

I.S.H. CENTRAL OFFICE  
DR. BARRY EVANS  
ADMINISTRATIVE OFFICER, ISH  
EDWARD WILSON BUILDING, 1ST FLOOR  
AUSTIN AND REPATRIATION MEDICAL CENTRE,  
AUSTIN CAMPUS,  
HEIDELBERG, VIC. 3084  
AUSTRALIA

TEL: (61 3) 9459 6499  
FAX: (61 3) 9459 6244

# THE INTERNATIONAL SOCIETY



# OF HYPNOSIS

**NEWSLETTER**  
**SEPTEMBER 1996**  
**Vol. 20 No. 2**

## EXECUTIVE OFFICERS:

President:	Peter B. Bloom, MD (USA)
President-Elect:	Walter Bongartz, PhD (Germany)
Immediate Past-President:	Graham D. Burrows, AO MD (Australia)
Secretary-Treasurer:	Robb Stanley, D.Clin.Psych. (Australia)
Board of Directors:	Peter Bloom, MD (USA) Walter Bongartz, PhD (Germany) Graham D. Burrows, AO MD (Australia) Barry Evans, PhD (Australia) Erik Hoencamp, MD (Netherlands) Camillo Loreido, MD (Italy) Burkhard Peter, D.Psych (Germany) Bernice Sachs, MD (USA) Robb Stanley, D.Clin.Psych. (Australia) Per-Olof Wikström, DDS (Sweden)
Council of Representatives	
Chairman:	Erik Hoencamp, MD (Netherlands)
Vice-Chairman:	Bernice Sachs, MD (USA)
Secretary:	Barry Evans, PhD (Australia)
Newsletter Editor:	Burkhard Peter, D.Psych (Germany)
International Journal of Clinical and Experimental Hypnosis – Editor:	Fred H. Frankel, MB ChB DPM (USA)



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

## Letter from the President

### "The dance of friendship"

Dear ISH Colleague:

Bernard Trenkle, Ph.D. (M.E.G.-Germany) shared this Turkish saying with me recently: "A man's true wealth is the sum of his relationships."

I feel very wealthy and fortunate to be a member of our international community of outstanding scientists and consummate clinicians whose careers have illuminated the skies with starry brightness.

With sadness, I wish to share with you my own poignant memories as I remember four such stars who have recently died: David Waxman, L.R.C.P., M.R.C.S. (October 6, 1995); William S. Kroger, M.D. (December 4, 1995); David B. Cheek, M.D. (June 12, 1996); and Kenneth S. Bowers, Ph.D. (July 4, 1996). While more extensive memorials are appearing in our various journals and newsletters, I will comment briefly on my own feelings and what I have learned from each.

Dr. Waxman was one of the first to welcome me to England and to the 4th European Society of Hypnosis Congress in 1987. It was the first time I had travelled to Europe with my two daughters. He welcomed them and me warmly and made us feel at home. I remember the effort he poured into that Congress; and a few years later, I referred a patient to him from the US who was settling in London. But David is and always will be in my office: just last week I gave a patient his book, "Hypnosis: a guide for patients & practitioners" (1981) to read saying, "Here's what a wise man has said about hypnosis. Read it and trust him – he is one with uncommon good sense." Thank you, David.

Dr. Kroger shared with me his sense of pride and accomplishment of his life's work following a brief meeting a number of years ago when I was asked to introduce him and discuss his comments on a SCEH panel in Los Angeles. Humble, friendly, and focused, he expressed with ease his opinions on the topic at hand. Aware that I had just met a noble intellect, I was very happy to soon receive from his wife, Jimmy Louise, his complete curriculum vitae. I marvelled at the energy, the courage, and the humanity that was evident in his published work. My last brief contact occurred posthumously. In his report of "An interview with William Kroger" (American Journal of Clinical Hypnosis 38:3, p. 170, Jan 1996), Michael D. Yapko, Ph.D. remembers Dr. Kroger repeatedly emphasizing, "take the patient into your heart". A worthy challenge to every clinician: I will always emulate his warm and wise mentoring that this comment suggests. I feel I am beginning to find this man within myself.



Dr. Cheek and I met many times at meetings throughout the world. Young and skeptical of his concepts of the unconscious, I kept our contacts cordial, social, and not too close. As time went on, I found myself going over to greet him at cocktail gatherings and enjoying the time I spent with him just passing the time. I found his work increasingly stimulating, and as I gained more and more experience with patients who did not seem to "fit the rules" of therapy, and as I became more comfortable sharing my own sources of creativity in my public presentations, I began to feel an unusual closeness to this giant man and clinician. Yet it seems strange, in reflection, to remember publicly challenging him in lectures, only to notice he was in the audience listening with that warm smile of acceptance and, shall I say it, love. I still think he went too far with ideomotor signalling, yet I rejoice that my own growth as a therapist is not complete. I will count on looking over my shoulder from time to time and seeing David simply smiling – a smile of acceptance, charm, and openness that I will always treasure.

Dr. Bowers – Ken to me. We were nearly the same age, but of truly different disciplines: He was a gifted researcher, teacher, and facilitator of professional careers in his lab and in our societies. Rigorous in his thinking, he was a consummately humane person. He profoundly affected my own career. In 1985, Ken and I first met on the telephone. We had been asked by the organizers of the 10th International Congress in Toronto to solve a difficult issue. As we increasingly disagreed, I began to recognize that we could still become close friends. I asked for a "time out" wherein we agreed to meet each other over dinner with our wives. Several years went by. Helen J. Crawford, Ph.D., asked me to present my first clinical paper on my work with difficult patients and my thoughts about the creative process in psychotherapy for the 1988 SCEH meeting. Ken, the current President of SCEH, listened to my talk. That night, at the dinner we had promised each other three years before, he told me that he had walked alone for several hours after my talk both moved and thoughtful about what I had presented. As I became acutely aware of his sensitivity and feelings for others, I realized I had made a profound contact with him. By nature, I had waited hesitantly many years before writing and speaking; however, with Ken's response I now speak frequently and openly throughout the world. I will be forever grateful that, as Ken shared himself with me that evening, I now share with confidence my work with others the world over. By the way, our relationship became living proof that we clinicians and scientists need each other to creatively enhance our mutual careers. We must never forget the vital necessity of this mutual dependency in our field; and my relationship with Ken confirms that proof with honor.

The International Society of Hypnosis builds bridges of understanding between our countries, societies, and ourselves. The loss of these four great men from our firmament reminds us once again how wealthy we are and have been. May we each pay tribute to them by the way we live our own lives in excellence and accomplishment. May we each

pay tribute to ourselves, by recognizing that the seeds of their greatness lay also within ourselves. What a wonderful legacy for us all. What a challenge they have lovingly given us with the example of their lives.

The International Society of Hypnosis, with our able host society The American Society of Clinical Hypnosis, will meet again at the 14th International Congress of Hypnosis in San Diego June 21- 27, 1996. Let us all gather together to continue our dance of friendship and growth. It is the most rewarding process of our work.

Respectfully,

Peter B. Bloom, M.D., President  
The Institute of Pennsylvania Hospital  
111 North 49th Street  
Philadelphia, PA 19139, USA

## Brief Des Präsidenten

### "Der Tanz der Freundschaft"

Lieber ISH-Kollege, liebe ISH-Kollegin,

Von Bernhard Trenkle ( M.E.G., Deutschland) hörte ich kürzlich dieses türkische Sprichwort: "Der wahre Reichtum eines Mannes liegt in der Summe seiner Beziehungen."

Ich habe das große Glück, ein Mitglied unserer internationalen Gemeinschaft hervorragender Wissenschaftler und führender Kliniker zu sein, deren Karrieren das Firmament strahlend erleuchten.

Mit schwerem Herzen möchte ich mit Ihnen meine eigenen, bewegenden Erinnerungen an vier dieser "Stars", die in letzter Zeit verstorben sind, teilen: an David Waxman, L.R.C.P., M.R.C.S. (6. Oktober 1995), William S. Kroger, M.D. (4. Dezember 1995), David B. Cheek, M.D. ( 12. Juni 1996) und Kenneth S. Bowers, PhD (4. Juli 1996). Während ausführlichere Gedenken in unseren diversen Journalen und Rundschreiben erscheinen, werde ich hier kurz berichten, was ich von jedem einzelnen gelernt habe, und was ich persönlich fühle.

Dr. Waxman war einer der ersten, die mich 1987 in England und zum 4. Europäischen Kongress für Hypnose willkommen hießen. Ich war zum ersten Mal mit meinen beiden Töchtern nach Europa gereist. Er begrüßte uns herzlich und bereite uns einen sehr angenehmen Aufenthalt. Ich erinnere mich noch, wieviel Arbeit er in diesen Kongreß



gesteckt hat! Einige Jahre später verwies ich einen Patienten an ihn, der von den USA nach London zog. Aber David ist und bleibt immer in meinem Büro – letzte Woche gerade gab ich einem Patienten sein Buch “Hypnose: ein Leitfaden für Patienten und Therapeuten” (1981) und sagte ihm: “Hier steht, was ein weiser Mann über die Hypnose gesagt hat. Lesen Sie es und vertrauen Sie ihm – er besitzt einen außerordentlich guten Menschenverstand!” Vielen Dank, David!

Dr. Kroger übermittelte mir ein Gefühl des Stolzes auf sein Lebenswerk, nachdem wir uns vor ein paar Jahren kurz getroffen hatten - ich hatte die Aufgabe, ihn einer SCEH Diskussionsrunde in Los Angeles vorzustellen und seine Kommentare zu diskutieren. Er zeigte sich bescheiden, freundlich und konzentriert, und es fiel ihm leicht, seinen Standpunkt auszudrücken. Mir wurde klar, daß ich gerade einem herausragenden Denker begegnet war, und ich freute mich sehr, als ich bald darauf von seiner Frau Jimmy Louise seinen kompletten Lebenslauf erhielt. Ich staunte über die Energie, den Mut, die Menschlichkeit, die sich in seinen Veröffentlichungen offenbarten. Mein letzter kurzer Kontakt mit ihm fand nach seinem Tod statt. In seinem Bericht “Ein Interview mit William Kroger” (AM. J. Clin. Hypn. 38:3. Seite 170, Januar 1996) erinnert sich Michael D. Yapko, PhD, daß Dr. Kroger immer wieder betonte: “Nehmt den Patienten in eurem Herzen auf!” Eine lobenswerte Herausforderung an alle Kliniker – ich werde diesem warmherzigen und weisen Rat folgen. Ich habe das Gefühl, ich bin dabei, diesen Mann in mir selbst zu finden!

Dr. Cheek und ich sind uns oft auf Treffen rund um die Welt begegnet. Als ich noch jung und seinen Vorstellungen über das Unbewußte gegenüber skeptisch war, hielt ich meinen Kontakt zu ihm höflich, gesellschaftlich und auf Distanz. Im Laufe der Zeit ergab es sich aber, daß ich mich auf Cocktailgesellschaften zu ihm gesellte und mir gerne in seiner Nähe die Zeit verbrachte. Seine Arbeit wurde für mich immer anregender; und als ich immer mehr Erfahrungen mit Patienten sammelte, für die die “Regeln der Therapie” nicht zu passen schienen, als mein Vertrauen wuchs, die Quellen meiner Kreativität öffentlich zum Ausdruck zu bringen, begann ich, eine ungewöhnliche Nähe zu diesem großen Mann und Kliniker zu empfinden. Und trotzdem ist es eigenartig, wenn ich jetzt daran denke, wie ich ihn bei Vorlesungen öffentlich herausgefordert habe und dann festzustellen mußte, daß er freundlich lächelnd unter den Zuhörern saß – voller Anerkennung und, fast könnte man sagen Liebe. Ich meine immer noch, daß er mit seinen ideomotorischen Signalen zu weit gegangen ist, aber trotzdem bin ich froh, daß meine eigene Entwicklung als Therapeut noch nicht abgeschlossen ist. Ich reche damit, daß ich ab und zu über meine eigene Schulter blicken werde und dann einen lachenden David sehe – ein Lächeln voller Anerkennung, Charme und Aufrichtigkeit, das ich immer als wertvolle Erinnerung behalten werde.

Dr. Bowers – für mich war er “Ken”. Wir waren fast gleichaltrig, gehörten aber völlig verschiedenen Disziplinen an: Er war ein begabter Forscher, Lehrer und Wegbereiter professionelle Karrieren in seinem Labor und in unseren Gesellschaften. Er war ein strikter Denker, jedoch unübertroffen menschlich. Er hat meine eigene Karriere tief beeinflusst.

Ken und ich haben uns 1985 am Telefon kennengelernt. Die Veranstalter des 10. Internationalen Kongresses in Toronto hatten uns gebeten, ein schwieriges Problem zu lösen. Während wir uns immer weniger einigen konnten, kam mir die Erkenntnis, daß wir trotzdem enge Freude werden würden. Ich bat um eine “Aus-Zeit”, und wir vereinbarten, uns mit unseren Frauen zum Essen zu treffen. Es vergingen einige Jahre did dahin. Helen J. Crawford, PhD bat mich dann, auf dem SCEH Treffen von 1988 mein erstes klinisches Referat über meine Arbeit mit schwierigen Patienten und den kreativen Vorgang in der Psychotherapie zu halten. Ken, der derzeitige Präsident der SCEH war unter den Zuhörern. Am Abend, als wir bei dem Essen saßen, zu dem wir uns vor drei Jahren verabredet hatten, erzählte er mir, daß er nach meinem Vortrag mehrere Stunden lang alleine herumgelaufen sei – bewegt und tief in Gedanken über das, was ich vorgetragen hatte. Als mir seine Empfindsamkeit und sein Gefühl für andere bewußt wurden, stellte ich fest, daß zwischen uns eine tiefe Verbindung entstanden war. Wie ich so bin, hatte ich jahrelang gezögert, zu schreiben und vorzutragen. Auf Grund von Kens Reaktion spreche ich jetzt oft und ohne Hemmungen – überall in der Welt. Ich werde Ken für diesen Abend ewig dankbar sein, denn jetzt habe ich das Vertrauen, mein Werk mit anderen auf der ganzen Welt zu teilen. Übrigens wurde unsere Freundschaft zum lebendigen Beweis dafür, daß wir Kliniker und Wissenschaftler uns gegenseitig brauchen, um unsere Karrieren beiderseitig kreativ zu erweitern. Wir sollten diese grundlegende gegenseitigen Abhängigkeit auf unserem Gebiet nie vergessen. Meine Freundschaft zu Ken bestätigt dies eindrucksvoll.

Die Internationale Gesellschaft für Hypnose wird sich vom 21.-27. Juni 1997 mit unserem kompetenten Gastgebern, der Amerikanischen Gesellschaft für klinische Hypnose auf dem 14. Internationalen Kongreß für Hypnose in San Diego treffen. Wir wollen alle zusammenkommen, um unseren Tanz der Freundschaft und des Wachstums fortzusetzen! Das ist die größte Belohnung für unsere Arbeit.

Hochachtungsvoll,  
Peter B. Bloom, M.D. Präsident (revidiert am 4. August 1996)



## Lettera del Presidente

### “La danza dell’amicizia”

Caro/a collega dell’ISH:

Bernard Trenkle, Ph.D. (M.E.C.- Germania) recentemente ha condiviso con me questo detto turco: “La vera ricchezza di un uomo è la somma delle sue relazioni.”

Mi sento molto ricco e fortunato in quanto membro della nostra comunità internazionale di scienziati di rilievo e di clinici di grande perizia le cui carriere hanno illuminato i cieli di luce stellare.

Tristemente, desidero condividere con voi i miei vivi ricordi nel richiamare alla memoria quattro di quelle stelle scomparse di recente: David Waxman, L.R.C.P., M.R.C.S. (6 ottobre 1995); William S. Kroger, M.D. (4 dicembre 1995); David B. Cheek, M.D. (12 giugno 1996); e Kennet S. Bowers, Ph.D. (4 luglio 1996). Anche se appariranno articoli commemorativi più lunghi nelle nostre diverse pubblicazioni, commenterò brevemente sui miei sentimenti e su quanto ho appreso da ciascuno di loro.

Il dottor Waxman fu uno dei primi ad accogliermi in Inghilterra e al IV Congresso della Società Europea dell’Ipnosi nel 1987. Era la prima volta che andavo in Europa con le mie due figlie. Fece sia a loro che a me un’accoglienza calorosa e ci fece sentire come a casa nostra. Ricordo l’energia che dedicò al Congresso e, alcuni anni dopo, dagli Stati Uniti, gli mandai un paziente che si doveva stabilire a Londra. Ma David è e sarà sempre nel mio ufficio: solo la settimana scorsa ho dato da leggere il suo libro ad un paziente, *L’ipnosi, un’agida per i pazienti e per i professionisti* (1981) dicendogli: “Questo è quanto ha detto un saggio sull’ipnosi. Lo legga e si fidi – è una persona con un buon senso fuori del comune”. Grazie, David.

Il dottor Kroger condivise con me i successi della sua vita di cui era fiero, in seguito ad un breve incontro con lui diversi anni fa, quando mi venne chiesto di presentarlo e di discutere i suoi commenti mentre partecipava ad una tribuna di esperti a Los Angeles. Umile, amichevole e mirato esprimeva con disinvoltura le sue opinioni sull’argomento in discussione. Consapevole di aver appena incontrato un nobile intelletto, fui molto contento di ricevere ben presto da sua moglie, Jimmy Louise, il suo *curriculum vitae* completo. Notai con ammirazione l’energia, il coraggio e l’umanità che erano evidenti nelle sue pubblicazioni. Il mio ultimo contatto è stato postumo. Nel suo articolo “Un’intervista con William Kroger” (A.M.J. Clin. Hypn. 38:3, p. 170, Jan. 1996), Michael D. Yapko, Ph.D. ricorda che il dottor Kroger continuava a sottolineare “bisogna prendere a cuore il paziente”. Una degna sfida per ogni clinico: emulerò sempre il suo insegnamento saggio e accogliente suggerito dal suddetto commento. Sento che comincio a trovare quest’uomo dentro di me.

Il dottor Cheek ed io ci siamo incontrati molte volte a riunioni in tutto il mondo. Giovane e scettico dei suoi concetti sull’inconscio, mantenni i nostri contatti al livello di cordialità e di socievolezza, ma non troppo stretti. Coll’andare degli anni, mi trovai ad andargli incontro per dargli il benvenuto a diversi cocktail e a trascorrere piacevolmente il tempo con lui. Trovai che il suo lavoro era sempre più stimolante e, mentre io acquisivo sempre maggiore esperienza con pazienti che non rientrano nella norma terapeutica e mi sentivo più a mio agio condividendo le mie fonti di creatività nelle mie presentazioni pubbliche, cominciai a sentire un’insolita affinità con questo uomo e clinico gigante. Eppure sembra strano, riflettendoci, ricordare come lo sfidavo pubblicamente durante delle presentazioni, per notare poi che era presente fra il pubblico e che ascoltava con quel caldo sorriso di accettazione e, se posso dirlo, di amore. Credo ancora che sia andato troppo in là nella segnalazione idcomotoria, ma mi compiacchio all’idea che la mia crescita come terapeuta non sia completa. Conterò sul fatto di potermi guardare alle spalle di quando in quando per vedere David che sorride – un sorriso affascinante, aperto di chi accetta e di cui farò sempre tesoro.

Il dottor Bowers – Ken per me. Avevamo quasi la stessa età, ma appartenevamo a discipline completamente diverse. Lui era un ricercatore dotato, insegnante e facilitatore di carriere professionali nel suo laboratorio e nelle nostre società. Di pensiero rigoroso, era una persona estremamente umana. Ha avuto un profondo effetto nella mia carriera.

