



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding

Issue II, June, 2013

Letter from the President

Julie Linden, PhD



What do we want when we join a society? What are the reasons we become members of professional organizations? What do we get for the hard-earned income we pay in dues? Do you ask these questions when it is time to renew your membership in one of your many professional associations? Most of us do.

The Board of Directors of ISH asks the same questions. We ask them at a personal level (as a member of ISH) and at a Board level (responsible for, and responsive to, our entire membership). We are exploring what it means to be a member of ISH and how to enhance your benefits. And especially to ask about the professional benefits of membership.

ISH is a relative newcomer to the hypnosis scene. Even when we trace our roots to the first congress in 1889, there are older societies. The most important question we are asking is: What makes ISH unique? We have a few answers. We are the only international society whose main purpose is to act as an umbrella (or are we a vessel?) for all of the clinical and research hypnosis societies around the world. This is a big task. We bridge together continents, theoretical orientations, educational standards, and diverse professionals. We see ISH as representing the world of professional hypnosis in its entirety. Our mission is lofty:

The object of the International Society shall be to stimulate and to improve research, discussion, and publications pertinent to the scientific study and clinical application of hypnosis. It shall encourage cooperative relations among scientific disciplines with regard to the study and applications of hypnosis, and it shall bring together persons who use hypnosis, and shall set up standards for professional training and adequacy in the field.

One can imagine the founders in heated discourse as they laid down the foundation that would enable them to realize the dream of finding an acceptable place for hypnosis. The field of hypnosis has had to fight for recognition, for acceptance and to be understood as both the research method and clinical tool that it is.

ISH has been in the forefront of activity to achieve these goals. It established itself as a premier society attracting the top researchers, clinicians and trainers in the field of hypnosis as members. We ask: Are we doing enough? What will it take to move ISH from its gold standard to that of platinum?

These are the questions that the Board is posing as it revisits its mission, its Constitution and Bylaws and the purpose of its triennial congresses. We want you to renew your membership with zeal and enthusiasm, knowing that the society you belong to is the internationally respected representative for you in the research and clinical practices of hypnosis.

Julie H. Linden, PhD



Claude Viro, Julie Linden and Jean Hentz, translator at Terra Hypnosia, Strasbourg, France, May, 2013.

In This Issue

News from Umbrella Societies.....	3
News from Constituent Societies.....	4
Presenting Katalin Varga.....	8
Focus on Hypnosis.....	10
Relevant Research Findings.....	11
Bernhard Trenkle Interview.....	14
20th International Congress on Hypnosis.....	16

Letter from the Editor *Consuelo Casula*



This issue for the first half of 2013 continues the tradition started with the previous issue, in which the new secretary/treasurer Mark Jensen was presented. In this issue it is time to present a woman, a researcher and a PhD psychologist, Katalin Varga, another new member of the ISH Board of Directors. Woltemade Hartman from South Africa and Franck Garden-Brèche from France will be interviewed in the upcoming issues.

The contributions of Katalin Varga to the ISH board, to the hypnosis community and to the ISHNL are many. She is the president of the Hungarian Association of Hypnosis (HAH) and one of the organizers of the next 2013 International Conference on Hypnosis in Medicine (ICHM) 28 August – 1 September, Budapest, Hungary. This is the first congress to focus on Hypnosis and Medicine. She is also the creator of the new

column focused on research with the inspiring title “Building Bridges of Understanding: The Clinical Relevance of Research Findings.” The aim of this new column is to show integration and interconnection between research and clinic.

The first two articles are from Zoltán Kekecs and Giuseppe de Benedittis. De Benedittis is Chair of the ISH Research Committee and Chief of the Interdepartmental Center for the Study and Treatment of Pain, University of Milan, Italy.

This issue also gives you a glimpse of what is happening around the world, in the USA, Mexico, Brazil, South Africa and Europe.

This issue finally offers an interview with Bernhard Trenkle, winner of the Pierre Janet Award during the previous ISH congress held in Bremen, 2012. He is well known in the community of hypnosis for his extraordinary ability to organize successful congresses all over the world, from his own country Germany to Tibet.

I wish you a flourishing spring and a passionate summer, ready to meet you again in autumn.

Consuelo Casula

Renewing Your Membership in ISH and Receiving the Benefits You Deserve.



The ISH central office wants the renewal process of membership to work easily for you, our members. We also want you to receive the journal benefit in a timely fashion. To this end, we have been updating the website and thought it might be helpful to explain a few items to you.

1. You can now renew on-line more easily than ever. Go to the ISH website, www.ISHhypnosis.org. Then go to the menu item titled **Membership**. On the dropdown menu click **Renewals**. Then click either **Individual** or **Constituent Society** for the renewal process and follow the instructions.

2. There are several payment options. We can now process your credit cards, if you do not want to use the convenience of PayPal. But please fax or phone this information on the form provided in order to protect your credit card information. Many of you have asked about security of your credit card information. Securing your information is important to ISH. PayPal provides that security as does Square, both programs ISH uses to process your payments. In addition, your credit card information is destroyed by ISH, once we have input the necessary data.

3. If you join with a journal option, you are entitled to four journals for the calendar year, either on-line or hard copy, depending on what you choose. If you renew early in the calendar year, you will receive the journals at the time of publication. If you renew later in the calendar year, you will get the “back” copies for the calendar year in which you joined.

4. Please let us know if you are not receiving hard copy journals. It seems that the postal rate at which the publisher sends journals does not always assure delivery to some parts of the world. We have arranged with the publisher to send journals ourselves to such members who fail to receive them for a slightly higher rate that will assure delivery.

5. For those members who purchase on-line only journals, the publisher, Taylor and Francis, sends you information about how to access your online journal when it becomes available. We have just made arrangements for our members to have access to all past journals. For those of you who get the hard copy, you are also entitled to the online version. If for any reason, you have not received the email from the publisher, first check your junk folder, then contact us.

For any questions regarding this process, please contact us at ishofficeusa@gmail.com.

News from The Umbrella Societies



The Milton H. Erickson Foundation
By Jeffrey K. Zeig

Last year was a groundbreaking year for the Foundation with the move to new headquarters in September and the Brief Therapy Conference in December. And, 2013 is shaping up to be even more sensational with Evolution 2013 in December. The 2012 Brief Therapy Conference: Lasting Solutions (www.brieftherapyconference.com) proved a success, attracting 1,050 participants from 22 countries and 45 U.S. states to the beautiful cosmopolitan city of San Francisco. Attending were a diverse group of health and mental health professionals including psychologists, psychiatrists, educators, physicians, nurses, social workers, and counselors. The presenters came from varied backgrounds and their approaches covered the important branches of brief therapy. Keynote speakers, including Patrick Carnes, Paul Ekman, Robert Greenberg, and Harriet Lerner, were dynamic in their presentations. Ekman's Microexpressions Workshop was hugely popular and Greenberg's keynote on the genius of Beethoven was also well received. In addition, researchers offered their findings that provided a scientific basis for psychological theory. The conference also offered Super Courses and intensive training in hypnosis. In fact, the interest in attending the fundamental hypnosis course was so strong that those who unfortunately could not fit into the presentation room were instead offered rain checks for audio recordings of the course. "As usual, the general vibe of the conference was upbeat," says Chandra Lakin, the Foundation's Event and Education Coordinator, "and the excitement about learning new techniques and the opportunity for intellectual exchange with professionals at the top of their field made the conference a great experience for all."

