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THE INTERNATIONAL SOCIETY



OF HYPNOSIS

NEWSLETTER
NOVEMBER 1992
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13th Triennial Congress of Hypnosis, Melbourne, Australia, August 6-12, 1994
Asia Pacific Congress of Hypnosis (Satellite Meeting), Cairns, Australia, August 15-17, 1994

LETTER FROM THE PRESIDENT

Firstly, let me wish you all the very best for the forthcoming festive season. This year has been a landmark year for the International Society of Hypnosis. In July we held our long delayed meeting in Jerusalem. The Israeli Society of Clinical and Experimental Hypnosis is to be congratulated for the excellence of its organisation and the programme they presented.

The Council of Representatives and Board of Directors of ISH met and agreed to several changes to approve the services we offer to members. It was agreed that as from 1994 the International Journal of Clinical and Experimental Hypnosis will no longer be automatically required with individual membership of ISH. The board decided to assist the new editor, Dr Fred Frankel in his endeavours to promote IJCEH as it detaches itself from ISH. You will all receive promotional material for this excellent journal in the next few months, as we hope will all members of national constituent societies. We also intend to promote the journals of our national constituent societies from around the world.

Several changes occurred at the meeting. Erik Hoencamp (Netherlands) was elected as Chairman of the Council of Representatives and Burkhard Peter (Germany) as his hard working Secretary. Per-Olof Wikström took up the position of Vice-Chairman. They were also elected to the Board of Directors of ISH along with Camillo Loreido (Italy). I wish to thank the outgoing Officers of the Council and the previous members of the Board for their work and support over the past 4 years.

The ISH continues to face considerable financial restrictions. We are in the process of putting in place a plan to assist us in offering greater service to members while keeping the costs under close scrutiny.

I look forward, as the Co-Chairman of the next International Society meeting (Co-chaired with Robb Stanley, President Elect of the Australian Society of Hypnosis) to seeing you all in Melbourne, Australia between August 6 and 12, 1994. Prior to that time I look forward to seeing many of you in Vienna where I have been invited to present a keynote address to the 6th meeting of the European Society of Hypnosis (see meetings calendar for details).

Seasons Greetings to all.

GRAHAM D. BURROWS, AO, MD

President, ISH

LETTER FROM THE NEWSLETTER EDITOR

There are many ways to qualify a summer to which we can look back now that it is over. In Northern and Middle Europe it was an exceptionally dry summer that the vacationers called wonderful and the farmers disastrous. For some it was a satisfying summer where the fruits of hard work were harvested, as for instance, by our Israeli colleagues in Jerusalem this August. And for some, summer was winter as for our Australian colleagues. I do not know what kind of summer you had. I hope it was a relaxing summer full of serenity and joy and less busy than mine. My summer was filled with preparing to move into a new house and finishing a report on a five year scientific project. And this is why this Newsletter comes to you somewhat later than usual. Sorry.

Sincerely,

Walter Bongartz

NEWS FROM THE CENTRAL OFFICE

Greetings from the Central Office. We are once more in the process of preparing the directory of members of ISH. You will find enclosed a copy of the relevant details that we have on our records concerning your title, first name, qualifications, address and interests. If any of these are inaccurate please return them to the Central Office of ISH before 31 January 1993. **If you do not return this information sheet with alterations by the due date we will assume your information is correct and this is how it will appear in the Directory.** Only those members who are paid up for 1993 will be included in the directory. Note on the information sheet we list the year your subscription is paid up until. If you believe there is some error and we have not received your subscription please confirm this from your records and let us know how and when you paid it.

The seal enclosed with this newsletter is to be attached to your membership certificate. If you have lost your membership certificate a new one can be obtained at a cost of \$US10.00 from the Central Office.

We wish you a joyous and peaceful festive season and send you our best wishes for a healthy, peaceful and prosperous 1993.

Best wishes from the Central Office.

