. (If you have such a skill, feel free to contact me*)

We will have two special events. The first will be a welcome party for presenters and presidents of all ISH constituent societies in a special venue in memory of Charcot, if possible in «La Salpêtrière». The second one is a prestigious gala dinner in the city hall of Paris!

For more than 2 years a committee of CFHTB has been working on this congress. Currently the members are Dr Patrick Bellet, Pr Marie-Elisabeth Faymonville, Dr Garden-Brèche, Mme Joelle Mignot-psychologist-, Dr Thierry Servillat and Dr Claude Virot (chairman). Our goal has been and is to imagine the most beautiful and the most creative congress in the history of ISH.

This will become possible only by your attendance and your excitement of anticipation that you share with your friends and colleagues.





NEWS FROM COMMITTEES

RESEARCH COMMITTEE

*Giuseppe De Benedittis, MD, Ph.D.
Interdepartmental Center for the Study and
Treatment of Pain,
University of Milan, Italy
Chairman, ISH Research Committee*

The first priority of the ISH Research Committee was to draw a map of research in hypnosis.

The Questionnaire on the State of Art of Research in Hypnosis (QSARH) has been set up by Giuseppe De Benedittis (Milano) and Giancarlo Carli (Siena) (Italy), with the collaboration of John Gruzelić (London, UK).

The Questionnaire has been sent to approx. 100 centers/researchers/clinicians worldwide as well as to the representatives of the ISH constituent societies.

The Questionnaire is focused upon the following major issues: a) active practice of research

(basic/clinical) in hypnosis ; b) structure and functions of staff/clinic; c) main areas of interest; d) opinions and suggestions about relevant areas of research and top priorities in the hypnosis field; e) integration of hypnosis with related disciplines; f) what can be done for improving the quality of research in hypnosis.

We have got a significant feedback from the respondents in order to draw an accurate map of what's going on in hypnosis research in the world. More than 60 responses from 16 countries across the five continents have been collected so far. We are now in the process of analyzing the data, that will be presented at the incoming International Congress of Hypnosis in Bremen on October 2012.

Furthermore, a new, pilot, double-blind, long term study on the efficacy of hypnosis in controlling refractory fibromyalgia in a small sample of subjects has been completed successfully. At our knowledge, this is the first attempt to establish the clinical outcome of hypnotically-treated patients suffering from this challenging chronic pain syndrome.



BOOKS AUTHORS & EDITORS

Core Transformation: Reaching The Well-spring Within

With 4 DVD set and Manual/ Workbook

By Connirae Andreas PhD with Tamara Andreas M.M.

Real People Press Moab Utah, 1994

ISBN 0-911226-32-X

239 pages

By John Lentz

The book, DVD set of a full 3-Day Workshop with workbook, / manual is designed for helping a person

experience the transformational process outlined in the book. As the DVD states in the first few minutes it is not a skills building workshop it is an experiential workshop. The DVD set is copyrighted 2007 and features Tamara presenting the material and shows the participants in the workshop. It is the next best thing to being there! Tamara is a gifted workshop leader and she demonstrates her leadership skills.

The idea is to begin with a problem and take the position that there is some positive reason that the person's unconscious has been doing X. It is a positive reason. What is implied from this positive stance helps set up what the person will experience, it is part of the magic of the transformation. The overall effect creates an experience that is transformational.