The Foundation held the Couples Conference (www.couplesconference.com), April 19-21, in Manhattan Beach, California which attracted approximately 500 participants. The faculty was exceptional in that the line-up included those who were first-time presenters at Couples, and several who had not presented for many years, including Bill O'Hanlon,

Steven Porges, Harriet Lerner, Paul Ekman and Michele Weiner-Davis. "At this conference we expanded the circle of faculty" says Rachel Wu, the Foundation's Faculty and Institute Coordinator. "Newer faces mixed with regular presenters and the topics were fresh and relevant – unique, exciting topics such as The 'New' Infidelity: Affairs in Cyberspace – ones that pertain to 21st century couples."

Now the Foundation is gearing up for the biggest event of the year – Evolution Conference 2013 (www.evolutionofpsychotherapy.com), held December 11-15 in Anaheim, California. With a stellar faculty and unexpected and exciting keynote speakers including singer songwriter Alanis Morissette and special guest – acclaimed film director James Foley– this year's Evolution may just be the largest psychotherapy event ever. Already known as the largest conference in the world devoted to the topic of psychotherapy, Evolution draws in top professionals worldwide and gives attendees the unique opportunity to communicate with and learn from them. Evolution also offers participants education in the principles and techniques of contemporary schools of psychotherapy and explores future projections of psychotherapeutic disciplines. Along with Ms. Morissette, this year's Evolution keynote speakers include Aaron Beck, Gerald Edelman, Martin Seligman, and Irvin Yalom. Invited keynotes are: Diane Ackerman, Daniel Amen, Paul Ekman and Michael Gazzaniga. Primary faculty includes Albert Bandura, David Barlow, John Gottman, Julie Gottman, Jean Houston, Otto Kernberg, Marsha Linehan, Cloe Madanes, Donald Meichenbaum, Salvador Minuchin, Erving Polster, Ernest Rossi, Francine Shapiro, and Jeffrey Zeig. State-of-the-Art Faculty includes Judith Beck, Claudia Black, David Burns, Jon Carlson, Nicholas Cummings, Robert Dilts, Steven Frankel, Stephen Gilligan, Steven Hayes, Harville Hendrix, Sue Johnson, Jack Kornfield, Harriet Lerner, Peter Levine, Scott Miller, William Miller, Bill O'Hanlon, Violet Oaklander, Christine Padesky, Mary Pipher, Daniel Siegel, Derald Wing Sue, Bessell van der Kolk, Michele Weiner-Davis, and Michael Yapko.

In July and October, the Foundation will hold the Intensive Training Program (www.erickson-foundation.org) which in 2013 has now run 26 consecutive years. The Foundation's new building also has ample meeting space to hold Intensives with the attendees' hotel conveniently located just a block away.

And last but definitely not least, hot off the Foundation Press –Creating Consciousness, the selected papers of Ernest Rossi, edited by Kathryn Rossi; Transforming Ericksonian Methods 21st Century Vision by Camillo

Loriedo, Jeffrey Zeig, and Giorgio Nardone; Milton Erickson Lives! A Personal Encounter by Peter Nemetschek; the eBook: Milton H. Erickson by Jeffrey Zeig and W. Michael Munion; and coming soon: The Induction of Hypnosis – An Ericksonian Approach by Jeffrey Zeig.



News From European Society of Hypnosis (ESH) By Nicole Ruyschaert

It's my pleasure and honor as the ESH president and "a European" to be given some place in your worldwide ISH Newsletter. Although Europe is a small spot in the world when we look from a satellite in the air, I think we at ESH can represent some core activity positioned in a densely populated central place.

The European Society of Hypnosis (ESH) was founded in 1976 and is dedicated to promoting and maintaining the highest professional standards in the practice of hypnosis for clinical and experimental purposes, and in the dissemination of information concerning hypnosis. ESH currently represents 34 constituent societies in 18 European countries.

On top of the ESH Board of Directors work, some specific tasks and responsibilities are shared within different committees and I invite you to meet some of them here.

The CEPE (Committee of Educational Programs in Europe) has been working on training criteria and issuing the ECH (European Certificate of Hypnosis). The (ECH) was conceived by the ESH BOD following the decision to withdraw from the European Psychotherapy Association (EAP), thereby giving up our right to regulate certification in hypnosis in Europe. We decided to therefore create our own certification, reflecting competence in all areas of Hypnosis (Medi-

cal, Dental, Psychological). CEPE has been chaired for many years by Shaul Livnay, until Martin Wall took over the chair in 2011. After the grandparent clause, specific criteria to apply for an ECH and to renew have been worked out.

Holding an ECH gives an indication of commitment to the highest professional standards as holders belong to the only European-wide hypnosis society subscribing to strict professional standards in the practice, training and research in the field of hypnosis. As there is a considerable variety in standards of training between societies you can imagine how we are walking on a "tightrope" to find the best balance and agreement within the committee, the board and in communication with our constituent societies! No way to impose rules from a hierarchal position but our objective is to develop criteria in a democratic communication and interaction with our ESH constituent societies!

Our publication committee has been skillfully chaired by Consuelo Casula since 2011. Due to her proactive attitude and gentle approach she succeeded in motivating writers in and outside Europe to contribute to ESH Newsletters. The harvest was rich and fulfilling. Two issues a year became too large, so we could split the ESH NL into Four issues – two ESH Newsletters with news from constituent societies, congress reports, calendars, interesting news.

And two VRI – Views, Reviews, Interviews issues – with book reviews, DVD reviews, interviews, a children's corner, a French corner...worldwide you all have access to it from our ESH website "Newsletter and downloads" page <http://esh-hypnosis.eu/downloads/>

Our strategic committee also chaired by Consuelo Casula is working closely together with SII Società Italiana di Ipnosi in preparing the next ESH Congress 2014 Sorrento. A special document Congress Guidelines and Registrant's agreement has been prepared to help organizers and have some common strategies worked out for now and for the future. The very curious who want to see a full list of all our committees can visit them here <http://esh-hypnosis.eu/about/esh-committees/>

And as there are so many ways of communication and as exchange is the best way to enrich and have win/win results, we certainly promote and welcome all interaction and communication with ISH and the world around! We welcome the world in Europe with European hospitality and enjoy flexibly reaching out to the world!