ROBB STANLEY

Administrative Officer

AUSTRIA

During the informal meeting of the representatives of the European Society of Hypnosis in Jerusalem, Dr Marianne Martin from the Austrian Society of Autogenic Training presented a report on the preparations for the 6th European Congress of Hypnosis in Vienna in August next year. Her report revealed the professionalism and the enthusiasm of the Austrian colleagues and was met with applause by the ESH representatives, especially when she mentioned the planned social highlights of the Congress – a Viennese summer ball (August 15) and a concert with Viennese music (August 19) in the City Hall of Vienna. So, if you want “Europe pure” come to Vienna with its marvellous palaces, museums and avenues stemming from the time of the Austrian Empire, and its contemporary art and music scene. Vienna is also one of the cradles of modern psychotherapy not only because it was here that Sigmund Freud started the psychoanalytic movement, but also because of Franz Anton Mesmer who began developing the idea of animal magnetism in Vienna around 1770, before his spectacular appearance in Paris.

AUSTRALIA

Recently the Australian Society of Hypnosis (August 13-18, 1992) held a very successful meeting in Auckland, New Zealand. We were delighted to have as our keynote speaker, Dr Marlene Hunter from Vancouver, a fine family physician with a flair for the clinical use of hypnosis. At the same meeting the New Zealand branch of the Australia Society voted to become a separate professional organisation. The New Zealand Society of Hypnosis was formed and indicated its intention to seek constituent society membership of ISH. We wish them well in their endeavours and look back over the last seven years of a slow process of nurturing the interest in clinical hypnosis of our near neighbour.

Earlier this year the members of ASH after a heated debate voted seventy five per cent to twenty five per cent against extending the membership to other professions. Over two thirds of the membership voted and this provided the Federal Council of ASH with a mandate for resolving this controversial issue. Membership will continue to be limited to registered Medical Practitioners, Psychologists and Dentists.

We are looking forward to the 23rd Annual Congress of the Australian Society of Hypnosis, which will be held in Adelaide, South Australia between 5 and 11 September, 1993. We have been fortunate to attract Prof. John Watkins and Helen Watkins as our keynote speakers and look forward to an exciting workshop from them. Dr George Matherson of Toronto will also visit Australia in May 1993.

Detective Constable Gregory Comart, who is a Psychologist and Australian Federal Police Officer was awarded the Society's "New Researcher Award" (awarded by the Board of Education of ASH) for his study on hypnotisability and eating disorders (to be soon published in the Australian Journal of Clinical and Experimental Hypnosis).

Regards from Australia,

MARK EARL
Federal Secretary

BELGIUM

The Flemish Society of Autogenic Training and Hypnosis (VATHYP) celebrated its tenth anniversary with a one-day conference on "Trauma, Dissociation and Hypnosis". More than 170 participants registered for the conference that took place in the Ghuislain Centrum in Gent, the oldest psychiatric centre of Belgium. Keynote speakers were: Prof Dr R. van Dyck, Dr S. Boon, Dr P Adriaenssen and Dr J. Vanderlinden. To promote the scientific study and the clinical application of hypnosis in medicine, dentistry and psychology, VATHYP will award distinguished researchers or clinicians from Belgium or the Netherlands biannually. This year the first VATHYP award was given to Prof. Richard van Dyck.

CANADA

Despite feeling recession battered and suffering Constitutional-wrangling weariness, almost 120 hardy souls, mainly from Canada and the USA were on hand for the Third National Assembly of Canadian Societies of Clinical Hypnosis in late August. For once, the weather cooperated and the idyllic setting of the University of British Columbia campus helped make it a memorable event for all who attended, as did the Scientific Program, which was of a particularly high standard. Marlene E. Hunter, M.D. chaired this unique gathering once again; the success of the meeting was a direct result of her dedicated efforts to develop hypnosis at a national level in Canada. She was aided and abetted by Alvin G. Scott, PhD (Workshop Chair) and Campbell Perry, PhD (Scientific Program Chair).

For ISH members who like to plan ahead, the 4th National Assembly is to be held at Banff, Alberta from May 4-9, 1995, in another idyllic setting, this time the Canadian Rockies. The Coordinating Chairperson is Neill C. Malcolm, M.D. Preliminary information can be obtained from Elizabeth A. Spurrier, The Banff Centre for Conferences, Box 1020 - Station 11, Banff, Alberta T0L 0C0 (Telephone 403-762-6234; FAX 403-762-6388).