Nel 1985, Ken ed io ci siamo conosciuti per la prima volta al telefono. Ci era stato chiesto dagli organizzatori del X Congresso Internazionale di Toronto di risolvere un difficile problema. Se da un lato il nostro disaccordo aumentava, cominciai a riconoscere che potevamo ancora diventare buoni amici. Gli chiesi di incontrarci in territorio neutrale, quindi ci accordammo di incontrarci a cena con le rispettive mogli. Passarono diversi anni. Helen J. Crawford, Ph.D. mi chiese di presentare il mio primo contributo clinico sul mio lavoro con pazienti difficili e i miei pensieri sul pensiero creativo nella psicoterapia per l’incontro della SCEH del 1988. Ken, all’ora presidente della SCEH, ascoltò la mia presentazione. Quella sera, durante la cena che ci eravamo promessi tre anni prima, mi disse che aveva camminato da solo per diverse ore dopo la mia presentazione, commosso e pensoso su quanto avevo presentato. Rendendomi ben conto della sua sensibilità e dei suoi sentimenti per gli altri, capii che avevo preso contatto con lui ad un livello profondo. Per natura, avevo atteso con esitazione molti anni prima di mettermi a parlare e a scrivere, però, grazie alla reazione di Ken, adesso parlo frequentemente e apertamente in tutto il mondo. A proposito, la nostra relazione divenne prova vivente del fatto che noi clinici e scienziati abbiamo bisogno gli uni degli altri per invigorire creativamente le nostre reciproche carriere. Non dobbiamo mai dimenticare la necessità vitale di questa mutua dipendenza nel nostro campo, e la mia relazione con Ken lo conferma onorevolmente.



La Società Internazionale dell'Ipnosi costruisce ponti per capirci meglio, fra i nostri paesi, fra le nostre società e fra noi. La perdita di questi quattro grandi dal nostro firmamento ci ricorda ancora una volta quanto siamo ricchi e quanto lo siamo stati. Onoriamoci nel reconocer que i germi della loro grandezza sono dentro di noi. Che meravigliosa eredità per tutti noi. Che sfida ci hanno posto con amore e con l'esempio della loro vita.

La Società Internazionale dell'Ipnosi, con la nostra capace società ospitante La Società Americana dell'Ipnosi Clínica, si incontreranno ancora al XIV Congreso Internazionale dell'Ipnosi a San Diego, 21-27 giugno 1997. Riuniamoci per continuare la nostra danza dell'amicizia e della crescita. Questo è il proceso del nostro lavoro che dà più soddisfazione.

I miei rispetti,  
Peter B. Bloom, M.D., Presidente (revisión - 4 agosto 1996)

## Carta del Presidente

### "El baile de amistad"

Estimado Colega de la ISH:

Bernard Trankie, Ph. D. (M.E.C. -Alemania), hace poco me contó este proverbio turco: -"La verdadera riqueza de una persona es la suma de sus lazos de amistad."

Me siento rico y afortunado siendo miembro de nuestra comunidad internacional de destacados científicos y consumados médicos de clínica cuyas carreras han iluminado el firmamento con una brillantez estelar.

Con tristeza quiero compartir con ustedes mis profundos recuerdos al recordar a cuatro de estas estrellas fallecidas recientemente: David Waxman, L.R.C.P., M.R.C.S. (6 de octubre de 1995); William S. Kroger, M.D. (4 de diciembre de 1995); David B. Cheek, M.D. (12 de junio de 1996); y Kenneth S. Bowers, Ph D. (4 de julio de 1996). Aunque están apareciendo recuerdos más extensos en nuestras diferentes revistas y boletines, voy a hacer unos breves comentarios acerca de mis sentimientos y sobre lo que he aprendido de cada uno de ellos.

El doctor Waxman fue uno de los primeros en darme la bienvenida a Inglaterra y al IV Congreso de la Sociedad Europea de Hipnosis en 1987. Era la primera vez que viajaba a Europa con mis dos hijas. Nos recibió efusivamente y nos hizo sentir como en casa. Recuerdo sus esfuerzos dedicados a ese Congreso; y unos años más tarde, le remití un

paciente estadounidense que se estaba trasladando a Londres. Pero David está, y siempre estará en mi oficina. Apenas la semana pasada le di a uno de mis pacientes su libro titulado "La Hipnosis, una guía para pacientes y practicantes" (1981), para que lo leyera y le dije «Aquí tiene lo que un hombre sabio ha dicho sobre la hipnosis. Léalo y confíe en él -es una persona de un sentido común insólito». Gracias David.

El doctor Kroger compartió conmigo su sentido de orgullo y de logro del trabajo de toda su vida después de una breve reunión, hace unos años cuando me pidieron que lo presentara y hablara sobre sus comentarios en un panel de la SCEH en Los Angeles. Una persona humilde, amigable y de gran concentración, expresó con gran facilidad sus opiniones sobre el tema tratado. Consciente de que había acabado de conocer un intelecto noble, me alegró mucho recibir al poco tiempo su curriculum vitae completo, enviado por su esposa Jimmy Louise. Me maravilló la energía, el valor y la humanidad tan evidente en sus trabajos publicados. Mi último y breve contacto con él tuvo lugar póstumamente. En su informe titulado "Una entrevista con William Kroger" (AM. J. Clin. Hypn 38:3, p. 170, enero 1996), Michael D. Yapko, Ph. D., recuerda que el doctor Kroger subrayaba repetidamente, «Hága entrar el paciente a su corazón». Un desafío digno de todo médico de clínica: Siempre emularé su afectuosa y sabia enseñanza que este comentario sugiere. Siento que empiezo a encontrar a este hombre dentro de mí mismo.

Con el doctor Cheek nos encontramos muchas veces en reuniones en todo el mundo. Siendo joven y escéptico sobre sus conceptos del inconsciente, mantuve nuestros contactos cordiales, sociales y no muy cercanos. A medida que pasaba el tiempo, me encontré yendo a saludarlo en reuniones de cóctel y disfrutando pasar el tiempo con él. Encontré su trabajo cada vez más estimulante, y a medida que adquiría más y más experiencia con pacientes que parecían no "encajar en las normas" de terapia, y a medida que me sentía más cómodo compartiendo mis propias fuentes de creatividad en mis presentaciones públicas, empecé a sentir una intimidad inusitada hacia este gigante de hombre y médico de clínica. Sin embargo parece extraño, pensándolo bien, recordar haberlo desafiado públicamente en conferencias, y solamente notar que él se encontraba en la audiencia escuchando con esa sonrisa afectuosa de aceptación y, casi diría, amor. Todavía pienso que él se excedió demasiado con «la señalación ideomotora», pero me regocijo de que mi propio crecimiento como terapeuta no está completo. Contaré con mirar hacia atrás de vez en cuando y ver a David sencillamente sonriéndose -una sonrisa de aceptación, de simpatía y apertura que siempre guardaré como un tesoro.

Con el doctor Bowers -a quien llamaba familiarmente Ken- eramos casi de la misma edad, pero de dos disciplinas verdaderamente diferentes. El fue un talentoso investigador, profesor y facilitador de carreras profesionales en su laboratorio y en nuestras sociedades. Riguroso en su pensar, fue una persona enteramente humanitaria y que influyó profundamente en mi propia carrera.



Ken y yo nos conocimos por teléfono en 1985. Los organizadores del X Congreso Internacional en Toronto nos habían pedido resolver un asunto difícil. A medida que disintíamos más y más, empecé a darme cuenta de que a pesar de todo podríamos llegar a ser amigos íntimos. Pedí un "intervalo" en el que convinimos conocernos en una cena con nuestras esposas. Pasaron varios años. Helen J. Crawford, Ph. D., me pidió presentar mi primera ponencia clínica sobre mi trabajo con pacientes difíciles y mis ideas acerca del proceso creativo en sicoterapia para la reunión del SCEH de 1988. Esa noche, en la cena que nos habíamos prometido tres años antes, me dijo que había caminado solo por varias horas después de mi charla conmovido y pensativo por lo que yo había presentado. Al darme cuenta cabal de su sensibilidad y sentimientos por los demás, comprendí que me había comunicado profundamente con él. Por naturaleza, yo había esperado indecisa mente muchos años antes de escribir o hablar, pero con la respuesta de Ken ahora hablo abierta y frecuentemente por todo el mundo. Siempre agradeceré que, como Ken compartió sus sentimientos conmigo esa noche, ahora comparto con mucha confianza mi trabajo con otros alrededor del mundo. A propósito, nuestra amistad se convirtió en prueba fehaciente de que nosotros los médicos de clínica y los científicos nos necesitamos unos a otros para mejorar creativamente nuestras carreras mutuas. Nunca debemos olvidarnos de la necesidad vital de esta dependencia en nuestro campo; y mi amistad con Ken confirma esa prueba con honor.

La Sociedad Internacional de Hipnosis construye puentes de entendimiento entre nuestros países, nuestras sociedades y nosotros mismos. La desaparición de nuestro firmamento de estos cuatro grandes hombres nos recuerda una vez más lo ricos que somos y que hemos sido. Que cada uno de nosotros le rinda homenaje a cada uno de ellos viviendo nuestra vida en excelencia y logro. Que cada uno de nosotros se rinda homenaje a sí mismo dándose cuenta de que las semillas de su grandeza se encuentra también dentro de nosotros mismos. Qué legado maravilloso para todos nosotros. Qué desafío nos han dado cariñosamente ellos con el ejemplo de sus vidas.

La Sociedad Internacional de Hipnosis, con nuestra competente sociedad anfitriona La Sociedad Norteamericana de Hipnosis Clínica, se reunirá otra vez en el XIV Congreso Internacional de Hipnosis en San Diego, del 21 al 27 de junio de 1997. Reunámonos todos para continuar nuestro baile de amistad y crecimiento. Es el proceso más satisfactorio de nuestro trabajo.

Respetuosamente,

Peter B. Bloom, M.D., Presidente (Revisada el 4 de agosto de 1996).

## Lettre du Président

### «La danse de l'amitié»

Cher(e) collègue de l'ISH,

Bernard Trenkle, Ph.D. (M.E.G.- Allemagne) m'a récemment fait part d'un dicton turc selon lequel «La vraie richesse d'un homme est la somme de ses relations.»

Je me sens très riche car j'ai la chance d'appartenir à notre communauté internationale de scientifiques hors pair et de cliniciens accomplis dont la carrière a illuminé les cieux de son éclat stellaire.

C'est avec tristesse que je voudrais partager avec vous mes souvenirs poignants de quatre de ces étoiles qui sont mortes récemment; David Waxman, L.R.C.P., M.R.C.S. (6 octobre 1995), William S. Kroger, M.D. (4 décembre 1995), David B. Cheek, M.D. (12 juin 1996) et Kenneth S. Bowers, Ph.D. (4 juillet 1996). Comme de plus amples témoignages sont en train de paraître dans nos revues et bulletins, je me contenterai de faire quelques brèves remarques sur mes sentiments et ce que j'ai appris de chacun d'eux.

Le Dr. Waxman fut l'un des premiers à m'accueillir en Angleterre et au 4<sup>ème</sup> Congrès de l'European Society of Hypnosis en 1987. C'était la première fois que je voyageais en Europe avec mes deux filles. Son accueil chaleureux nous mit tout de suite à l'aise. Je me souviens des efforts qu'il déploya pour ce congrès. Quelques années plus tard, je lui ai référé un patient des États-Unis qui s'installait à Londres. Mais David est et sera toujours présent dans mon cabinet: la semaine dernière, j'ai donné son livre à lire à un patient, «Hypnosis: a guide for patients and practitioners» («Hypnose: Guide pour patients et praticiens») (1981) en lui disant: «Voici ce qu'un sage a écrit au sujet de l'hypnose. Lisez-le et faites-lui confiance – il possède un bon sens hors du commun.» Merci, David.

Le Dr. Kroger, quant à lui, me fit partager le sentiment de fierté et de contentement qu'il éprouvait à l'égard du travail accompli au cours de sa vie, lors d'une brève rencontre, il y a un certain nombre d'années, alors qu'on m'avait demandé de le présenter et de commenter ses observations en tant que membre d'un panel de la SCEH à Los Angeles. Humble, aimable, ferme sur ses positions, il exprimait avec facilité ses opinions sur le sujet du débat. Conscient d'avoir rencontré un homme d'une intelligence supérieure, je fus très heureux de recevoir peu après de son épouse, Jimmy Louise, son curriculum vitae complet. Je m'émerveillais de l'énergie, du courage et de l'humanité qui se manifestaient dans ses publications. Mon dernier contact, de courte durée, eut lieu après sa mort. Dans son reportage «An interview with William Kroger» (AM. J. Clin. Hypn 38:3, p. 170, janv. 1996), Michael D. Yapko, Ph.D., se souvient du Dr. Kroger soulignant à maintes reprises qu'il fallait «prendre le patient dans son



coeur>. Un défi qui mérite d'être relevé par chaque clinicien: je m'efforcerais toujours de suivre le chaleureux et sage précepte que cette aphorisme laisse entendre. Je sens que je commence à trouver cet homme à l'intérieur de moi-même.

Le Dr. Cheek et moi nous sommes rencontrés bien des fois au cours de réunions tenues dans le monde entier. Jeune et sceptique sur ses concepts de l'inconscient, je faisais en sorte que nos rapports restent cordiaux, mondains et pas trop étroits. Avec le temps, j'allais le saluer sans réticence aux cocktails et j'éprouvais même du plaisir à passer du temps en sa compagnie. Je trouvais son travail de plus en plus stimulant et, au fur et à mesure que mon expérience des patients qui ne semblaient pas «se conformer aux règles» de la thérapie augmentait et que je me sentais plus à l'aise lorsqu'il s'agissait de partager mes propres sources de créativité au cours de mes communications, je commençais à me sentir étrangement proche de cet homme et clinicien remarquable. Avec le recul, je trouve étrange de l'avoir affronté ouvertement, au cours de conférences, et de me rendre compte ensuite qu'il était là, dans la salle, et qu'il m'écoutait avec un chaleureux sourire d'approbation et, pourquoi pas, d'amour. Je persiste à penser qu'il est allé trop loin en proposant sa théorie de la signalisation idéomotrice et pourtant je me réjouis que mon propre développement en tant que thérapeute ne soit pas achevé. Je compte bien regarder par-dessus mon épaule de temps en temps pour voir le sourire de David – un sourire approuvateur, plein de charme et de franchise que je conserverai précieusement.

Le Dr. Bowers – que j'appelais par son prénom, Ken. Nous avions à peu près le même âge, mais nous nous intéressions à des disciplines très différentes: Ken était un extraordinaire chercheur, professeur et facilitateur de carrières professionnelles dans son laboratoire comme dans nos sociétés, rigoureux dans son raisonnement et d'un tempérament foncièrement humain. Il a profondément influencé ma propre carrière.

Ken et moi nous fîmes connaissance au téléphone, en 1985. Les organisateurs du 10<sup>ème</sup> Congrès international de Toronto nous avaient demandé de résoudre un problème épineux. Malgré nos désaccords de plus en plus fréquents, je me rendis compte que nous pouvions quand même être très proches. Je demandai un «temps de repos» au cours duquel nous convînmes de nous retrouver pour un dîner avec nos épouses. Plusieurs années s'écoulèrent. Helen J. Crawford, Ph. D., me demanda, à l'occasion de la réunion de la SCEH en 1988, de faire une communication sur mon travail avec des patients difficiles et la démarche créatrice en psychothérapie. Ce soir-là, au dîner que nous nous étions promis trois ans auparavant, il me confia qu'il s'était promené seul pendant plusieurs heures après ma communication, en faisant repasser dans son esprit ce que je venais de dire. En prenant conscience de sa sensibilité et de sa prévenance envers autrui, je me rendis compte de la profondeur de mes relations avec lui. À cause de mon tempérament, j'avais longtemps hésité avant d'écrire et de parler; cependant, grâce à la

réaction de Ken, je prends souvent la parole aujourd'hui dans le monde entier. Tout comme Ken s'ouvrit à moi ce soir-là, je peux maintenant m'ouvrir à mon tour et partager avec assurance mon travail avec d'autres praticiens du monde entier. Soit dit en passant, nos relations sont la preuve vivante que nous autres cliniciens et scientifiques avons besoin les uns des autres pour améliorer nos carrières respectives de manière créative. Nous ne devons jamais oublier la nécessité vitale de cette interdépendance dans notre domaine; mes rapports avec Ken en sont la preuve honorable.

L'International Society of Hypnosis jette des ponts de compréhension entre nos pays, nos sociétés et nous-mêmes. La disparition de ces quatre grands hommes de notre firmament nous rappelle une fois de plus notre richesse présente et passée. Rendons-leur hommage en vivant notre vie à la recherche de l'excellence et des réalisations. Rendons-nous hommage à nous-mêmes en acceptant que les germes de leur grandeur existent également en nous. Quel merveilleux héritage ils ont laissé à chacun d'entre nous. Quel affectueux défi ils nous lancent par l'exemple de leur vie.

L'International Society of Hypnosis, ainsi que notre société hôte, l'American Society of Clinical Hypnosis, se réuniront à nouveau à l'occasion du 14<sup>ème</sup> Congrès international sur l'hypnose qui se tiendra à San Diego du 21 au 27 juin 1997. Rassemblons-nous pour continuer notre danse de l'amitié et du développement personnel. C'est l'aspect le plus enrichissant de notre travail.

Respectueusement,

Peter B. Bloom, M.D., Président (révisé le 4 août 1996)

## From Secretary/Treasurer

Dear Colleagues,

Regards and best wishes from Melbourne. I hope those of you in the Northern hemisphere are enjoying a pleasant summer and perhaps have had time for a vacation to recover from the stresses and strains of clinical and academic duties. In the Southern hemisphere, we are awaiting the arrival of spring and looking forward to our summer with great anticipation.

I wish to report on a number of issues that have fallen within my responsibilities over the last few months.

1. The office bearers of ISH are examining the possibility of establishing an International Society of Hypnosis (ISH) page on the world wide web. We would be interested in any information that members can provide and suggested sites where this may be best accessible.



2. It is with a feeling of pride that I wish to acknowledge the generosity of two of our societies. The NvvH society from the Netherlands has generously offered to pay for 10 subscriptions to the International Journal of Clinical & Experimental Hypnosis to be made available to those countries and societies who cannot afford the required \$USD139.00 subscription fee. The MEG of Germany has continued to fund the membership of the Hungarian Association of Hypnosis for its second year. It is again with great pride that we thank our colleagues for their generosity. Such generosity is to be applauded and I hope that some of the larger societies around the world may join with their colleagues in being generous and supportive of those countries where funding is difficult to obtain.
3. As you will have noticed the Letter from the President, the Secretary/Treasurer's report and the report from Central Office have been translated into other languages. This is to make the newsletter readable and user friendly to as many of our colleagues as possible. The number of languages to be incorporated is not completely finalised and may be adjusted and amended from time to time as required by our changing membership.
4. I would urge all of you to consider attending the 14th International Congress of Hypnosis to be held in San Diego, June 21-27 next year. Please mark these dates in your diary and inquire now as to appropriate travel arrangements. This meeting will be a truly exciting meeting I can assure you. The Executive have been involved in its planning and note that the Congress chairman and his team are doing an excellent job in putting together a truly stimulating and yet friendly meeting. (They tell me San Diego is also a beautiful part of America and well worth the visit)
5. As Secretary/Treasurer I will be putting a proposal to the European Society of Hypnosis that for the purposes of group membership it be considered as one society. The way the group membership process operates is that if a society can bring sufficient members to the International Society of Hypnosis as a group, then it can be done at a reduced cost. The society concerned who bring say 500 members at a cost of \$USD35.00 must also mail-out the newsletters of ISH with their mailouts and therefore be prepared to cover some additional costs. To date, only the Australian Society of Hypnosis has taken advantage of this offer, while negotiations have been undertaken with several other groups. In ensuring a truly international representation we are keen to boost the membership and reduce the cost. Consider talking to your national constituent society about the possibility of a group joining on mass at a reduced cost.
6. We are now preparing the directory of the International Society of Hypnosis for publication in 1997. Only paid up members of the society will be included in this directory. Please check the information which you receive, verifying the details we

have are accurate. We would like to include your qualifications and additionally fax and/or e-mail addresses. Please return this information to the ISH Central Office, no later than December, 1996.

I look forward to seeing many of you in Budapest at the European Society of Hypnosis meeting which will be over by the time you receive this newsletter. Particularly, I hope that many of you will take the opportunity to come to San Diego to share in the excellence of the program and social activities which are being offered there.

Robb Stanley  
Secretary/Treasurer, ISH

## Bericht Des Sekretärs/Kassenwartes

Liebe Kollegen und Kolleginnen,

Viele herzliche Grüße aus Melbourne! Ich hoffe, daß diejenigen unter Ihnen, die auf der nördlichen Halbkugel leben, einen angenehmen Sommer genießen und vielleicht auch Zeit für einen Urlaub hatten, um sich vom Streß und den Belastungen zu erholen, die die klinischen und akademischen Aufgaben mit sich bringen. Auf der südlichen Halbkugel erwarten wir die Ankunft des Frühlings und freuen uns auch schon sehr auf den Sommer!

