

INTERNATIONAL SOCIETY OF HYPNOSIS



VOLUME 10 NUMBER 1

APRIL 1987

LETTER FROM THE PRESIDENT

The new secretariat is now functioning at full speed ahead. Robb Stanley, as the Administrative Officer, has sorted out the majority, if not all the teething problems that are inevitable when there is an establishment of a new location of an international office.

The Secretary/Treasurer, Dr Peter Bloom, was able to visit Australia in February. Apart from lecturing to the South Australian and Victorian Branches of the Australian Society of Hypnosis, Peter spent a significant amount of time at the central office with Robb Stanley, as well as valuable time with myself.

One of the important matters that we are looking at is the ways and means to increase membership of the International Society. For the Society to thrive a large active membership is essential. As you receive this newsletter, it is most likely that you are already a member of ISH and I would ask you to encourage your colleagues to join with us and become members. It is hoped that the special actions that are soon to be carried out will result in a significant increase in our membership.

The 4th European Congress of Hypnosis in Psychotherapy and Psychosomatic Medicine will be in Oxford in July this year. This will provide an excellent opportunity especially for the ISH members of Europe, to meet together. I hope to see many of you in Oxford. I would encourage you to attend the various meetings in hypnosis, whether at your local branch level, national level or international level and that you will be an active participant whether you present your own work, or become involved in discussion in the work of other people, or take further training. I cannot emphasize enough the importance of up-to-date knowledge and training in the art of hypnosis and its application in either therapy or research.

David R. Collison
President I.S.H.

FROM THE NEWSLETTER EDITOR

Part of the price of our success (reflected again quite recently by highly favourable articles on hypnosis in *Newsweek* and *The Sciences*) is a continuing proliferation of lay hypnotists. (See Australian and U.K. news also). It can be a highly lucrative business; money, like guilt, is a major human motivator.

During January, a lay hypnotist in Montreal generated some free publicity for himself through a newspaper story on his use of self hypnosis for analgesia during a tooth extraction. This report appears to have had a most unusual impact. Within weeks, the Concordia

hypnosis lab received phone calls from some pain patients; subsequently I found that colleagues at two local hospitals had encountered similar circumstances.

It would appear that many chronic pain patients had read the article on the dental extraction and had reasoned that hypnosis has a powerful effect. Thus, if a "hypnotist" is able to utilize it successfully upon himself, he must surely be able to alleviate their own severe sufferings. There was nothing in the newspaper report to warn them that hypnosis as a surgical analgesic occurs with relative rarity.

There was a depressing uniformity in the stories that these patients told. They came with hope that finally somebody could help them, and they were given this assurance. No case history was taken, and they signed themselves up for package deals, paying cash in advance for the entire "treatment". In one particularly grim case, an elderly woman paid \$1500 that she could ill afford. The hypnosis was by audiocassette, and she could not obtain a refund when she found that hypnosis (or was it a lack of an interpersonal relationship?) was ineffective in her case. To add to the injuries and insults of the situation, she even signed a pre-"treatment" statement that she would not take legal action against the "hypnotist" if she was subsequently dissatisfied with the "treatment".

The "hypnotist" need not have worried; people in pain tend to blame themselves for having been deceived, and often they feel humiliated. Further, many of them see death as imminent; they want their last days to be lived in dignity and not in litigation.

Until we find a means of drawing public attention to these forms of abuse, however, stories such as this will be dismissed elsewhere as the work of greedy professionals who seek a monopoly on the hypnotherapeutic dollar. This is one area of public perception where we have not, and some lay hypnotists have, been very successful.

Campbell Perry
I.S.H. Newsletter Editor

NEWS FROM THE CENTRAL OFFICE

Since my last report in the October 1986 newsletter the central office has been fortunate to have been visited by Dr Peter Bloom, Secretary/Treasurer of the Society. It was with great pleasure that we were able to show Peter the progress that had been made in taking up the administrative reins of the Society after the years of tireless and thorough work of the Philadelphia Office.

While some tasks remain to be completed the central office is now fully functional. This is in spite of the happy and sad loss of our administrative secretary, Mrs Robyn Holmes who gave birth to a healthy baby girl at the end of November. A new secretary to the office is soon to be appointed and we will once more be able to proceed with our efforts to promote the Society and hypnosis on the international scene.

The central office would be grateful to receive any suggestions that might enable the more effective promotion of hypnosis at the local constituent level.