*Dr. Nicole Ruyschaert at a recent congress in
Strasbourg, France.*

News from Constituent Societies



AMERICAN SOCIETY OF CLINICAL HYPNOSIS

News from ASCH

By Linda Thompson

The American Society of Clinical Hypnosis' Run for the Roses - the 55th annual ASCH Scientific Meeting and Workshop: The Triple Crown: Integrating Mind, Body and Spirit was held in Louisville, Kentucky in March, 2013. It was a wonderful opportunity to invigorate mind, body and spirit. The participants' minds were stimulated by three great plenaries with Elvira Lang, Michael Yapko and Amir Raz and more than 50 scientific presentations and advanced workshops to chose from. Those plenary sessions will soon be available online at our ASCH website. Our bodies were nourished and nurtured with yoga dance with Shelly Gottsegen, an integrative therapy bazaar with treatments available with acupressure, reiki, cranial sacral, therapeutic touch, M therapy and massage, great food and Kentucky bourbon, and a dance party with our own Eric Spiegel as DJ. Our spirits were raised by a Kentucky welcome sung by a barbershop quartet, a derby hat contest, silent auction, virtual horse race, trip to Churchill Downs, even a flash mob at the banquet, and the opportunity to enjoy and connect with the great people who make up our society.

The Mayor of Louisville proclaimed March 15 - 19, 2013 as Clinical Hypnosis week in Louisville. Besides being great fun, the hat decorating contest and silent auction organized by Bridget Bongaart and Judy Gais



Blue Brothers: Claude Virot, ISH President-Elect and Chair, Paris Congress, and Patrick Bellet, Congress Committee at Gala reception and dinner.

raised \$2,500.00. These funds will go to the establishment of an ASCH-ERF fund whose purpose will be to send ASCH teachers to medical programs or hospitals around the nation that could not otherwise afford to learn about hypnosis. The hats and decorations that were not used were donated to a battered women's shelter in Louisville. As part of ASCH's new initiative to expand training, a one-day workshop – The Power of Words: Hypnotic Healing Communication for Health Care Professionals – was offered in Louisville. This was implemented by Debbie Nesbitt and Jacki Irland. Plans are to offer this workshop again at the regional workshops in San Antonio, TX in October and at our 2014 annual meeting in San Diego, CA which will be March 21- 25, 2014. Hope to see you there.

SCEH SOCIETY FOR CLINICAL & EXPERIMENTAL HYPNOSIS

64th Annual Meeting of Society for Clinical and Experimental Hypnosis (SCEH)

by Edward J. Frischholz

Please join us at the Doubletree Berkeley Marina Hotel from October 2nd through October 6th for the 64th annual meeting of SCEH. The theme of the meeting will be: "The Future of Professional Hypnosis: Practice, Process and Outcomes."

We will offer both a Basic and Intermediate Hypnosis Workshop which feature both lectures and supervised small group practices taught by internationally renowned faculty (20 CE hours each). Advanced workshops will focus on such topics as the use of hypnosis for: Pain Control and Management, Headaches, Breath Training, Psychiatric Practice, Anesthesiology, Brief and Long Term Psychotherapy, Treatment of PTSD, Dissociative Disorders, Ego State Therapy, Trauma Resolution, Preparing Patients for Medical Procedures and other topics.

A new event is a free Film Program (2 CE hours at no cost for attending).

The Scientific Program will feature cutting edge research on the mechanisms underlying hypnosis and empirically validated clinical applications. Plenary and Invited addresses which have been confirmed include: John F. Kihlstrom ("Hypnosis, Mind and Body"), David Patterson ("Outcome Studies on Hypnosis and Pain Control"), Mark Jensen ("Process Studies on the Mechanisms underlying Pain Control

and Hypnosis”), Etzel Cardena (“The Importance of Anomalous Experiences for Research and Practice”) David Spiegel (“A Brain Signature for Hypnosis”), and Stanley Krippner (“Exploring Shamans as the First Hypnotists”).

A variety of opportunities will also be available for Workshop and Scientific Program attendees to earn additional CEs at no extra cost.

Finally, our Banquet will include a guest speaker, Alan Schefflin (“Hypnosis and the CIA”). One free CE hour will be available to all attendees (again at no additional cost to the regular Banquet ticket).

For more information about the 64th annual meeting of SCEH, please go to <http://www.sceh.us/annual-conference>. See you in Berkeley.



**CENTRO ERICKSONIANO
DE MÉXICO**
Plantel Veracruz

News from Mexico and Columbia
By Teresa Robles

The Ericksonian Center of Mexico has a program for the national security, with a model for working with women victims of violence. This year, as part of our Master Degree Program, we have had three international teachers visit us: Regis Dumas, from France, Betty Alice Erickson, from the USA and Claude Virot, from France. We have been engaged in a very important national project that is part of the UN – HABITAT program. It is a program that engages professionals working in different ministries working together to assist female victims of violence. The program begins with a phone call from women asking for help, continues with the rescue of women and their children, their treatment at the hospital, if necessary, medical and psychological assistance, legal procedures, and training for employment after their safe return into society.

We have been asked to train all the health professionals involved in the project in Ericksonian Hypnotic Techniques and to train the staff in Positive and Effective Communication skills. For that purpose, we are creating two training manuals: A Manual for Positive and Effective Communication; A Manual for 16 hours of Group Work with these women.

This year we will begin working in 10 cities, but the plan includes working all over the country. We are very proud to have this opportunity to collaborate with our country’s government on this important program.

Beginning in 2012 the Ericksonian Centre of Mexico has given 180 hours of training in Ericksonian Hypnosis together with Centro Luminoso in Bogotá, Colombia.



The Congress committee of the CFHTB meets with ISH President in Strasbourg. Left, Marie-elisabeth Faymonville, Claude Virot, Julie Linden, Patrick Bellet, Joelle Mignot.



THE MILTON H. ERICKSON FOUNDATION

News from Brazil
By Teresa Robles

The 14 Milton H. Erickson institutes in Brazil continue to be very active in training people in Ericksonian Hypnosis. Next May there will be a Congress organized by the Milton H. Erickson Institute of Belo Horizonte.

This Institute is also working very hard to translate and print books on hypnosis into Portuguese. The Ericksonian Institute of Petrópolis also continues working inside the governmental hospital A Santa Casa da Misericórdia do Rio.



THE MILTON H. ERICKSON FOUNDATION

Milton H. Erickson Institutes of South Africa
By Maria Escalante de Smith

“The 5th World Congress on Ego State Therapy” sponsored by the Milton H. Erickson Institutes of South Africa was filled with interesting classes. Woltemade Hartman’s Keynote Address “Exploring the Dark Side of Human Nature” caught my attention from the moment I read the title on the program. Here, Dr. Hartman asked the following questions: “What is that line, the boundary, that one crosses to go from being an ordinary good person, a dutiful citizen, to a mass murderer or spree killer? What would it take for you, as an ordinary person to also slide across that boundary?” These questions are themselves excellent “raw material” that can lead people to reflect on the topic of evil.

Dr. Hartman's research on the topic was clearly outstanding because he provided attendants with references on this topic. A good example of this was when he quoted Dr. Zimbardo's definition of evil (2009): "Evil consists of intentionally behaving in ways that harm, abuse, demean, dehumanize, or destroy or kill innocent people, or using one's authority and systemic power to encourage or permit others to do so, on your behalf."

