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THE INTERNATIONAL SOCIETY



OF HYPNOSIS

NEWSLETTER
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14th Triennial Congress of Hypnosis, San Diego, USA, June 21-27, 1997

Letter From the President

In October 1995, I attended the 2nd European Congress of Ericksonian Hypnosis and Psychotherapy in Munich, sponsored by The Milton Erickson Society for Clinical Hypnosis, Germany (MEG). MEG is a constituent society of ISH founded by Burkhard Peter, Ph.D., (a Board member of ISH) and Bernhard Trenkle, Dipl.-Psych. This large meeting had an attendance of over 1400 participants and 215 faculty from around the world, set in the beautiful setting in Munich, Germany, and it was a wonderful meeting. The ISH Board of Directors and Council of Representative used this opportunity to hold an informal meeting to discuss ISH business. A limited number of participants were able to attend and a number of good ideas were proposed that will interest our international membership.

First, it has been suggested the ISH Newsletter begin to carry German, Italian and Spanish translations of some articles, to make our publications more "user friendly" to those not fluent in English. The ISH official journal, The International Journal of Clinical and Experimental Hypnosis has translated abstracts for years, a practice that is gratefully received. We will begin with this issue by translating my President's Letter. Camillo Loredio, M.D. (Italian), Burkhard Peter, Ph.D. and Alida Iost-Peter, Dipl.-Psych. (German), have graciously volunteered to initiate this effort. It may take a few issues to get it right, but we will try to make this a reality as soon as possible. Second, it is proposed ISH may begin to hold seminars, colloquia, and other presentations on women's issues in the professional practice of hypnosis at its meetings. Catherine Fine, Ph.D and Julie Linden, Ph.D. will head the initial efforts at the 14th International Congress of Hypnosis in San Diego in 1997. It is my hope that this will provide the basis for a major groundswell in full representation of male and female viewpoints in our society and the issues that confront those we care for.

Third, the ISH will launch a major program to get 3000 members by the year 2000. It became apparent in Munich that many of the Eastern Bloc countries as well as many Western European countries find it difficult to recruit large numbers of members of ISH Constituent Societies to become individual members of the ISH. After some years experience with large group reduced membership dues in the Australian Society of Hypnosis, it was the feeling of the meeting in Munich that we ought to work out ways in which large numbers of the members from the other ISH European Constituent Societies could join ISH membership as a member benefit of their own Society's dues. Initial efforts are underway with the Italian Society, and the Hungarian, Swedish, and British societies will also be actively recruited. As this program becomes a reality, and in the interest of fairness and equity the American societies positions will be reviewed so that constituent societies with large numbers of their members joining ISH will benefit from similar economies of scale. Naturally, ISH must continue to provide member

benefits to make such mass membership appealing. I am happy to announce that negotiations will begin this spring and new member benefits will be discussed and implemented wherever possible to make ISH a relevant and modern forum to its members throughout the world of hypnosis.

Fourth, the International Journal of Clinical and Experimental Hypnosis (IJCEH) continues to need our support. While in 1992, at the Jerusalem meeting of the 12th International Society of Hypnosis, the ISH Board agreed to eliminate the requirement for subscribing to the IJCEH as a part of ISH membership. Since ISH's formation in Uppsala in 1973, the American Society of Clinical Hypnosis was allowed to be exempt from receiving the IJCEH. Members of the Society for Clinical and Experimental Hypnosis (SCEH) receive the journal as a function of their own membership dues since the SCEH publishes the IJCEH. When the Australian Society joined in aggregate some years ago, the journal was "uncoupled" from their membership with the pledge that the ASH would attempt to ensure by promotional activities that the actual number of journals subscribed on a voluntary basis would equal or exceed the previous number of mandatory subscriptions from the fewer members. This pledge was kept. We hope that while now voluntary, all ISH members consider subscribing to the official journal of the ISH whose current editor is Fred H. Frankel, MB, ChB, DPM, past president of ISH. I propose to find a way wherein ISH can facilitate each Constituent Society Central office to receive a copy of this journal for its archival uses. More on this later.

In summary, I am excited with a sense of new vibrancy in ISH. New faces are coming forth to share and contribute their knowledge and energy. I have received a number of letters with many worthwhile ideas. Each of them is receiving ongoing attention and it is my hope that more of you will write and share with me how ISH can be better at "building bridges of understanding".

Peter B. Bloom, M.D., President, ISH
The Institute of Pennsylvania Hospital
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Brief des Präsidenten

Im Oktober 1995 nahm ich am Zweiten Europäischen Kongreß für Hypnose und Psychotherapie nach Milton H. Erickson in München teil, der von der deutschen Milton Erickson Gesellschaft für Klinische Hypnose (M.E.G.) veranstaltet worden ist. Die M.E.G. ist eine konstituierende Gesellschaft der ISH und ist von Dr. Burkhard Peter, Vorstandsmitglied der ISH gegründet worden. Dipl.-Psych. Bernhard Trenkle war Mitorganisator dieser gewaltigen Konferenz von über 1.400 Teilnehmern und 200 Referenten aus aller Welt, die sich in herrlicher Umgebung im Süden Deutschlands trafen. Es war eine wundervolle Veranstaltung. Der Vorstand der ISH und deren Delegiertenbeirat nutzten die günstige Gelegenheit zu einem informellen Treffen, um ISH-Angelegenheiten zu erörtern. Es wurde eine Reihe guter Gedanken hervorgebracht, die für unsere internationalen Mitglieder wohl von Interesse sein werden.

1. Der ISH Newsletter wird von nun an deutsche, italienische und spanische Übersetzungen einiger Beiträge enthalten, damit unsere Veröffentlichungen für den im Englischen nicht so bewanderten Leser, benutzrfreundlich" werden. In der offiziellen ISH Zeitschrift, dem International Journal of Clinical and Experimental Hypnosis, werden bereits seit Jahren übersetzte Abstrakta veröffentlicht, und dies ist mit Dankbarkeit aufgenommen worden. Wir beginnen in dieser Ausgabe mit dem übersetzten Brief des Präsidenten. Dr. Camillo Loredio (italienisch), Dipl.-Psych. Alida Iost-Peter (deutsch), sowie Dr. Teresa Robles und Dr. Jorge Abia (spanisch) haben sich freundlicherweise bereiterklärt, zu beginnen und sich dieser Mühe zu unterziehen. Wir werden einige Ausgaben benötigen, damit wir dies angemessen regeln können, werden dieses Vorhaben aber so bald wie möglich verwirklichen.

2. Die ISH möchte von nun an auf ihren Tagungen Seminare, Colloquien und sonstige Veranstaltungen abhalten, die speziellen Frauenthemen in der professionellen Anwendung der Hypnose gelten sollen. Dr. Catherine Fine und Dr. Julie Linden werden sich bemühen, diese Aufgabe zum 14. Internationalen Kongreß für Hypnose anzugehen, der 1997 in San Diego stattfinden wird. Ich hoffe, daß damit die Grundlage geschaffen wird, männlichen und weiblichen Standpunkten in unserer Gesellschaft zu einem umfassenden und entscheidenden Durchbruch zu verhelfen, und damit auch den Problemen derjenigen, für die wir Sorge tragen.

3. Die ISH wird Maßnahmen einleiten, um bis zum Jahr 2000 ihre Mitgliederzahl auf 3000 zu steigern. In München ist deutlich geworden, daß es vielen osteuropäischen und auch europäischen konstituierenden Gesellschaften schwierig ist, eine größere Zahl von individuellen Mitgliedern für die ISH zu gewinnen. Nach mehrjährigen Erfahrungen innerhalb der Australian Society of Hypnosis mit ermäßigten Mitgliedsbeiträgen für

größere Gruppen entstand bei unserer Zusammenkunft der Wunsch, intensiv nach Wegen zu suchen, zahlreiche Mitglieder aus den europäischen konstituierenden Gesellschaften zu gewinnen, die ihre Mitgliedschaft mittels ihrer Beiträge für ihre eigene Gesellschaft finanzieren können. So würde beispielsweise ein M.E.G.-Mitglied einen geringfügig höheren neuen Mitgliedsbeitrag an die M.E.G. leisten; die Differenz würde dann von der M.E.G. an die ISH weitergeleitet, so daß die ordentliche Mitgliedschaft bei der M.E.G. gleichzeitig die individuelle Mitgliedschaft bei der ISH mit beinhaltet. In der italienischen Gesellschaft sind die ersten dahingehenden Maßnahmen bereits angelaufen; um die ungarischen, schwedischen und britischen Gesellschaften wird derzeit geworben. Wenn sich dieses Vorhaben verwirklichen läßt, wird die Situation zwecks Ausgleich Und Gleichstellung in der amerikanischen Gesellschaft überprüft werden, so daß auch hier konstituierende Gesellschaften, deren Mitglieder insgesamt der ISH als individuelle Mitglieder beitreten wollen, von dieser günstigen Staffellung profitieren können. Natürlich muß die ISH auch künftig neue Vergünstigungen für Mitglieder erwägen, so daß derartige Individualmitgliedschaften in großer Zahl aus der Mitgliedschaft bei einer konstituierenden Gesellschaft attraktiv werden. Ich freue mich, den Beginn von Verhandlungen im kommenden Frühjahr bereits ankündigen zu können; es werden neue Vergünstigungen für Mitglieder erörtert und wenn möglich eingeräumt, damit die ISH in aller Welt zum bedeutsamen und zeitgemäßen Forum der Hypnose werden möge.