Ich möchte Ihnen hier über ein paar Angelegenheiten berichten, für die ich seit einigen Monaten verantwortlich bin.

1. Die Amtsträger der ISH erkunden z. Zt. die Möglichkeit, eine Seite der "International Society of Hypnosis (ISH)" im world wide web (www) einzurichten. Wir sind an allen Informationen unserer Mitglieder interessiert – auch an Vorschlägen darüber, welche "sites" am zugänglichsten sind.
2. Mit besonderem Stolz möchte ich zweien unserer Gesellschaften meinen Dank für ihre Großzügigkeit aussprechen. Die NvvH Gesellschaft der Niederlande hat großzügig angeboten, für 10 Abonnements des "International Journal of Clinical & Experimental Hypnosis" aufzukommen und diese Journale den Ländern und Gesellschaften zur Verfügung zu stellen, die sich den erforderlichen Abonnementpreis von US \$139.00 nicht leisten können. Die MEG in Deutschland finanziert schon im sweiteren Jahr die Mitglieder der Ungarischen Gesellschaft für Hypnose, d.h. schon im zweiten Jahr. Mit großem Stolz danken wir unseren Kollegen und Kolleginnen nochmals für ihre Großzügigkeit. Eine solche Großzügigkeit ist lobenswert, und ich hoffe, daß auch andere größere Gesellschaften



rund um die Welt ihren Kollegen und Kolleginnen nacheifern werden und die Länder, denen die Finanzierung Schwierigkeiten bereitet, großzügig unterstützen werden.

3. Wie Sie sicher schon bemerkt haben, sind die Briefe des Präsidenten, des Sekretärs/Kassenwartes und der Bericht der Hauptgeschäftsstelle in andere Sprachen übersetzt worden. Dies soll das Rundschreiben "benutzerfreundlich" und möglichst vielen Kollegen und Kolleginnen zugänglich machen. Die endgültige Anzahl der Sprachen, die im Rundschreiben enthalten sind, ist noch nicht festgelegt und wird sich möglicherweise von Zeit zu Zeit ändern, um unserer wechselnden Mitgliedschaft gerecht zu werden.
4. Ich möchte Ihnen allen dringend empfehlen, an eine Teilnahme am 14. Internationalen Hypnose-Kongreß, der nächstes Jahr vom 21.-27. Juni in San Diego stattfindet, zu denken. Bitte notieren Sie dieses Datum in Ihrem Kalender und erkundigen Sie sich schon jetzt nach den entsprechenden Reisemöglichkeiten! Ich kann Ihnen versichern, daß es ein wirklich einmaliges Treffen sein wird! Das Vorstandskomitee hat an der Planung teilgenommen und stellt fest, daß der Vorsitzende des Kongresses und sein Team dabei sind, etwas Großartiges zu leisten und ein wahrhaftig anregendes aber auch freundliches Treffen zu organisieren. (Wie mir gesagt wurde, gehört San Diego auch zu den schöneren Teilen Amerikas und ist wirklich einen Besuch wert!)
5. Als Sekretär/Kassenwart werde ich der Europäischen Gesellschaft für Hypnose den Vorschlag machen, daß sie zum Zweck der Gruppenmitgliedschaft als eine Gesellschaft betrachtet wird. Für den Fall der Gruppenmitgliedschaft sieht es folgendermaßen aus: Wenn eine Gesellschaft genügend Mitglieder als Gruppe in die International Society of Hypnosis bringt, kann das mit niedrigeren Kosten geschehen. Eine Gesellschaft, die z.B. 500 Mitglieder zu je US \$ 35.00 bringt, muß auch das ISH-Rundschreiben mit ihren eigenen Sendungen verschicken und hat damit zu rechnen, zusätzliche Kosten decken zu müssen. Bis heute hat nur die Australische Gesellschaft für Hypnose dieses Angebot ausgenutzt, während mit verschiedenen anderen Gruppen Verhandlungen stattgefunden haben. Wir sind sehr daran interessiert, die Mitgliederzahl anzukurbeln und die Kosten zu senken, um uns eine wirklich internationale Repräsentation zu sichern: Warum sprechen Sie nicht einfach mit der konstituierenden Gesellschaft Ihres Landes über einen preisgünstigeren "Massenbeitritt" als Gruppe?
6. Wir bereiten jetzt das Verzeichnis der International Society of Hypnosis zur Veröffentlichung im Jahre 1997 vor. Nur die Mitglieder, die ihren Beitrag bezahlt haben, werden in diesem Verzeichnis aufgeführt. Bitte überprüfen Sie die Ihnen zugesandte Information und bestätigen Sie, daß die Details, die uns über Sie

vorliegen, richtig sind. Wir würden gerne Ihre Qualifikationen und alle zusätzlichen Fax- und/ oder e-mail – Adressen einbeziehen. Bitte schicken Sie diese Information bis spätestens Dezember 1996 an die ISH-Hauptgeschäftsstelle.

Ich freue mich schon sehr, viele von Ihnen in Budapest auf dem Teffen der Europäischen Gesellschaft für Hypnose zu sehen – das natürlich längst vorbei sein wird, wenn Sie dieses Rundschreiben bekommen! Ich hoffe aber ganz besonders, daß viele von Ihnen die Gelegenheit wahrnehmen werden, nach San Diego zu kommen, um an dem ausgezeichneten Programm und den gesellschaftlichen Veranstaltungen teilzunehmen.

Robb Stanley  
Sekretär/Kassenwart

## Rapporto del Segretario/Tesoriere

Gentili colleghi,

Tanti saluti da Melbourne. Spero che quelli di voi che si trovano nell'emisfero nord si stiano godendo una piacevole estate e che abbiano avuto il tempo di fare una vacanza per riprendersi dagli stress e dalle tensioni dei nostri doveri clinici ed accademici. Nell'emisfero sud, stiamo aspettando l'arrivo della primavera e non vediamo l'ora che arrivi la nostra estate.

Desidero informarvi su diverse questioni che sono rientrate nell'ambito delle mie responsabilità negli ultimi mesi.

1. I rappresentanti ufficiali dell'ISH stanno considerando la possibilità di istituire una pagina sulla rete mondiale "Web" (world wide web) per la Società Internazionale dell'Ipnosi (ISH). Desideriamo ricevere tutte le informazioni che i soci possono fornire e suggerimenti sul "site" in cui le informazioni possono essere rese accessibili.
2. Desidero riconoscere con orgoglio la generosità di due delle nostre società. La Società NvvH dei Paesi Bassi ha generosamente offerto di pagare 10 abbonamenti della rivista internazionale "International Journal of Clinical & Experimental Hypnosis" per metterli a disposizione di quei paesi e di quelle società che non possono permettersi l'abbonamento di \$U.S. 139.00. La MEG tedesca ha continuato a sovvenzionare l'iscrizione dell'Associazione Ungherese dell'Ipnosi per il secondo anno. Ringraziamo ancora con molto orgoglio i nostri colleghi per la loro generosità. Tanta generosità va applaudita e spero che alcune delle società più grandi che si trovano nei vari paesi del mondo si uniscano in generosità ai loro colleghi e sostengano quei paesi dove è difficile ottenere finanziamenti.



3. Come avrete notato, la lettera del presidente, il rapporto del segretario/tesoriere e il rapporto dell'ufficio centrale sono stati tradotti in altre lingue. Ciò è per rendere leggibile e di facile comprensione al maggior numero possibile dei nostri colleghi la nostra circolare. Il numero di lingue da incorporare non è ancora finalizzato e può essere cambiato e modificato di quando in quando secondo le esigenze dei nostri iscritti che variano.
4. Desidero incoraggiarvi tutti a partecipare al XIV Congresso Internazionale dell'ipnosi che si terrà a San Diego, il 21-27 giugno l'anno prossimo. Vi prego di segnarvi le date sul diario e di informarvi ora sull'appropriata organizzazione del viaggio. L'incontro sarà veramente entusiasmante ve lo assicuro. Il comitato esecutivo è stato coinvolto nella programmazione e nota che il presidente del congresso e la sua équipe stanno eseguendo un ottimo lavoro nell'organizzare una riunione molto stimolante ma anche molto amichevole. (Mi dicono che San Diego è anche in una bella parte dell'America e che vale la pena di andarla a vedere)
5. Come Segretario/Tesoriere, presenterò una proposta alla Società Europea dell'Ipnosi che, per gli scopi delle iscrizioni di gruppo sia considerata come una sola società. Il modo in cui funziona il processo d'iscrizione di gruppo è che se una società può portare con sé abbastanza soci nella Società Internazionale dell'Ipnosi come gruppo, allora può iscriversi ad un costo ridotto. La società in questione che porti diciamo 500 soci pagando \$U.S. 35.00, deve anche spedire le circolari dell'ISH insieme alle altre circolari e quindi essere disposta a sobbarcarsi dei costi aggiuntivi. Finora, soltanto la Società Australiana dell'Ipnosi si è avvalsa di tale offerta, mentre sono iniziati i negoziati con diversi altri gruppi. Nell'assicurarci di essere rappresentati ad un livello veramente internazionale ci teniamo ad accrescere il numero degli iscritti e a ridurre il costo. Considerate la possibilità di parlare con la vostra società costituente nazionale della possibilità dell'iscrizione in massa di un gruppo ad un costo ridotto.
6. Stiamo preparando l'elenco della Società Internazionale dell'Ipnosi per pubblicarlo nel 1997. Soltanto i soci in regola con i pagamenti della società saranno inclusi in questo elenco. Vi prego di controllare le informazioni che ricevete, verificando se i particolari sono corretti. Vorremmo includere le vostre qualifiche e inoltre i recapiti fax ed e-mail. Vi prego di far avere queste informazioni all'Ufficio Centrale dell'ISH, non più tardi di dicembre 1996.

Attendo con piacere di incontrare molti di voi a Budapest per l'incontro della Società Europea dell'Ipnosi che, quando riceverete questa circolare avrà già avuto luogo. In modo particolare, spero che molti di voi coglieranno l'occasione di venire a San Diego per condividere l'eccellenza del programma e le attività sociali offerte in quell'occasione.

Robb Stanley

Segretario/Tesoriere, ISH

## Informe del Secretario-Tesorero

Estimados Colegas,

Saludos y los mejores deseos desde Melbourne. Espero que quienes vivan en el hemisferio norte estén disfrutando un verano agradable y que talvez hayan tenido tiempo para tomar vacaciones y recuperarse de las presiones y tensiones de las tareas académicas y clínicas. En el hemisferio sur estamos esperando la llegada de la primavera y ansiamos el verano con grandes ilusiones.

Quiero informar sobre ciertos asuntos que me han correspondido dentro de mis responsabilidades durante los últimos meses.

1. La directiva de la ISH está examinando la posibilidad de establecer una página de la ISH en el *world wide web*. Estamos interesados en recibir cualquier información que los miembros puedan proporcionarnos y sugerencias de sitios donde se pueda tener el mejor acceso.
2. Es con orgullo que quiero agradecer la generosidad de dos de nuestras sociedades. La sociedad "Nvvh" de Holanda ha ofrecido generosamente pagar por 10 suscripciones al "*International Journal of Clinical & Experimental Hypnosis*", poniéndolas a disposición de aquellos países y sociedades que no pueden pagar los \$139.00 dólares americanos que cuesta la suscripción. El MEG de Alemania ha financiado la membresía de la Asociación Húngara de Hipnosis por un segundo año. Nuevamente con orgullo le agradecemos a nuestros colegas su generosidad. Esta generosidad se debe aplaudir y espero que otras sociedades más grandes alrededor del mundo puedan unirse a sus colegas siendo generosos y apoyando a aquellos países en los que es difícil obtener fondos.
3. Como habrán notado, la Carta del Presidente, el informe del Secretario-Tesorero y el informe de la Oficina Central han sido traducidos a otros idiomas. Esto es para que el boletín pueda ser leído con más facilidad por el mayor número posible de miembros. El número de idiomas a incluirse no ha sido finalizado completamente y podrá ser ajustado y cambiado de vez en cuando de acuerdo a como lo exija los cambios en la membresía.
4. Desearía urgir a todos a que asistan al XIV Congreso Internacional de Hipnosis en San Diego, del 21 al 27 de junio del próximo año. Por favor señalen estas fechas en su agenda y averigüen ahora sobre los arreglos de viaje apropiados. Les puedo asegurar que ésta va a ser una reunión verdaderamente interesante. El Ejecutivo ha participado en la planificación y noten que el presidente del Congreso y su equipo han desarrollado una excelente labor organizando una reunión verdaderamente estimulante y acogedora al mismo tiempo. (Me han dicho que San Diego es también una hermosa parte de los Estados Unidos que vale la pena visitar).



5. Como Secretario-Tesorero voy a presentar una propuesta a la Sociedad Europea de Hipnosis en la que para fines de membresía de grupo se le considere como una sola sociedad. La manera como funciona el proceso de membresía de grupo consiste en que si una sociedad puede aportar suficientes miembros a la ISH como grupo, entonces puede hacerse a un costo reducido. La sociedad interesada que aporte, digamos, 500 miembros a un costo de \$35 U.S. dólares, deberá también enviar los boletines de la ISH junto con sus propias comunicaciones y estar, por lo tanto preparada a cubrir algunos costos adicionales.

Hasta la fecha, sólo la Sociedad Australiana de Hipnosis ha aprovechado esta oferta, y se han emprendido negociaciones con varios otros grupos. A fin de asegurar una representación verdaderamente internacional estamos deseosos de aumentar la membresía y reducir el costo. Piensen en hablar con su sociedad nacional constitutiva sobre la posibilidad de que un grupo se afilie en masa a un costo reducido.

6. Actualmente estamos preparando la publicación del directorio de la ISH para 1997. En él serán incluidos solamente los miembros que hayan pagado su cuota. Por favor verifiquen la información que reciban para estar seguros de que los datos que tenemos son correctos. Nos gustaría incluir títulos y adicionalmente el número de facsímile y/o la dirección para el correo electrónico (*e-mail*). Por favor devuelvan esta información a la Oficina Central de la ISH antes de diciembre de 1996.

Espero verme con muchos de ustedes en la reunión de la Sociedad Europea de Hipnosis en Budapest, que ya habrá terminado cuando reciban esta carta. Especialmente, espero que muchos de ustedes aprovechen la ocasión de ir a San Diego para que tomen parte en el excelente programa y actividades sociales que se ofrecerán allí.

Robb Stanley  
Secretario-Tesorero de la ISH

## Rapport du Secrétaire/Trésorier

Chers collègues,

Amitiés et meilleurs vœux de Melbourne. J'espère que ceux d'entre vous qui habitent l'hémisphère nord profitent d'un été agréable et auront peut-être le temps de prendre des vacances pour se remettre du stress de leurs tâches cliniques et universitaires. Dans l'hémisphère sud, nous attendons avec impatience l'arrivée du printemps et de l'été.

J'ai l'honneur de vous présenter ci-dessous mon rapport sur un certain nombre de problèmes dont la responsabilité m'est incombée au cours des derniers mois.

1. Les membres du comité directeur de l'ISH sont en train d'étudier la possibilité d'ouvrir une page International Society of Hypnosis (ISH) sur le World Wide Web. Nous serions reconnaissants à nos membres de nous faire parvenir toute information utile et de suggérer les sites où cette page serait le plus facilement accessible.
2. C'est avec un sentiment de fierté que je remercie deux de nos sociétés de leur générosité. La société NvvH des Pays-Bas a généreusement offert de payer 10 abonnements de 139.00 \$ US à l'International Journal of Clinical & Experimental Hypnosis à l'intention des pays et des sociétés qui n'ont pas les moyens de s'y abonner. La MEG d'Allemagne continue de financer, pour la deuxième année consécutive, l'adhésion de l'Association d'hypnose hongroise. Une fois de plus, nous sommes très fiers de remercier nos collègues de leur générosité. Il faut applaudir cette générosité et j'espère que certaines des sociétés plus importantes de par le monde feront de même et apporteront leur soutien aux pays qui connaissent des difficultés de financement.
3. Comme vous l'aurez remarqué, la Lettre du Président, le Rapport du Secrétaire/Trésorier et le Rapport du Bureau central ont été traduits dans d'autres langues, afin de faciliter la lecture de notre Newsletter (Bulletin) par le plus grand nombre possible de nos collègues. Le nombre de langues n'a pas encore été décidé et sera peut-être modifié de temps à autre, en fonction de l'évolution des besoins de nos membres.
4. Je vous conseille vivement à toutes et à tous d'assister au 14<sup>ème</sup> Congrès international sur l'hypnose qui se tiendra à San Diego l'année prochaine, du 21 au 27 juin. Veuillez noter ces dates dans votre agenda et vous renseigner dès maintenant sur les réservations nécessaires. Je peux vous assurer que ce sera une réunion vraiment excitante. La Direction a été impliquée dans sa planification et il faut dire que le président du congrès et son équipe font du bon travail et sont en train d'organiser une réunion vraiment stimulante tout en demeurant conviviale. (On me dit aussi que San Diego est une belle région des États-Unis et vaut bien la visite)
5. En ma qualité de Secrétaire/Trésorier, je proposerai à l'European Society of Hypnosis de l'assimiler à une société unique en matière d'adhésion en groupe. L'adhésion en groupe fonctionne de la façon suivante: si une société peut recruter un nombre suffisant d'adhérents à l'International Society of Hypnosis en tant que groupe, cela entraîne une réduction des frais. Une société qui recrute, disons 500 membres, à raison de 35 \$ US par membre, est également tenue d'envoyer les



bulletins de l'ISH en même temps que ses propres communications et doit, par conséquent, être disposée à assumer des frais supplémentaires. À ce jour, seule l'Australian Society of Hypnosis a profité de cette offre, mais des négociations sont en cours avec plusieurs autres groupes. Désireux d'assurer une représentation véritablement internationale, nous tenons beaucoup à augmenter le nombre de nos adhérents et à réduire les coûts. Ce serait peut-être une idée de vous mettre en rapport avec votre société constituante nationale pour évoquer la possibilité d'une adhésion en groupe à prix réduit.

6. L'annuaire de l'International Society of Hypnosis, dont la publication est prévue pour 1997, est en cours de préparation. Seuls les membres ayant payé leur cotisation figureront dans cet annuaire. Veuillez vérifier que vos coordonnées sont exactes sur les notices que vous recevez. Nous voudrions inclure vos titres et diplômes, ainsi que votre numéro de télécopie et/ou adresse de courrier électronique (e-mail). Veuillez faire parvenir ces renseignements au Central Office (Bureau central) de l'ISH avant décembre 1996.

Je me réjouis de vous retrouver beaucoup d'entre vous à Budapest, à la réunion de l'European Society of Hypnosis qui sera terminée quand vous recevrez ce bulletin. J'espère tout particulièrement que vous serez nombreux à profiter de l'occasion pour venir à San Diego afin de participer à l'excellent programme et aux activités sociales proposées.

Robb Stanley  
Secrétaire/Trésorier, ISH

## Central Office Report

The staff in Central Office continue to work with the President and Secretary-Treasurer to help create "bridges of understanding" between ISH, Constituent Societies, and members of the ISH and other hypnosis societies. Most recently, this cooperation was reflected in the ISH representation at the European Congress of Hypnosis, held in Budapest, Hungary, in August. Both our President, Peter B. Bloom and Secretary-Treasurer, Robb O. Stanley, attended the Congress and ISH was also represented by Karyn Harte, our Administrative Assistant.

The next major Congress of the ISH will be the 14th Congress, being held in San Diego, California, USA, 21-27 June 1997. You will have, or will shortly receive an invitation to this Congress, which will feature an outstanding list of invited speakers and workshop presenters. The invited addresses will be given by (in alphabetical order)

Eva Banyai PhD (Hungary), Peter B. Bloom MD (USA), Harold B. Crasilneck PhD (USA), Gary R. Elkins PhD (USA), Onno Van Der Hart PhD (Netherlands), Richard P. Kluft MD (USA), William P. Morgan EdD (USA), Burkhard Peter PhD (Germany), Karl Pribram MD (USA), David Spiegel MD (USA), and Herbert Spiegel MD (USA). There is a similarly experienced group of invited faculty and speakers for the workshop and scientific program. If you do not receive a personal invitation in the next few weeks, please contact the Congress Organising Committee (see address and fax numbers later in this Newsletter). On behalf of the ISH President and office-bearers, I personally invite you to join us in San Diego for an exciting Congress.

