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NEWSLETTER
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15th Triennial Congress of Hypnosis, München, Germany, October 2000

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Be sure to visit.

Letter from the President

SAIMIN

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At the end of last year, I had the honour of speaking at the 14th Annual Meeting of the Japanese Institute of Hypnosis in Kawasaki, Japan. It was a very well attended conference of high standard that took place in a friendly and cooperative atmosphere where I met old acquaintances like Professors Saito and Takaishi and made new ones. Besides learning to write the word "hypnosis (*saimin*)" in Japanese (see above) which might be translated with "tendency to sleep", I also learned that in Japan hypnotherapy is used nearly exclusively by medical doctors whereas research is done by psychologists also, like Professor Saito from the Psychological Department at Kyoto University. During my stay in Kawasaki, Naoki Watanabe MD, organizer of the conference, told me about his ideas on the possibility to combine hypnosis with the traditional Japanese Morita psychotherapy. This sounded so interesting to me that I asked him on behalf of Burkhard Peter PhD, principal organizer of the Munich ISH meeting in 2000, to come to Munich. I am very happy that he has agreed to present an invited address on Morita therapy in Munich. So, here is another of the manifold reasons to come to Munich next year.

Speaking of conferences, the European Congress of Hypnosis in Amsterdam is soon to come. **It is the last ESH conference of this Millenium.** Instead of waiting another 1000 years for a similar opportunity, I urge you to register now. Besides an interesting program put together by the congress organizer Henri de Berk, MD, and his colleagues, the beautiful city of Amsterdam, the Venice of the North, with its traditional Dutch hospitality is waiting for you. It is also in Amsterdam where, among many other topics, the status of hypnotherapy will be discussed: Over the last years, there is a tendency in Europe to regard hypnotherapy as a psychotherapeutic modality that can be differentiated from psychotherapies like behavior therapy or psychoanalysis. Additionally, hypnotherapy has already been acknowledged in Austria by the Ministry of Health as a psychotherapy of its own. If you want to learn more about this development, Amsterdam is the right place.

Burkhard Peter, PhD who has been editing this Newsletter since 1993 has announced that the next Newsletter will be his last one (see his letter in this issue). ISH is very much indebted to Burkhard for his excellent work over the years. I would like to take this opportunity to thank him very much on behalf of the entire ISH community. I would like to highlight the innovative columns he has established as permanent sections of the Newsletter. So, besides informing us about what is going on in the national constituent societies of ISH he also kept us informed about developments in hypnosis research, guided us into the past of hypnotism and helped us to keep in touch with prominent members of the hypnosis community via his interviews. Considering these achievements, we should not let him go. However, because ISH loses him as Newsletter Editor, only to win him as Organizer of the ISH Congress, October 2000 in Munich we can reluctantly agree. Eric Vermetten, MD, from the Netherlands, who currently holds a research position at Yale University, will follow Burkhard as Newsletter Editor, with the assistance of Karyn Harte from the ISH Central Office. I am sure they will continue at the high level which Burkhard has established. Many thanks to Burkhard and a hearty welcome to Eric and Karyn.