GERMANY

Like the Belgian colleagues, the German Society of Hypnosis also celebrated its 10th anniversary. The conference took place, as usual, in the Park Hotel, Bad Lippspringe from May 28 to 31. The conference was opened with international contributions: Dr Richard Lundy from Pennsylvania State University gave a lecture on "Hypnose und das EEG" (in flawless German) and Dr Jan Lehenbre from Antwerpen/Belgium lectured on the use of hypnosis in the treatment of insomnia. The main social event was the anniversary party on Saturday night that ended about 5:00 a.m. in the morning. Topics discussed at that time were not related to hypnosis.

ISRAEL

After the 12th International Congress of Hypnosis in August this year the Israeli Society of Hypnosis is "in the process of recovering now, and in the process of collecting the impressions and conclusions" (according to a letter to the Newsletter from Dr Shaul Livnay, one of the principal organisers of the Congress). More than 500 professionals from all over the world attended the congress that for the first time hosted also an Ericksonian Satellite Conference that was effectively and successfully organised by Burkhard Peter, Dipl.Psych., from Munich, Germany.

In his letter, Dr Livnay points out who were responsible for the success of the International Congress: "Let us take this opportunity to thank all of those who contributed with their workshops and/or papers, the local organisers, first of all Moris Kleinhauz for his persistence and perseverance, to Viorika Delano and all of the Israelis of the Israeli Society of Hypnosis who helped to make the Congress possible (Drs Fuchs, Mishkin, Quinn, Tuchsneider), to the ISH officers who lent their support throughout (Peter Bloom, George Matheson, Graham Burrows, and Fred Evans), and to Burkhard Peter of the Milton Erickson Gesellschaft, Germany, who made the Ericksonian Conference the success that it was."

There was also a favourable after-effect of the conference according to Dr Livnay: "The tremendous effort in hosting the Congress is now bearing fruit in the reawakening of interest in hypnosis among local professionals."

LITHUANIA

Hypnosis is now well established in Lithuania. On October 9 the young two-years old Lithuanian Hypnosis Association started its third educational program in hypnotherapy for more than 50 medical doctors and psychologists. The program consists of 144 hours of training in the application of hypnosis in psychotherapy that are spread over 12 weekends. Although LHA has distinguished and capable teachers among its members the society is eager to invite lecturers from abroad and to get modern literature on

hypnosis. Recently, Dr John F. Chaves from Southern Illinois University, USA taught a workshop on "Hypnosis in Pain Management" in Vilnius. Dr Eugenijus Laurinaitis, President of LHA, wrote to the Newsletter: "The main problem is the lack of up-to-date literature and of teachers in modern hypnotic techniques". If you want to support the Lithuanian colleagues, here is the address of LHA: Lithuanian Hypnosis Association, Malonioji 5, 232004 Vilnius, Lithuania.

THE NETHERLANDS

On March 21, the Nederlands Vereniging voor Hypnotherapie (Nvvh) held its Annual Meeting. Most attention was directed to the Society's careful study of ways in which other health professionals than doctors, dentists, psychologists and psychotherapists may use hypnosis in their work. A highly positive preliminary report was presented on a number of experimental training courses for nurses, social workers and logopaedists which the Nvvh is currently conducting and evaluating. During the same meeting a number of interesting presentations on "trance-cultural hypnosis" were given, among them a highly instructive video presentation by Anne Korsen on the hypnotic treatment of a North African client suffering from post-traumatic stress disorder.

Internationally important was the first International Conference on Multiple Personality Disorder and Dissociative States which was held in Amsterdam from May 21 to 23 this year. The first of its kind held outside of North America, the conference was attended by 465 participants from eight different countries. It was organised by the International Society for the Study of Multiple Personality and Dissociation (ISSMP&D) and co-sponsored by the Nvvh. The meeting was opened by M. Lamping-Goos, MD., Chief Inspector of Mental Health, Department of Welfare, Health, and Culture of the Dutch Government. Members of the ISSMP&D Executive Council that held its semiannual meeting in Amsterdam as well as a number of invited speakers from North America and the Netherlands presented plenary lectures and workshops on diagnostic and treatment issues of multiple personality disorder, a post-traumatic condition which is far from rare and which is receiving increasing attention in the Netherlands and surrounding countries.