4. Das International Journal of Clinical and Experimental Hypnosis bedarf unseres Beistands. Beim 12. Internationalen Hypnosekongreß der International Society of Hypnosis willigte der ISH-Vorstand ein, die Verpflichtung aufzuheben, daß zugleich mit der ISH-Mitgliedschaft das IJCEH abonniert werden muß. Seit der Gründung der ISH im Jahr 1973 in Upsala war die American Society of Clinical Hypnosis von der Verpflichtung des IJCEH-Abonnements ausgenommen. Die Mitglieder der Society for Clinical and Experimental Hypnosis erhalten die Zeitschrift aufgrund ihrer geleisteten Mitgliedsbeiträge, da ja die SCEH das IJCEH herausgibt. Als die Australische Gesellschaft vor einigen Jahren der ISH geschlossen beitrug, war die Zeitschrift nicht an deren Mitgliedschaft gekoppelt. Allerdings verpflichtete sich die ASH-Geschäftsstelle, daß die tatsächliche Zahl freiwillig abonniert Zeitschriftenexemplare derjenigen der zuvor bestehenden Pflichtabonnements seitens der früheren, weniger zahlreichen Mitglieder entsprechen oder diese sogar übersteige. Diese Zusage ist auch eingehalten worden. Allerdings ist es wichtig, daß alle ISH-Mitglieder nunmehr erwägen, die offizielle Zeitschrift der ISH zu abonnieren, die gegenwärtig von Fred H. Frankel, MB, ChB, DPM, dem ehemaligen Präsidenten der ISH herausgegeben wird. Ich schlage vor, daß die ISH es möglich machen kann, jeder konstituierenden Gesellschaft für ihr Archiv günstig ein Exemplar jeder Ausgabe zukommen zu lassen. Später mehr hierzu.

Insgesamt bin ich begeistert vom Gefühl einer neuen Dynamik in der ISH. Es treten neue Gesichter von Kollegen in Erscheinung, die ihr Wissen und ihre Energie beitragen. Ich möchte schließen und mitteilen, daß ich eine Reihe von Briefen mit vielen wertvollen Ideen erhalten habe. Eine jede wird aufmerksam verfolgt und ich möchte die Hoffnung zum Ausdruck bringen, daß noch viele von Ihnen schreiben und mich wissen lassen mögen, wie die ISH noch mehr dazu beitragen kann, Brücken zu bauen zum besseren gegenseitigen Verstehen.

Prof. Dr.med. Peter B. Bloom

Präsident

1. November 1995

Letter dal Presidente

Nell'ottobre del 1995 ho partecipato al 2 Congresso Europeo di Ipnosi e Psicoterapia Ericksoniana che si è tenuto a Monaco di Baviera ed è stato sponsorizzato dalla Milton Erickson Society for Clinical Hypnosis (MEG) di Monaco. La MEG è una Società Costitutente dell'ISH fondata da Burkhard Peter, membro del Congresso che ha visto la presenza di oltre 1200 partecipanti e più di 200 relatori provenienti da tutte le parti del mondo. È stato un incontro meraviglioso. Il Consiglio Direttivo e il Comitato dei Rappresentanti della ISH hanno colto l'opportunità per tendere un incontro informale per discutere sulla situazione della Società. Sono emerse diverse buone idee che interesseranno certamente i nostri soci internazionali.

In primo luogo il notiziario dell'ISH conterrà d'ora in poi la traduzione in Tedesco, Italiano e Spagnolo di alcuni articoli per rendere la nostra pubblicazione più "user friendly" per coloro che non parlano bene l'inglese. La rivista ufficiale dell'ISH, l'International Journal of Clinical and Experimental Hypnosis, ha tradotto per anni gli "abstracts" dei suoi articoli, una pratica che è stata sempre molto gradita. Inizieremo da questo numero con la traduzione di questa mia lettera. Camillo Loredio (Italiano), Burkhard Peter e Alida Iost-Peter (Tedesco) e Teresa Robles e Jorge Abia (Spagnolo) si sono gentilmente peritati ad iniziare questo impegno. Ci vorrà qualche numero prima di collaudarlo definitivamente, ma tenteremo di realizzare questo progetto al più presto possibile.

Secondo punto. Nel suoi congressi, MSH inizierà a proporre seminari, dibattiti e altre modalità di discussione sui problemi inerenti alle donne, nell'ambito della pratica professionale dell'ipnosi. Catherine Fine e Julie Linden guideranno i primi tentativi in tal senso nel corso del XIV Congresso Internazionale di Ipnosi di San Diego, nel 1997. La mia speranza è che si possa predisporre il terreno per una piena rappresentazione dei punti di vista maschile e femminile nella nostra Società e sui problemi che riguardano le persone di cui ci curiamo.

In terzo luogo l'ISH si impegnerà in un progetto per ottenere 3000 soci entro l'anno 2000. A Monaco abbiamo potuto renderci conto che molti paesi dell'Europa dell'Est e anche altri paesi dell'Europa Occidentale hanno difficoltà ad ottenere che i membri delle loro Società Costituenti divengano soci individuali dell'ISH. Dopo molti anni di esperienza di adesione di gruppo a quote ridotte condotta nella Società Australiana di Ipnosi, nell'incontro ho avuto la sensazione che ci si debba attivamente impegnare per ottenere in qualche modo la partecipazione delle Società Costituenti Europee dell'ISH tramite la possibilità di offrire ai loro membri la partecipazione alla ISH mediante l'iscrizione alla loro Società di appartenenza. Per esempio un membro della MEG potrebbe pagare solo una piccola differenza per rinnovare la propria adesione alla sua Società e la MEG girerebbe tutte insieme le differenze raccolte all'ISH consentendo così a tutti i suoi membri di divenire soci dell'ISH. Sono già in corso simili accordi con la Società Italiana, e saranno attivamente condotte trattative in tal senso con quella Ungherese, quella Svedese e quella Inglese. Quando questo programma sarà realizzato, si lavorerà per ottenere un rapporto di equità con le Società Americane, in modo tale che si possa diffondere questa pratica economica a quelle Società Costituenti che riescono ottenere l'adesione all'ISH di un gran numero dei loro soci. Naturalmente la Società deve incoraggiare una partecipazione così estesa offrendo benefici consistenti ai propri soci. Sono lieto di annunciare che una contrattazione di tal genere inizierà la prossima primavera e saranno discussi, e realizzati quando ce ne sarà la possibilità, nuovi benefici per i soci che possano rendere la ISH un luogo di incontro moderno e significativo del mondo dell'ipnosi.

In quarto luogo, l'International Journal of Clinical and Experimental Hypnosis (IJCEH) ha bisogno di sostegno. Nel 1992 a Gerusalemme nel corso del XII Congresso della Società Internazionale di Ipnosi fu deciso, nel Consiglio Direttivo dell'ISH, di togliere l'obbligo di abbonamento alla rivista per coloro che si iscrivono alla Società. Fin da quando fu fondata l'ISH ad Upsala nel 1973 la American Society of Clinical Hypnosis venne esentata dall'abbonamento alla rivista, mentre i soci della Society of Clinical and Experimental Hypnosis (SCEH) la ricevono quando pagano la quota di iscrizione poiché è questa Società che pubblica la rivista. Quando, alcuni anni fa, la Australian Society si è iscritta in massa all'ISH, l'abbonamento alla rivista venne "separato" dalla quota societaria, con l'impegno che la sede centrale della Società avrebbe garantito un numero di abbonamenti uguale o superiore a quelli che avevano in precedenza. L'impegno venne mantenuto, ma ora è importante che tutti i soci dell'ISH si abbonino alla rivista, il cui attuale direttore è Fred H. Frankel, recente presidente dell'ISH. Sto anche pensando ad un programma per il quale la sede centrale di ogni Società Costituente possa ricevere regolarmente una copia della rivista per i suoi archivi. Ne parleremo ancora.

In conclusione, mi sento ottimista e provo nuove emozioni per l'attuale situazione dell'ISH. Ci sono nuove figure che si avvicinano e che stanno dando il loro contributo di energia e di conoscenza. Infine ho ricevuto molte lettere con tante buone idee che riceveranno tutta l'attenzione dovuta. Spero che molti altri di voi mi scrivano e mi indichino come l'ISH può migliorare nella sua finalità di "costruire ponti di comprensione".

Peter B. Bloom, MD
Presidente

From the Secretary/Treasurer

Firstly, I would like to wish you and your family a very happy festive season and a healthy safe and prosperous new year. The International Society of Hypnosis, in the last twelve months has continued its activities apace under the direction of the President, Dr Peter B. Bloom. A number of sub-committees have been established within the society with the intention of completing tasks that will be in the best interest of furthering the clinical practice of our very significant skill.

