

INTERNATIONAL SOCIETY OF HYPNOSIS



VOLUME 8 NUMBER 1

APRIL 1985

BIENVENUE

A TORONTO!

The time approaches for the opening of the 10th International Congress in Toronto, August 10-16 1985! Within a few months, I hope to be greeting each of you at the meeting. The 10th Congress offers a choice of 22 Workshops and an outstanding Congress Scientific Program with representatives from 24 different countries. If you have not yet registered for the Congress, please take advantage -- before the June 30 discount deadline -- of the registration form at the end of the Congress Program which is enclosed with this Newsletter.

An exciting calendar of Special Events has been planned for the ISH Congress. In addition to a breakfast at the CN Tower (the tallest free-standing building in the world) and a Chinese Banquet, there will be a staged reading of portions of the new play by Norman Cousins, Jerome Lawrence, and Robert Lee, entitled "Mesmer," with a personal introduction by Norman Cousins.

Another milestone for ISH this year will be the publication of the 1985 edition of the triennial Membership Directory, which will include all ISH members for 1985. Advance copies of the Directory will be available for perusal at the ISH Exhibit Desk in Toronto and will be mailed to all members in the fall.

Planning ahead to 1988, the 11th ISH Congress will take place August 13-19, hosted by the Nederlandse Vereniging voor Hypnotherapie and sponsored by the University of Leiden. The Board of Directors voted to postpone the hosting by the Israel Society of an ISH triennial Congress until the 1990s due to current inflation and political uncertainties.

Recently, all voting members of ISH should have received a ballot for the election of two officers of ISH for the years 1986-1988: Secretary-Treasurer and President-Elect. Please be sure to exercise your franchise and let the Society know your choice, mailing your ballot to reach the ISH Central Office in Philadelphia before the July 5, 1985 deadline.

Again, I look forward to seeing you at the 10th Congress -- such a landmark event is not to be missed!

A bientôt!

Germain F. Lavoie
Germain F. Lavoie

FROM THE NEWSLETTER EDITOR

The Sciences is a handsomely produced and clearly written bimonthly magazine published by the New York Academy of Sciences. It is a reminder that the serious study of hypnosis is linked to all of the sciences by an underlying common methodology, be it the planned observations of the laboratory or the keenly observed case history or field study.

The magazine is a barometer of the quite spectacular breakthroughs that we have seen in recent decades. It also shows how little we really know in many fields of scientific endeavor. I was interested to discover in a recent issue that the riddle of what happens to the sea turtle (which disappears during its first year of life) was solved during the early 1970s by the most naturalistic of all methods. In an era of sophisticated tracking devices, a biologist simply swam after some newborn turtles and found where they went.

The magazine is notable for its interest in the sociology of science and scientists. There was, for instance, a recent article on the "cooking" of data both for fraudulent reasons and also to make it correspond even better to a theory (as apparently occurred with Mendel's pea-breeding data). Another story dealt sympathetically with the case of a Professor of Medicine who felt obliged to resign chairmanship of a department because he inadvertently plagiarized others' work. Topics have also included what children's fairy tales tell us about the psychology of children, and how an American anthropologist collected data on the Japanese geisha by training to become one.

In addition, the graphics are visually stunning. Each story is illustrated by a number of paintings by artists representing virtually every century, country, and artistic style. There is in this the subtle hint that good science requires the creativity of an artist and that enduring art relies in part upon the precision of a scientist.

This year marks 25 years of publication for this unique magazine, and we congratulate the editorial board for this achievement. Interestingly, the Academy has links with ISH National Constituent Societies in America. In the first issue (1953) of the *Journal of Clinical and Experimental Hypnosis* (now *IJCEH*), Dr. Jerome Schneck recorded the fact that two of the first three meetings of SCEH were held at the Academy. More recently, in 1977 the Academy sponsored a 3 day meeting on hypnosis; the papers were published in the Academy's *Annals*.

Given that in postwar America, hypnosis tended to be perceived within our professions as fraudulent at worst and as akin to basket weaving at best, the Academy's breadth of mind and vision was impressive. It continues to be celebrated every two months in *The Sciences* -- hopefully for many quarter centuries to come.