I am delighted to see the tremendous progress that has occurred towards the organisation of the next international meeting of the Society in The Hague, The Netherlands in 1988. The enthusiasm and diligence of the organising committee guarantees that the Congress will be both enjoyable and stimulating. It remains for we the members of the Society to support it to the fullest and to promote its success by reminding and encouraging members of our national constituent societies that they should take this opportunity to update their skills for their own benefit and that of their patients.

ROBB STANLEY
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ISH NEWSLETTER

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IMPORTANT: The deadline for the October 1987 issue of the Newsletter is August 1, 1987. News of constituent Societies, and of members, is not only welcome but actively encouraged.

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AUSTRALIA

By last year's end, the Australian Society of Hypnosis had 1180 members (including one Fellow and nine Honorary Members). Its Annual Congress last August at Broadbeach, Queensland was well-attended, and was very well organized by the Queensland Branch of ASH. The congress received a bonus with the attendance of John F. Kihlstrom, Ph.D., who was spending a brief sabbatical at Macquarie University in Sydney; he and Michael Jay Diamond Ph.D., who had been invited earlier, were the main speakers.

At the Congress, plans for the 17th and 18th Congresses were outlined. The 1987 Congress will be held in Launceston and Hobart from August 23-30, and organized by the Tasmanian Branch. Alexander Levitan, MD, will be the keynote speaker. The following year, it will be organized by the South Australian Branch of ASH, and held in Adelaide beginning on September 4.

The ASH Board of Education has announced its intention to award \$1,000 to young researchers who are full or associate members of the Society so as to permit them to either carry out or present hypnosis research at ASH Congresses.

ISH Secretary-Treasurer, Peter B. Bloom, MD, spent February in Melbourne (with side visits to Adelaide and Sydney) consolidating the transfer of Central Office to its new location. He was deeply impressed by the fine hospitality. (ED. NOTE: I spent December in Sydney, passing through Brisbane on the way. I want to thank, again, the Queensland and NSW Branches of ASH for their excellent hospitality, and regret that I was unable to visit other States.)

Concern about the activities of lay hypnotists continues; a new bill before the Victorian legislature will, if passed, have the effect of deregulating the practice of hypnosis in that state and will permit inappropriately qualified individuals to utilize it. Further, a lay organization, The Australian Society for Clinical Hypnotherapists, held its Fifth National Convention in Sydney last year. Two overseas colleagues, unaware of the nature of this society, submitted papers and inadvertently provided this group with some unearned status.

CANADA

It is now official that the 2nd National Assembly of Canadian Societies of Clinical Hypnosis will be held in Halifax, Nova Scotia during the summer of 1989.

News of the Ontario Society of Clinical Hypnosis arrived via a copy of its newsletter, *OSCH News*. It indicates that OSCH is thriving, with a current membership of 462 colleagues; this makes it the largest hypnosis society in Canada. Its current President is Eileen Alexander, MD. The key to its success is that it is divided into six regions; each has a regional director who coordinates activities for the particular chapter. (ED. NOTE: Jean-Roch Laurence, Ph.D. and I spoke to the Ottawa chapter of OSCH early in March and thoroughly enjoyed the time we spent with this small, lively and interesting group.)

The OSCH Fall Workshop in November attracted a record number of 188 registrants, and 31 Workshop Faculty. An encouraging sign is that 99 of the registrants participated in the Introductory Workshop; further, there were 44 registrants in a special workshop on Consolidating Skills in Hypnosis which was designed for members returning for their first post-basic training workshop. The closing session featured an Invited Address by Kenneth S. Bowers, Ph.D. on the topic of Hypnosis and Intuition.

At the Annual Awards Luncheon, held during the Fall Workshop, Marc Gabel, MD, Chairman of the Stanley Kushnir Memorial Foundation, announced two new awards that will be presented at future Annual Awards Luncheons.

First, the Foundation will conduct a competition to promote clinical research among OSCH members.

In addition, the first awards under the J. Murray Weinberg Scholarship Foundation will be made to graduate students in medicine, dentistry and psychology, so as to enable them to attend OSCH training workshops. The scholarship foundation has been established as a mark of respect to J. Murray Weinberg MD by his former partners at the Parkdale Clinic. It is a fitting tribute.

INDIA

The *Newsletter* hopes to have a report on the success of the 2nd National Congress of Hypnosis and Psychosomatic Medicine held at Baroda Medical College late last year.

Dr. K. K. Shah, the Executive Secretary of the Indian Society for Clinical and Experimental Hypnosis, is also currently President of the Gujarat State Branch of the Indian Medical Association, Chairman of the All India Family Planning Committee of the IMA, and Vice-President of the Gujarat Nursing Council.