As we continue to ensure that members get the most out of their membership to ISH, recent negotiations have resulted in the ISH providing each National Constituent Society with a copy of the International Journal of Clinical & Experimental Hypnosis. This will begin with the January 1997 issue. I encourage members to contact their national constituent society office after this date and enquire about accessing the Journal. I am sure you will find this inclusion beneficial and if you can think of any further ways in which ISH membership can be improved the Central Office would be happy to receive and consider all input.

By mid-1997, Central Office will be publishing the new ISH Directory. To ensure that all personal details of members are correct, we will be sending to each member a listing showing their name, qualifications, address, and other relevant information. This will be sent to each member in the near future. Could you please assist us in completing this enormous task quickly and accurately by returning your form, if you have corrections or inclusions to the data base.

Barry J. Evans PhD  
Administrative Officer

## Bericht Der Hauptgeschäftsstelle

Die Mitarbeiter der Hauptgeschäftsstelle sind weiterhin bemüht, gemeinsam mit dem Präsidenten und dem Sekretär / Kassenwart "Brücken zur Verständigung" zwischen der ISH, den konstituierenden Gesellschaften, Mitgliedern der ISH und anderen Hypnose-Gesellschaften zu schaffen. In jüngster Zeit zeigte sich diese Zusammenarbeit in der Vertretung der ISH auf dem europäischen Hypnose-Kongreß, der im August in Budapest in Ungarn stattfand. Sowohl unser Präsident Peter B. Bloom, als auch der Sekretär/Kassenwart Robb O. Stanley nahmen an dem Kongreß teil; die ISH war außerdem durch unsere Verwaltungsassistentin Karyn Harte vertreten.



Der nächste bedeutende Kongreß der ISH ist der 14. Kongreß, der von 21-27 Juni 1997 in San Diego, Kalifornien / USA stattfindet. Wenn Sie noch keine Einladung haben, wird demnächst eine für Sie eintreffen. Es erwartet Sie dort eine außergewöhnliche Reihe von eingeladenen Referenten und Workshop-Moderatoren. Vorträge werden von den folgenden eingeladenen Sprechern gehalten (in alphabetischer Reihenfolge): Eva Banyai PhD (Ungarn), Peter B. Bloom MD (USA), Harold B. Crasilneck PHD (USA), Gary R. Elkins PhD (USA), Onno Van Der Hart PhD (Niederlande), Richard P. Kluft MD (USA), William P. Morgan EdD (USA), Peter Burkhard PhD (Deutschland), Karl Pribam MD (USA), David Spiegel MD (USA) und Herbert Spiegel MD (USA). Für das Workshop- und das wissenschaftliche Programm gibt es ähnlich erfahrene geladene Referenten. Falls Sie innerhalb der nächsten Wochen noch keine persönliche Einladung erhalten haben, wenden Sie sich bitte an das Veranstaltungskomitee des Kongresses (Adresse und Faxnummer an anderer Stelle in diesem Rundschreiben). Im Namen des ISH-Präsidenten und der Amtsträger lade ich Sie hiermit persönlich ein, mit uns in San Diego an einem aufregenden Kongreß teilzunehmen!

Wir sind weiterhin bemüht, die Mitgliedschaft in der ISH Mitglieder so produktiv für unsere wie möglich zu gestalten. Vor kurzem haben wir durch Verhandlungen erreicht, daß die ISH der konstituierenden Gesellschaft jedes Landes ein Exemplar des "International Journal of Clinical and Experimental Hypnosis" zukommen lassen wird. Mit der Januar-Ausgabe 1997 fängt es an. Empfehle unseren Mitgliedern, sich nach diesem Datum bei der Gesellschaft ihres Landes zu erkundigen, wie sie dieses Journal bekommen können. Ich bin davon überzeugt, daß Sie diese zusätzliche Gelegenheit vorteilhaft finden werden. Wenn Sie irgendwelche anderen Ideen haben, die zur Vergrößerung der IHS-Mitgliederzahl beitragen könnten, dann bitten wir Sie, diese an die Hauptgeschäftsstelle zu schicken, wo Vorschläge gerne angenommen und berücksichtigt werden.

Mitte 1997 wird die Hauptgeschäftsstelle das neue ISH-Verzeichnis herausgeben. Um sicherzustellen, daß alle persönlichen Details der Mitglieder richtig sind, werden wir allen Mitgliedern eine Auflistung schicken, die ihren Namen, ihre Qualifikationen, Adresse und andere relevante Informationen enthält. Dies wird jedem Mitglied in Kürze zugeschickt. Bitte helfen Sie uns, diese umfangreiche Aufgabe schnell und akkurat zu erledigen, indem Sie Ihr Formular mit eventuellen Änderungen oder zusätzliche Eintragungen für die Datenbank an uns zurückschicken.

BARRY J. EVANS PhD  
Verwaltungsvorstand

## Rapporto Della Sede Centrale

Il personale della sede centrale continua a lavorare con il presidente e con il segretario-tesoriere per assistere nella creazione di "ponti per la comprensione" fra le società costituenti dell'ISH e i soci dell'ISH e altre società dell'ipnosi. Molto recentemente, questa cooperazione è stata riflessa dalla rappresentanza ISH al Congresso Europeo dell'Ipnosi a Budapest, Ungheria, in agosto. Sia il nostro presidente, Peter B. Bloom, sia il nostro Segretario-Tesoriere, Robb O. Stanley, hanno partecipato al congresso e l'ISH è stata anche rappresentata da Karyn Harte, la nostra assistente amministrativa.

Il prossimo congresso importante dell'ISH sarà il XIV congresso, che si terrà a San Diego, California, USA il 21-27 giugno 1997. Avrete o riceverete presto un invito a questo congresso, che vanta una importante lista di oratori invitati e di presentatori di gruppi di lavoro. Gli oratori invitati a presentare discorsi saranno (in ordine alfabetico) Eva Banyai Ph.D. (Ungheria), Peter B. Bloom, M.D. (USA), Harold B. Crasilneck Ph.D. (USA), Gary R. Elkins Ph.D. (USA), Onno Van Der Hart Ph.D. (Paesi Bassi), Richard P. Kluft M.D. (USA), William P. Morgan Ed.D. (USA), Burkhard Peter Ph.D. (Germania), Karl Pribam MD (USA), David Spiegel M.D. (USA) ed Herbert Spiegel M.D. (USA). C'è un gruppo altrettanto esperto di accademici e di oratori invitati a partecipare al gruppo di lavoro e al programma scientifico. Chi non abbia ricevuto un invito personale nelle prossime settimane è pregato/a di mettersi in contatto con il comitato organizzativo del congresso (vedere indirizzo e numero di fax oltre in questa circolare). A nome del presidente e dei responsabili dell'ISH, vi invito personalmente ad unirvi a noi a San Diego per un entusiasmante congresso.

Mentre continuiamo ad assicurarci che i soci ricavano il massimo beneficio dalla loro iscrizione all'ISH, in seguito a recenti negoziati, l'ISH fornisce ad ogni Società Costituente Nazionale una copia della rivista internazionale "International Journal of Clinical and Experimental Hypnosis". Questo comincerà con l'edizione di gennaio 1997. Incoraggio i soci a mettersi in contatto con l'ufficio della propria società costituente nazionale dopo tale data e di chiedere come avere accesso al "Journal". Sono sicuro che troverete benefici in questa inclusione e se potete pensare ad altri modi in cui l'iscrizione all'ISH può essere migliorata, la sede centrale riceverà con piacere e prenderà in considerazione tutte le proposte.

Entro la metà del 1997, la sede centrale pubblicherà il nuovo elenco dell'ISH. Per assicurarci che i particolari di tutti i soci siano corretti, invieremo ad ogni socio una lista con il loro nome, le qualifiche, l'indirizzo e altre informazioni importanti. Questo sarà inviato ad ogni socio molto presto. Ci potreste aiutare a completare questo compito enorme velocemente ed accuratamente spedendoci questa scheda, se dovete aggiungere dei dati o correggere i dati di base.

BARRY J. EVANS Ph.D.  
Funzionario amministrativo



## Informe de la Oficina Central

El personal de la Oficina Central continúa trabajando con el Presidente y el Tesorero-Secretario para ayudar a crear «puentes de entendimiento» entre la ISH, las Sociedades Constitutivas, y los miembros de la ISH y otras sociedades de hipnosis. Últimamente, esta cooperación se reflejó en la representación de la ISH en el Congreso Europeo de Hipnosis, celebrado en Budapest, Hungría, en agosto. Tanto nuestro Presidente, Peter B. Bloom, como nuestro Secretario-Tesorero, Robb O. Stanley, asistieron al Congreso, y la ISH también estuvo representada por Karyn Harte, nuestra Asistente Administrativa.

El próximo Congreso importante de la ISH será el XIV Congreso, a celebrarse en San Diego, California, Estados Unidos, del 21 al 27 de Junio de 1997. Ya habrá usted recibido, o pronto recibirá, una invitación a este Congreso, que ofrece una destacada lista de conferenciantes invitados y presentadores de talleres. Se ha invitado a dar discursos a (en orden alfabético) Eva Banyai, Ph.D. (Hungría), Peter B. Bloom, M.D. (Estados Unidos), Harold B. Crasilneck, Ph.D. (Estados Unidos), Gary R. Elkins, Ph.D. (Estados Unidos), Onno Van Der Hart, Ph.D. (Holanda), Richard P. Kluft, M.D. (Estados Unidos), William P. Morgan, Ed.D. (Estados Unidos), Burkhard Peter Ph.D. (Alemania), Karl Pribam, M.D. (Estados Unidos), David Spiegel, M.D. (Estados Unidos), Herbert Spiegel, M.D. (Estados Unidos). Hay un grupo de invitados de facultades académicas y de conferenciantes con experiencia semejante para los talleres y el programa científico. Si no recibe su invitación personal en las próximas semanas, por favor póngase en contacto con el Comité Organizador del Congreso, (véa la dirección y número de facsímil más adelante en este Boletín). En nombre del Presidente y Directiva de la ISH, les invito personalmente a acompañarnos en un estimulante Congreso en San Diego.

Como continuamente tratamos de asegurarnos de que nuestros miembros saquen el mayor provecho posible de su afiliación a la ISH, y como resultado de negociaciones recientes la ISH proveerá a cada Sociedad Nacional Constituyente un ejemplar del *"International Journal of Clinical & Experimental Hypnosis"*. Esto empezará con la edición de enero de 1997. Les pido a los miembros de ponerse en contacto con su sociedad nacional constitutiva después de esa fecha, para obtener información acerca de cómo tener acceso a esa revista. Estoy seguro de que esta inclusión les será de mucho provecho, y si les viene en mente alguna otra idea de cómo mejorar su membresía a la ISH, a la Oficina Central le gustaría recibir y tener en cuenta todas sus sugerencias.

A mediados de 1997, la Oficina Central publicará el nuevo directorio de la ISH. Para estar seguros de que los datos personales de los miembros son correctos, vamos a enviarle a cada miembro un listado con el nombre, títulos, dirección y demás información

relevante. Esto se enviará en un futuro cercano. Por favor ayúdenos a completar esta inmensa tarea lo más pronto y exactamente posible, devolviéndonos su formulario si tiene que corregir o incluir algo en la base de datos.

BARRY J. EVANS, Ph.D.

Funcionario Administrativo

## Rapport Du Bureau Central

Le personnel du Bureau central continue à oeuvrer avec le Président et le Secrétaire/Trésorier pour construire des «ponts de compréhension» entre l'ISH, les sociétés constituantes, les membres de l'ISH et les autres sociétés d'hypnose. Tout récemment, cette coopération s'est manifestée par la représentation de l'ISH au Congrès européen d'hypnose, qui s'est tenu en août à Budapest, en Hongrie. Notre Président, Peter B. Bloom, ainsi que notre Secrétaire/Trésorier, Robb-Stanley, ont assisté à ce congrès auquel l'ISH était également représenté par Karyn Harte, notre assistante administrative.

Le prochain congrès important de l'ISH sera le 14<sup>ème</sup> Congrès qui se tiendra à San Diego, en Californie (États-Unis) du 21 au 27 juin 1997. Vous avez reçu, ou recevrez prochainement, une invitation à ce congrès auquel participeront une nombre remarquable d'orateurs invités et d'animateurs d'atelier. Les orateurs invités sont les suivants (par ordre alphabétique): Eva Banyai, PhD (Hongrie), Peter B. Bloom, MD (USA), Harold B. Crasilneck, PhD (USA), Gary R. Elkins, PhD (USA), Onno Van Der Hart PhD (Pays-Bas), Richard P. Kluft, MD (USA), William P. Morgan, EdD (USA), Burkhard Peter, PhD (Allemagne), Karl Pribam (USA), David Spiegel, MD (USA) et Herbert Spiegel, MD (USA). Les universitaires et orateurs invités à animer les ateliers et le programme scientifique sont du même calibre. Si vous ne recevez pas d'invitation personnelle dans les semaines qui viennent, veuillez contacter le comité organisateur du congrès (dont vous trouvez l'adresse et les numéros de télécopie dans ce bulletin). Au nom du Président et du comité directeur de l'ISH, je vous invite personnellement à nous rejoindre à San Diego à l'occasion du Congrès.

Nous continuons à faire tous nos efforts pour que nos membres profitent au maximum de leur adhésion à l'ISH: à la suite de récentes négociations engagées par l'ISH, chaque société constituante nationale recevra un exemplaire de l'International Journal of Clinical and Experimental Hypnosis, à partir du numéro de janvier 1997. J'encourage les membres à contacter leur société constituante nationale après cette date pour se renseigner sur la possibilité de consulter cette publication. Je suis sûr que vous trouverez



cette inclusion avantageuse; si vous voyez une autre façon d'améliorer le service aux adhérents de l'ISH, le bureau central se fera un plaisir de recevoir et d'étudier vos suggestions.

Le bureau central publiera le nouvel annuaire ISH vers le milieu de l'année prochaine. Afin d'assurer que tous les renseignements personnels sont corrects, nous enverrons à chaque membre, dans un proche avenir, un extrait de listage indiquant leurs nom, titres et diplômes, adresse et autres renseignements pertinents. Pourriez-vous nous aider à accomplir cette tâche immense rapidement et correctement en nous renvoyant votre formulaire, si vous avez des corrections ou des modifications à apporter à notre base de données.

BARRY J. EVANS, PhD

Responsable administratif

### From the Editor

Dear Colleagues:

It is with deep sadness that we have to publish the obituaries for four of our renowned colleagues, David Waxman, L.R.C.P., M.R.C.S., William S. Kroger, M.D., David B. Cheek, M.D., and Kenneth S. Bowers, Ph.D. Additionally to these obituaries, Peter B. Bloom M.D., in his presidential letter, shares his very personal memories of these four men.

If you were not there then I must tell you: Eva Banyai, Ph.D., and her colleagues from Hungary, in organising the 7th European Congress of Hypnosis this August in Budapest have done a great job. The clinical and experimental papers were of high excellence, and the workshops very stimulating and educative. Most satisfying was, as it is always, the opportunity to meet colleagues, reinforce old and build new friendships. Therefore it is with pleasure that I look forward to next year's opportunity in San Diego at the 14th International Congress of Hypnosis. In this issue you will find an interview with Gary R. Elkins, Ph.D., Chair of the Workshop Program of this Congress, and President of the American Society of Clinical Hypnosis which will host this meeting.

Last but not least I would like to thank very much all of you who have sent me their bigger or smaller pieces which this Newsletter and previous issues are made of. And again, I want to ask all of you to contribute; to send personal notes, short notes on new books, updates of your societies or reports about what you are doing, clinically and/or experimentally. It is only with your help that this Newsletter can become interesting reading. Feel free to ask Karyn Harte from the Central Office in Melbourne for

additional copies to distribute among your colleagues interested in our subject, and in the International Society of Hypnosis.

I send you most cordially greetings from Munich and hope to see you next year in San Diego!

Burkhard Peter, Ph.D. Dipl.Psych., Konradstr. 16, 80801

Munich, Germany, email:

100421.1423@Compuserve.com

### Letter to the Editor

Dear Burkhard,

I have just read Dr Mary McKenna's letter in the May Newsletter, which was stimulated by Dr Michael Heap's December letter – Who Owns Hypnosis.

Whilst undoubtedly this slot in the newsletter should not become a scrapping ground, I do feel obliged to add my own comments on the debate.

Firstly, in her letter, Dr McKenna talks about the patient owning hypnosis – commenting that every trance is different etc. If one carried this to its logical conclusion, one would have to conclude that there was, therefore, no such thing as hypnosis, only individual experiences of phenomena and deny all the commonality of experience which has emerged from such thorough research as that of Sheehan, McConkey, Spanos, Barber, Fellows and others. It seems to be taking Dr Heap's title rather literally.

In her letter, Dr McKenna also refers to doctors using their intuition in the treatment of patients, and that we should "let understanding come later". Perhaps I have misunderstood, but I would hate to think that when I present to my GP with a medical problem, that his diagnosis and treatment are based on intuition and experience. I would hope that his knowledge of medicine would have led to understanding which would contribute to my treatment.

It leads me to the question – What is Intuition? It seems to me that there is no such thing per se. If you question most clinicians on their intuitions, what you generally find is that their training, experience, knowledge and understanding has enabled them to make a very rapid assessment, so rapid that it is almost automatic. This may feel like some sort of 'gut' feeling that comes from somewhere inside, but it is, in fact, a complex rapid cognitive process that is soundly based.



Many clinicians do get very carried away with what they do, and forget about the sound knowledge base they are employing. As I said, I'd hate my GP's understanding to come after the event, particularly if I were more ill or dead. Perhaps they should remember that it is the research into hypnosis and its clinical uses which continually provides us with the understanding we need to better apply it to the therapy we employ with our patients.

Yours sincerely

Phyllis A. Alden BA, AFBPsS, C.Psychol.  
Psychology Consultancy  
District General Hospital  
Scarcho Rd  
Grimsby DN33 2BA,  
England  
Tel: +44/1472/873423  
Fax: +44/1472/879238

## Obituaries

### In Memoriam Kenneth S. Bowers

After thirty years of significant scientific and clinical contributions from Kenneth Bowers, the world of clinical and experimental hypnosis has lost his uncommon wisdom and humane intelligence. On July 4, 1996, at age 59, following a courageous struggle with cancer, Kenneth S. Bowers, Ph.D. died.

Bowers's scholarly interest was wide-ranging. Though members of ISH may know him primarily as a hypnosis researcher, he was also widely recognized for his contributions to personality and cognitive psychology. In 1973, his hypothesis of "person times situation" interaction substantially clarified the personality debate which until then had focused on person versus situation. Personality theorists recognized immediately the predictive value of his theory. His publications – dozens of peer-reviewed journal articles, twenty book chapters, two books – are characterized by incisive argument, skillful writing, and wry titles, as exemplified by *Hypnosis for the Seriously Curious* (which continues to be widely read by students and the general public, alike).

His most recent contribution is a refreshing, clarifying and persuasive examination of memory and repression. Originally his invited address to the 1995 Annual meeting of SCEH, the paper has now been published in amplified form by *Psychology Bulletin*. I believe it is one of his most important papers.

Bowers was the recipient of an array of honors and awards. As recently as a year ago, I had the honor, on behalf of The Society for Clinical and Experimental Hypnosis, of presenting him with its first Presidential Award.

Those who knew Bowers personally grieve the loss of a friend and mentor whose spirit of abundance made him readily available for advice and counsel. Others will feel the loss of his unusual scholarship. I, too, deeply mourn him as colleague, mentor, scholar, and, most painfully, as my kind and generous friend.

Bowers, K. S. (1973). Situationism in psychology: An analysis and a critique. *Psychology Review*, 80, 307-336.

Bowers, K. S. (1983). *Hypnosis for the Seriously Curious*. N. Y.: W. W. Norton.

Bowers, K. S. & P. Farvolden (1996). Revisiting a century-old freudian slip – From suggestion disavowed to the truth repressed. *Psychological Bulletin*, 119.