Recently, I was privileged to attend the second Congress of the Milton Erickson Society of Germany which under the expert guidance of Burkhard Peter and Bernhard Trenkle attracted a very large number of participants. The workshops and presentations over this meeting held between the 3rd and 7th of October were of the highest possible standard and it was a great privilege to share this experience with our European colleagues.

The proceedings of the 13th International Congress of Hypnosis held in Melbourne in August 1994 have now been published. Under the title "Contemporary International Hypnosis" they are available at a discounted price through the society's international office of approximately \$US60.00 postpaid. A limited number of 500 copies have been reserved at this price with the subsequent cost rising to nearly \$US100. I would urge you to consider purchasing this excellent volume which includes selected papers from the congress that were available for publication. Unfortunately a few papers were not able to be included as publication commitments had already been given elsewhere.

We continue to listen to the ideas of our membership concerning how we can improve our service and benefit the development of the society whose major aim is to further the use of hypnosis effectively and ethically in the clinical setting. Please write to the Administrative Officer should you have any particular ideas that may be of assistance. We intend to attempt to introduce other languages into our newsletter as is practical. Availability of translators, time constraints and costs will determine the success of this venture.

I wish to welcome back to the office, Karyn Harte who has recently been away for an extended period of time travelling in Europe. The office's functions depend on her diligence, thoroughness and expertise and I wish to welcome her back and once more thank her publicly for her good work.

I remind you that the 14th Congress will be held in San Diego, USA between Saturday June 21st through to Friday June 27th under the auspices of the American Society of Clinical Hypnosis. We expect a very large turn-out to this meeting in 1997 and I hope to see many of you there. Please note this date in your diary and consider your travel plans to this meeting. I also remind you that in August 1996 (17/08 - 23/08) the 7th meeting of the European Society of Hypnosis will be held in Budapest under the direction of Dr Eva Banyai whom many of us have come to admire and respect in our brief meetings over the past few years. I would urge you to support the Hungarian Association who are hosting this meeting and plan to see many of your colleagues in Budapest in August next year.

Robb Stanley
Secretary/Treasurer, ISH

Central Office Report

Activity has continued in Central Office at a steady pace, since my last report in the May 1995 edition of the Newsletter. Our Administrative Assistant, Karyn Harte, was away for three months on extended leave, during which time she travelled to Europe and the United Kingdom. She represented ISH during the Munich Congress of the MEG, in October. During her leave, Karyn was replaced by a temporary assistant, Kimberley Croft, who maintained the more day-to-day activities of the Administrative Assistant's position. Welcome back Karyn!

During the last six months, both the Secretary/Treasurer (Robb Stanley) and the Administrative Officer (Barry Evans) were overseas for short periods. Robb Stanley attended the Venice meeting of the European Society of Neuro-Pharmacology and then travelled to Munich for the informal meeting of the ISH Council of Representatives held during the MEG Congress. Barry Evans attended the International Psychology Congress in Athens in July and conducted a Workshop on "Hypnosis in the treatment of Post-Traumatic Stress Disorders" during the First Africa Congress in Hypnosis and Psychosomatic Medicine in October 1995.

Central Office recently sent out the annual renewal papers for Constituent Societies to renew their ISH membership for 1996. If you have not already done so, we urge office-bearers to respond at the earliest opportunity. Individual members of ISH will also

have received their subscription renewal for 1996 and we ask you to return your payment as soon as possible. If you did not receive one, please let Central Office know and we can have one sent to you. The International Society of Hypnosis is the internationally-recognised collegial organisation, representing the major hypnosis societies and numbers within its ranks the foremost researchers and clinicians – we invite current and new professional members to join with us.

The year 1996 will see the world's next major hypnosis Congress – the 7th European Congress of Hypnosis (Eurohypnosis '96) being held in Budapest, Hungary, August 17-23, 1996. The Congress is co-sponsored by the European Society of Hypnosis; the International Society of Hypnosis; and the Eotvos Lorand University, Budapest, and organised by the Hungarian Association of Hypnosis. Eva Banyai, Istvan Meszaros and their colleagues on the Organising Committee have already put together a wonderful program of workshops and scientific sessions. We hope to see you in Budapest, a beautiful, cultured city, for Eurohypnosis '96.

For more information on the Congress, contact the Congress Secretariat, Eurohypnosis '96, 7th European Congress of Hypnosis, Budapest 64, Pf 4, Hungary H-1378. Telephone (36) (1) 142-3130: Fax (36) (1) 268 0831: and Email: hipnosis@izabell.elte.hu.

We also recommend to you the recently-published selected papers from the 13th International Congress of Hypnosis, held in Melbourne, Australia in 1994. Called Contemporary International Hypnosis, the book was edited by the Congress Co-Chairmen, Graham D. Burrows, AO MD and Robb O. Stanley, D. Clin.Psych. Please find an order form enclosed with this newsletter.

Finally, a reminder to members of the ISH Board of Directors and Council of Representatives that the minutes of the informal meeting of these committees held during the MEG Congress in Munich were posted from Central Office on 9 November, 1995. If you do not receive your copy, please let us know and a replacement set will be sent immediately.

From Central Office, we wish you all the best for the forthcoming Christmas break and the same best wishes if you do not celebrate the same event! We hope to continue to serve the officials and membership of the International Society of Hypnosis even more effectively in 1996 and will work with our President, Peter B. Bloom and Secretary/Treasurer, Robb Stanley to serve the interests of the Society and international hypnosis.

Letter to the Editor

Dear Burkhard,

In Britain, and I suspect elsewhere too, there has for a long time been a dispute about whose is the authentic voice of hypnosis. Who owns it? In the past some medical people have insisted that it is they and their dental colleagues who are the rightful owners and have made efforts to stop other people using it on the grounds that it is a medical procedure. In this they have been wholly unsuccessful. We have a large and expanding lay sector of hypnotherapists and psychotherapists who use hypnosis and literally dozens of private organisations of hypnotherapy which have their own training schemes.

So far as I am concerned, of the many versions of hypnosis the only authentic one is that which is accountable to the rigours of science and is grounded in main stream psychology, physiology and related disciplines. It is this version which should inform knowledge and practice in our health service, in the media, in the law courts, at our Universities, and so on. Let the lay practitioners do their own thing, but elsewhere, and let us make clear that there is an important distinction between our version of hypnosis and theirs.

Recently, with increased media attention, a debate over stage hypnotism and not least a growing opportunity of practitioners and trainers of alternative therapies to gain access to lucrative health service markets, lay hypnotherapy organisations have gone to some lengths to be perceived to bear the trappings of authenticity. One ploy they adopt is to hire rooms for their courses at Universities, Postgraduate Medical Centres, and Hospitals, so that from their publicity material one may mistakenly believe that the events are in some way recognised by a prestigious institution. I have even seen certificates issued to those who have attended such meetings which bear the name of the institution, again giving the impression that the holder possesses an award conferred by that University or Hospital.

Those who take seriously the ISH Ethical Guidelines (and therefore, presumably, those of their own National Society) should be aware of this practice if they are invited to come and speak at meetings in our country, as the above events are open to practitioners who would not be recognised by the ISH.

Yours sincerely,

Michael Heap, PhD
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News from the World of Clinical and Experimental Hypnosis

International Journal of Clinical and Experimental Hypnosis

Dr Fred H. Frankel, Editor-in-Chief of the *International Journal of Clinical and Experimental Hypnosis* announces the new composition of his editorial staff:

Clinical Co-Editors: **Erika Fromm**, PhD., University of Chicago, Illinois; **Germain Lavoie**, PhD., Hospital L.H. Lafontaine and University of Montreal, Montreal, Quebec, Canada; and **Campbell W. Perry**, PhD, Concordia University, Montreal, Quebec, Canada.

Experimental Co-Editors: **Kenneth S. Bowers**, PhD, University of Waterloo, Ontario, Canada; **John F. Kihlstrom**, PhD., Yale University, New Haven, Connecticut; and **Harold S. Zamansky**, PhD., Northeastern University, Boston, Massachusetts.

Medical Co-Editors: **Karen Olness**, MD., Case Western Reserve Hospital, Cleveland, Ohio; and **David Spiegel**, MD., Stanford University School of Medicine, California.

Behavioural Medicine Editor: **Steve E. Locke**, MD., Beth Israel Hospital and Harvard Medical School, Boston, Massachusetts.

Statistical Editor: **Auke Tellegen**, PhD., University of Minnesota, Minneapolis.

Book Review Editor: **Kevin M. McConkey**, PhD., University of New South Wales, Australia.

Managing Editor: **Ray William London**, PhD., University of California Medical School, Irvine.

News from France

David Spiegel, MD has just completed a sabbatical in Paris at the Institut Curie, where he conducted research on the effects of support groups for women at high genetic risk for breast cancer in collaboration with Drs Gilles Thomas and Dominique Stoppa-Lyonnet. The American model of supportive/expressive group therapy worked well in France in two pilot groups, resulting in significant reductions in mood disturbance. He also explored the prevalence of dissociative disorders and their relation to trauma. While there is less discussion of these disorders in France, the land of Janet, than in the US., and some psychoanalysts in France view it as "la maladie Americaine", many French psychiatrists, and psychologists see and treat dissociative amnesia, dissociative identity disorder (they see it as real but rare), and fugue. The connection between childhood trauma and later dissociative symptoms is seen in France as well, with some but less controversy over the reality of traumatic memories.