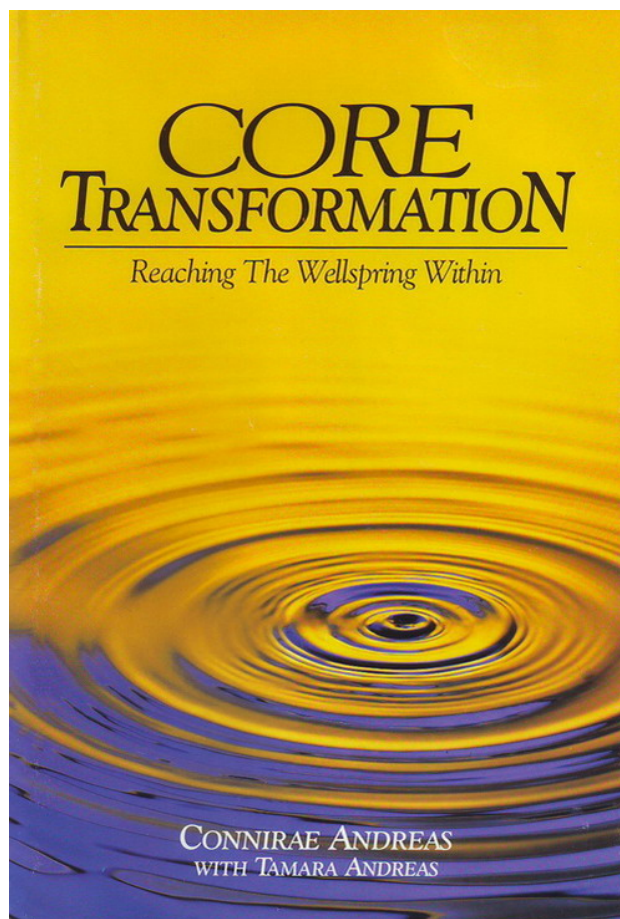
The process involves questions that imply positive intent and leads to one of 5 core states, which are theorized as being the core reasons for all behaviors. The 5 core status are Being, Inner Peace, Love, OKness, and Oneness. The terms are not as self descriptive as they could be. Being is an awareness of self, Inner Peace and Love are also states where the person is more aware of the inner peace, or Love they have, while OKness is a state of mind where the person is both ok with themselves as well as with others, and Oneness is more a state of mind where the person feels more connected to others, and to the universe or God as they know it. The questioning helps ensure the transformational experience and has some foundational genius concepts that are built in so that the person will address their most difficult issues and yet feel affirmed and respected. As you keep seeking the next positive reason for the problem behavior the content isn't as important as the positive questions leading to one of the 5 core states. What could easily be argued is that this type of questioning leads to a mild trance state through the questions, implied meanings, and absolute certainty of reaching one of the core states.

When the core state is reached a version of the magic question is asked, and it is likely to evoke a powerful realization for folks that they can begin at a desired place instead of attempting to reach a good place by problem behavior.

The whole process is done through a type of positive implication and a certainty of finding a positive intent of the problem behavior. The process is a positive one. It is understandable how come Tamara and Connirae claim that people often experience the process as spiritual. The more I have

thought about this approach the more convinced I have become of its deeply powerful and lasting outcome that is built in.

Part of the healing takes place when the person realizes that they can begin with the positive core state. Another healing takes place when they also experience the world from this positive perspective. Further new insights begin to occur that seem to



continue the transformational experience. The book gives antidotal evidence of the process healing a whole host of issues including an alcoholic giving up drinking, a schizophrenic and people transforming depression. Having seen this work, I don't doubt any of the claims.

Overall this is a useful and well thought out approach that is affirming, easily done and gives the client a positive experience. I can highly recommend it.



IN REMEMBRANCE

In remembrance of Peo Wikstrom

By Peter B. Bloom, MD

Past President, ISH

The International Society of Hypnosis (ISH) met in Glasgow in 1982 and sitting next to me at the banquet dinner was Peo Wikstrom. I had never met him before and enjoyed the process of getting to know him. Something happened that night that became the foundation of our friendship for the many years that followed. I never knew what it was, but it had something to do with unfailing trust. Peo was inquisitive, tough-minded and devoted to making hypnosis a major force in treating patients. Our goals were the same and we knew early that we shared much in common.

Given this serious introduction, one can imagine my surprise at the ESH meeting in Konstanz in 1990, when Marcia and I were walking along the waterfront and heard a dog barking. We explored around some benches, and suddenly from behind the Imperia statue, Peo came on his hands and knees, barking like a dog. Who was this man? We both fell in love with him.

As time went on in our relationship, he revealed his passionate understanding that original ideas from Europe on the mechanisms and therapeutic effect of hypnosis had travelled to the United States in the very early days, were developed further, and then came back to Europe enriched by the exchange. He had in mind the seminal work of Ernest (Jack) Hilgard, Martin Orne, and Ken Bowers to name only a few. He referred to this process as "building bridges of understanding".

As a child and counselor, I attended a summer camp for boys with international representation among the campers and counselors. The owner, a marvelous Quaker man, infused all of us with "building bridges of understanding". It was not long before Peo and I realized we shared this similar heartfelt belief, and with the approval of the Board of Directors of the ISH, "Building Bridges of Understanding" became part of the ISH logo.

Peo's accomplishments are known to most. He was in Malmo in 1973 helping Jack Hilgard and others resurrect the ISH. In 1997, ISH awarded him the Benjamin Franklin Gold Medal, its highest award. The inscription read, "Distinguished leader, creative educator, and thoughtful editor. Your many years of distinguished service to the worldwide promotion of hypnosis has built lasting bridges of understanding throughout the world."