Campbell Perry
Campbell Perry
ISH Newsletter Editor

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MEMBERSHIP IN THE INTERNATIONAL SOCIETY OF HYPNOSIS

Membership in the International Society of Hypnosis is limited to psychologists, physicians, and dentists. Specific information on membership application procedures may be obtained by writing to:

INTERNATIONAL SOCIETY OF HYPNOSIS

Attn: Mrs. Mary Fleming Auxier, Administrative Coordinator
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ISH NEWSLETTER

Previous ISH Newsletter Editor: M. Anthony Basker, MRCS, LRCP,
Westcliff-on-Sea, Essex, ENGLAND, 1978-1983.

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* **IMPORTANT:** The deadline for the October, 1985 issue of the Newsletter is
* May 1, 1985. News of Constituent Societies, and of members, is not only
* welcome but actively encouraged!

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A U S T R A L I A

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The Second Annual Congress of the Australian Society of Hypnosis (ASH) was held at Dunk Island (on the Great Barrier Reef) last September. With an attendance of approximately 230 members and affiliates, ASH was in a position to claim the island as its own. The guest speaker was ISH Secretary-Treasurer, Dr. Peter Bloom, from the Institute of Pennsylvania Hospital and University of Pennsylvania. He led a workshop on Treating Psychosomatic Disorders, and spoke on "The use of medical hypnosis in long term psychotherapy: A creative adjunct." His keynote address was entitled "Creativity in psychotherapy and medical hypnosis." At the conclusion of the Congress, he was awarded honorary membership in ASH.

In other Australian developments, the Chairman of the ASH Board of Education, Dr. Graham Burrows, indicated that the Board was considering the purchase of the BBC series on hypnosis (see last issue for details) with reproduction rights, so that each ASH branch could have copies. He indicated also

A u s t r a l i a (cont.)

an increase in the number of colleagues, particularly in medicine, taking the examination for full membership. During the preceding year, 30 colleagues were admitted at this level. In addition, ASH is currently examining the purchase of a property to house its headquarters. Dr. Graham Wicks presented an initial report prepared by his committee on the uses and potential abuses of subliminal audiotapes. This inquiry is ongoing, and colleagues able to assist are asked to contact him (89 Kintore Ave., Prospect, SA 5082, Australia).

The Third Annual Congress of ASH will be held in Christchurch, New Zealand, August 20-25, 1985. A program highlight will be 4 half-day workshops with Dr. David Spiegel encompassing a variety of topics. It will still be winter in New Zealand and skiing colleagues from all over the world who seek new mountains to conquer might consider a working holiday at Christchurch to recuperate from the rigor of Toronto's warm hospitality. As an added bonus, 1 Australian dollar buys 2 New Zealand ones. (Details are available from the New Zealand branch of ASH, Box 8140, Riccarton, Christchurch, New Zealand.)

A U S T R I A

1984 was not only the bicentennial of the Benjamin Franklin Commission's Report on Animal Magnetism, it was also the 100th anniversary of the birth of J.H. Schultz, M.D., the pioneer of autogenic training. It was commemorated last September in an extended general meeting of the Österreichischen Gesellschaft für Autogenes Training und allgemeine Psychotherapie (ÖGATAP), in conjunction with the 15th International Seminar of AT and Psychotherapy. Workshops were offered by some of the most outstanding colleagues in the autogenic training field, including Drs. H. Wallnöfer and G. Barolin.

C A N A D A

The Ontario Society of Clinical Hypnosis (OSCH) elected a new executive towards the end of last summer. Its members consist of Dr. Marc Gabel (President), Dr. Ron Hine (President-Elect), Dr. Judit Gaal (Secretary), and Dr. Jeva Loughheed (Treasurer). The Immediate Past President is Dr. J. Murray Weinberg.

With meetings of the Organizing Committee of the 10th ISH Congress during August, December, and February, the Congress is reaching the stage of fine tuning as August 10-16, 1985, approaches. Registration for both Workshops and Scientific Program continues to climb in a healthy fashion, and the Local Arrangements Committee has even arranged a child care service with a professional organization at a reasonable daily rate. The Congress promises to be memorable in the tradition of Uppsala (1973), Philadelphia (1976), Melbourne (1979), and Glasgow (1982).

The Congress will also be the focus for the development of a Canadian confederation of hypnosis societies. Currently, professional societies exist in most of Canada's provinces but there is little of the communication between them which a national organization would provide. At various meetings last year, notably the 3rd European Congress in May and the First International Conference on Multiple Personality in September, we were all surprised to discover each other in such numbers. Meetings of Canadians at both of these conventions were organized by Dr. Marlene Hunter; this has led to the First National Meeting of what we hope will become a National Federation of Canadian Societies, to be held at the University of British Columbia, August 2-7, 1986. Accommodation for up to 200 delegates has been reserved at one of the University's residences at the very reasonable rate of \$50-60 per couple. The meeting coincides with EXPO 86, permitting a mix of business and pleasure. Dr. Neill Malcolm is the chair of the Scientific Program committee, and we call on all Canadian colleagues to participate. Colleagues throughout the world, particularly our neighbors in the U.S., are invited to share in this challenging enterprise.