During the conference, Richard P. Kluff, MD, former President of the ISSMP&D, was awarded honorary membership in the Nvvh for his pioneering contributions in the diagnosis and treatment of dissociative disorders.

SCANDINAVIA

The two Danish hypnosis societies go on working together and combine their efforts in offering training opportunities for their members: In April (18-20) next year, the Danish Society of Medical Hypnosis and the Danish Society of Clinical and Experimental Hypnosis will organise a combined conference in Copenhagen with

workshops and lectures given by Danish hypnotherapists. The conference also includes a two-day workshop on analytical hypnotherapy conducted by Edgar Barnett, MD from Canada. In September, both societies organised a two-day workshop in Copenhagen on hypnosis in psychosomatic medicine that was taught by Walter Bongartz, PhD. In November, Dr Don Ibrahim from England will present a two-day workshop on advanced hypnotherapy.

The Society for Scientific Hypnosis in Finland (Tieteellinen Hypnoosi; TH) saw a change in the Board of the Society. Martti Tenkku, PhD was elected President for the next two years and Dr Leo Hilden, the former Secretary-Treasurer since 1959, was invited to the Board of Directors as an honorary member. Those who run the office and know all about the whole business, are usually of special importance for a society. Maija Kaariainen, Clin.Psych., seems to be such a person. In a letter to the editor, Dr Raimo Lahteenmaki, ESH representative of TH, commented on her election as Secretary, writing that "she was elected for tens of years, hopefully."

Lars Eric Unestahl from Orebro-University in Sweden initiated a cooperation between the University of Leningrad, Institute of Physical Culture and the Scandinavian International University in Gothenburg. In between, more than 30 Swedish programs of mental training and self hypnosis as well as three books of Dr Unestahl on mental training in sports have been translated into Russian.

SOUTH AFRICA

The last issue of the Newsletter reported on the successful efforts of our South African colleagues to promote a legislation that declares stage hypnosis illegal. After that good news from South Africa in the last Newsletter, here is some information on the South African Society of Clinical Hypnosis that was sent to the Newsletter by Dr Pieter Nel, Treasurer of SASCH: The Society is now 12 years old and has 235 members. Recently, SASCH has adopted a new constitution allowing only medical practitioners, dentists and psychologists as members, providing they are registered with the South African Medical and Dental Council. The SASCH Executive Committee has recently approved new syllabuses which were developed to be in line with international requirements for training professionals in the medical, dentistry and psychological fields in the use and applications of clinical hypnosis. Four levels of competency have been identified, i.e. beginners, intermediate, advanced as well as an accredited level. SASCH publishes a quarterly Newsletter of high quality that contains not only information about the activities of SASCH but also original articles in Afrikaans and in English on topics like hypnosis in the treatment of obesity, stuttering, phobias etc. Some time ago, SASCH became a member of the division of the Psychological Association of South Africa. At the 9th annual congress of the Psychological Association of South Africa at the University of Stellenbosch in the beginning of October, an entire session had been allocated to SASCH.

USA

At the 34th Annual Meeting of the American Society of Clinical Hypnosis, ISH members figured prominently in the awards ceremony. Harold B. Crasilneck, PhD received the 2nd Annual Thomas P. Wall DMD Award for "excellence in the teaching of clinical hypnosis", Frank B. Rogers-Witte, PhD was presented with ASCH's Special Award, and the Milton H. Erickson Award of Scientific Excellence of Writing in Hypnosis awarded annually by the Editorial Board of the American Journal of Clinical Hypnosis was received by J. Henry Clarke, DMD for an article (co-authored with P.J. Reynolds) entitled "Suggestive Hypnotherapy for Nocturnal Bruxism: A pilot study", which appeared in Volume 33 of the American Journal of Clinical Hypnosis.