He was my close friend. We shared phone calls, letters and visits. Several years ago, he brought us a hand carved blackbird. The bird sits on our kitchen shelf, always looking towards Sweden. We are sure that Peo's spirit is smiling back, perhaps making birdcalls or barking. Marcia and I shall miss him dearly.

CONSUELO CASULA INTERVIEWS...



JULIE H. LINDEN



CC. At the 54th ASCH Annual meeting held in Charlotte, last march, you received an award.

JL. This was the 2012 Presidential award that I shared with the co-chairs of education, Laurence I. Sugarman, MD and Reinhild Draeger-Muneke, PsyD, for our tremendous body of work in revising and organizing the education provided through the ASCH regional workshop program and for our thoughtfulness and feedback to the Society regarding the enhancement of our educational product.

CC. And this is only one of the many you have already received. Can you tell us how many awards you have received so far and for what reason?

JL. It is really an honor to be awarded for work that you care about. I have received two from the journal for articles, and then several presidential awards. The one that I cherish the most was a spe-

cial award for my work in raising awareness about women's roles in the Society. Here there are my awards:

March 1993 - Special Award, for my contributions to the Society in promoting the greater involvement of women in teaching and leadership, and in facilitating increased sensitivity to women's issues.

March 2003- Presidential Certificate of Appreciation: In appreciation of my devoted service to the ASCH as an Officer of the executive committee, as the chair of many committees, as teacher and program chair, and as Moderator of the Board of governors.

October 2003: the AJCH Josephine Hilgard Award for scientific Excellence in Writing on Pediatric/ Adolescent uses of Hypnosis for her paper: "Playful Metaphors" in the October 2003 issue.

March 2004- Award for Distinguished Contributions to the Society for her active and passionate involvement in the society and for her commitment to clinical hypnosis education, both nationally and internationally.

January 2007: AJCH Josephine Hilgard Award for Scientific Excellence in Writing on Pediatric / adolescent uses of hypnosis to JL. H. Linden, PhD, Anuj Bhardwaj, MD & Ran D. Anbar, MD for the article Hypnotically Enhanced Dreaming to Achieve Symptom Reduction, Vol. 48, #4, April 2006.

March 2011- Presidential Award for my unselfish and dedicated commitment to the Society's goals in the area of professional education through my work on the ASCH Standards of training Task force.

CC. During 2006-7 you served as ASCH president, what memories do you have of that year? What did you learn during the presidency that will help you in this next role as ISH president?

JL. There are many memories leading up to the year as ASCH president, since the president-elect has the honor and pleasure of planning the annual

meeting during which one becomes president. The theme I chose, *Hypnosis in the Mainstream* was a particular passion of mine, and still is. I wanted to have our membership look at the current applications of hypnosis and find ways to augment our reach to other professionals. I believe that experience will form the foundation of my term as president of ISH. In addition, I endeavored to connect with as many members as possible and to gather information on the interests and abilities of members who gave or wanted to give to ASCH and the world of hypnosis. It was rewarding to choose committee chairs, one of the few privileges the president has, matching talent with the jobs at hand. Having learned that it is a small group of volunteers that give of their time out of interest and commitment to the Society and hypnosis, I will be looking for those people who identify themselves as wanting to support ISH and shape its impact in the hypnosis world, going forward.

CC. Next October in Bremen you will become the ISH president. How are you preparing yourself, what are your plans, your expectations, your worries and your desires?

JL. I have had the opportunity to learn from many previous presidents of ISH. Each had a very different style and that taught me to honor my own style. Those past presidents will serve as my unofficial advisory board. I intend to surround myself with people who will bring diverse ideas and strengths that will augment greatly the contributions that I hope and expect will be made to ISH during my term as president. As I move the central office to the USA, I hope to transition us to as much of a web-based and digital office as possible. This will enable us to better function as an international organization. I wish to see our membership in both constituent societies and individual members increase. These have declined as the economy worsened. I do not have any worries, really. Bremen promises to be very successful under the talented leadership of Bernhard Trenkle. And the congress after that, the 2015 Paris congress, is in the very capable hands of Claude Virot, another devotee to the hypnosis world. We already have inquiries for the 2018 congress, so I am quite optimistic about ISH's future.

CC. You are well known for your work with children, what is your special signature in this field?

JL. I am not sure how to respond to that question. I have been teaching about understanding the nature and treatment of trauma with children and adolescents and the importance of understanding

hypnosis and dissociative phenomena. I believe that professionals trained in hypnosis are the most well informed and best suited for identifying and treating trauma because they understand the neurobiology of trance that parallels the neurobiology of the traumatized. I also teach about the importance of approaching hypnosis in a developmentally sensitive manner. When the topic of trauma was being so vigorously written about a few decades ago, I was criticized for teaching that many did not understand the nature of trauma from the child's perspective. For example, a child being lost in the store and separated from its mother is traumatic to a child. Such an incident affects the developing brain and personality, and can lay a foundation for future problems. The idea of Trauma with a capital T and trauma with a small t is now widely accepted. So, developmental hypnosis and trauma are definitely two areas that continue to be of interest to me.