Sincerely yours,

Walter Bongartz, PhD
President, ISH

Walter.Bongartz@uni-konstanz.de

Brief vom Präsidenten

SAIMIN

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Am Ende des vergangenen Jahres hatte ich die Ehre, auf der 14. Jahreskonferenz des Japanischen Instituts für Hypnose in Kawasaki in Japan zu reden. Diese sehr gut besuchte Konferenz, deren Niveau sehr hoch war, fand in einer freundlichen und kooperativen Atmosphäre statt, wo ich gute alte Bekannte wie die Herren Professoren Saito und Takaishi wiedertraf und auch neue Bekanntschaften machte. Ich lernedort nicht nur, das japanische Wort für "Hypnose", nämlich "*saimin*" zu schreiben (siehe oben, was man etwa mit "Neigung zum Schlafen" übersetzen könnte, sondern auch, daß die Hypnotherapie in Japan fast ausschließlich von Ärzten angewendet wird, während die Forschung auch von Psychologen betrieben wird – wie z.B. von Herrn Prof. Saito der Fachabteilung Psychologie an der Universität von Kyoto. Während meines Aufenthaltes in Kawasaki erzählte mir Naoki Watanabe MD, der Organisator der Konferenz, von seiner Idee, die Hypnotherapie möglicherweise mit der traditionellen japanischen Morita – Psychotherapie zu verbinden. Das hörte sich so interessant an, daß ich ihn im Namen des Hauptorganisations des Münchner ISH-Treffens im Jahre 2000 nach München eingeladen habe. Zu meiner großen Freude erklärte er sich dazu bereit, in München einen Vortrag über die Morita – Therapie zu halten. Damit gibt es nun einen weiteren Grund – neben den vielen anderen Gründen – nächstes Jahr nach München zu kommen.

Wo wir gerade von Konferenzen sprechen: der Europäische Kongreß für Hypnose in Amsterdam rückt auch schon in die Nähe. **Es wird die letzte ESH-Konferenz dieses Millenniums sein!** Damit Sie nicht noch einmal 1000 Jahre auf solch eine Gelegenheit warten müssen, lege ich Ihnen hiermit eindringlich nahe, sich sofort anzumelden. Abgesehen von dem interessanten Programm, das der Organisator des Kongresses, Henri de Berk MD, gemeinsam mit seinen Kollegen zusammengestellt hat, erwartet Sie die schöne Stadt Amsterdam, das "Venedig des Nordens", mit ihrer traditionellen holländischen Gastfreundschaft. In Amsterdam wird u.a., d.h. neben vielen anderen Themen, der Status der Hypnotherapie diskutiert werden: Seit ein paar Jahren ist die Tendenz in Europa, die Hypnotherapie als eine psychotherapeutische Modalität zu betrachten, die von Psychotherapien wie Verhaltenstherapie oder Psychoanalyse unterschieden werden kann. Dazu ist die Hypnotherapie inzwischen in Österreich vom Gesundheitsministerium als eine Psychotherapie selbst anerkannt worden. Wenn Sie mehr über diese Entwicklung erfahren möchten, dann ist Amsterdam der rechte Platz dafür.

Burkhard Peter PhD, seit 1993 der Herausgeber dieses Rundschreibens, hat angekündigt, daß das nächste Rundschreiben sein letztes sein wird (sein Brief ist in dieser Ausgabe). Die ISH ist Burkhard für sein ausgezeichnetes Werk der vergangenen Jahre zu großem Dank verpflichtet, und bei dieser Gelegenheit möchte ich ihm im Namen der gesamten ISH-Gemeinschaft ganz herzlich danken. Ich sollte hierbei die innovativen Spalten hervorheben, die er als permanente Teile des Rundschreibens eingeführt hat. Auf diese Weise informierte er uns nicht nur darüber, was in den ISH-Gesellschaften der angeschlossenen Länder geschah, sondern er hielt uns auch über Entwicklungen in der Forschung in die Hypnose informiert, führte uns in die Geschichte der Hypnose ein und half uns, durch seine Interviews über prominente

Mitglieder der Hypnosegemeinschaft auf dem laufenden zu bleiben. Im Anbetracht dieser Leistungen sollten wir ihn nicht gehen lassen. Aber obwohl ihn die ISH als Herausgeber des Rundschreibens verliert, ihn jedoch als Organisator des Münchner ISH-Kongresses im Oktober 2000 gewinnt, können wir, wenn auch widerwillig, zustimmen. Eric Vermetten, MD, aus den Niederlanden, der z.Z. eine Forschungsstelle an der Yale Universität hält, wird Burkhard's Nachfolger als Herausgeber des Rundschreibens sein und dabei von Karyn Harte im Zentralbüro der ISH unterstützt werden. Ich bin davon überzeugt, daß er dem hohen Standard, den Burkhard gesetzt hat, folgen wird. Vielen Dank an Burkhard und herzlich willkommen Eric und Karyn!