Posthypnotic Suggestion and Posthypnotic Responding

(Amanda J. Barnier and Kevin M. McConkey)

Work on posthypnotic suggestion and posthypnotic responding has been continuing for the past three years at the University of New South Wales. The aim of the program has been to explore the mechanism for the display of posthypnotic responding and the conditions under which it exists, as well as subjects' phenomenal experiences of behavioural automaticity, level of awareness of the response, and subjective conviction in the genuineness of the behaviour. The experimental work conducted so far has examined (a) "classic" posthypnotic responding on the HGSHS:A, (b) the parameters of responding, (c) the nature of the suggestion, (d) the resolution of conflict in the creation and maintenance of a compelling posthypnotic experience, and (e) responding outside the experimental setting.

In terms of the parameters of responding, for example, in two experiments (Barnier & McConkey, 1995) we examined the impact of the focus of the suggestion. In the past, experimental investigations of posthypnotic responding have predominantly focused on experience. We gave high hypnotisable subjects a posthypnotic suggestion for a motor or a verbal behaviour that focused on either behaviour or experience. We found that suggestion focus influenced responding for the motor, but not the verbal behaviour. One clinical implication of this work is that practitioners must consider the best way to maximise the impact of a posthypnotic suggestion, perhaps by combining a behavioural and experiential focus. In these experiments, we also examined the impact of the way in which the suggestion was tested by indexing responding on four tests: a Formal test, an Embedded test, an Informal test, and a Postexperimental test. We found that as the tests became increasingly ambiguous, responding declined. Thus, in contrast to the position that subjects will react to a cue to respond even when it is embedded into other words or events, our findings indicated that subjects must be "prepared" to be tested, as well as recognise the test as such. Overall, we found that posthypnotic responding, far from being an automatic, involuntary response in every situation, is meaningfully affected by changes in what the hypnotist says, what subjects are asked to do, and how their responses are assessed.

In terms of responding outside the experimental setting, in another study (Barnier & McConkey, 1994) we replicated and extended the classic study by Damaser (1964). We gave sixteen virtuoso and high hypnotisable subjects a posthypnotic suggestion (of either specified or unspecified duration) or a waking request (of unspecified duration) to mail one postcard every day. Subjects were contacted 16 weeks later. We found that, regardless of condition, virtuoso subjects sent more postcards than high hypnotisable subjects. Also, subjects given a waking request sent more postcards, more consistently, than subjects given a posthypnotic suggestion. Further, the number of postcards sent by

hypnotic subjects given a suggestion of specified duration was more variable than for those given a suggestion of unspecified duration. The subjective experiences reported by hypnotic and waking subjects were vastly different. At the present time, we are replicating this study using the real-simulating paradigm. Sixty subjects will be given a posthypnotic suggestion of either specified or unspecified duration and contacted 8 weeks later. In addition, we are collecting data from 20 control subjects who were given a similar, but nonhypnotic, request to mail one postcard every day in the context of unrelated research in the department. While on the one hand, the data collected so far suggests that a posthypnotic suggestion is not necessarily more effective in eliciting a response on a repetitive and annoying task (a nonhypnotic request by an authoritative experimenter seems to serve just as well, if not better), on the other hand, the subjective experiences reported by highly hypnotisable subjects as opposed to simulating or control subjects may be the key to the impact of a posthypnotic suggestion.

Barnier, A.J., & McConkey, K.M. (1994, October). Postcards and posthypnotic suggestions. Paper presented at the 45th Annual Meeting of the Society for Clinical and Experimental Hypnosis, San Francisco, USA.

Barnier, A.J., & McConkey, K.M. (1995). Desire and action in posthypnotic responding. Manuscript submitted for publication.

Damaser, E. (1964). An experimental study of long-term post-hypnotic suggestion. Unpublished doctoral dissertation, Harvard University, Cambridge, Massachusetts.

Amanda Barnier, Hypnosis Research Laboratory, School of Psychology, University of New South Wales, Sydney, NSW 2033, Australia: Ph: 61-2-385-3595: Fax: 61-2-385-3641: Email: a.barnier@unsw.edu.au

The second International Symposium on Suggestion and Suggestibility: Cognitive Processes and Behaviour Rom, 26 - 29 October, 1994 (Vilfredo De Pascalis)

In the *First International Symposium on Suggestion and Suggestibility* (Organized by Gheorghiu and Netter) held at the University of Giessen, in Germany, an attempt has been made in the definition of suggestion and suggestibility phenomena. Several components of suggestibility can be found in hypnosis, several in sensory suggestibility and several in social suggestibility. The need of a better definition of suggestive phenomena was supported by a variety of the papers presented in the First Symposium, but did not emerge with an agreement on revision of taxonomy. As a result of the Symposium a book was published in which the current position in the confusing and

multifaceted field of suggestion and suggestibility was pointed out. This book (Gheorghiu et al, 1989) and the more recent one titled '*Human Suggestibility*' (edited by Schumaker, 1991) represent exceptions in the psychological literature wherein related psychological processes are referred to as suggestion and suggestibility. Standard studies in the cognitive, sociopsychological and developmental psychology, or even more in psychophysiology, with few exceptions, do not reference the suggestion and suggestibility phenomena. In various domains of psychological research, where processes that could be discussed in connection with suggestion and suggestibility, are often analyzed using different terminology and frames of reference. Some of these include phenomena of bias, imitative behaviour, conformity and compliance, changes of attitude, processes of expectancy formation and attribution, defense mechanisms, social influence, etc. Not only the suggestive phenomena are too often neglected by the psychological research, but they also have been considered as non-scientific. Part of the problem could be that, historically, suggestibility has been viewed as a less noble human characteristic. Someone who is "suggestible" might be seen as gullible, naive, easily influenced, lacking in self-determination, unable to think critically, and so forth. Very few people would feel disturbed if told that they were very suggestible. Even the scientific study of suggestibility has been viewed with a certain degree of skepticism. There is little question that the understanding of the workings of the suggestibility process can offer us new and improved ways to understand ourselves. Beyond that, I believe that many applications would derive from such an understanding, ones that could benefit us in many ways. Various psychological and psychosomatic processes can be influenced by a number of suggestive cues. Every person turns out to be susceptible to suggestive modes of influence, depending on the specific situation and habitual factors, even if there are individual differences in the degree of suggestibility. There is no serious theoretical orientation describing inter-personal behaviour without considering the mechanisms of suggestive factors.

Some recent work on suggestibility research is highly innovative and new ways to conceptualize and study suggestibility is coming out. But it remains still true that the amount of research is quite small in relation to the importance of this topic of study. The use of suggestion is very well known to the mass media drivers, but it must be done and, at the same time, denied. One principal goal of suggestion research is to examine this process in order to know the way that it could make beneficial application of suggestive phenomena and not a way to orient the social behaviour to privatistic interests.

Among the facets of suggestibility components, psychophysiological approach appears to be less developed. If we look for the psychophysiological contributions in the field of suggestion/suggestibility phenomena, apart from the area of hypnosis, research into suggestion is lacking and it will take a long time to organize itself as a new branch of psychophysiology among the variety of research areas existing today.

There are a number of interrelated reasons for the lack of psychophysiological studies concerning suggestion or suggestibility phenomena. The first reason is in the complexity and difficulty of the topic, the second is in the underevaluation of the importance of the topic and the last, but not least, reason stays in the insufficient analysis of the variety of psychological processes responsible of the multiplicity of suggestive phenomena. On the other hand, as Gheorghiu (1989a) has so aptly summarized, the difficulties in developing theories of suggestion cannot only be attributed to shortcomings in suggestion research. They mainly depend on the lack of integrative approaches into psychological research.

It appears from the topics of the sessions in this Symposium, that theoretical, memory and imagery, social and cognitive, and finally psychophysiological aspects of suggestion and suggestibility will be worthy of a further improvement.

Gheorghiu, V., Netter, P., Eysenck, H.J., & Rosenthal, R. (Eds) (1989). *Suggestion and suggestibility: Theory and research*. Berlin: Springer.

Schumaker, J. (Ed) (1991). *Human suggestibility*. New York: Routledge

Prof. Dr. V. De Pacalis, Universita di Roma, Dept. of Psychology, Via dei Marsi 78, 00185 Roma, Italy, or

Prof. Dr. V. Gheorghiu, Institut für empirische und angewandte Sozialforschung, Otto-Behagel-Str. 10, 35394 Gießen, Germany.