Concrete examples of famous people, such as Hitler, Stalin and Saddam Hussein - who were involved in acts of brutality, collective violence and mass murder, were useful for understanding how these people behave. The topic "Causes of Evil" was also explained during the class. As Dr. Hartman stated, there are three causes of evil, 1) dispositional that refers to personal and intrapsychic factors: 2) situational that refers to environmental factors (taking on roles), and 3) systemic that refers to how institutions such as state ideology can create mechanisms to enable evil to become a reality. After asking the audience the following question: "What would it take for you, as an ordinary person, to also slide across that boundary?", Hartman showed a possible answer to an extremely complicated issue. He quoted Whichcote: "In many cases it is very difficult to fix the bounds of Good and Evil because these parts, as Day and Night, are separated by Twilight."

During the presentation it was interesting to learn about how the concept of evil has evolved. In the past it was seen as a quality that is inherent in some people and not in others. Post-Modern Thought posits that "we can learn to become good or evil regardless of our genetically inherited personality, family legacy, race, gender or culture." This idea made me think about the role psychotherapists can have when treating clients who have been emotionally hurt. I believe that oftentimes if people suffer emotionally they may be more likely to hurt others. If we, as therapists, guide them through their healing process, chances they will hurt others will hopefully decrease.

Hartman also made reference to an interesting concept introduced by Philip Zimbardo during the conference entitled *The Lucifer Effect* (2009). Zimbardo noted that environmental factors matter when we talk about evil.

Here, a metaphor about how bad apples (individuals) and bad barrels (situations) are connected was very interesting for understanding how people can be influenced and become evil. Probably as therapists, if we help clients become aware of the importance of

themselves from harmful situations. The speaker talked about some interesting experiments that were conducted in order to prove how people can be influenced by their "Big Brother," State ideology or Political Parties. It was important to learn that when public fear and the enemy are created, people can act, for example, as warriors and be very aggressive.

Regarding commonalities of mass murderers, this issue is interesting because several of these people shared traits such as pathological narcissism that could function as a catalyst for mass murder.

Grandiosity, entitlement and omnipotent control were also highlighted during the presentation.

When Hartman explained that "when people allow the role they play to have rigid boundaries, it can make them do terrible things" reminded me of the importance that roles play in our lives as human beings.

This presentation made me reflect about the role psychotherapists may play when they work with traumatized people because they may be more prone to internalize, mirror or interiorize significant others as well as positive and negative experiences. This can eventually lead them to cause havoc and despair to themselves and the lives of others. Perhaps, if trauma is addressed in a timely manner, worse situations could be prevented. Here mental health counselors may play a very important role.

I congratulate Woltemade Hartman for teaching us "Exploring the Dark Side of Human Nature" and I would like to share an interesting quote he included in his presentation: "It is clear that good and evil arise in the human head and heart, and our moral destiny is literally in our own hands."



Marie-Elizabeth Faymonville dressed in Alsatian costume for Strasbourg CFHTB 8th Forum.

Presenting a New ISH Board Member:

Katalin Varga

Interviewed by Consuelo Casula



CC. *2012 has been a very successful year for you, with two important recognitions. First, in May, 2012, you were re-elected president of the Hungarian Association of Hypnosis (HAH) for another triennial term.*

Second, October, 2012, in Bremen, during the ISH congress, you have been elected member of the ISH Board. I imagine you are satisfied and honored to serve both your national society and also the International Society. What are your intentions? What are you hoping to achieve as HAH president?

K.V. In our national association we have a very good position: I enjoy the support of two previous presidents, Éva Bányai and Gabriella Vértes, both serving as honorary president of HAH. Both are very active, and we can rely on their experience and advice in any matter. On the other hand one of my main intentions is to organize the process of teaching, administrative matters, financial things, etc. in a transparent way, setting the most important things based on written rules and regulations, after decades of “friendly agreement” functioning. This is not necessarily popular, and requires lots of meetings and consensual decisions. Of course it is the time to invite to join the board of HAH young and enthusiastic colleagues, who can serve in various functions after my triennial is over.

CC. *What do you expect from being a part of the ISH board, and what is your view of your role and your commitment?*

K.V. At the moment I am learning the way things are done in ISH. I especially like the friendly and honestly helpful way the board is working. It is good to feel that we share the most important values, and we have common aims regarding hypnosis. I participate in several committees, like research, ethics and the newsletter committees. One of my main aims is to bring the scientific/research closer to the clinical/applied branches of the hypnosis community.

CC. *You are also organizing the 2013 International Conference on Hypnosis in Medicine (ICHM) 28 August – 1 September, Budapest, Hungary. What can you tell us about the conference?*

KV. Surprisingly this is the very first international event where the medical application of hypnosis is on focus. This conference will serve several goals: beginners in this special field will have the opportunity to meet the leading experts of various fields, and experienced colleagues may deepen their knowledge, such as learning new techniques, better understanding the mechanisms of hypnosis, learning about new applications.

But most important this meeting is a possibility to “get together” for those who might work in isolation in their county and institution, and feel the power we represent together. In our everyday “fights” for suggestive/hypnotic techniques in various fields of medicine we can feel the support (even if virtual) of many colleagues from all over the world.

We have a very rich program, more than 60 hours of workshops, several interesting papers, excellent keynote presentations, video programs, and so on. Apart from English – which is the official language of the Conference – we will provide programs in German and Hungarian as well.

The location – Hilton Buda – is one of Budapest’s nicest points, on the top of Buda hill. I am sure that not only the scientific and workshop programs but also the social events will serve the mentioned aims.

CC. *You are well known as a researcher, please tell us when and how you started, what is your background, what kind of research you like best, and something new you are working on.*

KV. I started my work in the Laboratory of Prof. István Mészáros and Éva Bányai as a second year student, about 30 years ago. Since that time I have been dealing with suggestive techniques and hypnosis: teaching, doing research, reading, writing and, of course, seeing patients. The approach of our laboratory is multilevel and interactional which means that we investigate not only the subject but the hypnotist as well. To put it simply: hypnosis is a dyadic situation, “it takes two to tango” as it is formulated so expressively. Within this multilevel work, my part is the investigation of subjective experiences. It is extremely interesting to see what is happening in the hypnotist while s/he is hypnotizing, and – if it is possible – it is even more interesting to interrelate the experiences of the hypnotist with those of the subject.

Nowadays we have more and more very interesting data on how these phenomenological involvements are related to very “hard” variables such as genetic background, heritability, endocrinological indices, etc.

My repeatedly appearing impression is that hypnosis IS very mystical, and exciting, but – of course – not in the way lay people interpret these words. It is amazing, for instance, that formerly complete strangers get together in a neutral experimental chamber and in a couple of minutes there is a deep mutual tuning into each other that otherwise we rarely see. How is it possible?