CC. You are also well known for your engagement in feminism. Can you tell how your interest started in women's and gender issues?

JL. It is actually a funny story, because I never considered myself a feminist. I was sitting next to a colleague in a hypnosis course who was an ardent feminist. She was an expert in treating abused women, which had affected her views on the ways that psychotherapy needed to change to better work for women. I told her it would be of great value if she took those views and wrote about them from her feminist perspective. She turned to me and said, "why don't you do that?" I believe that challenge is what got me fired up about writing and teaching on the topic. At the same time, ASCH had just opened its membership to master's level nurses. I was asked to develop a program to welcome them into ASCH. When I looked around the organization I realized what most women in leadership roles come to realize, that it was a man's world and to find ways for women to be involved, to teach, and to lead would require different strategies. I believe that was the birth of my feminist self. This led to the formation of the committee on women and my creation of the 5E's of Feminist Hypnotherapy. This is a model in which the practice of being Empathic, Ego-strengthening, Empowering, Embodying and Egalitarian are incorporated into the hypnotic and therapeutic work. I had no idea what a cascade of events would follow. I met some of the most outstanding women in the hypnosis field, and got to teach with them. Every time we did a workshop the feedback was so positive I just kept developing the ideas for more workshops.

CC. Tell me something about your background

JL. Both of my parents were children of immigrants, and both in the medical field. Immigrant children of their era learned to conform, to fit in and to achieve. I am aware that these principles were instrumental in my development. My father was a psychiatrist, in fact he was the director of mental health for our city, and often reminded me he lasted through 5 different mayors. Like Milton Erickson, whom he met, he often treated his private clients in novel ways that often meant they were part of our home and family activities. This taught me to think outside the box. I also learned a great deal about mental health before I ever studied it in school. My family upbringing was focused on mental health, so I lived it before I ever had to study it academically. For me it is why I am so naturally good at what I do, but you can take out the sentence if you want to.

When I was 11 years old I was chosen to participate in the Children's International Summer Villages (CISV) program as a camper. I flew to Germany where I met 30 other children from all over the world. We did not speak one another's language but we communicated just fine and learned each other's songs, games and national customs and costumes. The most important was learning that all people are basically the same. I am still a member of that organization and have friends all over the world that I met through CISV. Perhaps it is the reason I love to travel and learn about different cultures.

My family moved for the start of high school, and I went to an all girls high school. I was unhappy about this, believing that being with all girls would be boring and limiting, but it turned out to be extremely formative in my development. As research now shows, adolescent girls often "dumb down" and hide their strengths around their male peers. In the all girls environment I was free to be fully and authentically myself. I was the vice president of the student council in my middle school, because it was expected that a boy would be president. In the all female environment of high school I became president and was given ample support for finding my voice and stride as a leader.

During college I volunteered for a children's mental health program and the director of that program became a mentor. This influenced my choice of graduate school and profession. I thought I had wanted to be an elementary school teacher, but realized that I was far more interested in the psyche of children than teaching them how to read and write. The irony is that my teaching skills are what I draw on both in therapy and training

CC. Who do you consider your masters, your mentors?

JL. There are so many. My 5th grade teacher was the best human being ever. She taught me what true empathy is. When I was working at Jefferson University Department of Psychiatry and Human Behavior, I was the first consulting psychologist to work with the new burn center that had opened at St. Agnes Hospital in Philadelphia. Coco Margolis, my boss, was my first teacher of hypnosis. She told me that if I was going to work with people who had been burned, I had better learn hypnosis, and she put together a course to teach those in our department. Through her I learned about ASCH, SCEH and ISH, and met Dabney Ewin, a burn surgeon from New Orleans. Dabney's authenticity and down-home advice have always been of great value to me. Dan Kohen, Karen Olness and Leora Kuttner were models for my work with children. Joan Jobsis taught me to be brave and bold in my hypnosis work. Cory Hammond and Elgan Baker modeled the standards for the science-practitioner model I still strive to achieve. Helen Watkins taught me to follow my instincts. Kay Thompson taught me that change is always possible. Eva Banyai taught me how to make difficult principles simple. Maryjo Peebles taught me to be humble in the face of our clients suffering. And of course, my clients were the best mentors who constantly taught me that no one theory can explain the complexity of a human being, and that hypnotic principles are universally applicable.