Dr. H. Jana was invited to speak to the Annual Conference of Physiologists and Pharmacologists of India during December. His topic was "Hypnosis and Stress: Hypnosis as a Remedy for Day-to-Day Stresses". He has also been invited to speak on the history and current status of hypnosis to the 1st Asian Congress of Hypnosis at Fukuoka Japan this year.

The new address of ISCEH is 40/301 Saraswatinagar, Near Azad Society, Ahmedabad — 380 015, Gujarat, India.

THE NETHERLANDS

There are many enthusiastic noises emanating from The Netherlands as plans progress for the 11th International Congress of Hypnosis and Psychosomatic Medicine, to be held at the Netherlands Congress Centre in The Hague, from August 13-19 next year. It is sponsored by Nederlandse Vereniging voor hypnotherapie.

The Congress is sponsored by the Medical Faculty of the University of Leiden, the University of Nymegen, and the University of Brabant.

The list of Scientific program speakers (August 14-16) includes the names of J. Barber, K. and P. Bowers, Brown, Chavez, Evans, Fellows, Fromm, E. and J. Hilgard, Kluft, Laurence, Levitt, Orne, Pettinati, Torem and Spanos. The Workshop program (August 17-19) will be attended by: Bongartz, Braun, Frankel, Van der Hart, LeBaron, Stanton, Zeltzer and many others.

The 30-40 workshops will be limited to a maximum of about 25 participants, thus ensuring the opportunity for active participation.

There will be an extended Social Program with many excursions to castles, windmills, dikes and to cities and towns of interest such as Amsterdam, Volendam, Marken, Antwerp, Brussels and Bruges. There will also be an antique bookmarket with books on hypnosis in particular, and books on medicine, dentistry, psychology and philosophy in general.

IMPORTANT: Until October 1987, registration fee will be Dfl. 980. From then, until July 1988, it will increase to Dfl. 1155, and after this date it will be Dfl. 1365.

The account number at the Amrobank Leiden is 483312002.

For registration and additional information, please contact the Congress Secretariat, PO Box 16065, 2301 GB Leiden, The Netherlands.

Our Netherlands colleagues are working to make the Congress a memorable event that you will not want to miss.

SWEDEN

The Swedish Society of Clinical and Experimental Hypnosis (SSCEH) has enjoyed a rich and varied menu of visiting speakers from overseas during recent months. Their guest lecturers have been Harold Crasilneck, Ph.D. (USA), Don Ebrahim, MD and Peter Blythe, Ph.D. (England), Berit Bunkan (Norway), and Edda Klessman (West Germany). All taught in the SSCEH 3-year Educational Program.

UNITED KINGDOM

This is a very active year for colleagues in the U.K.; the next *Newsletter* hopes to have reports on the success of the 4th Annual Conference of the British Society of Experimental and Clinical Hypnosis at Manchester University in early April and the 4th European Congress of Hypnosis in Psychotherapy and Psychosomatic Medicine. The latter is being held at St. Catherine's College, Oxford from July 11-17. It is still not too late to register for this meeting which attracts a large number of Europe's leading practitioners in the field, as well as many North American and some Australian colleagues.

The *Newsletter* has recently received news about the various overseas visitors who have presented workshops to the British Society of Medical and Dental Hypnosis during the last several months. The Yorkshire Section of the Northern Counties Branch presented a 2-day advanced workshop in early September given by William O'Hanlon, MS, on Ericksonian Hypnosis for Psychosomatic Problems. Later in that month, Dabney Ewin, MD, offered a 2-day workshop to the BSMDH Metropolitan Branch at Churchill College, Cambridge. In November, Marlene Hunter, MD, gave a 2-day advanced workshop to the Lancashire and Cheshire Branch at Manchester which attracted over 60 registrants. More recently, Dennis K. Chong, MD, and Jennifer Smith Chong, PHN, presented a workshop during March to the Sheffield-Trent Section of the Northern Counties Branch at Rotherham on Neuro-Linguistic Programming.

The *British Journal of Experimental and Clinical Hypnosis*, under the editorship of Brian J. Fellows, Ph.D., entered its fourth year of publication with a number of organizational changes. To better process the large number of research contributions the BJECH has been receiving, Graham F. Wagstaff, Ph.D. and Peter L. N. Naish, Ph.D. were appointed as Experimental Editors. Further, Bernard Brooks has become Newsletter Editor, succeeding Michael Heap, Ph.D.; Gian Degun continues on as Book Review Editor.