Fluctuations in Hypnotic Susceptibility (B. Wallace, PhD)

There are many good tests available to assess an individual's susceptibility to hypnotic responsiveness. Two of these are the Stanford Hypnotic Susceptibility Scale, Form C, and the Harvard Group Scale of Hypnotic Susceptibility, Form A. Generally, if one scores above 9 (on a 12-point scale) on either of these tests, one is considered to be a good hypnotic subject. A score below 3 is indicative of one being a poor hypnotic subject. But what if one's score is not an absolute? What if the score is partially determined by level of alertness? This was the basis for several experiments that examined hypnotic susceptibility as a function of whether one was considered to be a so-called day person or a so-called night person. A day person was defined as one who is most alert during the daylight hours: a night person is most alert during late afternoon and evening hours.

Both day and night persons (defined as such by an alertness questionnaire that I developed) were administered either the Stanford or the Harvard test each hour between 8am and 10pm. In addition, oral temperature was assessed during each administration period.

Regardless of the test used, day persons exhibited peak susceptibility to hypnotic suggestion at 10am and 2pm. Night persons, however, exhibited peak susceptibility at 1pm and between 6pm and 9pm. Furthermore, 2 peaks of temperature increase (1pm and 6pm) appeared to be associated with peaks in hypnotic susceptibility. However, such was shown to be associated with period of food intake rather than with increases in hypnotic susceptibility.

Based on the results of experiments from my laboratories, it is clear that individuals exhibit variability in hypnotic susceptibility as a function of time of testing. And this may indicate the presence of so-called ultradian cycles. In essence, there may be times of the day or night that subjects are most susceptible and least susceptible to hypnotic suggestions. Also, these peaks were preceded and followed by peaks in imaging ability as assessed by the Vividness of Visual Imagery Questionnaire.

What are the implications of these findings? From a practical point of view, individuals who are day persons may not be so easily hypnotized at night. Similarly, night persons may be more difficult to hypnotise during daytime hours. While the difference in performance on the tests used to assess susceptibility was not extreme (usually 1 or 2 points on a 12-point scale), this may be sufficient to make a difference in certain situations involving the use of hypnosis in therapy or laboratory research. Thus, professionals who use hypnosis may wish to inquire as to whether their client or subject is a day or a night person. Having determined this, decisions may be influenced concerning when during the day or night hypnosis will be used.

Wallace, B. (1993). Day persons, night persons, and variability in hypnotic susceptibility. *Journal of Personality and Social Psychology*, 64, 827-833

Wallace, B., & Kokoszka, A. (1995). Fluctuations in hypnotic susceptibility and imaging ability over a 16-hour period. *International Journal of Clinical and Experimental Hypnosis*, 43 20-33

Benjamin Wallace, PhD: Department of Psychology, Cleveland State University: Cleveland, OH 44115: USA

Does catalepsy deepen a trance state?

(Henriette Walter, MD)

Catalepsy is often referred to as a trance deepening phenomenon. In educational seminars we learn and experience that, for instance, an arm catalepsy elicits trance deepening. We wanted to verify if this subjective experience correlates to an objectively measurable brain function change. We used EEG Mapping in 20 right handed healthy volunteers (15 females and 5 males) aged 23-46 (mean 30 years), who had been found to be well hypnotizable on the Stanford Hypnotizability Scale (form C). Statistical probability maps based on power spectral analysis of a 3-minute R-EEG demonstrated during induction, a decrease of total power as well as of absolute delta-, theta-, alpha 1- and beta-power. During arm catalepsy (first right arm then left arm), total power was attenuated *locally over central and frontal regions*. Absolute power also decreased in the delta/theta, alpha 1 band, while the relative power showed mostly an augmentation in the alpha 2, but also in the beta band. *No deep trance signs occurred*, such as total power attenuation over the whole brain together with an absolute power attenuation in the alpha-1 and beta band and relative power augmentation in delta/theta frequency and with an alpha-1 attenuation. Even during total body catalepsy, the total power decreased only to a minimal extent, with the larger attenuation in the absolute data and alpha-1 power. As the most prominent finding the relative power measurement showed in the state of the catalepsy of the whole body a theta attenuation and beta augmentation almost over the whole brain.

Univ. Doz. Dr Henriette Walter, -Univ. Klinik für Psychiatrie, Währinger Gürtel 18-20, A-1090 Wien, Austria.

Changes in Cellular Immune Function after Immune Specific Guided Imagery and Relaxation in High and Low Hypnotizable Healthy Subjects

(Robert Zachariae)

It is today generally agreed upon that mental states can affect immune function and susceptibility to immune related diseases. In recent years the possibilities of enhancing the immune response by psychological intervention techniques have begun to gain scientific attention. The behavioural strategies most commonly used to investigate effects of psychological intervention on immune responses are hypnotic suggestion, guided imagery and relaxation techniques. No clear distinction has been made between guided imagery techniques that specifically instruct the subjects to imagine changes in the immune function and general relaxation techniques. Since both hypnosis and most guided imagery instructions involve some degree of relaxation, it is not known whether the observed changes are due to the specific instructions or suggestions or whether the

changes are a result of an effect of relaxation. Also, very little is known about the possible role of personality traits such as hypnotizability. In an attempt to bring more clarity to these issues we conducted two studies with similar investigation procedures.

Methods: In both studies, 15 high and 15 low hypnotizable healthy subjects selected using the Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A) were randomly assigned to 1) a guided imagery group, which received instructions to imagine the cells of their immune system becoming increasingly active and efficient, 2) a relaxation group, which received no instructions regarding their immune system, and 3) a control group, which waited passively for the same amount of time. All 60 subjects were studied on 3 investigation days 1 week apart. *Study 1* investigated changes in monocyte chemotaxis (MC) and LPR to three mitogens: PHA, Con A, and PWM, while *Study 2* investigated changes in NKCA. The questions we wished to address were 1) whether there would be any brief changes in immune function, 2) whether cellular immune function would increase over the investigation period, 3) whether there would be differences between the effects of immune specific guided imagery and relaxation, and 4) whether any differences would be found between the immune responses of high and low hypnotic susceptible subjects.

Results: (1) The results showed similar patterns of brief decreases in LPR and NKCA immediately after intervention on all investigation days, while increases in MC were found in both intervention groups on day 1, with no changes observed on the following investigation days. (2) There were generally no changes in pre-intervention LPR and NKCA throughout the investigation period. (3) The results also showed that the immune responses of the guided imagery and the relaxation groups were similar for all immune parameters measured. While MC and LPR did not change in the control group in Study 1, the control group in Study 2 exhibited changes in NKCA similar to those of the two intervention groups. (4) Highly hypnotizable subjects in both intervention groups exhibited greater decreases in NKCA after intervention, while low hypnotic susceptible subjects in the control group displayed greater decreases in NKCA than the high hypnotizable subjects.

There are several inconsistencies between the results of the limited number of investigations studying effects of psychological intervention on immune function. These differences may in part be explained by differences in methodology, time intervals between blood sampling, and subject characteristics such as age, health, and hypnotic susceptibility.

Zachariae, R., Hansen, J.B., Anderson, M., Jinquan, T., Petersen, K.S., Simonsen, C., Zachariae, C., & Thestrup-Pedersen, K (1994). Changes in Cellular Immune Function after Immune Specific Guided Imagery and Relaxation in High and Low Hypnotizable healthy Subjects. *Psychotherapy and Psychosomatics*, 61 (1-2), 74-92.

Robert Zachariae, PhD., Institute of Psychology, University of Aarhus, Asylvej 4, DK-8240 Risskov, Denmark.

News from the Constituent Societies

American Society of Clinical Hypnosis (ASCH)

Goodbye – Good Luck!!

The time has come to speak of retirement. Dorothy and I have looked at all the alternatives, and decided now is the time to move on to new things in my life. On Friday, September 15, 1995, I will walk into the office of ASCH as your Executive Vice President, and that evening I will walk out "retired". A new life style with less pressure, but not less activity, because I will not, cannot, sit still. I have several projects. I am sure I will be busy and happy.

October 1, 1975, I became the Executive Director of ASCH, and over these past 20 years, have watched your Society grow from adolescence to maturity. There have been some rough times, but there have been more good times. You now have a mature, stable Society, which can continue to move forward. I hope I have had some small part in this growth. I have dedicated my life to ASCH for these past 20 years, so I leave a part of me with you as I leave for my new life.

To my staff, I offer thanks for their efforts as we have struggled through some really rough months recently. I appreciate your dedication and hours of effort, over and above the call to service. You have helped me in ways you did not often realize, but believe me, you have.

To the members, I offer my thanks for your support over these past years. You are people of mission, and I count some very close friends among you. Please maintain your support of your Society and your new Executive.

To the many Executive Committees and Boards of Governors I have worked with, argued with, fought with, we have come a long way. Keep moving forward. Don't look back, look toward the future. There is yet much to accomplish for others, and I believe you can meet the challenge.

What more is there to say. I have enjoyed most of my years with you, cried a few times, but see it all as a great life.

Goodbye! Good luck!