CC. Who are the women that most influenced you in your personal and professional life?

JL. One of my favorite hypnotic techniques is to suggest to a client that they gather around the table important persons, real, historical, or fictional who have influenced them. All of the women I mentioned in the previous paragraph were influential. In hypnosis, when I gather them around the table I add Helen Keller, Eleanor Roosevelt, my mother and sisters and Cinderella- everyone needs some magic in their lives.

CC. What change would you like to see in the ISH?

JL. My main wish for ISH is to be truly international. I would like to see a hypnosis society in every country, and for that society to be a Constituent Society of ISH. I would also like to see ISH set the standard for more research in hypnosis that will provide the evidence to the psychological and medical fields to make hypnosis a part of every training curriculum.

CC: What messages are you willing to send to a young professional that is approaching hypnosis?

JL: *You will be a better practitioner when you learn about communication and healing through the prism of hypnosis.*

MICHAEL YAPKO



CC: After writing many books on the two primary subjects of depression and hypnosis, you changed topics and wrote a new book called *Mindfulness and Hypnosis: The Power of Suggestion to Transform Experience* (W.W. Norton, 2011). With this new book, you offer a guide into a deeper awareness of the interpersonal dynamics of guided mindfulness meditation and describe how an in-depth knowledge of hypnosis can enhance the use of mindfulness approaches in treatment. Can you tell the reader how you came to this topic?

MY: *This book was more of an expansion or maybe a slight detour from my previous topics, but really not very far off from my other writings. Mindfulness has*

been on the periphery of my awareness since the 1970s, simply because I'm aware of approaches that attempt to use attentional and experiential processes for enhanced health and well-being. Over the course of the last decade, mindfulness has skyrocketed in popularity in the United States and elsewhere. As I studied mindfulness approaches, particularly as they were applied in clinical contexts by therapists, I was struck immediately by how strong an overlap there was with hypnotic approaches. But, this was uncharted territory. No one had explored this relationship in-depth. Mindfulness and Hypnosis is, to my knowledge, the first book on the subject.

CC: What were your intentions and expectations in writing the book?

MY: *My intention was to write a book that would bring hypnosis to a new audience, namely those who practice mindfulness in a clinical context but have no background in hypnosis. I wanted to share the rich clinical and research literature of hypnosis with those mindfulness practitioners who seemed to have little or no knowledge of suggestion, dissociation, or automaticity in responding, and show how these played a role in their work and the treatment results they obtained. This goal became even stronger when I began interviewing experts in mindfulness-based approaches about their methods and the goals of their techniques. It's fair to say I was shocked at the lack of depth of understanding many had for their own approaches. I was told they "didn't use suggestion" in their work, or that they "didn't have goals" for their techniques. Their methods were couched in the global language of spirituality rather than the more precise language of clinical methodology. I believe it prevented them from seeing that they were routinely and inevitably using suggestion in their guided meditations and, even if they didn't articulate a goal for their sessions, their clients most definitely had goals in learning mindfulness, such as pain management or preventing depression relapses.*

As for my expectations, I expected to face some negative reactions from some in the mindfulness community only because I'd already gotten some from people I interviewed. People just didn't like the idea of finding any relationship between mindfulness and hypnosis. Their attitude, if not their actual words, said, "Don't get that icky hypnosis all over my nice mindfulness!" But, much to my happy surprise, the response has been extremely positive, even from those whose initial reaction was to believe that the field of hypnosis had little to offer the field of mindfulness. I appreciate their openness and willingness to change their mind once the book came out and they took the time to actually read what I had to say.

CC: What was your main goal in writing the book for readers from the hypnosis community?

MY: *I wanted to encourage members of the hypnosis community to do some self-reflection, especially in regards to how and why hypnosis continues to lack the credibility and acceptance it deserves based on the wealth of good research available documenting its efficacy. Why is membership in hypnosis societies around the world dwindling instead of growing? Why is hypnosis so rich in its clinical merits, yet ignored by most health professionals? Why aren't more graduate programs and medical communities teaching the new generation about what hypnosis can do? In contrast, mindfulness has exploded in popularity and been widely accepted by health professionals and even led to the proliferation of integrative medicine centers that place mindfulness in the center spotlight. Why? What has allowed mindfulness, which uses the same mechanisms as hypnosis – attention, suggestion, and dissociation – to be viewed so favorably by so many when hypnosis is still considered, metaphorically speaking, the “crazy cousin that nobody wants at the family picnic”? I think hypnosis practitioners can learn a lot from how mindfulness is defined, taught, and utilized if hypnosis is to ever attain more widespread recognition and acceptance.*

CC: Are you satisfied with the results you've achieved so far?