The BSCEH continues to be concerned with the proliferation of lay hypnotists. It plans to release a leaflet addressed to the general public entitled *Is Hypnosis for You?* Hopefully, the leaflet will attract media attention, since it is often the media that disseminates the idea that the job description of "hypnotist" is a worthy calling. If the media itself cannot distinguish between self-styled and professionally trained hypnotists, one can scarcely be surprised if members of the general public are even less aware of this vital distinction.

UNITED STATES

1987 marks the 25th year, that Martin T. Orne MD, Ph.D. has edited the *International Journal of Clinical and Experimental Hypnosis*. It represents a remarkable feat of editorial longevity, especially since not an issue has been missed since Volume 10, Number 1 of January 1962, when he first took up this position. Further, he has held the editorial reins during a period that has seen the Journal rise from a respectable "in-house" journal to a core journal in Psychology, as indicated in a recent survey in the *American Psychologist*. Anyone who has ever submitted a paper to the IJCEH, or has participated in the review process knows that papers submitted to the Journal receive meticulously fair treatment. There will be anything from 3-5 reviewers, depending upon the topic, and it is not uncommon for a contributor to receive, in addition, a letter of up to 5 pages from the Editor himself. During this period, Dr. Orne has found time also to be President of ISH (1976-79) and of SCEH (1971-73) as well as holding down numerous research grants, teaching commitments, and other major responsibilities. Congratulations for distinguished service to the IJCEH are in order.

By the time that this *Newsletter* arrives, the American Society of Clinical Hypnosis should have completed its 29th Annual Meeting at Las Vegas. ASCH has also elected a new slate of officers. Congratulations to Charles B. Mutter, MD, the incoming President, Louis L. Dubin, DDS, Ph.D., President Elect, Dabney M. Ewin, MD, Vice President, Edward O. Hunt, Jr., MD, Treasurer, Marlene Hunter, MD, Secretary, and Members at Large, Selig Finkelstein, DDS, Alexander A. Levitan, MD, and Marcia A. Greenleaf, Ph.D. for

Dentistry, Medicine and Psychology respectively.

Congratulations also to ISH members D. Corydon Hammond, Ph.D., Marlene E. Hunter, MD, and Clorinda G. Margolis, Ph.D. who were recently elevated to the status of Fellow of ASCH.

ASCH recently announced its schedule of workshops for 1987. There will be workshops in Atlanta (May), Chicago (June), Portland (July), Minneapolis (September), Asheville (October), Philadelphia (November), Albuquerque (December) and Orlando, FL (January 1988). Further information can be obtained from ASCH, 2250 East Devon Ave., Suite 336, Des Plaines, IL 60018.

The Society for Clinical and Experimental Hypnosis will be holding its 38th Annual Convention at the Ambassador Garden Hotel from October 26-31. Registration details can be obtained from Mrs. Marion Kenn, Administration Director, SCEH, PO Box 2427, Liverpool, NY 13089/2427. David F. Dinges, Ph.D. and Stephen B. Zinn, MD have organized a very attractive Scientific Program.

Finally, an invitation to overseas colleagues who may be in New York City between August 28 and September 1 to attend the American Psychological Association's 95th Annual Convention. Steven J. Lynn, Ph.D. has organized an exciting program for Division 30 (Psychological Hypnosis). Highlights include an Invited Address by Kevin M. McConkey, Ph.D. (Australia) and a Conversation Hour given by Graham F. Wagstaff (United Kingdom). The third annual State of the Art addresses for Experimental, Clinical and Forensic Hypnosis will be presented by Kenneth S. Bowers, Ph.D., Erika Fromm, Ph.D. and Campbell Perry, Ph.D. respectively. An innovative session involves the presentation of a case history, and discussion of it by a number of clinical colleagues from a variety of theoretical perspectives.

SINGAPORE

A letter from Tong Mun Chong, MD, of the Singapore Society for Clinical Hypnosis arrived shortly after the previous *Newsletter* was finalized. The news, however, remains timely. It described the visit of William S. Kroger, MD, to Singapore as a guest of SSCH. He presented two weekend workshops to the Society under the auspices of the National University of Singapore School of Post-graduate Medical Studies, the Singapore Psychiatric Association and the Singapore Medical Association. During his visit, Dr. Kroger presented lectures to the Mount Elizabeth Hospital (Hypnosis and Psychosomatics in Medicine) and to the Singapore Psychiatric Association (Sixty Years of Hypnosis Experience). He subsequently visited Kuala Lumpur to present two evening workshops to the Malaysian Society for Clinical Hypnosis.