CC. *I agree with you and have the same experience with my patients, it is magic-like. You also teach at the university. Tell us about your teaching experience, what do you teach? To whom?*

KV. I am a teacher at Eötvös Loránd University, Budapest. My main fields are affective psychology, ethics, and various special courses. We also established a brand new training: Perinatal Adviser: this is a two-year post-graduate training for professionals working on giving birth and being born, which is also an interaction process. And of course I teach a lot about suggestive communication and hypnosis to various health professionals in many levels and forms. For more than 10 years there has been a jointly accredited training – by the Hungarian Association of Hypnosis and the Medical School of Budapest – that we call “Psychological Support-based on Positive Suggestions.” This is a very good way to “multiply” our approach, as each year more and more colleagues are “addicted” to suggestive methods.

CC. *What do you like best?*

KV. What I like best is that all these fields are interrelated: when I think of the current way human infants are born in an industrial society, I can rely on my knowledge gathered from midwives and doctors; when I teach about the prevention of burnout I can use my knowledge on hypnosis basic research, and when I teach the importance of taking into consideration the affective processes of grief, joy, and excitement in various medical fields I can heavily rely on the basic teachings of affective psychology – just to give you a few examples. I cannot imagine any of these fields as the only professional territory of mine. The combination and interwoven nature of them is what I like best.

CC. *I still remember the great ESH congress held in Budapest in 1996, and realize that since then the world of hypnosis has changed very much. According to your experience and your research, what is the biggest change in the hypnosis field?*

KV. When I began, the research was dominated by the state/non-state debate. This stimulated much research that “corresponded” with each other. Today

advanced research techniques based on neuro-imaging are opening new chapters in the world of hypnosis and its reputation. Unfortunately, however, just like in many areas, research reports became very complicated, more and more difficult to understand various complicated statistical tests, more and more complex research designs, etc., and the topics/problems focused by the research are not seen as directly relevant to the clinician. This is why we decided to introduce a new section in the ISH Newsletter called “Building bridges of understanding between researchers and clinical colleagues.”

CC. *And I thank you for that, because not only did you have this brilliant idea but also you are in charge of this part of the ISHNL. Since you have witnessed many changes so far in the field of hypnosis, what do you think will be the next big changes in the field of hypnosis, in clinical application, in pain management, in teaching, in research?*

KV. I could rather formulate a wish: the interaction approach should be much more extended. Of course it does not simply double the problems to solve, but brand new methodologies and concepts, like phenomenological synchrony, had to be introduced. I am convinced that this is the future, but who knows when it will represent the mainstream of hypnosis research.

Due to the hard data on the processes during hypnosis, I am sure it will be much more acknowledged and introduced in many areas of life, especially, if we consider the cost effectiveness of the application of suggestions/hypnosis in many areas. Not to mention the subjective wellbeing of people treated in this way. So I think there will be a wide expansion of these techniques.

CC. *According to your experience, do you consider hypnosis to be an art or a science?*

KV. It depends: it is both a very sensitive art that can be approached in a very scientific way, and it is also a science that can analyze the art of human interactions. This richness is one of the most exciting aspects of hypnosis.

CC. *Do you think that hypnosis should be used only by psychologists and physicians, or also by nurses, and social workers?*

KV. If we speak about “suggestive techniques” we mean by that that formal hypnosis state is not induced, as something like that is already there: a trance state or altered state of consciousness, as you like it. So obviously these methods can – what is more: should – be used by any health professionals.

On the other hand it is very important to keep the high standards of trainings, not to go back to the miraculous hocus-pocus level. I think the key is to teach how to judge the boundaries of our competencies, and very strictly teach not to go beyond that. Ambulance assistants do not do hypnotherapy (as one form of psychotherapy), but should be aware of the deep influence of the way they communicate with patients in such a critical situation as well as for birth surgery, intensive care, etc.

CC. *What is your message to the young generation of scholars in hypnosis?*

KV. To commit their time and effort to support the movements of hypnosis associations like ISH or ESH

or their national societies. Just like you and me, we are spending our evenings with volunteer work because we are deeply committed to something that we value as precious and important.

The reward for that is the possibility to realize and enjoy the multiple aspects of hypnosis: art and science, research and application, having thousands of years of traditions that fits into the highest technologies of modern times.

CC. *Thank you, Kata, for taking the time to tell us about you.*

KV. Thank you for the possibility of sharing these ideas.

Focus on Hypnosis

By Giuseppe De Benedittis



The authoritative journal *Cortex* (impact factor 6.08 !) has recently devoted a special issue to hypnosis research, thus supporting the increasing attention and importance that this topic has deserved within the scientific community.

The issue covers many crucial and controversial aspects of hypnosis. Salient findings of the issue will be briefly reviewed.

The editorial of the issue (Halligan & Oakley, 2013) focuses on bridging the gap between hypnosis and cognitive neuroscience. In addition to better understanding the nature of hypnosis and using it to manipulate aspects of phenomenological consciousness, recently a renewed interest had begun in using hypnosis to test predictions about normal cognitive functioning.

In addition to demonstrating the future potential for this growing field, the contributors illustrate how methodological and theoretical advances can return novel and experimentally verifiable insights relevant to neuroscience in general and the neuroscience of consciousness in particular research.

In the opening paper Kihlstrom (2013), a pioneer in the neuroscience of hypnosis, provides the inexperienced reader with an excellent overview of the area. The paper then reviews neuroscience research in hypnosis which can broadly be divided into two main approaches depending on the primary focus of interest. The first more 'intrinsic' approach is directed at providing a better understanding of the neuro-cognitive nature of hypnosis itself and of hypnotic phenomena in general.

The second approach reviewed by Kihlstrom (2013) under the heading 'Hypnosis as an experimental medium' looks at 'instrumental' studies that employ targeted hypnotic suggestions as a research tool to investigate a range of normal psychological processes, such as motor control, pain perception, memory and attention, as well as abnormal processes seen in schizophrenia, delusions and conversion disorder.

From a cognitive neuroscience perspective, relatively little is known about the underlying processes involved in the hypnotic trance state itself. To remedy this, the paper by Cardena et al. (2013) is a good example of an intrinsic study that considers the neurophysiological basis of hypnosis in the absence of explicit suggestions (referred to as 'neutral' or 'default' hypnosis).

These bridge building studies reported in this special issue hopefully demonstrate the productive cross-talk between hypnosis and cognitive neuroscience and serve as a progress report on the journey towards a genuine scientific cognitive neuroscience of hypnosis and suggestion.

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Building Bridges of Understanding: The Clinical Relevance of Research Findings by Katalin Varga



In this new section of the newsletter a short summary will introduce some recent research findings with short and easy explanations of some research concepts.

Scientific reports are more and more complex and complicated, only a small portion of hypnosis experts enjoy them. For the majority of professionals it can even be frightening or boring. The aim of this section is to bring researchers and clinicians closer, to highlight the clinical relevance of research findings of hypnosis with a very simple “user friendly” way.

Clinicians are also encouraged to propose questions to be studied, clinically relevant phenomena to analyze, hypnotic processes to understand.

Let's build the bridge of understanding together...