After over a year of negotiation, Fred H. Frankel, MBChB, DPM, Editor-Elect of the **International Journal of Clinical and Experimental Hypnosis** announced in September that the SCEH Executive Council has unanimously ratified an agreement with Sage Publishing Company to publish the International Journal of Clinical and Experimental Hypnosis as a joint venture with the Society. The process was a protracted one; initially 14 publishing houses were contacted in August 1991, and by summer this year, 5 of them remained in contention. The final decision in favour of Sage resulted from a detailed comparison of the offers made by each of these 5 publishing companies. Ray William London, PhD, MSW, MBA, IJCEH Managing Editor-Elect carried a significant part of the burden in this set of detailed and complex negotiations which have resulted in this highly favourable outcome - but the respective expertises of a large number of SCEH members were crucial to this happy ending.

A vote of the SCEH Executive Council gave overwhelming support to the ratification of Kevin M. McConkey, PhD as IJCEH Book Review Editor, as of January 1, 1993. At around the same time Dr McConkey received news of another major occupational change; he has been appointed Professor of Psychology at the University of New South Wales in Sydney.

ECHOES FROM THE PAST

WILHELM WUNDT'S ENCOUNTER WITH "HYPNOSIS"

There are several examples showing that the occupation of hypnotherapists or hypnosis researchers with hypnosis sometimes goes back to a personal experience with hypnosis. So, James Braid after he had witnessed a demonstration of hypnosis by the stage hypnotist LaFontaine in Manchester, started to use hypnosis (Braid, 1843, p.2). The demonstrations of the stage hypnotists Hansen in Germany and Donato in France, Belgium and Italy around 1880 led neurologists to the scientific study of hypnotic phenomena, e.g. Heidenhain, Director of the Physiological Institute in Breslau, started experiments on analgesia etc. after he visited a demonstration of Hansen (Heidenhain, 1880).

Wilhelm Wundt, who is credited to have installed the first laboratory of experimental psychology in 1879 in Leipzig and has therefore been called the "founder of experimental psychology" (Boring, 1957, p.316) had also a personal experience that motivated him to deal with hypnosis at least theoretically; he never performed experiments involving hypnosis. In 1892 Wundt published a little booklet on hypnosis where he developed a theory that centres around this personal experience he had as a young medical assistant doctor at the medical clinic in Heidelberg in 1855 and that impressed him deeply. During that time he was on duty day and night for a week or so and suffered from a lack of sleep and felt exhausted. One night, he was called again to a patient suffering from typhoid fever who showed signs of a delirium. So he went there, seemingly awake because he talked to the nurse and other patients in the usual way. When coming to the patient he perceived a bottle of tincture of iodine in an open cupboard that was used for treatment of the skin of patients with dermatological problems. At that moment he was totally convinced that this tincture was the right medicine for the typhoid patient to calm her down. Therefore he ordered the nurse to give him a spoon and the iodine tincture (instead of the usual Laudanum liquidum Sydenhami). Cautiously he poured some tincture on the spoon and gave it to the patient who immediately spat the iodine on the floor. Wundt was very astonished about the patient's reaction and seems to have experienced some kind of dissociation: "I still remember clearly that at this moment I was well aware that this was tincture of iodine, but at the same time I was fully convinced that tincture of iodine was the appropriate medicine (1892, p.42; translation mine)". Even the bewildered face of the nurse did not disturb him and it was not before he was back again in his room that all of a sudden he became aware of his mistake. Later on, Wundt analysed his experience introspectively and found out that his conversation with the nurse and the patients consisted of routine remarks and would today be characterised as "low level processing" (to borrow a modern term from cognitive psychology). He felt also that while at the patient's bedside his level of consciousness was reduced, similar to that exhibited by individuals just prior to losing consciousness.

Whether Wundt's experience qualifies for the description as hypnosis or not is difficult to answer. Rational Wundt, however, chose to have a rational explanation using the scientifically accepted concept of "hypnosis" as a label for his experience that left a deep impression on him and of which he often thought (p.43). Maybe, his lengthy explanation in terms of the inhibition of the "apperceptive function of consciousness" is an attempt to curb, after 37 years the memories of an irrational and possibly menacing experience, with scientific terms. But before following a psychoanalytic lead it might be interesting to ask ourselves what experience caused us to get involved with hypnosis.

Boring, E.G. A History of Experimental Psychology. New York: Appleton-Century-Croft, 1957.

Braid, J. Neurypnology or the Rationale of Nervous Sleep considered in relation with animal magnetism. London: Churchill, 1843.