MY: *It's always difficult to know the impact of a book, especially since this one has only been out a relatively short time. Some people have already written some very kind and thoughtful messages to me about its positive effects on their thinking and their work, which I appreciate. I am pleased that despite my expectations that many in the mindfulness community would have problems with linking hypnosis to mindfulness, I have already received a great deal of support and positive feedback. Some very senior members of that community contributed a Foreword and written wonderful endorsements. I am also very encouraged that the book has already gone to a second printing and some foreign translations are underway.*

CC: What surprised you the most in writing *Mindfulness and Hypnosis*?

MY: *There were many things that surprised me about writing the book, so it's difficult to name just one. But, I suppose what surprised me the most was the general lack of interest I encountered from many members of the mindfulness community I interviewed in developing a deeper understanding of how their approaches work.*

My life's work has been about trying to understand something about how people change, how people bounce back from adversity, how people acquire

specific skills and understandings that help them, and how hypnosis can assist in these endeavors. It's hard for me to grasp that when I asked, “Do you want to explore how those suggestions you gave your client for developing compassion in that focused, relaxed meditative state were able to help him?” that many would essentially answer, “No.” Deconstructing their meditative processes and exploring their use of suggestions and elicitation of hypnotic phenomena just wasn't of much interest, apparently.

I understand the general value of “just being” and “not analyzing,” but as clinicians, I think it is incumbent upon us to know what we do with our methods, how we do them and why we do them in order to more insightfully determine what approaches will likely be best for our clients. I believe that, as professionals, we must be held to a higher standard than just doing techniques in our work because we like the philosophy behind them.

CC: Recently you told me that this book would be the last one you write. If true, how did you come to this decision? Since in every decision we go away from something and go forward toward something else, can you talk about what you are going away from and what you are going towards? What are your plans for the future?

MY: *Mindfulness and Hypnosis was actually the second-to-last book I wrote. In April of this year, the new 4th edition of my hypnosis textbook, *Trancework: An Introduction to the Practice of Clinical Hypnosis* came out (Routledge, 2012). It is a large, comprehensive, thorough book that covers the field in terms of both the science of hypnosis and the clinical artistry of hypnosis. I'm very proud of it. But researching and writing it was so demanding, especially following so closely on the heels of the *Mindfulness and Hypnosis* book. I do still have lots more to say and there are definitely more books I could write. However, I have lived with the constant pressure of writing books my whole professional life. I simply want to be able to conduct my clinical trainings, continue traveling and teaching all over the world as I love to do, and do so without the constant pressure to write more. So, I'm moving away from that pressure, and moving towards having the freedom to do other things, such as organize webinars, develop more internet learning programs and content that will reach more people more readily, and still have some all-important leisure time, too.*

CC: I know that you are engaged all this year in the webinar program you created called *The Heads & Tales of Clinical Hypnosis: Candid Conversations with the Experts*. You're hosting monthly meetings on the web for interested people anywhere in the world to watch where you discuss the finer points of hypno-

sis with prominent experts. These include Mark Jensen, David Spiegel, Julie Linden, Ernest Rossi, and Jeffrey Zeig, to name just a few. Can you talk about this new and creative idea, perhaps saying something about how things are going?

MY: The webinar series is the outgrowth of my continued effort to bring the world of clinical hypnosis to a larger audience. I strive to make hypnosis more understandable than magical, more scientifically researched than entertaining, and more widely integrated into other therapies than isolated as a specialized approach. The webinar series is another extension of what I wanted to do with the Mindfulness and Hypnosis and Trancework books.

The technology exists now to hold an online event that anyone with a computer can access. Times are changing rapidly in how people use their time and obtain their education. So, the need to get hypnosis online for more people to access was one motivating factor. Secondly, hypnosis has just not gotten the attention it deserves, and occasional conferences and workshops are clearly not enough to stimulate greater interest. So, I wanted to do something to make hypnosis more visible and more relevant to a wider array of clinicians. I naturally wish the number of people participating in the webinar series was greater, but I am also pleased that it has generated as much interest as it has. For the first webinar alone, we had people registered from nearly two dozen countries!

CC: What are you learning from your colleagues and from this webinar experience?