Statistical Significance and Effect Size in Hypnosis Research: What Clinicians Should Know

By Zoltán Kekecs

(Behavioral Psychology Doctoral Program, Faculty of Education and Psychology, Eötvös Loránd University, Budapest, Hungary)

Hypnosis was commonly used as a sole anesthetic in the 18th and 19th centuries for unpleasant medical procedures, and later as an adjunct to medical treatment (Wobst, 2007). The effectiveness of hypnosis and therapeutic suggestions as complementary therapies has been extensively studied since the 1950s, and an impressive amount of data has accumulated in the recent decades, which were systematically gathered and analyzed by several reviews and meta-analyses, (e.g., (Blankfield, 1991; Flammer & Bongartz, 2003; Flory, Martinez Salazar, & Lang, 2007; Kekecs & Varga, 2011; Lynn, Kirsch, Barabasz, Cardeña, & Patterson, 2000; Montgomery, David, Winkel, Silverstein, & Bovbjerg, 2002; Schnur, Kafer, Marcus, & Montgomery, 2008; Tefikow et al., in press; Wobst, 2007). The aim of the present article is to help with the interpretation of these reports by explaining the relationship between statistical significance and effect size, the statistical concepts often used in these reviews.

As a start, let's take two studies from the research literature. Korunka and colleagues (Korunka et al., 1993) reported that over the five-day recovery period after a hysterectomy, patients who heard positive suggestions during general anesthesia used 78% less analgesic medication (piritramide measured in $\mu\text{g}/\text{kg}$) ($n = 55$; $M = 227$; $SD = 137$) than patients who only heard operating theater sounds ($n = 53$; $M = 291$; $SD = 175$). Using the same design, Nilsson and colleagues (Nilsson, Rawal, Uneståhl, Zetterberg, & Unosson, 2001) showed a comparable effect: after the hysterectomy operation, their suggestion group also consumed 78% less pain killers during recovery ketobemidone measured in mg) ($n = 31$; $M = 63.5$; $SD = 28.9$) compared to the controls ($n = 28$; $M = 81.5$; $SD = 40.5$).

In psychological science we want to draw conclusions that are true for a whole lot of people, called the population, by gathering information from a subgroup of the population, called the sample. For example Nilsson and colleagues wanted to draw a conclusion that is true for people enlisted for hysterectomy anywhere in the world from a group of patients enlisted for hysterectomy in the Örebro Medical Centre Hospital in Sweden. However, we all know that people are different from each other, and our measures are not perfectly precise, so with every measurement, there is a bit of error involved. Fortunately, we can reduce measurement error by using more measures and averaging them into a single score (because for every overestimation there tends to be an underestimation as well), although a bit of error always remains. That is why we can never be 100% sure about a research result; just “sufficiently certain” when we draw a conclusion for the population based on a measurement from a sample. Luckily, we can estimate the level of uncertainty of our conclusions, which is called the level of significance (also referred to as the p-value).

Using the studies mentioned previously as an example, we can estimate the statistical significance for a conclusion that “a group of patients getting suggestions need fewer analgesics compared to a group who do not get an intervention,” by applying Student's t-test on the data of the two studies mentioned above (see Table 1). The p values of the t-test basically tell us the chances that the difference shown between the suggestion and control group in the sample is only due to random variation rather than to the intervention's effect. For example, by chance, patients in the suggestion group could have had a little higher pain threshold before even getting suggestions or the errors in the recording of their analgesic consumption

could be responsible for the difference. This chance is 3.6 out of 100 ($p = 0.036$) for the Korunka study and 5.3 out of 100 ($p = 0.053$) for the Nilsson study. In psychology, scientists have come to agree that we want to be at least 95% sure (less than 5% uncertain; $p < 0.05$) when we draw a conclusion. When we reach this level of certainty, we say that our result is statistically significant, meaning that we can draw a conclusion based on our results that most likely would apply to other people too (the population). Because of this 5% threshold, we conclude that Nilsson's study did not show significant difference between the suggestion and the control group ($p = 0.053$), while Korunka and colleagues did ($p = 0.036$).

There are a number of problems with using only significance as a basis of our scientific interpretations. First, although p-values correspond with the size of the effect, they are also highly dependent on the sample size of the studies. As we have stated above, the level of certainty increases the more measurements we make. As a result, even the slightest and most unsubstantial difference can be statistically significant if the sample is large enough. At the same time, really large (clinically meaningful and important) effects can be determined to be inconclusive in a small sample size study. Therefore, p-values alone are not good indicators of the importance of a finding. For example we can test the effectiveness of a weight-loss self hypnosis script. No one would argue that this is a highly effective and clinically important weight-loss technique if on average the intervention helped people to lose 1kg over one year ($M=1, SD=20$), nevertheless if our study involved 10,000 individuals, the statistical test would show a very high level of statistical significance. Furthermore, because of the costs and complexities associated with clinical trials, studies often have a limited sample size. As a result, there is a higher chance that in these medical settings smaller effects will not get detected with a high enough certainty, and thus they will get regarded as non-existent (or "due to chance"). To circumvent these issues, methods have been developed to access the effect sizes of interventions more directly, and make them comparable and combinable. Reviews that compare effect sizes between studies are known as "meta-analyses" (because their "subjects" are research studies and not people). Such reviews can identify even small effects by combining and comparing the results from several smaller studies.

The majority of research and meta-analyses in the field of suggestions in medicine use standardized mean difference (SMD) effect size measures: Cohen's d and Hedges' g . Recent studies tend to use the

adjusted value of Hedges' g over Cohen's d (DeCoster, 2009) (for more information on additional effect size measures and conversion of effect sizes consult the following literature: DeCoster, 2009; Durlak, 2009). If we calculate the effect sizes for the above mentioned two studies using the adjusted version of Hedges' formula (Hedges, 1981; Hedges & Olkin, 1985), we get a more complete understanding of the effects of the treatments examined. Specifically, although the significance of the t-test is greater in the study of Korunka and colleagues (in fact, Nilsson's results do not reach the $p < 0.05$ threshold of significance), the size of the effect is actually a bit larger in Nilsson and colleagues' study (Table 1).

We can interpret effect size calculated from individual studies utilizing the routinely used guidelines by Cohen (1988) who suggests that SMD effect size values around 0.20 are "small" in magnitude, those around 0.50 are "medium" and those around or above 0.80 are "large", although we have to treat these classifications cautiously when comparing results from different fields as a "small" effect in one field can be clinically more important than a "large" effect in another domain (Durlak, 2009). For more accurate interpretations of effect size values use guidelines summarized in tables 2. Now, based on the results of the most recent meta-analysis in the literature (Tefikow, et al., in press) we can argue that hypnosis techniques have a medium effect size in decreasing post-operative distress ($g = 0.53$), pain measured by subjective self-reports ($g = 0.44$) and medication requirement ($g = 0.38$); while they have a small effect on physiological parameters ($g = 0.10$), recovery ($g = 0.25$) and procedure time ($g = 0.25$).