Heidenhain, R. Der sogenannte thierische Magnetismus. Physiologische Beobachtungen. Leipzig: Breitkopf & Hartel, 1880.

Wundt, W. Hypnotismus und Suggestion. Leipzig: Engelmann,

MEMBERS IN THE NEWS

Graham Burrows, AO, MD, President of the International Society of Hypnosis is also currently President of the International Society for the Investigation of Stress. He has been invited to preside as the President of the First World Congress on Stress to be held at Bethesda, USA in September 1994. He has also recently been appointed joint editor of the journal "Stress Medicine".

J Henry Clarke, DMD at the 34th Annual Meeting of the American Society of Clinical Hypnosis, received the Milton H. Erickson Award of Scientific Excellence of Writing in Hypnosis awarded annually by the Editorial Board of the American Journal of Clinical Hypnosis.

Gregory Coman, Psychologist and Australian Federal Police Officer, was awarded the Australian Society of Hypnosis "New Researchers Award" at the August Annual Congress of ASH, for his study on hypnotisability and eating disorders.

Harold B. Crasilneck, PhD received the 2nd Annual Thomas P. Wall DMD Award for "excellence in the teaching of clinical hypnosis" at the 34th Annual Meeting of the American Society of Clinical Hypnosis.

Geoffrey Graham, BDS, was elected President of the British Society of Medical and Dental Hypnosis at the annual meeting of the society held in Sheffield this May.

Bengt-Goran Fasth, PhD, and Per-Olof Wikstrom, DDS, both Past Presidents of the Swedish Society of Clinical and Experimental Hypnosis, have been elected Honorary members of the Polish Society of Hypnosis because of their exceptional and longstanding support of their Polish colleagues also during hard times.

Selig Finkelstein, DDS, delivered a monograph on "Preparation of Patients for Medical and Dental procedures" at a meeting of the New York chapter of the Milton Erickson Society. The talk was illustrated by a short videotape showing a dental procedure with just hypnoanaesthesia.

Germain T. Lavoie, PhD, a Past-President of ISH, received, during spring this year, *le Merite Annuel* of La Corporation Professionnelle des Psychologues du Quebec. This is a prize for leadership awarded to a Quebec psychologist who has excelled at both professional and scientific levels, and who has enhanced the image of Quebec psychologists at both national and international levels.

Alexander A. Levitan, MD, has been invited to lead an ASCH delegation being formed for a People to People study mission to Singapore, Malaysia, Vietnam and Hong Kong in 1993.

Burkhard Peter, Dipl.Psych. edited (with Gunther Schmidt, MD) the Proceedings of the first European Conference on Ericksonian Hypnosis held in 1989 in Heidelberg ("Erickson in Europe") with 27 contributions on Ericksonian hypnosis (Auer Co., Heidelberg).

Frank B. Rogers-Witte, PhD was presented with ASCH's Special Award at the 34th Annual Meeting of the American Society of Clinical Hypnosis.

Dr Johan Vanderlinden, President of the Flemish Society of Autogenic Training and Hypnosis in Belgium and one of the leading specialists in Europe for treating eating disorders with hypnosis, has recently published a book with Jan Norre and Walter Vandereycken on the treatment of bulimia. The title of the book is "A practical guide to the treatment of bulimia nervosa" (224 pages; Brunner/Mazel, \$25.95).

FORTHCOMING MEETINGS

5TH INTERNATIONAL CONGRESS ON ERICKSONIAN APPROACHES TO HYPNOSIS AND PSYCHOTHERAPY: ERICKSONIAN METHODS: THE ESSENCE OF THE STORY (December 2-6, 1992). Contact: The Milton H. Erickson Foundation, 3606 North 24th Street, Phoenix, AZ 85016, phone: (602) 956 6196.

THE 35TH ANNUAL MEETING OF THE AMERICAN SOCIETY OF CLINICAL HYPNOSIS will be held in New Orleans, USA from **March 26 to 30, 1993**. For more information contact: The American Society of Clinical Hypnosis, 2200 East Devon Avenue, Suite 291, Des Plaines IL 60018. Telephone (708) 297-3317.