Bill Hoffman

The 38th Annual Scientific Meeting of the ASCH will take place at Sheraton World Resort in Orlando, Florida, on March 26-27, 1996. The theme of the meeting is *Hypnosis Research and Hypnosis Practice: Natural Allies or Strange Bedfellows*. The

Scientific Meeting will include Symposia, Plenary Presentations, Panel Discussions, and Poster Sessions. The gracious space of the Sheraton World Resort allows to present research and clinical work across a variety of interesting and informative formats. For more information contact:

American Society of Clinical Hypnosis
2200 East Devon Avenue, Suite 291
Des Plaines, IL 60018
USA FAX: (708) 297 7309

Australian Society of Hypnosis (ASH)

The Society's 25th Annual Congress was held at the beautiful Cradle Mountain Resort on the island state of Tasmania. The theme for the successful meeting was "Metaphors in the Wilderness". Our keynote speaker was Frank Vingoe, PhD from the British Society of Clinical and Experimental Hypnosis who was supported by other International and Australian speakers.

The 26th Congress of the Australian Society of Hypnosis will be held in 1996 on Queensland's Fraser Island from Saturday 31 August to Saturday 7th September. The keynote speakers are Ernest Rossi and Michael Yapko. If you require more information about attending this Congress, please see the contact address under 'Forthcoming Meetings' at the end of this newsletter.

The Society is continuing to conduct training courses in hypnosis and candidates in all States are now preparing to sit for the examinations which commence in December. Passing these exams will enable them to qualify for full membership of the Society. Our current membership stands at over 1180, this is expected to increase with the intake of students for the next training courses due to commence in 1996.

Following our Annual General Meeting in September, the ASH office bearers are now as follows:

President:	Dr Wendy-Louise Walker
President-Elect:	Dr Len Rose
Past President:	Mr Robb Stanley
Federal Secretary:	Dr Mark Earl
Federal Treasurer:	Mr Greg Coman
Chairman of Publications:	Dr Barry Evans

October saw the public launch of 'Entranced', a video on the medical applications of hypnosis produced by Dr Graham Wicks. This production will shortly be screened on national television and is available for sale internationally in various formats. Order details are in the pages to follow. For his service to the Australian Society of Hypnosis, Dr Graham Wicks has been nominated to receive the Society's Medal. This medal is awarded to ASH members for outstanding and meritorious service to the society and to hypnotherapy, rendered in clinical teaching, supervision, administration and general societal work.

Congratulations Graham !!

Dr Mark Earl, Federal Secretary, C/O ASH Federal Office, Edward Wilson Building, Austin & Repatriation Medical Centre, Austin Campus, Heidelberg VIC 3084 AUSTRALIA. Ph: (613) 9457 2474 Fax: (613) 9459 6244

Austrian Society for Autogenic Training and General Psychotherapy (ÖGATAP)

We are happy to present you our very new book: *Hypnosis - Connecting Disciplines: The Proceedings of the 6th ESH - Congress in Vienna, 1993*, with attractive articles from international experts from all over the world including Eastern Europe. You can order it directly from ÖGATAP or in your nearest bookshop.

ÖGATAP, Eduard Suess-Gasse 22/10, A-1150 Vienna, Fax +43-1-98 33 566

British Society of Experimental and Clinical Hypnosis (BSECH)

BSECH held a most successful and well-attended Annual Conference in Oxford at the end of June. Amongst overseas visitors were Dr Irving Kirsch (Keynote Address) and Dr Judith Rhue. Participants came from as far afield as Australia and New Zealand. Papers were of a very high standard and covered a wide range of clinical and experimental subjects. As has been the case this year, there will be a special Conference Proceedings issue of 'Contemporary Hypnosis' in 1996.

Next year, an historic event will take place in the UK. BSECH and BSMDH are holding their first JOINT Conference. This meeting will take place from 31st May - 2nd June in Warrington, Cheshire. The format will be a mix of Scientific papers and workshops with details of Invited Guest Presenters to be announced. This is an extremely exciting, and hopefully, stimulating development which should bring good things for hypnosis in the UK and abroad. Watch this space. Alternately, for further information which should be available soon, contact:

Hon Secretary BSECH, Phyllis Alden, Psychology Consultancy, District General Hospital, Scartho Rd, Grimsby DN33 2BG, England. Tel: 0472\875287 Fax: 0472\879238

British Society of Medical and Dental Hypnosis (BSMDH)

We held a successful workshop with Clair Frederick and Maggie Phillips in conjunction with our AGM in May. It was an eventful weekend. Geoff Graham following surgery to his knees had resigned from being our President. He proposed David Simons for the post, and we were delighted he was elected unopposed. Then we started to forge links with the representatives from BSMDH Scotland, BSMDH Metropolitan and South, Irish Society of Clinical and Experimental Hypnosis (ISCEH), and Royal Society of Medicine, Section of Hypnosis and Psychosomatic Medicine (RSM).

A steering group has been formed which has worked out a skeleton for an umbrella organisation for Britain and Ireland, which has been presented to our councils. The aims are: (1) A united voice to speak to the public, media and legislature on matters pertaining to clinical hypnosis. (2) To maintain a regular forum between members of constituent societies. (3) To organise joint meetings with an interchange of lectures. (4) To agree, set and maintain a standard in clinical hypnosis.

We are also having meetings with the British Society of Experimental and Clinical Hypnosis (BSECH) and we hope to hold a joint meeting next year.

We are concerned that there is no control over the teaching of hypnosis by lay societies in the UK and these societies are asking ISH members to lecture to their meetings. These societies are well funded and can pay to hold meetings in hospitals, but they do not follow the ISH guidelines re: members and who they admit to their courses – so ISH members can find themselves lecturing to the lay public. Can I please ask members of ISH to check carefully before agreeing to accept such invitations.

Mary McKenna, MD., Chairman BSMDH, 55 Abbey Lane, Sheffield, South Yorkshire S8 0BN, UK.

Canadian Society of Clinical Hypnosis, Alberta Division (CSH - Alberta Div.)

Canadian Society of Clinical Hypnosis, Alberta Division hosted the Fourth National Assembly of the Federation of Canadian Societies of Clinical Hypnosis which was held in the magnificent surroundings of Banff in the Canadian Rockies. The meeting was attended by nearly three hundred people with delegates from Australia, New Zealand, Scotland, England, Lithuania, and Israel, as well as Canada and the United States of America. Plenary addresses were given by Prof. Alan Schefflin, Drs. Karen Olness, Kay Thompson, Lars-Eric Unestahl, Ernest Rossi, Lee Pulos, and Bruce Lipton. These addresses which more than lived up to the title of the meeting, "Frontiers of Hypnosis"

were enthusiastically received by the delegates. In addition there were over twenty workshops whose leaders included seven past presidents of the American Society of Clinical Hypnosis. The meeting ended with an address on shamanistic healing. Plans for the Fifth National Assembly which will be held in St. John's, Newfoundland in 1998 are being formulated.

Neill Malcolm, MBBS., Medica Arts Clinic, 101, 4721-47th Avenue, Leduc, Alberta T9E 7J4, Canada.

Israeli Society of Hypnosis (IsSH)

The IsSH held its yearly meeting around the theme of Hypnosis in the treatment of mind-body disturbances at the end of April. Elections were held for the new Board – Viorika Delano continuing as Scientific Chair, Eva Eshcol the new Secretary, Karl Fuchs, Abraham Hirshfeld, Uri Gan El, Zeev Luzon, Yuval Neria, Alex Solomonowich the new Treasurer, and Gerard Zonnens. Shaul Livnay was elected the new President of the Society.

We take this opportunity to express our thanks and gratitude to Nachman Alon and Israel Lantser who left the Board after years of well appreciated service, each leaving their mark on the Society.

The Israel Journal of Hypnosis finally was launched in early summer. Foreign contributors are warmly invited to send contributions. Please contact the Editor directly: Morris Kleinhauz, PO Box 963, 52109 Ramat Gan, Israel. Fax: 972-3-631-7123. Email: knzmor@ccsg.tau.ac.il

Eva Eshcol, Ph.D., Secretary, Israeli Society of Hypnosis, PO Box 7545, 91076 Jerusalem, Israel.

Italian Medical Association for the Study of Hypnosis (Associazione Medica Italiana per lo Studio dell'Ipnosi, AMISI)

The Italian School of Hypnosis and Hypnotic Psychotherapy will start its new course for the academic year of 1995/96 on October 21, 1995. AMISI and the Italian School of Hypnosis and Hypnotic Psychotherapy have organised their 10th National Congress from November 10 - 12, 1995 in Milan (Centro Congressi Fondazione Stelline). Main topics of this congress on "Hypnosis and Hypnotic Psychotherapy" were: Hypnotic psychotherapy, Ericksonian approaches to hypnotic psychotherapy, Hypnosis and laboratory, Hypnosis in communication and education. There were invited lectures on

"Hypnotic psychotherapy in the world", and "Hypnosis in the experimental setting", and workshops on "Transitions and changes", "Hypnosis and perception", "Hypnotic psychotherapy and psychosis", "Emotion control during hypnosis using a polygraph", "Interaction between dentist, patient and assistant" "Hypnosis and psychosomatics", "Different uses of hypnosis in dentistry".

For more information about AMISI contact the secretary: Micos Eventi, Borgo Albizi 11, 50122 Firenze, Italy: Tel: +55/2343040, Fax: +55/2340828.