This is not to say that we should disregard statistical significance. Rather, significance and effect size should be used in combination in order to understand and draw conclusions from scientific results. In fact, meta-analyses can also determine if the pooled effect sizes of the included studies significantly differ from zero, and they also provide an interval estimate of the effect size in the population, called the 95% confidence interval (95% CI). For instance the g value and confidence interval reported by Tefikow et al. (in press) for recovery ($g = 0.25, CI\ 95\% [0.04; 0.46]$) mean that there is a 95% chance that the effect size of adjunct hypnosis on measures of recovery lies somewhere between 0.04 and 0.46 (between small and medium). The fact that the reported pooled effect size for procedure time ($g = 0.25$) is the same, but the 95% CI is more narrow (0.12; 0.38) means that while the studies so far suggest the same combined efficiency in

the two outcomes, the larger variance in the recovery study pool results in more uncertainty concerning the population effect size.

In summary, both statistical significance and effect size are important aspects of interpreting scientific data. Taking these factors into consideration we can conclude that suggestive techniques have a significant beneficial impact on perioperative parameters with a small to medium sized effect depending on the studied outcomes.

Table 1. Significance and effect size of selected studies Study total n test statistic (t) significance (p) effect size (g)

Korunka, et al., 1993	108	2.12	0.036	-0.40
Nilsson, et al., 2001	59	1.98	0.053	-0.51

Note: The negative values of g effect size mean lower analgesic consumption in the suggestion group.

Table 2. Interpretation of effect size

Effect Size Percentage of the experimental group who would have better outcome than the average

patient in the control group

0.0	50% (no effect)
0.1	54%
0.2	58%
0.3	62%
0.4	66%
0.5	69%
0.6	73%
0.7	76%
0.8	79%
0.9	82%
1.0	84%
1.2	88%
1.4	92%
1.6	95%

Note: We can interpret standardized mean difference (SMD) effect sizes (like Cohen's d and Hedges's g) according to Cohen (1988) as the percentage of the experimental group which exceeds the lower half of the cases in the control group. Note that in this table positive effect size favors the intervention group.

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The 2012 ISH Award
Pierre Janet Winner Bernhard Trenkle
Interviewed by Consuelo Casula

CC. *In Bremen, in the congress organized by you, you received the ISH 2012 Pierre Janet Award for Clinical Excellence. Tell me your reaction when you knew that you were one of the winners with colleagues such as Elvira Lang, Daniel Kohen, Ali Esref Muezzinoglu, Amir Raz, and Camillo Loredio. Did you expect it or it was a lovely surprise?*

BT. It was a lovely surprise. I was not expecting this and felt immensely honored.

CC. *You also won the Lifetime Achievement Award from the Milton Erickson Foundation-*

BT. Yes this was in the year 1999. The award is for my contributions to Psychotherapy. I got it together with Burkhard Peter. We both did a lot to spread the idea of modern hypnotherapy and Ericksonian psychotherapy in Germany and I also in Eastern Europe. My contributions to the field are in many topics. I worked in the field of speech pathology with stutterers, voice disorders and patients with tongue and swallow reflex paralysis and published a few papers. I developed the field of child and adolescent hypnotherapy in starting a child hypnosis conference 1990. The Sixth Congress in 2009 had 1,800 participants. We will have the same amount of attendees at the Seventh Congress this year. With 1,800 we are sold out. We cannot take more.

CC. *Did you win other awards? From whom? Which award is more dear to you?*

BT. In 2012 I also was getting the Milton Erickson Award of MEG Germany. All awards are very special and a big honor. The first Award in 1999 was a complete surprise, I was only 50 years old and suddenly I found myself in the list of pioneers like Jay Haley, Paul Watzlawick, Kay Thompson, Ernest Rossi. Burkhard Peter and I have been the first non-Americans who got the award. That was very special.

CC. *Are you satisfied of what you achieved during the Bremen congress? What is the result that makes you the most proud?*

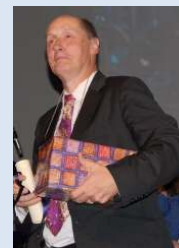
BT. The feedback of Bremen was great. We still get permanently good feedback and colleagues really appreciated the content and style of this congress. I am very happy and proud to have such a competent young team around me: my son Andreas, his partner

Susanne, Daniel Bass, Melchior Fischer, Franziska Mück, Evelin Wacker and many former interns. We had almost 2,300 attendees including the faculty, student volunteers, media people, guests, etc. We hoped for some more paying colleagues. But many unexpected private things happened and also we additionally organized the Annual Congress of the German Child and Adolescent Psychiatrists. It was a big honor to be asked for psychiatrist congress especially because they wanted more hypnotherapy in the program. Maybe it was a fault to organize two such big congresses with only four weeks in between. But on the other side we saw it as our obligation to utilize this chance to motivate many colleagues to use hypnotherapy and family therapy instead of only pills for children.

CC. *How are you after the Bremen congress? What are your new programs and projects?*

BT. I am still a little bit tired. Somebody defined: You are old, when you need longer time to recover than you need to get tired. At the moment I am working on the child hypnosis congress which will be at the end of October in Heidelberg (www.kindertagung.de). We will launch soon the next congress on Mental Training in Sports, Business, Performing Arts, etc 2014. (www.mentalesstaerken.de). I support ESH in organizing the 2014 congress as well as the French group organizing Paris 2015. My good friend Kris Klajs from Poland will celebrate the 20th Anniversary of his institute with a congress June 2014 in Krakau and we will run for him the international registrations. Also I try to support the Hungarian friends a little bit in organizing the first international congress of hypnosis in medicine in August 2013 in Budapest. I am just coming back from China where I am co-organizing since five years Annual Hypnosis Trainings. I am in a committee organizing a world congress of psychotherapy May 2014 in Shanghai. I help the Iranian colleagues to organize their interna-

A XIX ISH Congress Highlight



*Bernhard Trenkle walks away with
 The Pierre Janet Award for Clinical Excellence.*

ional hypnosis meetings. So there are a lot of projects. But recently my wife and I have been two weeks in Senegal just for enjoying life and hearing the great Senegalese music live. I really enjoyed this journey without congresses or workshops.

CC. *What do you think about the spreading of hypnosis?*

BT. I think hypnosis, especially in Europe, is getting more and more popular. We trained many creative and ambitious young colleagues in the last 30 years and several of them are now in leading positions at universities and in clinics. Additionally, the brain scanning techniques have given a lot of new possibilities to show the effects of hypnosis.

Hypnotherapy developed a lot of useful tools for therapeutic practice. Also now hypnosis is used more in medicine. The Hungarian colleagues are organizing the First International Congress on Hypnosis in Medicine end of August, 2013 in Budapest. Considering that the German Association of Child and Adolescent Psychiatry was asking us to organize their Annual Meeting I think we are really respected in the field. The reason for this was the good impression several of their BOD members had when they visited different hypnosis congresses we organized. They liked the organization as well as the contents of our teachings.