MY: So far, we have done webinars with Jeff Zeig, Mark Jensen, David Spiegel and Julie Linden. Each of these webinar guests is very smart, very articulate, very engaging, and very inspiring. So, by having a casual and interesting conversation with each of them, I am not only learning more about their work and perspectives, but about them as individuals. They each have fun personal stories of key formative experiences and also inspiring stories of who inspired them. And, beyond enjoying the guests, I'm also learning about the technology of webinars. Actually, my wife, Diane, has been the primary catalyst in this regard. She has spent an enormous amount of time and energy learning the technology in order to make these conversations happen. It wouldn't happen without her. (For those who want more information about joining the webinars, and receiving the links to view the ones already completed, go to www.yapko.com and click on the "Webinar" link in the top navigation bar).

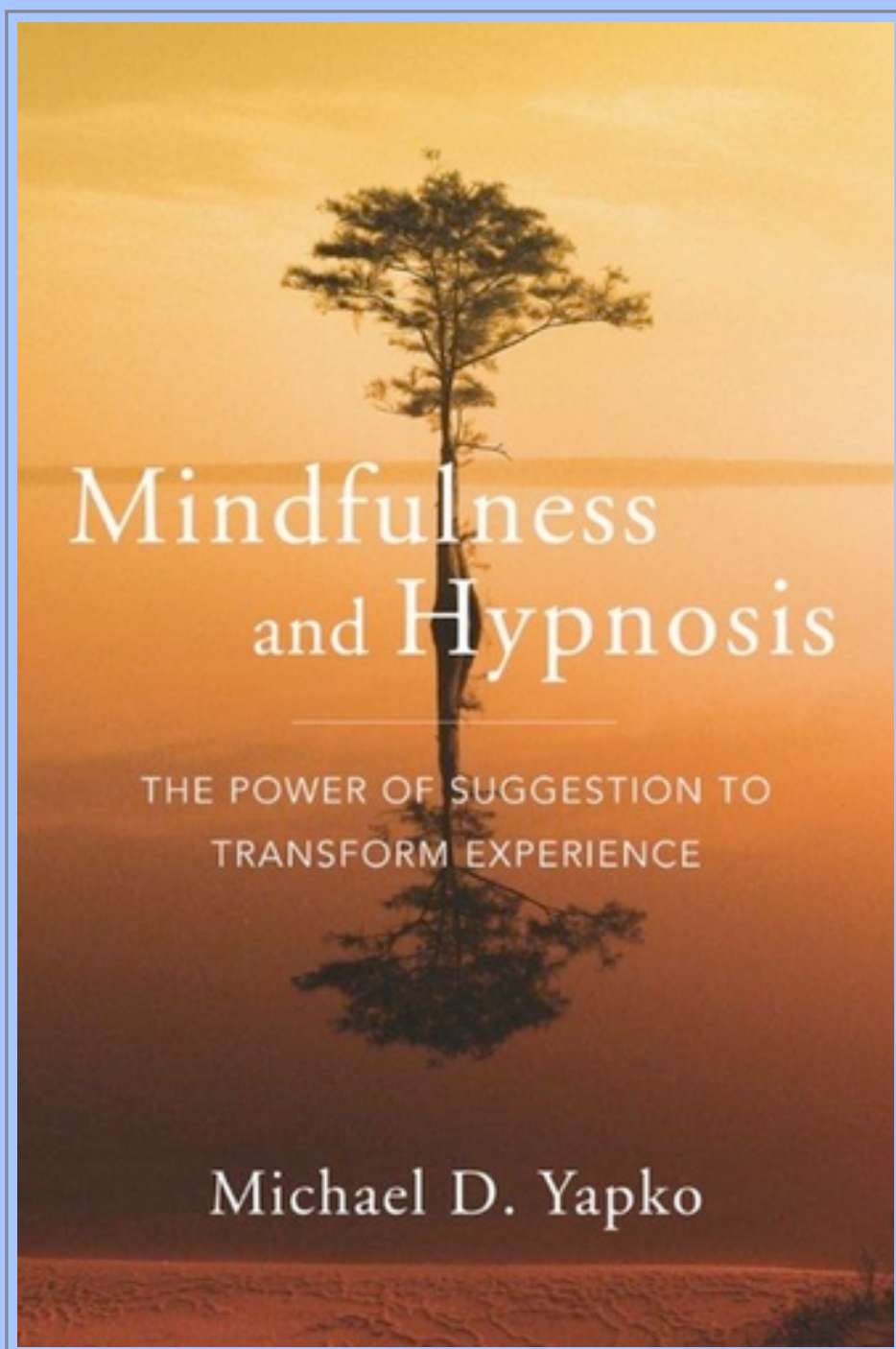
CC: When this webinar series is finished, are you planning another new series? If so, would it be similar or different?