Mexican Society of Hypnosis (SMH)

The Mexican Society of Hypnosis (SMH), together with The Instituto Milton H. Erickson de la Ciudad de México, moved to a new address (see below).

In their new home both societies are collaborating in several activities. The SMH has joined the Ericksonian Institute in the training it was already offering to Mexican health professionals. The training consists of 14 workshops (12 hours each) and 120 hours of clinical supervision. The SMH is inviting outstanding members to complement the training on the teaching of Methods for Research in Hypnosis. The first one was Benjamin Dominguez, Ph.D., Director of the Centre for Psychological Services of the National Autonomous University of Mexico, Counsellor of the National Centre for the Study and Treatment of Pain and Member of our Society. He taught about "Methods for Research in Hypnotic Analgesia".

In the last issue of this Newsletter, we invited the members of the ISH visiting Mexico to join us we would help them in getting to know our city, our country and at the same time enjoy the exchange of research. We have had the pleasure of receiving several of our colleagues. Last summer, Monserrat Gibernau, Ph.D., President of The Sociedad Catalana de Hypnosis, visited us for two weeks. Her visit was the first of several visits of Presidents of National Societies to our country. Camillo Loredio, MD., President of The Italian Society of Hypnosis, will come in November for the Congress of Mexican Society of Psychiatry. Dirk Revenstorf, President of the Milton Erickson Society for Clinical Hypnosis, Germany, is having his sabbatic year in the Universidad de las Américas, in the City of Puebla. The SMH is organizing workshops with these colleagues and friends.

Mexican Society of Hypnosis, Patricio Sànz 1205, México, DF 03100, Mexico. Phones (525) 575 2315, or (525) 575 7060, or (525) 559 2756: Fax: (525) 559 2554.

Milton Erickson Society for Clinical Hypnosis, Germany (M.E.G.)

The President and the Founding President of M.E.G., Dirk Revenstorf, Ph.D., and Burkhard Peter, Ph.D., respectively, actively and voluntarily participated at a stage hypnosis show at Gozo, a small island in the Mediterranean Sea belonging to the islands of Malta, where they, among others, were lecturing and conducting workshops for the newly founded German Society for Dental Hypnosis (DGZH). The founders of that society and organizers of the meeting at Gozo, Albrecht Schmierer, DDS, and his wife Gudrun, invited a German stage hypnotist to perform a show together with and in front of professionals, the participants of that meeting. The discussion on the day thereafter revealed that – among other critical issues – 20% of the subjects had remaining harmful experiences. Three of them had, unnoticed by the hypnotist, regressed to earlier traumas. One woman had a total dissociation with amnesia. She had danced with a chair, and was unable to reorient herself, while two other women could break and leave the stage but later on were reluctant to open-up and take part in the discussion. This led to the conviction of the show hypnotist that nothing had happened for he had not heard of any negative effects, however, he declared that he had no responsibilities if participants had "personal problems". Interesting enough that these three women indeed, originally attributed their bad experiences to themselves and "their problems", respectively, and were very reluctant to give any report to the hypnotist and to the public. Finally they did so only with the help and strong encouragement by other colleagues to whom they had disclosed themselves "privately". This makes one wonder (1) whether the rate of 20% of negative after effects is representative also for other stage hypnosis performances, and (2) whether participants having bad experiences during or after a stage hypnosis basically or mostly tend to wrongly attribute their experiences to themselves. In Germany, there are some show hypnotists performing in night clubs and, like recently, on TV shows. For the time being there is no chance to stop them on a legal basis. It is very cynical but nevertheless true what M.E.G.'s board member Bernhard Trenkel, Dipl.-Psych., says: "First there must be a serious accident before one receives the official attention needed to get it prohibited." (By the way, Burkhard Peter and Dirk Revenstorf proved to be poor subjects: Dirk refused to find shaving soap tasting like ice-cream and Burkhard was not challenged at all with a task but asked by the hypnotist to go back to his seat.)

The last issue of the M.E.G.'s German Journal *Hypnose und Kognition* is devoted to the theme Dissociative Identity Disorder (formerly Multiple Personality Disorder) with contributions from Barbara Friedman, Richard Kluft, and Onno van der Hart, among others. This theme of DIS is fairly new in Germany and it seems for the time being that there will not be that sharp splitting between the true believers and the radical disbelievers. The contribution "MPD in Germany", written by a German MPD-psychotherapist attributes this to the "unability to mourn", and to the difficulties of the

Germans to deal with the past adequately. The co-editors of this issue, Onno van der Hart and Burkhard Peter are wondering not only how this lack of interest will influence the number of copies sold but also whether and how this issue of HyKog will influence the discussion of DIS/MPD among German colleagues.

The 2nd European Congress on Ericksonian Hypnosis and Psychotherapy took place at the University of Munich, October 3 - 7, 1995 with approximately 1400 participants listening to, and watching the contributions of 215 faculty members: among them were, Drs. Peter B. Bloom, Walter Bongartz, Eva Banyai, David Cheek, Claire Frederick, David Fourie, Onno van der Hart, Erik Hoencamp, Richard Kluft, Morris Kleinhaus, Stephen and Carol Lankton, Shaul Livnay, Julie Linden, Camillo Loredio, Karl Pribram, Maggie Phillips, Teresa Robles, Robb Stanley, Henriette Walter, Helen and John Watkins, Andr Weitzenhoffer, Graham Wicks, Peo Wikström, Jeffrey K. Zeig, Michael Yapko – just to name a few. For about 100 colleagues from former Eastern Bloc countries M.E.G. not only waived their fees but members of M.E.G also helped to host and accomodate them. This congress was highly successful in many respects. Some of its lectures will be available in English by early 1996. Watch the announcement of the Hypnosis International Monographs Number 2 in the next issue of the Newsletter. Hypnosis International Monographs Number 1 contains some of the lectures of the two Jerusalem meetings in 1992, and the 12th International Congress of Hypnosis and the Joint Conference: Ericksonian Hypnosis and Psychotherapy. Note that members of ISH can order copies at a significant reduced price form:

M.E.G., Konradstr. 16, 80801 Munich, Germany.

Society for Clinical and Experimental Hypnosis (SCEH)

The Society for Clinical and Experimental Hypnosis will meet in San Antonio, Texas, Nov 7 - 11, 1996. In addition to basic workshops, training will include: research design, forensic issues, memory retrieval, paediatrics, object relations, and self issues of the clinician. Scientific papers include a variety of clinically relevant issues. For registration information:

The Society for Clinical and Experimental Hypnosis
3905 Vincennes Road, 304, Indianapolis, IN 46268, USA
Fax: (317) 578 9073, e-mail: tmga99a@prodigy.com

Swedish Society for Clinical and Experimental Hypnosis (SSCEH)

In Sweden the universities are closed from June to August. A workshop by Jane Parson-Fein from New York was the last hypnosis activity for the season in Stockholm. Stockholm is called "The Venice of the North". Contrary to the other Venice in Italy, it is surrounded by clear and pure water, good for swimming and fishing in the centre of the town. Recently the Daily News had a photo of a salmon of 20 kilos, caught in the front of the Royal Castle. In August we had the annual 10 days of Stockholm Water Festival. More than 4 million visitors enjoyed open-air concerts, frogmen choirs, medieval tournaments, boat races, and dancing in the streets, international fireworks competition each night, and a final carnival. Come and see us and Scandinavia some time.

Per-Olof Wikström, D.D.S., ABHD, Bastugatan 33, 11825 Stockholm, Sweden: Fax: +46/8/658 5334.

Swiss Medical Society for Hypnosis (SMSh)

The annual meeting of the SMSh will be held as usual at Tigi Kalbad and will take place November 2-4, 1995. It is limited to 150 participants in order to provide an intimate and friendly atmosphere for learning. Guest speaker is Sandra Sylvester from New Mexico, USA, who will be speaking on annual, circadian and ultradian rhythms in mind-body healing and giving workshops on mind-body healing and pain management. Besides introductory courses, members of the society will also be offering advanced workshops on a variety of themes including hypnotic treatment of learning disorders and examination anxiety (Konrad Wolff, MD) and hypnosis in psychosomatic medicine (Vera Joho, MD). For the first time, French speaking members of the SMSh are offering introductory workshops in Lausanne (organized by Drs. Renè Rumley and Patrick Noyer), parallel to the main meeting on the Rigli, and Sandra Sylvester will be going on to give some workshops in Lausanne, too.

The 4th Joint Meeting of the SMSh and GhypS (Swiss Society of Clinical Hypnosis) is planned to take place on Saturday, March 23, 1996, in Bienna under the theme "Hypnosis - a Virtual Reality". Newsletter readers who have ideas in this subject are asked to contact: Dr. Claude Bègelin, rue de l'argent, CH-2502, Switzerland, Tel. and Fax: +41/32/235 755.

The SMSh now has a new office run by the secretary of the society:

Fritz Trechslin, DDS., Apollstr. 8, CH-8032 Zürich, Switzerland, Tel: +41/1/383 8938, Fax: +41/1/383 8940.