FEDERATION OF CANADIAN SOCIETIES

OF CLINICAL HYPNOSIS

FEDERATION DES SOCIÉTÉS CANADIENNES

DE L'HYPNOSE CLINIQUE

FIRST NATIONAL ASSEMBLY

August 2-7, 1986

University of British Columbia, Vancouver, CANADA

"Frontiers of Hypnosis"

C A L L F O R P A P E R S

Persons who are members of, or are eligible for membership in, the International Society of Hypnosis are requested to submit papers for presentation. The time for each presentation will be 20 minutes. Consideration will be given to papers on both orthodox and innovative uses of hypnosis as well as on other subjective alterations and related subjects. Abstracts, which should be of about 400 words, should be typewritten and double-spaced, and should be submitted in duplicate by January 31, 1986 to:

Dr. Neill Malcolm, Scientific Programme Committee Chairman, P.O. Box 400, Leduc, AB T9E 2Y2, Canada.

I N D I A

The First National Congress of Hypnosis and Psychosomatic Medicine was held at Ahmedabad during mid-December. Over 30 participants from various states in India enrolled for the hypnosis training course; most of them were senior members of the medical, psychiatric, and dental professions. Reaction to the program was highly favorable, and it is hoped to make the Congress an annual event, held each year in a different city. The Indian Society for Clinical and Experimental Hypnosis (ISCEH) organized this 6-day Congress in conjunction with the Gujarat Psychiatric Society, the Gujarat State Branch of the Indian Medical Association, and the Ahmedabad Medical Association.

A number of our Indian colleagues have continued to be active in disseminating knowledge about hypnosis, particularly within medical circles. Dr. H. Jana participated in the Neuropsychiatric Camp organized by the Veraval Jaycees and the Veraval Branch of the Indian Medical Association. Besides presenting talks and demonstrations, he treated some patients suffering from hysteria, depression, and insomnia, and found them highly motivated for hypnotherapy. He also participated in the amputation of a thumb, using hypnosis as the sole analgesic at the Sheth L.G. Hospital in Ahmedabad.

Dr. B. Chandra also presented a seminar on self-hypnosis, with lecture demonstrations to branches of the Indian Medical Association, while Dr. A.T. Rangwala gave lecture demonstrations to the Bharuch Branch of the Indian Medical Association. He also published articles on hypnosis in local newspapers and magazines. At the research level, B.M. Palan of the Medical College of Baroda has been conducting studies on hypnotizability, and on the effects of hypnosis on memory and learning.

I S R A E L

After many years of representations from the Israel Society for Clinical and Experimental Hypnosis (IS-SCEH), the National Parliament recently passed a law restricting the use of hypnosis in Israel to physicians, dentists, and psychologists licensed by the Health Ministry. The law also defines the purposes for which hypnosis may be utilized. These are:

I s r a e l (cont.)

(a) diagnostic and therapeutic purposes within medical, dental, and psychological fields of specialization; (b) research purposes (where students of hypnosis have to be recognized by the Ministry of Health); (c) teaching purposes (again with Ministry of Health accreditation of students); and (d) police investigative purposes where the licensed hypnotist must be a psychiatrist or clinical psychologist. The legislation also covers a number of ethical issues such as informed consent of the subject and protection of privacy and civil rights. Interestingly, violation of the law can, in some cases, lead to imprisonment. Ultimately the law will be translated into English; the Newsletter will advise members wishing to obtain a copy when this occurs.

T H E N E T H E R L A N D S

Nederlandse Vereniging voor Hypnotherapie (NVH) became a National Constituent Society of ISH in 1984. Drs. C.A.L. Hoogduin (Chairman) and R. Van Dyck (Past Chairman) were nominated by the executive of NVH to serve as NVH representatives to the ISH Council. In addition, earlier last year NVH became a member of the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine, with Dr. Hoogduin being appointed to the ESH Committee as the Dutch representative.