Joseph Barber, Ph.D., ABPH

### A tribute to David Waxman . . . A man of many talents

The world of hypnosis has been mourning the loss of David Waxman who died after a short illness on the 6th of October, 1994. His interest and involvement in the hypnosis world spanned over 30 years.

Born in London on the 17th of October, 1916, the youngest of five children, the son of a gifted Cabinet Maker, David could easily have followed in his father's footsteps. His wife, Shirley, described him as having "golden hands". He was never happier than when making or repairing things round the house. He was also a talented sculptor.

After studying medicine at King's College and Westminster Hospital, and completing service in the Royal Army Medical Corps, he went into General Practice. He was a GP for over 20 years before switching to Psychiatry at the Central Middlesex Hospital

David's interest in hypnosis started in the 1960's whilst still a GP. Once begun, he embraced it with enthusiasm. He devoted himself to clinical practice, professional, ethical issues and research. He wrote extensively on the subject (see list of publications). His finest achievement being his rewrite of Hartland's Medical and Dental Hypnosis, described as his 'labour of love' (Waxman, 1989).

In the late 1970's he attempted to have legislation passed in Parliament to ban Stage Hypnosis. The Bill he helped to promote did reach its second reading.



He was a founder member and past president of the British Society of Medical and Dental Hypnosis. He helped found the Section of Hypnosis and Psychosomatic Medicine of the Royal Society of Medicine. He became involved in BSECH at an early stage in its development, serving as a Vice President for several years. Internationally he was involved in the ISH and was a past president of the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine.

David was a charming, sensitive, intelligent and caring man. My fondest memories of him are of time spent with David and Shirley beside the swimming pool at the Jerusalem Hilton where we were attending the 1992 ISH Meeting. He had a sense of humour, enjoyed ice-cream and having fun with young relatives who came to visit. No matter what, he always had time for people, but was always the gentleman, even doffing his hat when he wasn't wearing one (so Shirley told me).

He was very much the family man having two sons and a daughter. His son Jonathan, has followed in his footsteps studying medicine. He is an oncologist.

David was still, at age 76, actively in private practice, writing, and enjoying life until he became ill in the summer of 1994. It began with some absent-mindedness, and loss of energy. A brain tumour was diagnosed, and he chose to be cared for in his own home, with his family around him. As he had lived, he died, in peace, surrounded by a loving family, and with dignity.

His impact in the field of hypnosis was also one of quiet dignity, and he will be missed for a long time to come.

I am indebted to Shirley Waxman for her help in the preparation of this tribute.

Phyllis Alden, BA, AFBPsS, C.Psychol.

### **William S. Kroger, M.D. . . . One of the Real Pioneers of Modern Hypnosis**

Bill is gone. He was one of the real pioneers of modern hypnosis, using it since the mid thirties. He leaves his wife, Jimmy Louise, four adult children and four grandchildren. AND a host of writings, books and articles, that will help him live forever. He was 89 years old and succumbed to heart and kidney failure at Cedars-Sinai Medical Center on December 4, 1995. He was born, raised, educated and practised Obstetrics and Gynecology in Chicago. He then moved to Southern California in the 1950s and practised psychiatry with emphasis on hypnotherapy. His attainments are too numerous to mention. We all know them. But how does one say goodbye? All we can do is reminisce with those of us that are still here.

He was a song and dance man back in vaudeville days but left that profession for the one closest to his heart and spent 65 years in the practice of medicine with much of it involving hypnosis and psychosomatics. However, there was that in his humor and his stage presence that never stopped singing and dancing. He had a psychoanalysis in Chicago and edited a book – Psychosomatic Gynecology and Endocrinology in 1962 – then he wrote his Clinical and Experimental Hypnosis taking it through two editions. This just scratches the surface of his writings. In Chicago he had allied himself with the very famous obstetrician, DeLee, whose text book I had used, as had my father twenty years before me. Also, Bill had been one of the physicians who attended Al Capone, probably while Scarface Al was in prison. Can anyone have had a more fabulous life or have been a more fascinating character?

At his 75th birthday celebration held by the Southern California Society of Clinical Hypnosis, we roasted him. I had the pleasure of teasing him about his eidetic memory. I had observed that when lecturing, especially during the question and answer period, he would often get a strange look in his eyes. I realized that he was reading the answer out of some book or article that he had read or even one he had written. I then noticed the eyes returning to their normal and he would continue with the lecture.

I think my memories of Bill could go on forever, but enough. I hope that Jimmy and their offspring, along with all his friends and colleagues will enjoy some of these memories with me. I have not mentioned his Clinical Professorship in the Department of Anesthesia at UCLA. Nor of his faculty work at the University of Illinois and at the Chicago Medical School before moving to the West Coast in the 1950s. Nor that he was not only specialist in obstetrics but also in psychiatry. And how can I just gloss over the facts of his officerships in societies involving psychosomatics and especially his helping found both SCEH and ASCH? I've done enough. Let us honor him and wish the best to his loved ones.

Donald W. Schafer, M.D.

### **David Cheek . . . A class individual**

On June 12, 1996, at the age of 82, David Cheek MD died after a long, distinguished career. Cheek suffered from non-Hodgkin's lymphoma and died suddenly after coping with protracted illness.

Cheek, born in Singapore, had an excellent education: He earned his BA at Harvard in 1934 and also attended medical school there although he received his degree from the University of California at San Francisco. He interned at Johns Hopkins and became a Diplomate of the American Board of Obstetrics and Gynecology in 1949.



Cheek practised Ob-Gyn in California for most of his medical career. He used hypnosis throughout his practice including its use for labor, delivery and surgery.

His contributions to hypnosis started early. Both Milton Erickson and Leslie LeCron were his teachers and he co-authored a text with LeCron in 1968.

Cheek was one of the early pioneers who initiated the American Society of Clinical Hypnosis. He was one of the Society's first Fellows (1957) and also served as its President (1965-66).

Cheek published widely, having authored more than 50 professional contributions including papers on psychosomatic medicine and chapters in books. He co-authored with Ernest Rossi, *Mind Body Therapy* and authored *Hypnosis: The Application of Ideomotor Technique*.

Advancing our understandings of ideomotor signaling was one of Cheek's primary contributions. He also published ground-breaking papers on the ability of anesthetized surgical patients to hear and respond to suggestions. Previously it was assumed that anesthetized patients could not do so. Moreover, Cheek was one of the early investigators of hypnotic deliveries indicating that they were faster and more painless than nonhypnotic deliveries.

Cheek was a formidable teacher and practitioner. His demonstrations of adroit ideomotor questioning were spell binding. So many learned so much from his skilful work.

Throughout his career, David explored untested pathways but he did so in a way that people would listen to him and respected his views. Moreover, he could lend the weight of his considerable experience to the ideas he investigated.

David was a class individual. He was warm, persuasive, open to new ideas, compassionate, passionate, committed, innovative and courageous. When anyone had a problem David felt hypnosis could help, he waded right in and did it. People felt strongly about David. Most who knew him valued his example as a person.

David Cheek influenced generations of practitioners from medical and psychological fields. His presence will be missed but his legacy will endure.

Cheek is survived by his children and his spouse, Delores, who resides in Santa Barbara, California.

Jeffrey K. Zeig, Ph.D., and Kay Thompson, D.D.S.

## Interview with Gary R. Elkins

Gary Elkins, Ph.D., ABPP, ABPH is President of the American Society of Clinical Hypnosis, Co-Chair of the Workshop Program for the 14th International Congress of Hypnosis, and a Board Member of the American Board of Psychological Hypnosis. He is Co-Author of "Standards of Training in Clinical Hypnosis". He is Member of ISH, SCEH, Division of Psychological Hypnosis of the American Psychological Association, and ASCH. Dr. Elkins is a Senior Staff Psychologist at Scott and White Clinic, a 400 physician and scientist multi-disciplinary group practice in Texas, USA. He holds the rank of Associate Professor of Psychiatry, Texas A&M University Health Science Center. Gary Elkins (G.E.) was interviewed by Burkhard Peter (B.P.).

**B.P.:** Gary, you are now President of the American Society of Clinical Hypnosis. Please say some words about yourself and your professional life.

**G.E.:** My interest in hypnosis began during my undergraduate studies and eventually during my graduate work; however, it was during my Residency Training in Clinical Psychology at Wilford Hall USAF Medical Center that I began to understand the enormous clinical utility of hypnosis in patient care. At that time, in 1980, a Hypnotherapy Clinic had been established by Dr. Richard Garver at Wilford Hall Medical Center which serves as the diagnostic and referral center for the United States Air Force personnel and families. There I was able to learn the uses of hypnosis and Ericksonian approaches in psychotherapy, and also to initiate several research projects.

I feel that I have been privileged, over the years, to learn from some of the "greatest" in hypnosis and teach at numerous professional workshops and conferences. Currently my interests are primarily in Hypnosis in Brief Psychotherapy, Behavioral Medicine, and Outcome Research. Within ASCH I have served as Chair of the Education Committee, Regional Workshops, Membership, Certification Committee, and Ad Hoc Committee on Ethics. What has most attracted me to the various hypnosis organizations has been the exceptionally open and warm friendship, wonderful colleagues, and dedication to the highest professional standards.

**B.P.:** Although unnecessary for many ISH members, please give some basic information about ASCH.

**G.E.:** The American Society of Clinical Hypnosis was founded in 1957 by Milton Erickson, M.D. who served as the first President and Editor of the *American Journal of Clinical Hypnosis*. ASCH now has nearly four thousand (4000) active members which includes forty (40) component societies of ASCH within the U.S. ASCH is dedicated to professional people who share scientific and clinical interests in hypnosis and eight regional workshop programs are conducted each year in addition to the annual



meetings. ASCH provides a number of other services which includes the ASCH Certification Program in Clinical Hypnosis, a Video Tape Lending Program, Journal, Newsletter, and the ASCH Press which serves as a Publishing enterprise. At the present time, we are developing the ASCH Library which will house books, tapes, historical, and archival materials of interest.

**B.P.:** You mentioned the ASCH Certification Program. How does it work?

**G.E.:** The Certification Program was developed several years ago in response to our members' need for credentials attesting to their training and experience. Briefly stated, Certification requires the individual to complete an appropriate professional degree, licensure, Approved Beginning and Intermediate Levels of Training, two years documented experience using clinical hypnosis, and twenty hours of individualized training with an ASCH Approved Consultant. The ASCH Approved Consultants have completed ASCH approved Advanced Courses and at least five years experience.

**B.P.:** The ASCH will host the 14th International Congress of Hypnosis which will take place in San Diego, California, June 21-27, next year. Together with Charles B. Mutter, M.D. you are the Workshop Chair. Do you already have an overview of the range of workshops to be presented? What will be new, what will be special?

**G.E.:** There have already been nearly 100 confirmed faculty invited from around the world. An innovative format will provide attendees an opportunity to participate in a wide range of experiential workshops and clinical programs. In addition to Beginning and Intermediate Tracks for "Developing Clinical Hypnosis Skills for your Practice" over 60 Advanced Workshops will be presented. This will include many half-day (4 hour) workshops that will allow participants to enjoy a wide sample of topics. Also, there will be numerous sessions for "Meeting the Experts." This will involve sessions with Master Teachers regarding demonstrations of inductions, developing advanced skills, short courses and case discussions.

The Advanced Workshop topics will include: Ericksonian Approaches, Medical Uses of Hypnosis, Hypnosis in Dentistry, Brief Psychotherapy, Psychoanalysis and Hypnoanalysis, Habit Disorders, Children, Marital and Sex Therapy, Cognitive-Behavioral Therapy, Dissociative Disorders, Hypnosis and Memory, Clinical Research, Assessing Hypnotizability, and 50 more advanced workshop topics! We are seeking to bring together the leading international clinicians, educators and researchers to exchange ideas, clinical skills, and knowledge.

**B.P.:** Edward Frishholz, the new Editor of the American Journal of Clinical Hypnosis, will together with Marlene E. Hunter, chair the Scientific Program. Do you already know some of the Key speakers and main topics?

**G.E.:** Yes, to date some of the Invited Addresses will include presentations from Prof. Peter Sheehan, Drs. Herbert Spiegel, Karl Pribram as is William Morgan, Onno Van Der Hart, David Spiegel, Eva Banyai, Burkhard Peter, Harold Crasilneck, Peter Bloom, and Richard Kluft. The scientific program will include leading research and "cutting edge" theoretical papers as well as clinical discussions and presentations. Currently the "call for papers" is being completed and interested ISH members are urged to submit papers as soon as possible because the Scientific Program is rapidly filling and we want to accommodate all the best papers.

**B.P.:** As Richard Kluft is chairing this congress, will themes on DID play a major role? Do you expect the controversy on the recovered memory issue will enter the stage of this congress?

**G.E.:** The workshop program will include introductory and advanced presentation on Dissociative Identity Disorder and topics related to Age Regression and Memory work. The controversies regarding recovered memory, victims of abuse, and the "false memory" positions will be addressed in the scientific program as well. These are very important topics and this conference will provide an opportunity for individuals from different countries to network and share research, clinical experiences, legal issues, and perspectives.

**B.P.:** Would you say a few words about some of the special attractions of San Diego, California as the site of the 14th International Congress of Hypnosis?

**G.E.:** I am delighted to talk about the beautiful city of San Diego. Visitors will discover dynamic and diverse cultural opportunities when they visit San Diego, California. First-rate theaters, the San Diego Symphony, Opera, professional dance companies, and a multitude of fine museums are available. San Diego features the novelty of a "two-nation" destination with Tijuana, Mexico conveniently located 17 miles from downtown. Travelling to Mexico is easy on the San Diego Trolley, a light-rail trolley system that runs from downtown San Diego to the Mexican border. Further, nearby there are miles of some of the most beautiful beaches to be found. Wine country, whale watching and walking tours are just a sampling of the leisure opportunities. The conference will be held at the modern Town and Country Hotel in San Diego. Other attractions include the famous San Diego Zoo, Sea World, San Diego Wild Animal Park, Old Town, and the Gas Lamp District.

**B.P.:** What else do you expect, what is your hope for this congress?

**G.E.:** The International Society of Hypnosis is a wonderful and needed organization. The Congress meets only once every three years. This is our "triennial" opportunity to gather, exchange knowledge, renew and make friendships, and contribute to the growth of professional hypnosis world-wide. It is expected to be a sell out attendance. We will have a "not-to-be-missed" program in 1997 and it's all less than 10 months away. Make your plans now to attend . . . don't miss this one!



## Preparing the 14th International Congress of Hypnosis in San Diego, California, June 21 – 28, 1997

*(by Richard P. Kluft, M.D., Congress Chair)*

The 14th International Congress of Hypnosis continues to take shape, and promises to be an outstanding meeting. Many exciting speakers from several nations in Europe, as well as from Australia, Mexico, Canada, and the United States have already accepted invitations from the Organising Committee, and an extensive workshop program has been organised. Abstracts are beginning to be received at the Congress Office, and a good number of ISH members have already taken advantage of the lower registration fees available for early registrants.

Marlene Hunter, M.D., and Edward Frischholz, Ph.D., are coordinating the Scientific Program. They are taking steps to develop a broad and inclusive set of offerings that will represent the full spectrum of clinical applications, theoretical perspectives, and research developments that are central to the world of hypnosis. Some of the speakers will be Peter W. Sheehan, Ph.D., David Spiegel, M.D., Ernest Rossi, Ph.D., Karen Olness, M.D., William P. Morgan, Ph.D., Eva Banyai, Ph.D., Erik Hoencamp, M.D., Burkhard Peter, D. Psych., Ph.D., Peter B. Bloom, M.D., and Walter Bongartz, Ph.D. Gary Elkins, Ph.D., and Chuck Mutter, M.D., are arranging the workshops. They have established a spectrum of courses that address a wide array of major topics in the field of hypnosis and are recruiting international faculty members, to as great an extent as possible. Some of the faculty will be Marlene, M.D., F.C.F.P. (C), John Watkins, Ph.D., Helen Watkins, M.A., Edward Frischholz, Ph.D., Herbert Spiegel, M.D., Erika Fromm, Ph.D., Basil Finer, M.D., Ph.D., Onno van der Hart, Ph.D., Jeffrey Zeig, Ph.D., Lee Pulos, Ph.D., and Catherine G. Fine, Ph.D.

Much of the scientific program will be developed from the abstracts that have been and will be submitted. Many opportunities for faculty participation still remain. However, time is of the essence. It is essential to make your interest in faculty participation known very promptly. With regard to the scientific program, some ISH members who would like to present at this outstanding clinical and scientific forum may not have submitted an abstract for the 14th International Congress as of yet. Although limitations of time and space preclude an elegant and sophisticated appeal to a readership accustomed to studying every communication for its overt and covert suggestions and demand characteristics, perhaps the following crude efforts will inspire constructive responses in a readership that appreciates the importance of the 14th Congress as a major forum for hypnosis scholarship and creativity, and for fellowship and fun.

For the directive colleague:

Write a very good abstract and send it in today. It's good for you. Do it.

For the permissive colleague:

Wouldn't it be interesting if you found yourself writing a fascinating and thoughtful abstract? And wouldn't it be curious if that happened very rapidly, and gratifying if you took great pleasure in mailing it in without delay? It will be interesting to learn how this will be a positive experience for you.

For the Ericksonian colleague:

It will be interesting to observe which of your creative and constructive ideas you place in the form of an abstract. I don't know whether you will write that abstract today, or tomorrow. Won't it be curious to see how and when your unconscious mind elects to respond? My friend Professor John felt much better after he submitted his abstract.

For the ego-state-oriented colleague:

Just allow the creative part of your mind to help the scientific and/or clinical parts of your mind. Notice how much better you feel when all the parts of your mind cooperate to submit a really good abstract.

The fulfilling experience of participating in the 14th International Congress awaits you. Send your abstracts to XIVth International Congress of Hypnosis Administrative Office, 2200 East Devon Avenue, Suite 291, Des Plaines, Illinois 60018-4534, USA.

## News from the World of Clinical and Experimental Hypnosis

### University Training Courses in the UK

*(Michael Heap, Ph.D.)*

Whereas for many years most of my working day involved face-to-face clinical practice, I now spend a large part of my time administering and teaching on the courses in clinical hypnosis that my colleagues and I have established at the University of Sheffield and University College London. Both are one year and part-time and lead to the award of Diploma in Clinical or Applied Hypnosis. They have the strict and limited aim of enabling medical doctors, dentists, clinical, educational, and counselling psychologists, and very occasionally other health service personnel, to apply hypnosis within their own professions. The other core teachers and administrators of the Sheffield course are Dr K. K. Aravind and Mr Michael Lock and for London, Dr David Oakley (Director) and Mrs Marcia Degun-Mather.



Why have university courses in clinical hypnosis? My answer is that hypnosis is a psychological phenomenon to be understood within orthodox scientific psychology and related academic disciplines. This understanding should then inform its clinical application. Its historical development, however, has tended to be in the reverse direction. I suppose the same is true of medicine. Not all practitioners want this form of accountability.

In Sheffield, since 1995, students have the option of studying for a further year for a Master's qualification (M.Med.Sci.) which entails doing a research project. Because we had a backlog of Diploma graduates, an unusually high number (14) registered for the 1995/6 session. The number registering this coming year is 4. We regard 6 as the optimum. We are hoping that some of the projects will be suitable for publication.

Incidentally, Michael Lock is undertaking a PhD at Sheffield on the use of self-hypnosis and imagery to enhance the work performance of personnel involved in purchasing and sales. He is interested in hearing from anybody doing anything similar.

When I am not involved in University work I see my own private patients. I soon lose my enthusiasm for clinical work if it gets beyond a handful of patients a week, so to keep the bread on the table I also do medico-legal reports, mainly for accident victims. I have been told by our professor that I must do some research, so I am thinking of doing something on helping the victims of road traffic accidents to regain their confidence driving again, possibly testing the efficacy of EMDR.

Some of my legal work has involved allegations of harm relating to hypnosis and I have published accounts of three of these cases (Heap, 1995a, 1995b, 1996) and I hope to bring out a fourth next year. I found them all very challenging. Two of these have concerned alleged harm by lay hypnotists but I am not running a crusade against them. I am not interested in campaigning for restrictions on lay hypnotists nor, on the other hand, in establishing any kinds of links with them. Both as a professional and as a private citizen, I am against having laws which unduly restrict people's choices, including their choice to go to a stage hypnosis show. Our existing criminal laws and our civil courts, not to mention adverse media publicity, are as effective as anything our lawmakers may devise.