MEMBERS IN THE NEWS

Harold Crasilneck, PhD and James A. Hall, MD recently received the award for the best book on hypnosis published in 1985 from the Society for Clinical and Experimental Hypnosis. The award was for the 2nd Edition of *Clinical Hypnosis: Principles and Applications*. Interestingly, the first edition, published in 1975 also received this award.

Erika Fromm, PhD received the Division 29 (Psychotherapy) award at the last American Psychological Association convention for her pioneering work on hypnoanalysis.

Richard B. Garver, EdD is teaching a seminar to the Psychiatry and Clinical Psychology residents at San Antonio Medical School. He continues his work in forensic hypnosis and consults with the Federal Bureau of Investigation and the Drug Enforcement Agency.

Geoffrey Graham, BDS has recently published two books (Real Options Press) addressed to both patients and professionals. They are entitled *How to become the parent you never had* and *It's a bit of a mouthful*.

Frank J. MacHovec, PhD has published a book (C. C. Thomas) entitled *Hypnosis complications: Prevention and risk management*.

Harry L. Metcalf, MD was elected President-Elect of the 57,000 member American Academy of Family Physicians.

Frank K. Schmidt, PhD has been appointed Clinical and Consulting Psychologist at the Mercy Hospital of Johnstown, PA.

Jerome M. Schneck, MD received a special award from the Society for Clinical and Experimental Hypnosis for "lifetime contributions to the literature on scientific hypnosis". He has also been appointed to the Editorial Board of *The Journal of Integrative and Eclectic Psychology*.

B. Mark Schoenberg, EdD gave a 1-day workshop in Clinical Hypnosis to the Association of Newfoundland Psychologists late last year.

David L. Scott, FFARCSI retired from his hospital position in 1985, but continues to be very active performing locums. He has been invited to present a workshop for anesthesiologists at the ISH Congress next year; this is the first time that a workshop on this topic has been given at an international level.

Lars-Eric Unestahl, PhD has been invited to teach his Inner Mental Training techniques to a Danish team that will be participating at the 1988 Olympic Winter Games at Calgary, Canada.

FORTHCOMING MEETINGS

The 4th European Congress of *Hypnosis in Psychotherapy and Psychosomatic Medicine* is to be held at St. Catherine's College, Oxford, England from July 11-17, 1987. Information can be obtained from Mrs. M. Samuels, Secretary, 4th European Congress, 42 Links Road, Ashted, Surrey, KT21, 2HJ England.

An *International Symposium on Suggestion and Suggestibility* will be held in July 1987 at Giessen, West Germany. Further information can be obtained from Dr Vladimir Gheorghiu, Fachbereich Psychologie, Justus-Leibig-Universitaet, Giessen, Otto Behagel-Strasse 10, D-6300 Giessen, West Germany.

The 17th Annual Congress of the *Australian Society of Hypnosis* will be held in Tasmania, Australia, August 23-30, 1987. Dr Alexander Levitan is to be the keynote speaker. For further information contact Mr. David Henty, Secretary, A.S.H. (Tasmanian Branch), Royal Derwent Hospital, New Norfolk, Tas. 7140, AUSTRALIA.

The 95th Annual Convention of the *American Psychological Association* will be held in New York during August 20-September 1, 1987.

The *Society for Clinical and Experimental Hypnosis* will be holding its 38th Annual Convention at the Ambassador Garden Hotel from October 26-31. Registration details can be obtained from Mrs. Marion Kenn, Administration Director, SCEH, PO Box 2427, Liverpool, NY 13089/2427. David F. Dinges, Ph.D. and Stephen B. Zinn, MD have organized a very attractive Scientific Program.

The XI *ISH Congress of Hypnosis and Psychosomatic Medicine* will be held in The Hague, The Netherlands in 1988. Further information can be obtained from the XI Congress Secretariat, PO Box 16065, 2301 GB Leiden, The Netherlands, August 13-18, 1988.

The 18th Annual Congress of the *Australian Society of Hypnosis* will be held in Adelaide South Australia, September 4-9, 1988. For further information contact Dr. Michael Boyd, Federal Secretary, A.S.H., P.O. Box 366, Glenelg, S.A. 5045, AUSTRALIA.

The Second Assembly of the *Federation of Canadian Societies of Clinical Hypnosis* will be held in the summer of 1989 in Halifax, Nova Scotia.

MEMBERSHIP IN THE INTERNATIONAL SOCIETY OF HYPNOSIS

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

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