The NVH now has an impressive membership of over 600 members. A new course on training for general practitioners in hypnotherapy has been added to its already comprehensive training program. Recently, NVH contributed to the making of a TV program on medical hypnosis; several members and their patients spoke of the positive uses of hypnosis in a variety of fields, and sought to dispel some of the prejudices that still exist about our field.

S W E D E N

As it had in 1983, the Swedish Society for Clinical and Experimental Hypnosis (SSCEH) sent a delegation of senior members in 1984 to present a 1 day seminar on modern hypnotherapy in medicine, psychology, and dentistry to the Psychotherapy Research Unit and the Faculty of Stomatology in Cracow, Poland. It consisted of Drs. L-E. Unestål, B-G. Fasth, and P-O. Wikström. In addition to the seminar, Swedish colleagues spent 2 days in informal discussions with their Polish counterparts. Colleagues from all over Poland, some travelling in crowded trains for as long as 24 hours, attended.

U N I T E D K I N G D O M

ENGLAND

The British Society of Medical and Dental Hypnosis (BSMDH) will hold a 3 day national advanced course at the Cairn Hotel, Harrogate, Yorkshire, May 17-19, 1985. The keynote speakers will be Dr. Herbert Spiegel and Dr. Pat Browne, President of the Irish Society of Clinical and Experimental Hypnosis. A very busy program of lectures and social events has been organized; the latter includes a visit to Harry Ramsden's (the most famous fish and chip shop in the world). Further information can be obtained from the Course Secretary, 103 Otley Old Road, Leeds LS16 6HH, England.

The British Society for Experimental and Clinical Hypnosis (BSECH) has been active on a number of fronts. It has been involved in the British Medical Association's Working Party on Alternative Therapies. Last year, the BMA organized a seminar at the annual conference of the British Association for the Advancement of Sciences on alternative therapies. Dr. H.B. Gibson presented a paper entitled "Hypnosis is not an alternative therapy" which attracted much media attention and some irritation from various self-styled lay hypnotists.

England (cont.)

The BSECH has also been involved in making recommendations to the British Home Office concerning the draft guidelines for the police use of hypnosis which it distributed last year. All 1984 issues of the British Journal of Experimental and Clinical Hypnosis (BJECH) and the January 1985 issue have carried a lively and interesting debate on this topic. Views range from the recommendation to substitute hypnosis with guided imagery or relaxation techniques, to the complete abandonment of police use of hypnosis until there is more scientific data, to limiting the use of hypnosis to when police have exhausted all possibilities in a particular case and not allowing hypnotized witnesses to testify in court as to their hypnotically elicited recall. For colleagues abroad who are following the forensic issue at the international level, back issues of the Journal are available from the Editor (Dr. Brian Fellows, Dept. of Psychology, Portsmouth Polytechnic, Portsmouth PO1 2ER, England).

UNITED STATES

The American Society of Clinical Hypnosis (ASCH) elected its officers for 1984-85 last summer. Dr. Karen Olness is President; Dr. Harold Crasilneck is President-Elect; Drs. Charles Mutter, Thomas Wall, and Marlene Hunter are Vice Presidents; Dr. Victor Rausch is Secretary; and Dr. Alexander Levitan is Treasurer. In keeping with the growing spirit of cooperation between the two American societies, it is of some significance that most of these colleagues hold joint membership in the Society for Clinical and Experimental Hypnosis (SCEH).

ASCH will hold regional workshops in 1985 at St. Louis (June 20-23), Portland (July 25-28), Asheville (October 3-6), and Maui (November 11-15). Details can be obtained by writing to ASCH, 2250 East Devon Avenue, Ste. 336, Des Plaines, IL 60018, USA.

Although 1984 was not an election year for SCEH, a vote for Vice President was necessary to replace the late Dr. Gail Gardner. The new Vice President is Dr. Ken Bowers.

The First International Conference on Multiple Personality/Dissociative States held last September in Chicago exceeded all expectations and drew over 450 registrants. A notable feature of the Conference was the emphasis placed upon the need for colleagues in this field to develop a strong empirical data base. The second conference will be held in Chicago, October 25-27, 1985. Information can be obtained from Dr. Bennett Braun, Dept. of Psychiatry, Rush Presbyterian-St. Luke's Medical Center, 1720 W. Polk St., Chicago, IL 60612, USA.