Heap, M. (1995a) Another case of indecent assault by a lay hypnotherapist. *Contemporary Hypnosis*, 12, 92-98.

Heap, M. (1995a) A case of death following stage hypnosis: analysis and implications. *Contemporary Hypnosis*, 12, 99-110.

Heap, M. (1996) The case of a woman claiming damages from a therapist trained in hypnosis by a correspondence course. *Contemporary Hypnosis*, 13, 89-93.

Michael Heap, Ph.D.  
Centre for Psychotherapeutic Studies  
University of Sheffield  
16 Claremont Crescent  
Sheffield S10 2TA, England

## Combat Stress Reactions

(Moris Kleinhauz, M.D.)

Moris Kleinhauz, M.D., Chair of the 12th International Congress of Hypnosis in Jerusalem, 1992, and Zahava Solomon, Ph.D., at this congress, gave two lectures on the rarely dealt theme of Combat Stress Reactions (CSR) from which soldiers of the 1973 Yom Kippur war still suffer. This war can be considered the most traumatic event Israel has had to face. During the active combat phase, Moris Kleinhauz was stationed as a psychiatrist at a field advanced hospital. Soldiers with Combat Stress Reactions were referred to him at the psychiatric unit and first aid treatment was provided. Treatment strategies included extensive use of hypnosis which lasted 2 to 7 days contingent upon the recovery rate from the acute stage of the stress reaction.

In the first contribution Moris Kleinhauz (Kleinhauz & Solomon, 1995) describes the usefulness of hypnotherapeutic techniques as a first-aid, emergency treatment in handling acute psychiatric casualties during combat. He illustrates a wide range of hypnotic techniques, including relaxation, unspecific and ego-boosting suggestions, time regression and time progression, symptom removal, abreaction, and hypno-desensitization which he applied in a flexible and individualized treatment plan according to the need of the person and situation.

In 1991, 169 out of these approximately 400 former patients were located, 112 of whom agreed to take part in a clinical study. This study included questionnaires designed to screen the incidence of post-traumatic stress disorders (PTSD) and of psychopathologic symptomatology. Results of this study were presented in the second contribution by Zahava Solomon (Solomon & Kleinhauz, 1995). Results show that 18 years after their participation in the Yom Kippur War, CSR casualties reported more psychological distress than did subjects in a control group. This was evident in higher rates of diagnosed PTSD and more intense PTSD both in the past and in the present. Similarly, intrusion and avoidance tendencies and psychiatric symptomatology were endorsed more often by CSR casualties than by controls. The level of distress reported by subjects in both groups declined with time, reflecting a trend of recovery over time. Yet, time did not affect both groups in the same manner: CSR casualties demonstrated lower rate of recovery than controls.

In conclusion, the results point to the long lasting detrimental effect of combat stress on CSR casualties. They also indicate that the war-induced psychic trauma is a complex entity encompassing a large variety of manifestations and is not limited to the diagnosis of PTSD.



- Kleinhauz, M. & Solomon, Z. (1995). Hypnotherapeutic approaches and outcome of combat stress reactions: 18 years later. Part 1: clinical description and treatment strategies. *Hypnosis International Monographs*, 1, 145-152.
- Solomon, Z. & Kleinhauz, M. (1995). The Yom Kippur War revisited: An 18-year follow-up of combat stress casualties. Part 2: War induced psychic trauma: An 18-year follow-up of Israeli veterans. *Hypnosis International Monographs*, 1, 153-166.

Moris Kleinhauz, M.D., 33rd Street 28, Ramat Chen 5224, Israel.

## A short experiential scale of hypnosis

(Roger A. Page and George W. Handley)

Recently we presented a short experiential scale of hypnosis (Page & Handley, 1996) in order to establish a measure that is similar in purpose to the Stanford Hypnotic Arm Levitation Induction and Test of Hilgard, Crawford and Wert (1979), but a measure that is experiential in nature and also independent of an induction. Such a measure would allow the prediction of hypnotic susceptibility while minimizing the likely failures that would occur by employing a full standardized susceptibility scale. Avoiding these failures would eliminate the concern that they might generate negative expectations in the subject or client regarding the efficacy of hypnosis. Additionally a measure of this kind could be used in combination with any induction to predict susceptibility in settings where hypnosis is part of a treatment regimen, or in experimental settings as a screening device to investigate the relationship of other variables of interest in hypnotic research.

Study 1 established that retrospective realness ratings of two Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS:A) items, arm rigidity and eye catalepsy, correlated most highly with full HGSHS:A scores ( $R = 0.62$  when presented in the full 12-item scale). Study 2 indicated that the predictive power of these items was reduced somewhat when they were administered as a stand-alone scale ( $R = 0.54$ ). Grouping people into high, medium, and low on their realness ratings and HGSHS:A scores resulted in 57.3% correct range predictions with only 4.2% off by two ranges. When readily available behavioral scores (i.e., pass/fail) were included, a multiple  $R$  of 0.63 was obtained with the full HGSHS:A score.

Other topics that we are currently investigating include predictors of hypnotic sequelae and the efficacy of some hypnotic devices. Additionally, we are collaborating with Dr. Joseph Green on a project involving the effect expectancies and beliefs upon hypnotic responding.

- Hilgard, E.R., Crawford, H.J., & Wert, A. (1979). The Stanford Hypnotic Arm Levitation Induction and Test (SHALIT): A six minute hypnotic induction and measurement scale. *International Journal of Clinical and Experimental Hypnosis*, 27, 111-124.
- Page, R.A., & Handley, G.W. (1996). A short experiential scale of hypnosis. *Contemporary Hypnosis*, 13(1), 13-18.

Roger A. Page, Ph.D., George W. Handley, Ph.D.  
The Ohio State University  
4240 Campus Drive  
Lima, Ohio 45804, USA  
Fax: +1/419/221-1658

## Effects of Subliminal Suggestions on Task Performance

(Dirk Revenstorf, Ph.D.)

The existence of the phenomenon of subliminal perception is widely accepted (Dixon, 1981), and a number of reliable effects have been found in the field of visual subliminal stimulation. The effect of auditory stimulation, however, is still disputed, and there is considerable interest in research about this topic. This derives partly from the commercial distribution of subliminal audiotapes for self-help purposes and their questionable effectiveness. It is often asserted that these tapes enhance the ability to achieve certain goals, to solve problems, to improve task performance, and to effect a number of psychological and physiological changes by simply listening to a specific tape regularly. The major hypothesis to explain such an effect is a yet unknown mental process, which allegedly is able to receive and handle subliminal information that is emotionally and motivationally relevant. The information may be masked by music or a noise (e.g., of a waterfall or white noise). After a prolonged time of regular subliminal exposure (one hour daily for 4 weeks, say) the new information is supposed to replace old information that was responsible for a problem. If effective, this replacing can possibly also be harmful. For the information that is unconsciously received and processed may be in contradiction to the conscious purposes of the individual and could lead to psychological problems or mental disorders (Dixon & Henley, 1991).

In our study (Metzner & Revenstorf, 1996) the effects of subliminal auditory suggestions on task performance were studied in 60 subjects, randomly assigned to 2 experimental groups and one control group. Subjects were told to play a computer game while subliminal auditory suggestions oriented towards enhancement or deterioration were presented. Results showed a significant difference between the two relevant experimental groups. A single-factorial analysis of covariance yielded a main effect ( $F = 3.9$ ;  $p < 0.05$ ,  $df = 2/59$ ) confirming the hypothesis that the performance improvement in the enhancement group was significantly higher than in the deterioration group.



The significant result concerning the game performance could be interpreted as an influence of the subliminal messages. But other factors may have contributed. For instance it could be interpreted as an experimenter effect, which only could be excluded by a double-blind arrangement concealing the nature of the subliminal tapes to both, the subject and the experimenter. Nevertheless it was somewhat amazing that, although subjects were randomly assigned, in the deterioration group 40% (8 out of 20 subjects) had computer skills or knowledge of the game. Despite this, these subjects were significantly lower in performance improvement compared with the enhancement group. This could be interpreted as strengthening the evidence for the efficacy of subliminal stimulation.

Dixon, N.F. (1981). *Preconscious processing*. New York: Wiley.

Dixon, N.F. & Henley, S.H.A. (1991). Unconscious perception: possible implications of data from academic research for clinical practice. *Journal of Nervous and Mental Disease*, 179, 243 -252.

Metzner, F. & Revenstorff, D. (1996). Effects of subliminal suggestions on task performance. *Hypnosis International Monographs*, 2, 151-156.

Prof. Dr. Dirk Revenstorff, Universidad de las Americas, Fac. de Psicología, Puebla, Apartado Postal 272, Cholula 72820, Mexico.

## On the relationship between memory and hypnosis.

(Peter W. Sheehan, Ph.D.)

Work in the laboratory at the University of Queensland continues into the analysis of the relationship between memory and hypnosis. For many years, the pattern of experimentation has been to explore in systematic fashion the various parameters and processes affecting the association between hypnosis (and hypnotisability) and hypnotic memory, particularly as they reflect the patterning of memory distortion. Working with the phenomena of pseudomemory and responsiveness to leading questions, in particular, some common parameters have emerged. Not surprisingly, perhaps the main factor affecting the association between memory and hypnosis is that of hypnotic susceptibility or a person's skills in responsiveness to hypnotic suggestions. Depending on the paradigm used, the second category of observation I would make is that hypnosis is a key variable, but not reliably so. Where the influence of hypnosis is evident, however, the pattern of data does suggest that the interaction between hypnotic susceptibility to hypnosis and responsiveness to hypnotic induction is a very relevant combination. A third class of variable which is reliably important is that of confidence. In studying the relationship between hypnosis and memory, it is important to theorize about a person's confidence as well as memory accuracy in recall. Memory distortion is frequently linked

with high confidence in the material being recalled and this has clear and definite forensic implications. A fourth category of observation relates to social parameters that define the association between hypnosis and memory. For example, the kind of testing context investigated is clearly relevant. The influence of social factors is also expressed through interpersonal factors, response expectancies and attitudes as well as beliefs. The effects of all these factors have been demonstrated in multiple experiments.

Detailed experimental analysis of the relationship between memory and hypnosis has been virtually overtaken by professional concerns about the reliability of memory (particularly when memories of past events can be said to have been suggested) and the conduct of therapy, in particular. Much of the literature on memory and hypnosis integrates these concerns around the concept of "recovered memory." The threat of litigation has spurred general interest in this phenomenon further forward. Debate about the meaning of recovered memory reflects also specific experimental studies dealing with pseudomemory and the possible interaction of memory distortion with hypnotic susceptibility. The debate also incorporates our knowledge about the influence of interrogation.

The importance of this current and pervasive interest in recovered memory is picked up and discussed in my State-of-the-Art address on hypnosis at the 26th International Congress of Psychology in Montreal, Canada (Sheehan, 1996a), and in a subsequent follow-up address at the 7th European Congress of Hypnosis in Budapest, Hungary (Sheehan, 1996b). Recovered memory is now the pivotal issue, in my opinion, for clinicians and researchers alike who wish to work together in the field of hypnosis and memory. It goes to the heart of the matter of the nature of memory distortion, it reflects key process issues such as whether specific forgotten memories can never be retrieved, and it reaches out to challenge major concepts that have influenced Psychology as a whole such as repression. Not surprisingly, work within my own laboratory reflects this Zeitgeist. It has been influenced by the stimulation of the literature in the phenomenon of recovery memory and the processes that are claimed to define its influence.

Having spent some six years experimenting in standard scientific fashion on factors that define the relationship between memory and hypnosis, I am now exploring paradigms that merge standard scientific experimentation with clinical complexity. Currently, I am looking for base anchor data relating to recovered memory that emanate from clinical questions delivered in a standard experimental setting. I am especially interested in what subjects (and clients) do with questions that have no obvious personal relevance but the nature of the setting incorporates the kind of questions that the clinician setting might well use. The work is just being done and the data are being analysed. I am reporting briefly on the evidence in Budapest, but more completely in the plenary talk which will be given at the San Diego meeting of the 14th International



Congress of Hypnosis in June, 1997. All three presentations carry on from the recent collaborative work I have been engaged in with Kevin McConkey from The University of New South Wales, Australia, on the use of hypnosis in criminal investigation (McConkey & Sheehan, 1995).

McConkey, K. M., & Sheehan, P. W. (1995). *Hypnosis, Memory, and Behavior in Criminal Investigation*. New York: Guilford.

Sheehan, P. W. (1996). Contemporary trends in hypnosis research. (State-of-the Art Address), 26th International Congress of Psychology. Montreal. August.

Sheehan, P. W. (1996). Moving to clinical matters in the analysis of memory distortion in hypnosis. 7th European Congress of Hypnosis, Budapest, Hungary, August.

Sheehan, P. W. (1997). Recovered memories. Plenary talk presented at 14th International Congress of Hypnosis, San Diego, USA. June.

Peter W. Sheehan, Ph.D.  
The University of Queensland,  
Cumrae-Steward Building,  
Research Road,  
Brisbane Qld 4072, Australia,  
Fax: +61/7/3365-4455

## Hypnotic Analgesia and Somatosensory Event-Related Potentials

(Gertrud Schuler, Dipl.Psych.)

There is still disagreement whether hypnotic pain control is able to produce profound physiological changes. Meier et al. (1993), e.g., criticised that Spiegel et al. (1989) could obtain reduced P100 amplitudes only by using unpleasant but not painful electrical stimuli. In a study at the University of Tübingen, Germany, the effect of distraction and hypnotic analgesia on the subjective perception of pain and on brain physiological parameters were studied again (Schuler et al., 1996). In a pretest 26 voluntary students (7 male, 19 female) age 21 to 29 years participated in a cold pressor test during hypnotic analgesia. Those 13 participants who were able to keep the hand for more than 100 sec in the ice-water were selected for further investigation. The experiment consisted of three experimental conditions: "rest", "distraction" (selective attention), and "hypnotic analgesia".

During the distraction condition the participants had to look for meaningful words in a crossword-like puzzle. During the hypnotic condition two distinct coping-strategies were suggested. First the attention was focussed on the pain stimuli and the participants were instructed to reframe the pain (metaphors for deafness and insensitivity of the skin). Second the attention was diverted to pleasant sceneries (e.g. the imagination of standing on the top of a mountain). During each condition subjects were exposed to 60

intracutaneous electrical stimuli, applied to the tip of the middle finger of the non-dominant hand. The intensity of these bipolar rectangular pulses with a duration of 10 ms was 100 % above the individually determined pain threshold. Throughout the experiment subjective pain reports were registered on Visual Rating Scales with the pain dimensions "intensity" and "aversion". Additionally somatosensory event-related potentials were registered, using 37 electrodes. At the end of the experiment the individuals got a questionnaire concerning the deepness of trance during the "hypnotic analgesia".

As results, the subjective pain ratings ("intensity" and "aversion") were significantly reduced during "distraction" and "hypnotic analgesia", but not during the "rest" condition. The depth of trance was negatively correlated with the subjective pain ratings under the experimental condition "distraction". The amplitudes of the N150-P260-complex were reduced (highly significant) as were the amplitudes of the component P300. These effects were most prominent in the central electrodes. The experimental condition "hypnotic analgesia" reduced the amplitudes of the P80 in the prefrontal electrodes. This latter effect, however, ceased after EOG-correction and therefore cannot clearly be taken as proved. The results of the study leave open, if hypnotic analgesia is mediated by prefrontal brain activity within a ms or by following cognitive processes, which are beyond the latency range of the SEPs.

The inconclusive results for the hypnotic condition can be attributed to the specific selection of the participants and the inhomogeneity of coping-strategies used for "hypnotic analgesia". For further research it is recommended to select the participants in high and low suggestible individuals with more meticulous suggestibility-tests (like SHSS). In addition it would be interesting to investigate the consequences of different coping-strategies. Maybe that selective attention, focussing on the pain and reframing the event, involved different brain areas than diverting attention away from the actual pain. Hypnotic pain coping can use both strategies.

Meier, W., Klucken, M., Soyka, D., & Bromm, B. (1989). Hypnotic hypo- and hyperalgesia: divergent effects on pain ratings and pain related cerebral potentials. *Pain*, 53, 175-181.

Schuler, G.; Braun, C.; Miltner, W., & Revenstorf, D. (1996). Evozierte Potentiale unter hypnotischer Analgesie und Ablenkung bei Schmerz. *Hypnose und Kognition*, 13(1+2), 79-98.

Spiegel, D., Bierre, P., & Rootenberg, J. (1989). Hypnotic alteration of somatosensory perception. *American Journal of Psychiatry*, 146, 749-754.

Gertrud Schuler, Dipl.Psych.  
University of Tübingen  
Dept. of Clinical and Physiological Psychology  
72077 Tübingen, Germany



## Recovered memories and other misunderstandings

(Onno van der Hart, Ph.D.)

In the Spring of 1996 a book, 'Recovered memories and other misunderstandings,' written by two psychologists, was published in the Netherlands. Stating that total amnesia for traumatic events does not exist and that therefore so-called recovered memories of incest are by definition false, that dissociative identity disorder (DID) is an iatrogenically induced disorder, and that hypnosis is totally unreliable in retrieving memories, the book received wide attention by the media. Their sweeping statement on the nonexistence of total amnesia for trauma reflects ignorance with the vast clinical literature on the subject. Their criticism on the use of screening instruments such as the DES (Dissociative Experiences Scale) for the diagnosis of DID ignores major publications in the Netherlands and elsewhere indicating that the DES is a screening instrument and the structured clinical interviews for the dissociative disorders, such as the SCID-D, should be used for this purpose. Their unconditional rejection of the use of hypnosis in memory retrieval ignores that the careful clinical guidelines which North American and Dutch specialists in the field of hypnosis have developed for the use of hypnosis and other techniques in the treatment of traumatized patients. In taking such an extreme position, the authors unfortunately contributed to a deterioration of the much needed discussion on the accuracy of recovered memories of childhood trauma. While recognizing this need for a critical debate on these issues, Dutch specialists in this field now feel called upon to correct some of the most extreme statements of these authors, which, no doubt, will have affected members of the general public, lawyers, judges, and traumatized individuals struggling with the validity of their emerging traumatic memories. Research studies on the subject such as those by Linda M. Williams, Ph.D., in the October issue of the *Journal of Traumatic Stress*, and by Richard P. Kluft, M.D., in the December issue of *DISSOCIATION*, are extremely valuable in this regard. Unfortunately, such research is lagging behind the Netherlands. But such studies are widely available here, helping those who are open-minded to take a more balanced position with regard to these highly-charged issue.

Crombag, H. & Merckelbach, H. (1996). *Hervonden herinneringen en andere misverstanden* [Recovered memories and other misunderstandings]. Amsterdam: Contact.

Kluft, R.P. (1995). The confirmation and disconfirmation of memories of abuse in dissociative identity disorder patients: A naturalistic clinical study. *DISSOCIATION*, 8(4), 253-258.

Williams, L.M. (1995). Recovered memories of abuse in women with documented child sexual victimization histories. *Journal of Traumatic Stress*, 8(4), 649-673.

Onno van der Hart, Ph.D.

Riagg Z/NW

Postbus 75902

1070 AX Amsterdam 5, The Netherlands

Fax: +31/20/642-8235, email: onnovdh@worldaccess.nl

## Societies' Portraits

### Netherlands Society of Clinical and Experimental Hypnosis (Nvvh)

The Netherlands Society of Clinical and Experimental Hypnosis (Nederlandse vereniging voor hypnose, Nvvh) is a society of medical specialists, dentists, psychologists, social scientists, psychotherapists, social workers, social psychiatric nurses and dental hygienists who work in health care and utilize hypnotic techniques within their profession.

The Society aims at advancement of training, post-graduate education and research in the field of hypnosis and brings together professionals in this field for the purpose of improving quality of psychological and medical cure and care. In this respect the words of Ernest Hilgard in 1988 at the International Congress of Hypnosis in The Hague are still highly applicable: 'We be careful in our claims, avoid the clashes of opinion among us that affect the public image and acceptance of hypnosis, do our best to maintain scientific standards in both laboratory and clinic, without dividing into cults, and work together to continue to advance hypnosis both as to its place in science, and as a benefit to suffering humanity'.