News From Members

Joseph Barber, PhD. is completing work on his new book, *Hypnosis and Suggestion in the Treatment of Pain: A Comprehensive Clinical Guide*, which will be published by Norton in Spring, 1996. The book contains contributions by Bekenke, Bonica, Hilgard, Mulligan, LeBaron, Loeser, Patterson, Price, Syrjala, and Zeltzer.

Jeffrey K. Zeig, PhD., Director, The Milton H. Erickson Foundation, presented a keynote address at the 1st African Congress of Hypnosis, October 16 - 19, 1995 in Sun City, South Africa.

Erika Fromm, PhD. and **Michael R. Nash, PhD.** have just finished a new book, entitled *Psychoanalysis and Hypnoanalysis*, commissioned by International Universities Press. The book is scheduled for publication in December 1995. It is the fifth book co-authored by Erika Fromm in the last nine years.

Moris Kleinhauz, MD., Founding President of the Israeli Society of Hypnosis, gave three workshops in Barcelona, Spain, and has been helping the Spanish group to set up their own Society.

Dirk Revenstorf, PhD., President of the Milton Erickson Society for Clinical Hypnosis, Germany, professor for Clinical Psychology at the University of Tbingen, is spending his sabbatical at the Universidad de las Americas, in the City of Puebla, Mexico.

Theodore R. Sarbin, PhD., University of California, Santa Cruz, delivered an address, "The Poetics of Identity", on August 13, 1995, at the 103rd annual convention of the American Psychological Association when he received the Henry A. Murray Award from the Society for Personality and Social Psychology, Inc. for distinguished contributions to personality and the study of lives.

David Spiegel, MD., President-Elect of the Society for Clinical and Experimental Hypnosis in the US., was the recipient of the 1995 Strecker Award from the Institute of the Pennsylvania Hospital and Jefferson Medical College for his contribution to clinical psychiatry. Dr Spiegel gave a two-day workshop in Grenoble in June, and will return to Europe right after the SCEH meeting in San Antonio (a cordial invitation to all ISH members is extended) on November 13 to deliver a plenary lecture at a conference on "Future medicine" sponsored by the Centre for Arts and Sciences Northrhine-Westphalia in Germany. After that, on November 14-15, 1995, he will give a two-day conference at the Hospital Salpêtrière in Paris sponsored by the Departments of Psychiatry and Oncology there and the Societe Francaise de Medecine Psychosomatique.

Lars-Eric Unestahl, Ph.D. is a kind of travelling ambassador for the Swedish Society for Clinical and Experimental Hypnosis. He gave the lectures at the 6th International Congress on Ericksonian Hypnosis and Psychotherapy, Los Angeles, December 1994, at the 2nd Asian Congress on Sports Psychology, Hong Kong, January 1995, at the Frontiers of Hypnosis Congress in Banff, Canada, May 1995, at the 2nd World Congress on Mental Training, Ottawa, Canada, and at the 2nd International Congress of Sports Psychology, Moscow, June 1995. In 1991 he initiated a collaboration with the Institute of Physical Culture University of Leningrad, Russia. Now, together with Prof. Pavel Bundzen, he is studying neurophysiological and biochemical effects of systematic self-hypnosis training.

At the beginning of August 1995, a group of doctors from Basle (Switzerland) went to Latvia to teach at the regional hospital in Talsi. **J. Philip Zindel, MD.**, from the Swiss Society for Medical Hypnosis gave a workshop for psychiatrists and psychotherapists on modern hypnosis. Hypnosis was one of the few psychotherapeutic methods used in the previous Soviet Union, but was practised in an authoritarian way. There was much interest in the hypnoanalytical approach.

New Books

Böls, E., Guttman, G., Martin, M., Mende, M., Kanitschar, H. & Walter, H. (Eds.) (1995). *Hypnosis - Connecting Disciplines: proceedings of the 6th Congress of Hypnosis in Psychotherapy and Psychosomatic Medicine*, Vienna, August 14 - 20, 1993. Vienna: Medizinisch-Pharmazeutische Verlagsgesellschaft.

Fromm, E., & Nash, M.R. (1995) *Psychoanalysis and Hypnoanalysis*. Madison, Connecticut: International Universities Press.

Kleinhauz, M., Peter, P., Delano, V., Livnay, S., Fuchs, K., & Iost-Peter, A. (Eds.) (1995). *The Jerusalem papers on hypnosis and psychotherapy*. Munich: M.E.G. - Stiftung

Lynn, S.J., & Rhue, J.W. (Eds.) (1994). *Dissociation. Clinical and theoreticall perspectives* New York: Guilford.

Watkins, J., & Watkins, H. (1995). *Ego states: theory and therapy*. New York: Guilford

Entranced - Hypnosis, Health & Healing

Video on medical hypnosis

This video has recently been released by Dr Graham Wicks of South Australia. Some of the areas covered in the video, which demonstrate how hypnosis can be used in a medical environment, include: pain control; the treatment of burns; dental phobias; childbirth; anaesthesia and bleeding control. The video offers a brief history of medical hypnosis, then demonstrates how hypnosis is used in actual medical situations. The video is available to individuals for A\$195.00, US\$200.00, and to institutions and government or educative bodies for A\$295.00, US\$300.00. The video is available in PAL, NTSC, and SECAM formats. Any enquiries can be directed to Mr Richard Sprod, C/- Foundation Studies, Women's and Children's Hospital, North Adelaide, South Australia, Ph: (618) 204 7339 or Fax (618) 204 6699.

Forthcoming Meetings

1995

December 13 - 17: Evolution of Psychotherapy Conference in Las Vegas. Contact: Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016-6500, USA.

1996

March 23 - 27: American Society of Clinical Hypnosis Annual Meeting in Orlando, Florida. Contact: ASCH, 2200 East Devon Avenue, Suite 291, Des Plaines, IL 60018-4534, USA.

June 23 - 28: XXth CINP Congress in Melbourne, Australia. Contact ICMS Pty Ltd., 84 Queensbridge Street, South Melbourne, VIC 3205, AUSTRALIA

August 17 - 23: Eurohypnosis 96: 7th European Congress of Hypnosis in Budapest, Hungary: organised by the Hungarian Association of Hypnosis (HAH): under the auspices of the European Society of Hypnosis (ESH), the International Society of Hypnosis (ISH), and the Eötvös Loránd University, Budapest: Chairs: Éva I. Banyai and István Mészáros. Contact: Secretariat Eurohypnosis 96, Pf4, 1378 Budapest 64, Hungary.

August 31 - September 7: Australian Society of Hypnosis Meeting at Kingfisher Bay Resort, Fraser Island, Australia: Contact: B. Bierman, PO Box 1062, Nambour QLD 4560, Australia.

December 11 - 15: Brief Therapy Conference in San Francisco. Contact: Milton H. Erickson Foundation, 3606 N. 24th St., Phoenix, AZ 85016-6500, USA

1997

June 21 - 27: 14th International Congress of Hypnosis in San Diego, USA. Contact: ASCH, 2200 East Devon Avenue, Suite 291, Des Plaines, Illinois, 60018 - 4534, USA.

1998

October 25 - 30: 2nd World Congress on Stress in Melbourne Australia. Contact: ICMS Pty Ltd, 84 Queensbridge Street, South Melbourne, VIC 3205, Australia.

14th INTERNATIONAL CONGRESS ON HYPNOSIS
SAN DIEGO, CALIFORNIA, U.S.A.
21-27th JUNE 1997

This meeting will be totally self-contained in the Town and Country Hotel in San Diego. You will find it a fine meeting venue with a resort atmosphere.

The City's mild climate makes it an ideal year-round destination. The average daytime temperature is 70 degrees fahrenheit (21 degrees celsius) and most days are sunny. Humidity is generally low and average annual rainfall is less than 10 inches and primarily between December and March.

San Diego's revitalized central city offers a mix of historic preservation in the Gaslamp Quarter and state-of-the-art architecture with Horton Plaza, a dramatic 6.5 block shopping and entertainment complex in the heart of downtown. Near Horton Plaza, the Paladion San Diego, downtown's upscale fashion center, is designed in the manner of great department stores created in the first third of the century. Parks and mixed-use commercial complexes, many in historic landmark structures, complement modern high-rise office and residential buildings. The San Diego Concourse, located in the heart of downtown, is a meeting and exhibit facility featuring a flexible design that can handle a wide range of gatherings. The Civic Theatre, part of the Concourse, is home to the San Diego Opera, and various stage and musical productions.

14th INTERNATIONAL CONGRESS ON HYPNOSIS
JUNE 21-27, 1997

SAN DIEGO, CALIFORNIA, U.S.A.

Please send me further information on the 14th International Congress as it becomes available:

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

ORGANIZATION

ADDRESS (No./Street)

CITY/SUBURB STATE/COUNTRY POST/ZIPCODE

TELEPHONE: Area Code () Number: FACSIMILE: Area Code () Number:

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

Please complete this form in **block letters** and return it to:
14th International Congress on Hypnosis,
Administrative Office
2200 East Devon Avenue, Suite 291
Des Plaines, Illinois 60018
U.S.A.
Telephone: (708) 297 3317 or Fax: (708) 297 7309