CC. *Do you think that hypnosis should be taught only to physicians and psychologists or also to nurses, teachers, social workers, and speech therapist?*

BT. Hypnotherapy for me is not only using hypnosis. It is knowing about speech patterns, suggestions, positive suggestions, negative suggestions, creating hope and expectancy, teaching self-hypnosis tools and mental training techniques, the use of stories and metaphors, utilization and strategic therapy planning, homework assignments etc. I think nurses, speech therapists, social workers, midwives, sport and business coaches, etc. can learn a lot to do their job better. The same is true for dentists, anesthesiologists, orthopedic doctors, etc. They are not psychotherapists but can profit to learn some of the hypnotic procedures. So I see the future will be that we will define more precisely what are the useful hypnotic procedures and tools to learn for different professions. A midwife or nurse in a pain clinic, like a dentist or an orthopedic specialist, will learn some hypnotic inductions plus special pain control techniques. A sport

coach will learn about the use of metaphors, positive suggestions, imagination techniques, goal and future orientation and self-hypnosis, etc.

CC. *I remember that in Bremen young colleagues working in your institute surrounded you. What is your advantage of being in contact with the young generation of scholars? What is their advantage of working with an experienced hypnotist like you?*

BT. Many years ago I read that the average age of physicist making the contribution for which he is getting the Nobel Prize in Physics is only 27. Werner Heisenberg was 24 when he defined the things for which he was getting the Nobel Prize. At 27 he already was Professor at University. The young colleagues are more creative, they have new ideas.

I have a larger range of experience. I can recommend them things to read because I know the literature and have a large library of hypnosis books from the last 200 years.

CC. *Which is the most important value you are teaching to the young generation of hypnotists?*

BT. To go their own way – I am trying to teach them to do work which is relevant for them and the society. Money is a side effect of doing things you really like to do and that you are convinced of doing.

CC. *How do you dream of the future of hypnosis?*

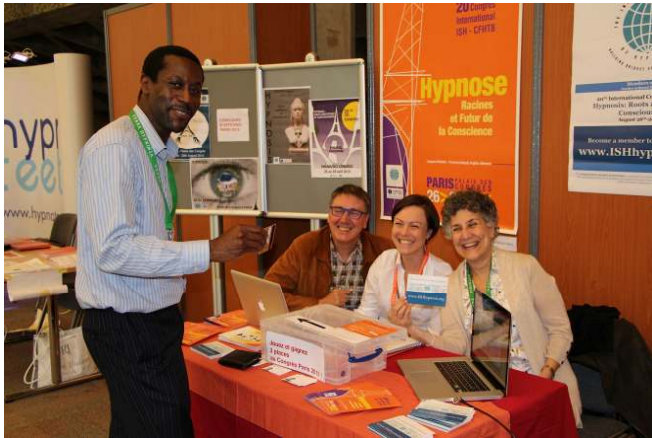
BT. Actually many dreams have been coming true. Many psychology and medicine professors at universities have a positive view of hypnosis, using hypnotic techniques, doing research. At least in Europe and also in China we are successful in convincing the leading psychotherapists there that hypnosis is very useful tool.

CC. *Thank you very much.*

BT. You are welcome.



Enora Kerouanton, Patrick Bellet and Amelie Jouvin-Pillevesse meet and greet at the CFHTB 8th Forum Gala.



Going Toward ISH Future
The 20TH INTERNATIONAL SOCIETY OF HYPNOSIS
Congress August 26-29, 2015, Paris, France
By Claude Virot

The next Congress of ISH will be in Paris, August 2015: This is a once in a lifetime opportunity!

Paris has long figured in the history of hypnosis. ISH traces its roots to the remarkable congress in **1889**: with Bernheim, Charcot, Janet, Liébeault (France) and also Neilson (Canada), Tonner (USA), de Jong (Holland), Muniz (Peru), Bessim (Turkey) ...and to **1965**: with Erickson (USA), Hilgard (USA), Lassner (France), Schultz (Germany), Pacheco E. Silva (Brasil), Ikemi (Japan), Mellgren (Sweden), Rojnov (Russia) ...And now **2015!** You have the chance to make some history in hypnosis and to follow in the footsteps of these distinguished experts.

Explore the roots of hypnosis. Discover and share what those titans brought to health and hypnosis since 1779 and Mesmer. And ask one question: What can we still learn from them?

This congress will explore current realities of hypnosis and provide an overview of the international research focused on processes of consciousness, memory process, the integration of body and mind, and therapeutic interactions. We will examine ethical dimensions in the use of hypnosis, in training, in fields of application, and more...

The congress will also explore the future of hypnosis and research on patient-therapist interactions in the hypnotic relationship. It will examine the artistic and creative skills of each therapist, especially during the therapeutic trance.

Each keynote, symposium, workshop, demonstration, and debate will be focused on one of these questions. The congress committee will remain vigilant in considering these themes in each submission.

We dream of hearing in Paris as many languages as are represented in the International Society of Hypnosis membership. To further this multilingual perspective, you can suggest an alternative language for a conference or workshop. If we can, or if you can find a translator to the French* then it is possible.

Paris 2015 will definitely be international!

Claude Virot, Chair of the Paris 2015 Congress and the congress committee, invites you to propose ideas and submissions. The tone is set and shows how each one of us is involved in our hypnosis family.

You can find more information on the CFHTB website:

Download the call for papers (flyer.pdf):

<http://www.cfhtb.org/medias/2013/05/Call-of-papers-Paris2015-20052013.pdf>

* The forms are available in French or in English

Download information about the eight congress themes: http://www.cfhtb.org/medias/2013/05/THEMES_DU_CONGRES-english.pdf

To complete the form, please, follow this link:

<http://www.cfhtb.org/congres-paris-2015/appel-a-communication/call-of-papers/>

The CFHTB needs **volunteers as translators** for a paper presentation or a workshop. So, if you speak both French and any other language and you feel comfortable translating into French, please contact us by email: amelie@cfhtb.org.

The website is ready and you can send your proposal directly with the online form.

With already several hundred registrations, from all over the world, we can imagine the atmosphere in Paris 2015. We already felt it in the CFHTB French-speaking congress that occurred in Strasbourg in May 2013. The CFHTB was really happy to welcome Julie Linden and Bernhard Trenkle during those three days. Their involvement with the Paris 2015 congress committee is precious and strong and will permit us to build an unforgettable 20th congress. A great moment with conviviality, creativity and a lot energy!

CFHTB provides a special benefit to ISH members.

Enjoy the special price of 345€ - with the promotion code: 2013CFHTB until June, 15th on the website: www.cfhtb.org



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List of Contributors

Julie H. Linden, Juliehinden@verizon.net

Consuelo Casula, consuelocasula@gmail.com

Jeff Zeig, jeffzeig@aol.com

Nicole Ruyschaert, nicole.ruyschaert@skynet.be>

Linda Thomson, thomson131vt@gmail.com

Edward J. Frischholz, amjch@sbcglobal.net

Teresa Robles, tere@grupocem.edu.mx

Maria Escalante de Smith, maryclimber@hotmail.com

Katalin Varga vkata@vnet.hu

Giuseppe de Benedittis, giuseppe.debenedittis@unimi.it

Zoltán Kekecs, kekecs.zoltan@gmail.com

Bernhard Trenkle, mail@bernhard-trenkle.de

Claude Viot, claude.viot@free.fr

For more information, contact ISH headquarters at

ishofficeusa@gmail.com