**History:** The history of the Netherlands Society of Clinical and Experimental Hypnosis started in 1931. Its founders who were physicians and dentists using hypnosis in part of their practice and research work became affiliated in a Society for Medical Doctors and Dentists. The first thirty-five years were undoubtedly dominated by the work of Berthold Stokvis, M.D. who gave the first training in clinical hypnosis in the Netherlands to groups of medical students. For some decades a rather small group of members enthusiastically used and promoted hypnosis in a medical and dental setting. In 1955 the Society consisted of 51 members, of which 6 were psychiatrists. One member had Belgian nationality.

In 1965 it was Wybe Viâtor, M.D. who re-founded the Society for Medical Hypnosis after a period of lessened activities together with Harm Kloos, M.D. and Dick Coster, M.D. In the early seventies it became possible for psychologists to affiliate with the Society as well, very much through the influence of J.T. Barendregt, Ph.D., who at that time was professor in clinical psychology. This major development, in 1973, led to a change in the name of the Society to the Dutch Society of Hypnotherapy.

At the end of the seventies, hypnosis gained wide international recognition due to Milton Erickson, M.D. and Jay Haley, Ph.D. In this country some members published a book series 'Directieve Therapie' (Directive Therapy) and a Journal 'Kwartaalschrift voor Directieve Therapie en Hypnose' (Journal of Directive Therapy and Hypnosis) containing the study and use of hypnotic procedures. One of the founders of 'Directieve



Therapie', Richard Van Dyck, M.D., became President of the Society. The Nvvh then began to expand rapidly. Under the Presidency of Richard Van Dyck an excellent training program was developed, taught primarily by invited colleagues. Students from Milton Erickson, in the United States, later handed this function over to their local colleagues.

During the past twenty years there was widespread international appreciation which was highly to the benevolence of the Society, leading to different research projects (e.g. the clinical application of hypnosis, hypnosis and pain). There was an increase in participation in international congresses, and in both research in general and medical and psychotherapeutic activities.

In 1984 the Nvvh affiliated with the International Society of Hypnosis and a little later with the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine.

In 1988 international collaboration led to the organization of the 11th International Congress of Hypnosis and Psychosomatic Medicine in The Hague, under the leadership of the Society's Presidents Richard Van Dyck, M.D., Ph.D., Kees Hoogduin, M.D., Ph.D. and Erik Hoencamp, M.D., Ph.D. After this the request for training programs increased.

During the past ten years, the current training programs were refined to a specialized training curriculum. Several members have gained national and international recognition through their work in the field of hypnosis, either therapeutically or through publications in professional journals.

In 1991 the society celebrated its 60th anniversary with a highly successful conference on 'Trauma, Soma, and Hypnosis', with guest speakers including Bessel van der Kolk, M.D., David Spiegel, M.D., and Erika Fromm, Ph.D.

Analogous to the request of affiliation of psychologists in the seventies the same request has been made by other professionals in the field. Since 1995 social workers, social psychiatric nurses and dental hygienists can affiliate through specialized training programs.

To rule out the conception that hypnotherapy is a separate form of therapy, the use of hypnosis is always embedded in other forms of practice, the name of the Society changed in 1996 to the Netherlands Society of Clinical and Experimental Hypnosis (Nederlandse vereniging voor hypnose).

By January 1st 1996 there was a total number of member of 790, an amount stable for almost ten years. For the first time in the history of the Society the interest is both

strong and stable for a longer period of time. The organization's design, management, regulations, committees and colleagues of appeal give the Nvvh a unique platform for improving the quality of its member activities.

#### **Past Presidents:**

1965 – 1970 Wybe Viëtor, M.D.

1970 – 1978 Harm Kloos, M.D.

1978 – 1984 Richard Van Dyck, M.D., Ph.D.

1984 – 1986 Kees Hoogduin, M.D., Ph.D.

1986 – 1989 Erik Hoencamp, M.D., Ph.D.

1989 – 1992 Onno van der Hart, Ph.D.

since 1992 Joop Verlinden, M.Sc.

**Training curriculum Nvvh:** The Nvvh provides its own training in the practical applications of hypnosis. In all training programs, the Nvvh's golden rule is to teach professionals how to apply hypnosis within their own field of competence. The Nvvh has a special committee to organize training and education programs, and to supervise all training courses and workshops by qualified trainers and supervisors. The training program is divided in a basic A-training and an advanced B-training dealing with applications for specific professions.

The A-training takes a total of 4 workshop days. Before attending, participants first have to take an examination with respect to their theoretical knowledge of hypnosis based upon specific literature. Containing 15 participants, training groups are open to dentists, physicians, psychologists and other social scientists working in the mental health profession. The training is practically orientated and includes: induction and deepening techniques and eliciting various trance phenomena. Techniques are trained during the workshop sessions as well as in small training groups in between. Participants also study relevant literature.

The advanced B-training is useful for different fields of application: psychotherapy (for psychiatrists, psychiatric residents, psychologists, and social scientist working in mental health care); dentistry and medicine (in particular for general practitioners). This program deals with a number of the generally accepted hypnotic treatments for specific disorders such as: fears and phobias, traumatic neuroses, dissociative disorders, eating disorders, undesirable habits like smoking and nailbiting, physical and psychosomatic complaints and pain, stress and tension, sleeping problems and dental disorders. Each specific training program consists of a training section, and is completed with a paper containing an extended case description. For certain medical specialists, e.g. anesthesiologists and gynecologists, it is possible to create a special program, by following workshops from different areas.



For social workers, social psychiatric nurses and dental hygienists there is a special program adapted to a limited spectrum of techniques for use in their field of practice.

Nvvh, Herenstraat 1B, 3512 KA Utrecht, The Netherlands, Fax: +31/30/2340924

*Editor's note: From time to time I will invite other Constituent Societies to present themselves with a more detailed portrait like this one.*

## News from the Constituent Societies

### American Society of Clinical Hypnosis (ASCH)

A sense of excitement exists within the American Society of Clinical Hypnosis as the planning for the 14th International Congress of Hypnosis nears completion. By now ISH members have received the initial brochure and "Call for Papers." Dr. Richard Kluft is planning an exceptional meeting for June 21-27, 1997.

This year ASCH will be conducting eight regional workshops across the United States with training at Beginning, Intermediate, and Advanced Levels. During 1996 workshops will be presented in Orlando, Florida; Denver, Colorado; Cincinnati, Ohio; Arlington, Virginia; Dallas, Texas; Chicago, Illinois; Miami Florida; and Phoenix, Arizona. ASCH workshops are conducted in consideration of the "Standards of Training in Clinical Hypnosis" publication available through the ASCH Press.

All ASCH workshops may apply toward ASCH Certification in Clinical Hypnosis. ASCH Certification has been popular among our members with over one-third of our members having achieved Certification in Clinical Hypnosis.

Other projects being completed include revision of the ASCH Code of Ethics. Currently we are completing a revision of our Code of Ethics with a particular emphasis on Enforcement and Complaint Procedures. Also, two of our members, Mr. Jack Rusinoff and Dr. Philip Appel are in the process of developing an ASCH Homepage on the Internet. As this becomes available we will provide this information to all ISH members.

Gary R. Elkins, Ph.D., ABPP, ABPH  
President, American Society of Clinical Hypnosis  
2200 East Devon Avenue, Ste 291  
Des Plaines, Illinois 60018-4534, USA  
Fax: 001-847-297-7309

## The Australian Society of Hypnosis (ASH)

The Federal Secretariat of the Australian Society of Hypnosis has been busy processing subscription renewals including those for approximately 40 new Full Members, who have been successful in their examinations this year. This brings the Society's current membership to 1171 which includes nearly 100 new Associates who will commence the Society's training programme in the near future.

Many of our Society's members have just returned from the highly successful 26th Annual ASH Congress which was hosted by the Queensland Branch at the beautiful Kingfisher Bay Resort, Fraser Island, from 31 August to 7 September. Ernest Rossi, PhD and Michael Yapko, PhD were keynote speakers for this conference which was attended by well over one hundred people. The theme was 'Reflections on Body, Mind and Hypnosis' and included a comprehensive programme of workshops and scientific papers, presented by local and international speakers. With idyllic surroundings which included whales, dolphins, dingoes, sun and sand, it was very easy to reflect on body and mind, and with such a comprehensive programme, hypnosis was never far from participants' thoughts!

At the Annual General Meeting held during the Congress Dr Graham Wicks was the inaugural recipient for the award of Fellow of the Australian Society of Hypnosis. He was also awarded the Society's Medal. Both of these awards were presented for services to the Society and hypnosis. The medal was presented to Dr Wicks at the gala dinner dance which was enjoyed by all. It was a fine ending to a most successful Congress. Dr Lachlan Lipsett, an Otorhinolaryngologist, was awarded a certificate and the Society's Medal for his outstanding performance in the 1995/96 examination process.

The Society continues to conduct training programmes and candidates in all States are now preparing to sit for the next round of examinations which commence in October. Passing these examinations will enable these individuals to qualify for Full Membership of the Society.

Dr Mark Earl, Federal Secretary, c/- Australian Society of Hypnosis Federal Office, Edward Wilson Building, Austin and Repatriation Medical Centre, Austin Campus, Heidelberg, Vic, 3084, AUSTRALIA. Ph: (613) 9457 2474 Fax: (613) 9459 6244.

### British Society of Experimental and Clinical Hypnosis (BSECH)

BSECH has been very active in the last few months. As mentioned in earlier newsletters, an Historic event took place at the end of May. BSECH and BSMDH had their first ever joint meeting. The event consisted of Workshops, a Scientific Program



and a special one-day presentation given by Karen Olness. All in all, it was a most successful occasion with members of the two societies taking the opportunity to get to know each other. Perhaps I should add that many already did as there as many members belonging to both societies.

**LAY HYPNOTHERAPY:** In the UK, we are having to deal with a major problem. Lay Hypnotherapy organisations, with apparent government backing, are trying to develop National Occupational Standards for training qualifications in a "Profession" called hypnotherapy. Both BSECH and BSMDH have been forced to participate in discussions, as if we do not, we will not be informed as to what is going on. It is a Catch 22. If we don't have any involvement, then we will only have ourselves to blame when they produce accepted training courses. If we do, it looks as if we approve (which we most certainly do not). We have used the forum to express our unhappiness about the situation, and to emphasise the nature of hypnosis as adjunctive to prerequisite professions, but now I'm afraid the next step will be to go direct to government and our Members of Parliament as I don't think anyone is going to really listen to our concerns. If anyone has any advice, it will be gratefully accepted.

The Home Office have finally produced their report on Stage Hypnosis. Again, I'm afraid, that they have taken only minimal notice of the concerns expressed to them and have no intentions of producing any legislation to ban or really control it. They have produced guidelines prohibiting some of the more questionable suggestions, e.g. age regression, loss of any body part etc. They have also recommended that stage hypnotists should advise volunteers to not volunteer if they are under psychiatric treatment etc., but I fear the recommendations are far too vague, and probably too open to abuse. Unfortunately, I suspect that all the Home Office has done is to increase the power and legitimacy of the stage hypnotist.

**7TH EUROPEAN CONGRESS OF HYPNOSIS:** A number of our members participated at the ESH meeting in Budapest. Well known names such as Michael Heap and Graham Wagstaff took part in a number of symposia. Michael Heap and Phyllis Alden ran a well attended workshop on Pain and Psychosomatic Medicine. Papers were given by a number of others including Diana Cornick, Leon Gevertz and Victoria West. It was a fantastic event both in terms of intellectual stimulation and social activities. Many people commented that it was one of the friendliest conferences they had ever attended. We were only very sorry that more people did not attend, not only from the UK who actually made a good showing number wise, but from the whole of Europe.

**ANNUAL CONFERENCE 1997:** Next year's meeting will take place in Sheffield from 23rd to 25th April. It will be a BSECH event as we plan to have our next joint meeting either in 1998 or 1999. The format will consist of a choice of three one-day workshops followed by two days of scientific programme. It is hoped to have workshops covering CSA and dissociative disorders, Hypnosis in the care of Cancer Patients and Human Performance. More details will be available by the next newsletter.

All communications to BSECH on the matters above should be addressed to

Phyllis Alden, Hon Secretary BSECH, Psychology Consultancy, DGH, Scartho Rd, Grimsby DN33 2BA England. Phone +44-1472-873423 or Fax +44-1472-879238

### **British Society of Medical and Dental Hypnosis (BSMDH)**

It has been an eventful year culminating in our AGM being held on the first joint week-end academic conference with our sister society, BSECH (whose major membership is drawn from psychologists). It was a success in many ways, maybe in fact that it happened at all! It was in the mode of the ISH and ESH conferences . . . having a good quality of papers and workshops from members of both societies, and we were delighted to welcome Karen Olness to present her work to us on the Sunday.

We continue with our meetings with representatives from our sister societies (ISCEH, BSMDH (Met & South), RSM and BSECH) to clarify our voice to the public, media and the legislature. We have come a long way in the past year.

Our government is interested in setting down National Occupational Standards (NOS) for lay hypnotists – in spite of professions that have come into contact with them (i.e. NOS) feeling that it is a gradual de-skilling of their occupations. We are keeping a watchful eye on the consultative meetings via the Chairman of our Academic and accreditation sub-committee, Dr Graham Smith.

We are still concerned with the Home Office's report on Stage Hypnosis, and especially their view that there is no need to ban it: indeed the new guidelines to councils, issuing licences for the use of hypnosis as a stage show, are less strict than the 1952 vintage, or even the up-date in the 1970's. The more sensational exposure hypnosis gets, the more would be patients are wary of seeking help from professionally qualified hypnotists. We keep up the dialogue . . .

Mary L. McKenna, M.D., Chariman BSMDH, Roxton House, 55 Abbey Lane, Sheffield S8 0BN, GB

### **The British Society of Medical & Dental Hypnosis – Scotland (BSMDH-Scotland)**

The British Society of Medical & Dental Hypnosis – Scotland was established as an independent society in 1992 and continues to function as a very active and thriving society, having a membership of approximately 400 registered Medical and Dental Practitioners.



Very well programmed meetings are held throughout Scotland on a regular basis, in addition to a series of training courses on Clinical Hypnotherapy and they all are very well supported. These courses prepare practitioners for examinations and, when successful, a Certificate of Accreditation is gained by the practitioner. The courses organised by the Society are restricted to the registered Medical and Dental Practitioners.

Unfortunately, there is no unified British Society of Medical & Dental Hypnosis in England. At present there exists a number of regional societies functioning from a number of regions, e.g., North East, Midlands, Metropolitan etc.

The BSMDH-Scotland has had the privilege and pleasure of a number of overseas visitors coming to visit and addressing the Society. The most recent one was Professor Lars Eric Unestahl from the University of Orebro, Sweden. A number of our members have delivered lectures on invitation to like societies abroad, e.g., Australia and New Zealand.

The British Society of Medical & Dental Hypnosis – Scotland wishes to maintain links with all national societies and all communications should be sent to:

Office Bearers: Dr Christian Roan – President, Dr Prem Misra – Chairman, Academic Committee & International Representative, \*Dr Charles Downie – Honorary Secretary, Dr Gordon Ker – Honorary Treasurer, \*Dr Karen McPhail – Librarian, Mrs Karen Hannah – Administrative Secretary (part-time) (\*Dental Practitioners).

Dr. Prem Misra, British Society of Medical & Dental Hypnosis – Scotland, PO Box 1007, Glasgow G31 2LE, Scotland, Tel & Fax: 0141 556 1606.

### **Italian Medical Association for the Study of Hypnosis (AMISI)**

AMISI (Associazione Medica Italiana per lo Studio dell'Ipnosi, i.e. Italian Medical Association for the Study of Hypnosis) was born in Milan (Italy) in 1959. AMISI has up to now about 900 members. The main activity of the Association is the Italian School of Hypnosis and Hypnotic Psychotherapy, now European School of Hypnotic Psychotherapy. The school has about 40 students for each of the 4 years.

Every year AMISI offers a bonus for a free participation to the best student. For the next year AMISI offers also 3 prizes for the best post-graduate thesis. Next course will start in the October 1996. AMISI is the editor of the only Italian Publication about Hypnosis and Hypnotic Psychotherapy. AMISI organizes every three years a national congress, with foreign participants. The last congress had about 300 participants and we are already preparing the next edition in Florence, during spring 1998. AMISI is collaborating with some Hospitals and Research Institutions to co-operate for training and experimental projects on Hypnosis.

Mario Cigadan, AMISI, Micos Eventi, Borgo Albizi 11, 50122 Firenze, Italy

### **Japan Society of Hypnosis (JSH) The raison d'être of hypnosis in the context of psychotherapies proliferation and integration.**

As reported in ISH newsletter vol. 17 no. 1, we are still unable to come out of a declining phase of hypnotic studies in this country. People's interests have been moving away from hypnosis to various newly developed psychotherapies. The recent ASCH newsletter vol. 36 no. 4 tells us that hypnosis is not noted in the listings of proven effective therapies. In the context of psychotherapy integration, people belonging to groups such as SEP1 are least likely to mention hypnosis even as an adjunct, despite an eclectic hypnotherapy. I believe it must have been a precursor of current psychotherapy integration. I think it is time for us to demonstrate the effectiveness of hypnotherapy via empirical research in psychotherapies.

Thus, I am planning to speak on the effect of hypnosis at least as an adjunct in psychotherapy through a comparative study on a covert sensitisation with and without hypnosis at the 14th ISH Congress. I plan to chair a symposium between August 1-3, 1997 in Osaka at the joint meeting of the Japanese Society of Hypnosis 43rd Congress and the 10th Congress of Japanese Union of Associations of Psychomedical Therapy, this union consists of 16 psychotherapeutic and medical associations. The symposium will be on "Psychotherapy Integration". I will stress the significant role of hypnosis in psychotherapies.

I look forward to seeing you all in San Diego.

Noboru Takaishi, M.D

### **Milton Erickson Society of Clinical Hypnosis, Germany (M.E.G.)**

The English edition of the Proceedings of M.E.G.'s last year's 2nd European Congress of Ericksonian Hypnosis and Psychotherapy have now been published. Under the title Munich Lectures on Hypnosis and Psychotherapy they are available at a discounted price of DM 30. – or US\$ 20 per copy (H+S included) for members of ISH only (regular price is US\$ 30). The following authors contributed to this edition which is also the 2nd volume of the Hypnosis International Monographs: Peter B. Bloom, Julie H. Linden, Christel J. Bejenke, Susanna Carolusson, Richard P. Kluft, Giuseppe De Benedittis, Shaul Livnay, André M. Weitzenhoffer, Ernest L. Rossi, David P. Fourie, John G. & Helen H. Watkins, Joseph Wolpe, Frank Metzner & Dirk Revenstorf, Burkhard Peter, Csaba Szabó, Jerzy W. Aleksandrowicz, Robb O. Stanley & Graham D. Burrows AO, and Stephen G. Gilligan. Unfortunately not all English papers, not even



the most important ones could be published as a maximum of 210 pages was allowed for this edition which already sold in considerable numbers in Budapest this August at the 7th European Congress of Hypnosis. M.E.G. accepts VISA and Master Card.

Orders may be send to M.E.G., Konradstr. 16, 80801 Munich, Germany.

### **Mexican Society of Hypnosis (MSH)**

The MSH collaborated with the Milton H. Erickson Institute of Mexico City in the first Intensive Summer International Training Course in Hypnosis and Psychotherapy, which took place this summer. We had health professionals from Spain, Brasil and different parts of the Mexican Republic. Due to its magnificent results and the interest that many colleagues from abroad have shown on taking it, we will be having two more Intensive Training Courses in 1997. The first one will be taking place in January and February and the second in Summer. The Training will be given in Spanish and it will consist of 120 hours of workshops and 120 hours of supervised clinical work, which includes: analysis of videos, observation of sessions, cotherapy, work with patients in a close circuit, team work with patients, and group supervision. For further information please contact:

Sociedad Mexicana de Hipnosis, Patricio Sáenz 1205, México D.F., 03100, México. Fax: +525/559/2554.

### **South African Society of Clinical Hypnosis (SASCH)**

The First Africa Congress in Clinical Hypnosis, organized by the SASCH was a tremendous success. The Congress took place at Sun City, 15-19 October, 1995 and was attended by 260 delegates from all over South Africa, and also from Canada, England, Australia, Germany, Sweden, and the United States.