THE Vth INTERNATIONAL CONFERENCE OF THE INTERNATIONAL SOCIETY FOR THE INVESTIGATION OF STRESS, will be held at University College, Galway Ireland between **May 30 and June 2, 1993**. Contact Professor Brian Leonard, Pharmacology Department, University College, Galway, Ireland (FAX 353 912 5700).

6TH EUROPEAN CONGRESS OF HYPNOSIS, organised by the Österreichische Gesellschaft für Autogenes Training und allgemeine Psychotherapie (OGATAP) will be held in Vienna, Austria, **August 14-20, 1993**. For information write to: OGATAP, Dr Wolfgang Ladenbauer, Testarellogasse 31/13, 1130 Wien, Austria.

7TH WORLD CONGRESS ON PAIN in Paris, France (**August 22-27, 1993**). Contact: International Association for the Study of Pain, 909 NE 43rd Street, Suite 306, Seattle, WA 98105, USA. Telephone (206) 547-6409; Fax (206) 547-1703.

THE 23RD CONFERENCE OF THE AUSTRALIAN SOCIETY OF HYPNOSIS will be held in Adelaide, South Australia between **5 and 11 September 1993**. The guest speakers at this meeting will be Drs John and Helen Watkins, famous for their work in "ego state therapy". For information contact SAPNEA Adelaide, Australia

13th INTERNATIONAL CONGRESS OF HYPNOSIS, will be held in Melbourne, Australia, **August 6-12, 1994**. It will be followed by a Satellite meeting (August 15-17, 1994) at Cairns in Queensland, Australia near to the world renowned Great Barrier Reef. For details or a preliminary brochure, please write to 13th International Congress of Hypnosis, PO Box 29, Parkville, Victoria, 3052, Australia.

1st WORLD CONGRESS ON STRESS, will be held in Bethesda, USA **September 18-23, 1994**. Preliminary-information may be obtained from the Secretariat of the International Society for the Investigation of Stress, Dept of Psychiatry, University of Melbourne, Austin Hospital, AUSTRALIA 3084.

4th NATIONAL ASSEMBLY OF THE FEDERATION OF CANADIAN SOCIETIES OF HYPNOSIS is to be held at Banff, Alberta from **May 4-9, 1995**, (in the Canadian Rockies). The Coordinating Chairperson is Neill C. Malcolm, M.D. Preliminary information can be obtained from Elizabeth A. Spurrier, The Banff Centre for Conferences, Box 1020 - Station 11, Banff, Alberta T0L 0C0 (Telephone: 403-762-6234; FAX 403-762-6388.

**13th INTERNATIONAL CONGRESS ON HYPNOSIS
MELBOURNE, AUSTRALIA
6 - 12th AUGUST 1994**

This meeting will be held at the World Congress Centre, Melbourne, Australia in August 1994. The six day meeting will comprise two parts – the Workshops on the first three days and the Scientific programme at the end of the week.

Melbourne offers arts, theatre, opera and music. The city is famous for its Restaurants, representing the cuisine of the dozens of ethnic groups, who make up this cosmopolitan city. Within a few hours drive of Melbourne are the ski fields. At this time of year the skiing can be very good. Come and enjoy the delights we have to offer.

**SATELLITE MEETING
1994 ASIA-PACIFIC CONGRESS OF HYPNOSIS
CAIRNS HILTON HOTEL
CAIRNS, NORTH QUEENSLAND, AUSTRALIA
15 - 17th AUGUST 1994**

Cairns is set in the beautiful tropical resort area of North Queensland. Close to the world famous Great Barrier Reef, where you can snorkel and scuba dive in the Great Barrier Reef National Park. It offers opportunities to explore the unspoiled tropical rain forests, to swim on tropical beaches or engage in big game fishing. Include this meeting in your vacation plans.

**13th INTERNATIONAL CONGRESS ON HYPNOSIS
AUGUST 6-12 1994**

**MELBOURNE
AUSTRALIA**

Please send me further information on Hypnosis '94 as it becomes available.

SURNAME _____ GIVEN NAME _____ TITLE (Mr/Ms/Mrs/Dr) _____

ORGANIZATION _____

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Please tick (✓) if applicable I wish to Present a Paper ☐

Please complete this form in **block letters** and return it to:
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