Last year, the American Medical Association instituted a Panel on the Scientific Status of Refreshing Recollection by the Use of Hypnosis. Its report, which is a major document, was submitted and accepted late last year. A number of colleagues who are members of ISH, SCEH, or ASCH served on the Panel. Dr. Martin T. Orne was Chairman, and Drs. A. David Axelrad, Bernard L. Diamond, Melvin A. Gravitz, Abraham Heller, Charles B. Mutter, David Spiegel, and Herbert Spiegel served as Panel Members. In addition, Drs. Matthew H. Erdelyi, John F. Kihlstrom, and Donald Rossi were consultants. Liaisoning for the three societies were Drs. Frederick J. Evans (SCEH), Harold J. Wain (ASCH), and Fred H. Frankel (ISH). This report will appear in the Journal of the American Medical Association.

WEST GERMANY

The German Society of Hypnosis initiated a journal in 1984, entitled Experimentelle und Klinische Hypnose. It is written entirely in German and is edited by Dr. Walter Bongartz of the University of Konstanz. One of his major priorities is to seek out English language papers for translation into German. ISH welcomes this new journal as an important addition to the growing literature on hypnosis and we wish it well.

IN MEMORIAM

G. Gail Gardner, Ph.D. died last August. At the time, she was Vice President of SCEH, having previously served as the Society's Executive Secretary and as Local Arrangements Chair of the Denver meeting of SCEH in 1979. She was an international authority and pioneer on research and clinical practice of hypnosis with children. She co-authored, with Dr. Karen Olness, a classic work entitled Hypnosis and Hypnotherapy with Children, which received the Arthur Shapiro Award from SCEH for the best book published in 1981. Shortly before her untimely death, the SCEH Awards Committee had selected her to be the recipient of the Bernard B. Raginsky Award for leadership in hypnosis. The Society's highest award was presented posthumously at the annual meeting in October, 1984. Her keen critical intellect, her warm wit, her humanity, and her years of dedicated hard work on behalf of the Society endeared her to all who knew her. She is deeply missed.

George Watt Fairfull Smith, MBE, MC, LDS died at his home in Glasgow on August 6, 1984. During World War II, he served as a frontline soldier and became a Chindit (an elite group of British soldiers). Subsequently, he was decorated with the Military Cross for bravery in action. After the war, he obtained his dental degree at the University of Glasgow, and subsequently set up in private practice in that city. His love of people, sincerity, and deep concern for his patients led him to study hypnosis, for which he gained international respect as both a teacher and leader. He was for many years a visiting dental surgeon at the Glasgow Dental Hospital and School where he held a weekly clinic using hypnosis. He received an MBE for his work with children at the Hansel Handicapped Village of which he was a director.

Dr. Smith was a past member of the Board of Directors of ISH, and was instrumental for the success of the Workshops of the 9th Congress in Glasgow. Dr. Duncan Cameron wrote in a moving obituary, "He will be remembered with love, affection, and respect by all who knew him as a warm, friendly, and caring man, possessing a quiet sense of humor and ever willing to be helpful."

For colleagues who did not know him, his ultimate epitaph is contained in the BBC documentary, Hypnosis and Healing. It conveys his unique blend of personal warmth and professional expertise which so deeply impressed his colleagues at local and international levels. ISH extends its sincerest regrets to his wife, Dorothy, and to their family.



INTERNATIONAL SOCIETY OF HYPNOSIS

10th International Congress of

Hypnosis and Psychosomatic Medicine

Toronto, Ontario, CANADA

Workshops: August 10-13, 1985 Scientific Program: August 13-16, 1985

The International Society of Hypnosis invites all interested medical, dental, and psychology professionals to attend the *10th International Congress of Hypnosis and Psychosomatic Medicine* to be held in Toronto, Canada, August 10-16, 1985. The Congress will be co-hosted by the Ontario Society of Clinical Hypnosis, the American Society of Clinical Hypnosis and the Society for Clinical and Experimental Hypnosis. Academic co-sponsors are the University of Toronto's Faculties of Medicine and Dentistry and the University of Waterloo's and Université de Montréal's Departments of Psychology.

Congress Chairperson:	George Matheson, PhD
Local Arrangements:	Alan Banack, MD Marc Gabel, MD, MPH
Workshops:	Cyril Marks, MD J. Murray Weinberg, MD
Scientific Program:	Kenneth Bowers, PhD Campbell Perry, PhD Shirley Sanders, PhD
Finance Chairman:	Ronald J. Hine, PhD

For further information, please peruse the Congress Program enclosed with this Newsletter or write to:

10th Congress Secretariat
200 St. Clair Avenue West, Ste. 402
Toronto, Ontario M4V 1R1
CANADA