Mit freundlichen Grüßen

Walter Bongartz, PhD
ISH-Präsident

Carta del Presidente

SAIMIN

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A fines del año pasado tuve el honor de hablar en la Decimacuarta Asamblea Anual del Instituto Japonés de Hipnosis en Kawasaki, Japón. Fue una conferencia concurridísima, de alto nivel, llevada a cabo en un cálido ambiente de amistad donde me reencontré con conocidos del pasado, como los profesores Saito y Takaishi y también formé nuevas amistades. Además de aprender a escribir la palabra hipnosis (saimin) en japonés (véase el título), que podría traducirse como "tendencia al sueño", también me enteré de que en Japón la hipnoterapia la usan casi exclusivamente los médicos mientras que las investigaciones las realizan también los psicólogos, como el profesor Saito, del Departamento de Psicología de la Universidad de Kyoto.

Durante mi estada en Kawasaki, Naoki Watanabe MD, el organizador de la conferencia, me conversó sobre sus ideas acerca de la posibilidad de combinar la hipnosis con Morita, la tradicional sicoterapia japonesa.

Esto me pareció tan interesante que lo invité a venir a Munich en nombre de Burkhard Peter PhD, organizador principal de la Conferencia de la ISH del año 2000, en Munich. Estoy contentísimo porque aceptó venir a Munich como invitado a presentar una charla sobre la terapia Morita. Así pues, esta es otra de las innumerables razones para venir a Munich el próximo año.

Hablando de conferencias, el Congreso Europeo de Hipnosis en Amsterdam viene pronto. **Esta es la última conferencia de la ESH de este milenio.** En vez de esperar otros mil años una oportunidad similar, les recomiendo que se inscriban ahora. Aparte del interesante programa preparado por Henri de Berk, MD, el organizador del congreso, y sus colegas, la bella ciudad de Amsterdam, la Venecia del Norte, con su tradicional hospitalidad holandesa, les espera. Es también en Amsterdam donde, entre muchos otros tópicos, se discutirá la posición de la hipnoterapia. La tendencia en Europa en los últimos años ha sido considerar a la hipnoterapia una modalidad sicoterapéutica que se puede diferenciar de sicoterapias como la terapia del comportamiento o el psicoanálisis. Por otra parte, el Ministerio de Salud de Austria ya ha reconocido la hipnoterapia como una sicoterapia independiente.

Si ustedes quieren saber más sobre este avance, Amsterdam es la ciudad a visitar.

Burkhard Peter, PhD, que ha dirigido este Boletín desde 1993, ha anunciado que la próxima edición será la última para él. (Véase su carta en esta edición). La ISH le debe mucho a Burkhard por su excelente labor todos estos años. Aprovecho esta oportunidad para darle las gracias en nombre de toda la comunidad de la ISH. Me gustaría enfatizar las innovativas columnas que él estableció como secciones permanentes del Boletín. Porque, además de informarnos acerca de la situación en las sociedades de los países miembros de la ISH, también nos mantuvo al tanto sobre los avances en las investigaciones sobre hipnosis, nos guió hacia el pasado del hipnotismo y nos ayudó, por medio de sus entrevistas, a mantenernos en contacto con destacados miembros del ámbito de la hipnosis. Considerando estos logros, no deberíamos dejarlo ir. Sin embargo, contra nuestra voluntad hemos aceptado porque, aunque la ISH lo pierde como Director del Boletín, lo gana como organizador del Congreso de la ISH en octubre del año 2000 en Munich.