International figures who took part included Dr. Jeffrey Zeig of the Milton H. Erickson Foundation in the USA, Dr. Dan Zelling, a Past President of the American Academy of Medical Hypnoanalysis, Dr. Don Ebrahim from the UK, and Prof. Phillip Barker from Canada.

After a word of welcome by the president of SASCH, Dr. Louise Olivier, Dr. Zeig delivered the opening address entitled: Experiencing Erickson. The keynote address, Change through choice (an indirect therapeutic technique) was delivered by Dr. Don Ebrahim.

The workshops dealt with the following subjects: Metaphors in hypnosis; Medical hypnoanalysis; Fundamentals in Ericksonian therapy; Post-traumatic stress disorders; Ecosystemic hypnosis; and Hypnosis with children and adolescents. There were two groups of courses in the application of clinical hypnosis for beginners. The courses were attended by 110 newcomers, comprising medical doctors, dentists, and psychologists.

The three workshop days were followed by a full day of scientific papers. The keynote address at the scientific sessions, Hypnosis: hope and healing, was delivered by Dr. Zelling from the Ohio Institute of Medical Hypnosis. Professor Phillip Barker spoke at the plenary session on Story telling – a hynotherapeutic technique and Dr. Don Ebrahim spoke about his well-known Traumatic separation theory, hypnosis and change. There were four break-away sessions, at which seven papers each were delivered.

The Congress concluded with a panel discussion chaired by Dr Pieter Nel, on the topic Clinical hypnosis: Multidimensional or uniformity. Members of the panel were Drs. Louise Olivier, David Fourie, Jules Leeb (all from South Africa) and Drs. Don EbrahiAbraham, Jeffrey Zeig and Dan Zelling. The panel, which evoked good response and participation from the audience, dealt with matters such as false memory syndrome and past life experience.

Many delegates expressed the wish that this Congress should become a regular event. Considering how successful it was, it could become an important congress on the international clinical hypnosis agenda. Special mention was made of the magnificent organization of the congress.

At Sun City the overseas delegates were treated to a night drive where they could observe some of the "Big Five". They also visited the Kruger National Park, where they enjoyed viewing a variety of wild animals in their natural environment.

Pieter W. Nel, Ph.D.  
SASCH  
P.O.Box 73090  
0040 Lynnwood Ridge  
South Africa

### **Swedish Society of Clinical and Experimental Hypnosis (SSCEH)**

This year Sweden has been very active in the Polar Circle Program. Well – the basics about it is a strong desire to develop interchange in economy, culture, tourism and education which is growing in the Northern parts of Norway, Sweden, Finland and



Russia. The old closed frontiers from Murmansk to Lofoten and Bergen have been opened. And Finland, Sweden and Norway in fact also meet at one point. Its name is Treriksröset, in English 3-countries stones, a strange name for a custom station and a henge of stones erected from all three nations. But back to hypnosis – the world's most Northern component section of a hypnosis society, the SSCEH Branch in Luleå was the host for the 1996 SSCER Annual Meeting. Professionals from the four countries participated, and besides a seminar, workshops were given by Björn Wormnes, Ph.D., Norway, as well as by Lars-Eric Unestahl, Ph.D., Sweden, and Pavel Bundzen, M.D., Russia. Dr. Bundzen is a professor in Neurophysiology, University of St. Petersburg, and a stress researcher with long experience. He and Unestahl presented a very innovative research on brain functioning during stress and suggestions. Among other projects, Unestahl spent one year at a Russian station in Antarctica. Bundzen and Unestahl have developed methods to measure brain bloodflow in local areas and EEG functions. A paper in the September issue of *Hypnos* (the Swedish society journal), and the Journal of the European Society of Hypnosis, will report on these results in detail.

The social program, not only offered exotic dinners at Laplander's tents and loghouses but also sauna, dog-sleigh tours, snowgames and ice-bathing. However, to the dismay of the hosts very few participated in the latter. The meeting was a success and the sunshine in March was glowing until 3 p.m. Then the Polar circle darkness came with refreshing winds. The SSCEH 3-year Educational Program has continued to develop well and is in a new profile using more Swedish teachers. It had one visiting teacher in the faculty this winter, Richard Landis, Ph.D., USA.

In May one of the father-figures of Swedish hypnotherapy, Don Ebrahim, M.D., Coventry, gave a 2-day workshop on his Traumatic Separation Theory. His visit was ended with celebrations of his 70th birthday and 22 years since his first visit to Sweden – it became another glorious feast. On a European tour Harold Crasilneck visited Sweden and gave a one-day workshop on "Pain Problems and other Applications of Hypnosis". The first time he had run a course for the SSCEH was also 22 years ago and, as always, his teaching which included his Bombardment Technique on Pain, was received with great interest.

Which country was the first with legislation on the misuse of hypnosis? Could you imagine it was Denmark? An SSCEH member from Denmark, Öivind Rasmussen, M.D., saw a horrible, humiliating show presentation by a lay hypnotist a year ago. Dr. Rasmussen is an interested researcher in the history of medicine and forgotten applications of mesmerism, and he found in the archives, a long forgotten Royal Edict by King Frederik VI of Denmark dated 1817, 179 years ago. King Frederik ruled by Divine Right; anything he declared was binding upon the entire nation. The Cancellery was empowered to promulgate legislation. Therein the application of mesmerism is

solely permitted to medical doctors. The use of lay people is subjected to penalty. Dr. Rasmussen contacted the Department and the National Board of Health. With astonishment, they had to acknowledge that the Edict is still a valid law. The two Danish hypnosis societies can now get ready for action and use the Royal sword. And you, the reader, if you like, can see the Edict in facsimile in the September, 1996 issue of *Hypnos*.

Per-Olof Wikström, D.D.S.

Bastugatan 35, S-11825 Stockholm, Sweden

Fax: +46/8/6585334

## News of Members

**Jorge Abia, M.D. and Teresa Robles, Ph.D.** President and Secretary/Treasurer of the Mexican Society of Hypnosis (MSH), will be having ready their latest booklet on *Hypnosis Hoy, Realidad y Mitos (Hypnosis today – Reality and Myth)*.

**Bernice Cohen-Sachs, M.D., F.A.P.A.,** "only 78 years old" enjoys seeing patients – cancer, pain, and life threatening illness – and writing articles. Her most recent article was published in *Stress Medicine*, 9:45-49, 1993, on – guess – Coping with the Stress of Aging – Creatively. She picks up, among other issues, in a rigorous and lovely manner the myths of ageism, a false concept that discourages consideration of sexual activity in old age, leading to the conviction that senility and/or depression are inevitable consequences of aging. She is combating these and related myths vividly, and shares her personal credo: "I don't want to live to a good old age. I want to live a good life while I age". All who know her know: She is an expert – not only – on aging.

**Fred H. Frankel, M.B., Ch.B., D.P.M.,** had an article published in the *New England Journal of Medicine*, 333:591- 594, 1995, on *Discovering New Memories in Psychotherapy – Childhood Revisited, Fantasy, or Both?* in which he warns that the traditional approach in psychotherapy might be replaced by a confrontational stance if therapists take the memories of patients literally true, and if these memories are taken out of the therapists office and shaped into allegations within families and in court rooms. He raises the question whether a therapist can accept as valid, without corroboration, stories that emerge for the very first time in therapy, and then lead directly to accusations. As a member of the Scientific and Professional Advisory Board of the False Memory Syndrome Foundation, he strongly questions clinicians with an interest in recovered memories who see the experimental literature on the malleability of memory as tangential, and believe that memories of trauma are vigorously and actively forgotten or dissociated. After having criticized some relevant reports which



support the theory of repressed or dissociated memory he expresses his concern that accepting the truth of long-forgotten memories elicited by therapy without corroboration can seriously injure and disrupt the lives of innocent people.

**Claire Frederick, M.D.**, will be teaching for the Irish Society of Clinical and Experimental Hypnosis in Dublin in September with **Maggie Phillips, Ph.D.**, and at the Annual Meeting of the International Society for the Study of Dissociation in November with **John Curtis, M.D.** Claire is pleased to announce that she and **Shirley McNeal, Ph.D.**, now have in press their book: *Inner Strengths: Contemporary Hypnotic and Non-Hypnotic Ego-Strengthening in Psychotherapy* (Lawrence Erlbaum Associates, in press).

**Melvin A. Gravitz, Ph.D.**, of Washington, D.C., continues to add to his library of more than 1,700 books on hypnosis, including many rare items. He also continues to publish on aspects on the history of hypnosis. Recently this has included a final listing of hypnosis speciality journals (in *American Journal of Clinical Hypnosis*, in press). His readings in the older literature have uncovered the fact that the term hypnotism was first used by the French in the early 1800s, more than 30 years prior to James Braid, who is usually but erroneously given credit for devising the term.

**Richard P. Kluft, M.D.**, chair of the forthcoming **14th International Congress of Hypnosis, to be held in San Diego, California, June 21 – 27, 1997**, contributed to last year's 2nd Ericksonian Congress of Hypnosis and Psychotherapy in Munich with a keynote address in which he explored several issues concerning Dissociative Identity Disorder (DID) that are of interest to modern clinicians and scientific investigators. The recent history of DID was reviewed, current thoughts about its etiology (including trauma, iatrogenesis, and factitious symptom formation) discussed, and the historical accuracy of alleged traumata studied. Also, the effects of specific treatment interventions were compared to the impact of therapies that do not address core DID phenomena. He also discussed the benefits and liabilities of specialized dissociative disorders programs, and outlined the role of hypnosis in the treatment of DID. This paper is published in Volume 2 of the *Hypnosis International Monographs*, 1996.

**Richard P. Kluft, M.D.**, taught an introductory course on hypnosis to psychiatry residents and psychology interns at The Institute of Pennsylvania Hospital which was very well received. He was given an award as Outstanding Educator by the graduating trainees.

There has been an increase in the applications of hypnosis to various clinical settings as the public has been educated about its benefits. However, little attention has been given to developmental or gender variables in the careful integration of hypnotic techniques across the lifespan. **Julie H. Linden, Ph.D.** and **Norma Barretta, Ph.D.** will

co-chair a workshop at ISH Congress in San Diego which highlights their hypnotic interventions based on current theories on the psychology of men and women. Relational concepts will be addressed by an international (and co-ed) faculty. Dr. Linden has taught similar workshops for ASCH for the past four years, which began during her tenure as Chair of the Gender Committee of ASCH. Her recent work has focused on the gender stereotypes and biases which influence the transference issues in hypnotherapeutic relationships. Join us for *"Milestones, Passages, Journeys: Gender and Hypnotic Interventions Throughout the Life Cycle."*

**Shaul Livnay, Ph.D.**, President of the IsSH, has been giving workshops emphasizing the integration of hypnosis in long term Psychotherapy. The focus has been on working through for each participant the means by which they develop a natural style of integration, while dealing with the complex issues which develop. Other topics have included the use of the *Gong* in therapy, work with children, adolescents, parents, and the schools, or the other end of the spectrum – the elderly. He has also been instructing in the use of specific imaginal techniques, such as the *Hot Air Balloon* (H.A.B.I.T.), and *Control Panel* (Handle).

**Burkhard Peter, Ph.D., Dipl.Psych.** gave a workshop to the Polish National Working Group of Hypnotherapy at the Institute of Psychology of the Jagellonian University in Krakow. This working group of hypnotherapy was founded by **Prof. Dr. Jerzy Aleksandrowicz** as a part of the Section of Psychotherapy of the Polish Psychiatric Association in order to provide a forum for the presentation of new developments in the field of hypnosis and hypnotherapy.

**Moshe S. Torem, M.D.**, Chairman, Dept. of Psychiatry & Behavioral Sciences of Akron General Medical Center has been re-elected to serve a second term as Secretary of the American Society of Clinical Hypnosis (ASCH) for 1996-97. Among his lectures and presentations were many on Dissociative Disorders; e.g., he program chaired and conducted workshops at the 12th International Fall Conference of the International Society for the Study of Dissociation (ISSD) in Lake Buena Vista, Florida, 1995. He also co-chaired the Annual Scientific Program at the 38th Annual Meeting of the ASCH, March 23-27, 1996 in Orlando, Florida.

**Lonnie K. Zeltzer, M.D.**, Professor of Pediatrics, and Director, Pediatric Pain Program, University of California, School of Medicine, Los Angeles is studying the effects of hypnotherapy following needle insertion with acupuncture for treatment of chronic pain in children. He is also interested in changes over time in imagery themes as they relate to symptoms in children with chronic visceral pain. His focus has continued on the psychology of chronic pain in children and the role of hypnotherapy, and more over treatment modalities.



**Johan Vanderlinden, Ph.D.** Psych. from the University Centre St. Jozef of Kortenberg, Belgium, in the last 2 years has presented workshops on the use of hypnosis in eating disorders and dissociative disorders in the Netherlands, Belgium, Germany, Italy, Switzerland, United Kingdom, and the USA. Together with **Dr. W. Vandereycken** he has written several articles and 2 books on this theme (see column New Books).

## New Books

- Barber, J. (1996). *Hypnosis and Suggestion in the Treatment of Pain: A clinical guide*. New York: Norton.
- Bongartz, W. (1996). *Der Einfluß von Hypnose und Streß auf das Blutbild. Psychohämatologische Studien. (The influence of hypnosis and distress on blood count. Psychohematological studies.)* Frankfurt: Peter Lang.
- Burrows, G.D. & Stanley, R. (Eds.) (1995). *Contemporary International Hypnosis. Proceedings of the XIIIth International Congress of Hypnosis, Melbourne, Australia, August 6-12, 1994*. New York: John Wiley & Sons.
- Fromm, E., & Nash, M. (1996). *Psychoanalysis and Hypnoanalysis*. New York: International Universities Press.
- McConkey, K. M., & Sheehan, P. W. (1995). *Hypnosis, Memory, and Behavior in Criminal Investigation*. New York: Guilford.
- Olness, K., & Kohen, D. (1996, 3rd edition). *Hypnosis and Hypnotherapy with children*. New York: Guilford.
- Peter, B., Trenkle, B., Kinzel, F.C., Duffner, C., & Iost-Peter, A. (Eds.) (1996). *Munich Lectures on Hypnosis and Psychotherapy. Proceedings of the 2nd European Congress of Ericksonian Hypnosis and Psychotherapy, Munich, Germany, October 3-7, 1995*. Munich: M.E.G.- Stiftung [Hypnosis International Monographs 2].
- Vanderlinden, J., & Vandereycken, W. (1995). *Hypnose bei der Behandlung von Anorexie und Bulimie*. München: Quintessenz.
- Vanderlinden, J., & Vandereycken, W. (1995). *Trauma, Dissociation and Impulse Control in Eating Disorders*. New York: Brunner/Mazel.
- Watkins, J., & Watkins, H. (1995). *Ego states: Theory and therapy*. New York: Guilford.

## Forthcoming Meetings

### 1996

*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.

*July 1-5: International Congress of Stress* in Budapest, Hungary. Contact: Secretariat, Dr. Peter Csermely, Institute of Biochemistry, Semmelweis University, P.O. Box 260, H-1444 Budapest, Hungary

### 1998

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



## CONSTITUENT SOCIETIES OF ISH

Dr Mark Earl  
Australian Society of Hypnosis  
A & RMC, Austin Campus  
Studley Road  
Heidelberg Vic 3084  
AUSTRALIA

Dr Erik Bolcs  
OGATAP – Austria  
Edvard Suess-Gasse 22/10  
Vienna, A-1150  
AUSTRIA

Dr Nicole Ruysschaert  
VATHYP – Belgium  
Sint-Hubertusstraat, 177  
2600 Antwerpen  
BELGIUM

Dr Joao Jorge C. Nogueira  
Sociedade Brasileira de Hipnose  
Avenida Mem de Sa, 197  
Rio de Janeiro  
BRAZIL

Ms Patricia Derraugh  
Ontario Society of Clinical Hypnosis  
3170 Lakeshore Blvd West  
Suite 303, Toronto  
Ontario M8V 3X8  
CANADA

Dr Donald D. MacGougan  
Canadian Society of Clinical Hypnosis  
(Alberta Division)  
306 4600 Crowchild tr, N.W.  
Calgary, Alberta T3A 226  
CANADA

Mrs Phyllis Alden, Psychology  
Consultancy  
British Society of Experimental and  
Clinical Hypnosis  
District General Hospital  
Scartho Road, Grimsby  
DN33 2BA  
ENGLAND

Ms Rhona Jackson  
British Society of Medical & Dental  
Hypnosis  
17 Keppel View Road  
Kimberworth, Rotherham  
South Yorkshire S61 2AR  
ENGLAND

Dr Maija Kaarianen  
TH-VH – Finland Kanervakuja 2 as 4  
21380 Aura  
FINLAND

Christian Kinzel  
MEG – Germany  
Konradstr. 16  
Munich 80801  
GERMANY

Ms Helga Husken-Janssen  
German Society for Hypnosis  
Druffelsweg 3  
Coesfeld G-4420  
GERMANY

Frau Elke Koch  
Deutsche Gesellschaft für ärztliche  
Hypnose und autogenes Training e.V.  
Oberforstbacher Str. 416  
D-5100 Aachen  
GERMANY

Dr Eva Banyai  
Hungarian Association of Hypnosis  
Izabella utca 46. I.em. 121  
Budapest Pf. 4.  
HUNGARY H-1378

Dr H Jana  
Indian Society of Clinical &  
Experimental Hypnosis  
40/301 Saraswatinagar  
Near Azad Society  
Ahmedabad – 380015, Gujarat  
INDIA

Dr Margaret O'Regan  
Irish Society of Clinical & Experimental  
Hypnosis  
2 Ivyville, Douglas Road, Cork  
IRELAND

Prof Karl Fuchs  
Israel Society of Hypnosis  
44 Hanassi Avenue  
Haifa 34643  
ISRAEL

Dr Andrea Gambacciani  
CSICHB – Italy  
Via E. Gatto, 7  
30126 Venezia-Lido  
ITALY

Dr G Moscani  
AMISI – Italy  
Via Paisiello 28  
20131 Milano MI  
ITALY

Prof Franco Granone  
Centro Italiano Ipnosi Clinico  
Corso Francia, 23  
Torino, 10123  
ITALY

Dr Camillo Loriedo  
Societa Italiana Di Ipnosi  
Viale regina Margherita 37  
Roma 00198  
ITALY

Professor Hitoshi Kasai  
Japan Society of Hypnosis  
Graduate School of Education Center  
University of Tsukuba, 3-29-1 otsuka  
Bunkyo-ku, Tokyo 112 JAPAN

Shunkichi Endo, MD  
Japan Institute of Hypnosis  
Dept of Neuropsychiatry  
1-1-5 Sendagi, Bunkyo-ku  
Tokyo 113, JAPAN

Dr Teresa Robles  
Instituto Milton H Erickson De la Ciudad  
De Mexico  
Patricio Sanz 1205, Col. del Valle  
MEXICO DF 03100

Mrs H.P.M. Wallien  
NvvH – Netherlands  
Demmerik 49 Vinkeveen, EB 3645  
NETHERLANDS

Dr Gunnar Rosen  
NSCEH – Norway  
Helseinvest AS, Pb.34  
N-5051 Nestun  
NORWAY



Dr Prem Misra  
BSMDH – Scotland Branch  
C/O Parkhead Hospital  
81 Salamanca Street  
Glasgow G31 5ES  
SCOTLAND

Dr Pieter W Nel  
South African Society of Clinical  
Hypnosis  
29 Isabel Street  
Kilner Park X1, 0186  
SOUTH AFRICA

Dr Torbjorn Hellenius  
Swedish Society of Clinical &  
Experimental Hypnosis  
PO Box 104  
S-69322 Degerfors  
SWEDEN

Dr med, Thomas Gysin  
President, SMSH  
Wettsteinallee 14  
4058 Basel  
SWITZERLAND

Arlene Stern  
American Society of Clinical Hypnosis  
Suite 291, 2200 East Devon Avenue  
Des Plaines, IL 60018-4534  
USA

Joyce Martello  
Society of Clinical and Experimental  
Hypnosis  
3905 Vincennes Road, Ste 304  
Indianapolis, IN 46268  
USA

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