MY: Now that we have started to get more comfortable with the technology, and we're starting to see the power of the medium, we will definitely be expanding our program agenda. In April, I did an interview with Dr. Erv Polster, the master clinician and Gestalt pioneer. We posted that interview on YouTube for anyone who wishes to see it. (<http://www.youtube.com/watch?v=8ZNLyaYcKVU&feature=relmfu>)

There are other experts beyond the field of hypnosis I want to talk to as well and so I look forward to expanding the webinar programming. But, my life is dedicated to the field of clinical hypnosis and I want to continue to promote hypnosis and will do so through the webinars. For this first series, we only invited Americans as our guests so we had once less variable to deal with - namely the international time zones - as we learned the technology. In the future, we intend to go international with our guest list and hope to speak to the hypnosis experts from other countries...including you!

CC: What is your mission in doing what you are doing in your professional life? What is the primary message you want to convey to the younger generation through your work and through your obvious dedication to your work?

MY: I have spent my professional life trying to empower the disempowered. It is no coincidence that I have focused especially on the hypnotic and strategic treatment of depression sufferers, certainly among the most disempowered people there are. My mission, as you have called it, has been to promote a deeper understanding in everyone and anyone doing therapy that people learn better experientially, people have more resources than they realize, and that an in-depth knowledge of hypnosis makes it easier to do effective therapy. For younger people perhaps new to the field, I cannot state forcefully enough how vital it is to have a detailed knowledge of skillful therapeutic suggestions, because no therapy can be done without them. Likewise, it is vital to absorb the all-important realization that subjective experience is malleable. The study of hypnosis encourages not only an understanding of these points, but a means for applying them to help suffering people in profound ways. So, I guess my primary message is, if you take the time to learn the science and art of hypnosis, you will be a far better clinician for having done so.





VIEWS OF ISH MEMBERS

Hypnosis and Similarities

By John Lentz

All of us have been drawn to Hypnosis for personal reasons: we come from different countries, cultures, languages, and even different styles of hypnosis, yet, there are some real similarities. For instance, we might like the power, or the communication skill or the effectiveness of it as a tool, but we like it and no matter what style of hypnosis we prefer our appreciation of hypnosis links us with people all over the world who also have a specialized knowledge of words and trance. Sure one value we hold is helping people in such a way as to be very respectful of them. We share values of enjoying helping people and we are clear that we want to do so in ways that are respectful to them as well. So in addition to liking to help we especially enjoy demonstrating that the client has strengths they didn't know they had. This can be seen as a sign of generosity.

Another way that the Hypnotic community is similar is that we enjoy continuing to learn. Milton Erickson said that the only renewable source of joy is learning. To be a student of Hypnosis is to understand that the more we know the more we want to know. There is just so much to know and to get to discover that each day is an exciting event. I suspect that you agree with me, whether you have been studying Hypnosis longer or a shorter time, you too enjoy the explosions of learning and growing that happen through your pursuit of learning what Hypnosis can reveal to you. It isn't just the learning about Hypnosis that is stimulating; it is the learning about people that comes from our knowledge of trance and hypnosis. That unique perspective of humanity, that comes from understanding trance logic and how that knowledge conceptualizes human behavior, continues the fascination beyond the bounds of trance and hypnosis. It binds us together in a way that only a shared perspective can.

Another similarity we very likely share is of valuing integrity. Hypnosis places abundance of power and with it responsibility in our hands. We who practice it tend to deeply value, and respect having and maintaining integrity, and honesty. Knowing Hypnosis almost affirms the fact that we realize how important what we say is, and how meaningful our personal character is in how we live and in what we are about. So whether we are actively engaged in hypnosis or not, we are aware of the special tools of understanding and influence it gives us and are mindful of those tools and their power.

Finally, anyone who has been to an international hypnosis event realizes that the folks attending almost seem to go out of their way to do acts of kindness, display genuine caring and routinely share openly and freely their creative ideas and approaches. It may be one of the most stimulating aspects of International hypnosis conferences, because it generates creativity and affirms our stance in life to utilize our gifts for good.

IF YOU WANT TO CONTACT ISH



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This is the *fourth* issue of the ISHNEWSLETTER of the new ISH Board of Directors, and we would like to receive your comments, contributions, ideas, news and proposals. The aim of the newsletter is to *create bridges of understanding* between you and us, between each individual member and each constituent society and ISH. We wait for your collaboration. Please contact with your contribution at consuelocasula@gmail.com



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