Eric Vermetten, MD, de Holanda, actualmente investigador en la universidad de Yale, reemplazará a Burkhard como Director del Boletín, con la ayuda de Karyn Harte, de la oficina central de la ISH. Estoy seguro que ellos continuarán al alto nivel establecido por Burkhard. Muchas gracias a Burkhard y una sincera bienvenida a Eric y Karyn.

Atentamente

Walter Bongartz, PhD

Presidente de la ISH

Walter. Bongartz@uni-konstanz.de

Lettre du Président

SAIMIN

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À la fin de l'année dernière, j'ai eu l'honneur de prendre la parole à la 14^e Assemblée générale de l'Institut japonais de l'hypnose à Kawasaki, au Japon. Ce congrès de haut niveau, qui a attiré beaucoup de monde, s'est déroulé dans une atmosphère amicale et coopérative où j'ai retrouvé des vieilles connaissances comme les Professeurs Saito et Takaishi, et noué de nouvelles relations. J'ai appris non seulement à écrire le mot «hypnose (saimin)» en japonais (voir ci-dessus), que l'on pourrait traduire «tendance à dormir», mais aussi qu'au Japon l'hypnothérapie est utilisée presque exclusivement par des médecins tandis que la recherche est également effectuée par des psychologues, comme le Professeur Saito du Département de psychologie de l'université de Kyoto. Durant mon séjour à Kawasaki, Naoki Watanabe MD, l'organisateur du congrès, m'a fait part de ses idées sur la possibilité de combiner hypnose et morita – la psychothérapie japonaise traditionnelle. Cela m'a semblé si intéressant que je l'ai invité, au nom de Burkhard Peter PhD, l'organisateur principal de la conférence de l'ISH (Société internationale de l'hypnose) de Munich en l'an 2000, à venir à Munich. Je suis très heureux qu'il ait accepté de faire une communication de conférencier invité sur la thérapie morita à Munich. Voilà une raison supplémentaire de venir à Munich l'année prochaine.

À propos de conférences, l'ECH – Congrès européen de l'hypnose – qui se tiendra à Amsterdam approche à grands pas. **Ce sera la dernière conférence de l'ESH (Société européenne de l'hypnose) de ce millénaire.** Plutôt que d'attendre 1000 ans pour une

occasion comme celle-ci, je vous invite à vous inscrire dès maintenant. Outre le programme intéressant réalisé par l'organisateur du congrès, Henri de Berk MD, et ses confrères, la belle ville d'Amsterdam, la Venise du Nord, vous attend avec sa traditionnelle hospitalité hollandaise. C'est également à Amsterdam que sera discuté, parmi de nombreux autres sujets, le statut de l'hypnothérapie. Depuis quelques années, on a tendance, en Europe, à considérer l'hypnothérapie comme une modalité psychothérapeutique qu'il est possible de différencier de psychothérapies comme la thérapie comportementale ou la psychanalyse. Par ailleurs, l'hypnothérapie a déjà été reconnue en Autriche par le ministère de la Santé comme une psychothérapie à part entière. Si vous désirez en savoir davantage sur ces développements, Amsterdam est l'endroit indiqué pour vous renseigner.

Burkhard Peter PhD, le rédacteur de ce Bulletin depuis 1993, a annoncé que le prochain Bulletin serait son dernier (voir sa lettre dans ce numéro). L'ISH est extrêmement reconnaissante à Burkhard de l'excellent travail qu'il a accompli au fil des ans. Je profite de cette occasion pour le remercier sincèrement au nom de toute la communauté de l'ISH. Je tiens à donner un coup de projecteur aux colonnes innovantes dont il a fait des sections permanentes du Bulletin. Non content de nous faire part des dernières nouvelles des sociétés nationales constituantes de l'ISH, il nous a également tenus au courant des dernières recherches en matière d'hypnose, nous a guidés dans l'exploration du passé de l'hypnose et nous a aidés à maintenir le contact avec des membres éminents de la communauté de l'hypnose par l'intermédiaire de ses interviews. Compte tenu de ces réalisations, nous ne devrions pas le laisser partir. Toutefois, comme l'ISH le perd comme rédacteur du Bulletin mais le récupère comme organisateur du Congrès de l'ISH qui se tiendra à Munich en octobre 2000, nous ne pouvons que donner notre accord, bien que ce soit à contrecœur. Eric Vermetten MD, des Pays-Bas, qui occupe actuellement un poste de recherche à l'université Yale, assurera la succession de Burkhard en tant que rédacteur du Bulletin, avec l'aide de Karyn Harte du Bureau Central de l'ISH. Je suis certain qu'ils maintiendront le niveau élevé établi par Burkhard. Tous nos remerciements à Burkhard et une cordiale bienvenue à Eric et Karyn.

Sincères salutations,
Walter Bongartz PhD
Président de l'ISH
Walter.Bongartz@uni-konstanz.de

Lettera dal Presidente

SAIMIN

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Verso la fine dell'anno scorso, ebbi l'onore di parlare alla XIV Riunione Annuale dell'Istituto Giapponese di Ipnosi in Kawasaki, Giappone. La conferenza, presenziata da un numero notevole di eminenti partecipanti, si è svolta in un'amichevole atmosfera di cooperazione dove ebbi il piacere di incontrare alcuni vecchi amici quali i Professori Saito e Takaishi e di farne dei nuovi. Oltre che aver imparato a scrivere la parola "Ipnosi (*saimin*)" in giapponese (vedere sopra) che potrebbe essere tradotta a grosso

modo come "tendenza a dormire", ho anche imparato che in Giappone la ipnoterapia viene praticata esclusivamente dai medici mentre le relative ricerche sono fatte anche da psicologi come il professor Saito dal Dipartimento di Psicologia dell'Università di Kyoto. Durante la mia permanenza a Kawasaki, l'organizzatore della conferenza, Naoki Watanabe MD, mi ha esposto le sue idee sulla possibilità di combinare l'ipnosi con il metodo Morita di psicoterapia tradizionale giapponese. L'idea mi è sembrata così interessante che gli ho chiesto di venire a Monaco, da parte di Peter Burkhard PhD, il principale organizzatore della riunione dell'ISH che avrà luogo a Monaco nel 2000. Sono perciò molto lieto che abbia accettato l'invito di intervenire con un discorso sulla terapia Morita a Monaco. Quindi, una ragione in più per venire a Monaco il prossimo anno.

Parlando di conferenze, il Congresso Europeo dell'Ipnosi avrà luogo tra poco in Amsterdam. **Si tratta dell'ultima conferenza ESH di questo Millennio.** Invece di aspettare altri 1000 anni per un'opportunità simile, vi esorto ad iscrivervi adesso. A parte il programma veramente interessante preparato dall'organizzatore del congresso Henry de Berk, MD ed i suoi colleghi, la bellissima città di Amsterdam, la Venezia del Nord, con la sua tradizionale ospitalità olandese vi aspetta. Sarà proprio ad Amsterdam dove, tra molti altri topics, verrà discusso lo stato attuale dell'ipnoterapia. Durante gli ultimi anni c'è stata in Europa una tendenza a considerare l'ipnoterapia come una modalità psicoterapeutica che può essere differenziata da altre forme di psicoterapia come la terapia comportamentale o la psicoanalisi. Inoltre, l'ipnoterapia è già stata riconosciuta in Austria dal Ministro della Sanità come una psicoterapia di suo genere. Se vi interessa saperne di più su questo argomento, Amsterdam è proprio il posto giusto per cominciare.

Peter Burkhard PhD, che ha redatto questo Bollettino dal 1993, ha annunciato che il prossimo Bollettino sarà anche il suo ultimo (vedere la sua lettera in questa edizione). L'ISH è molto indebitato a Burkhard per l'eccellente lavoro svolto durante tutti questi anni. Vorrei cogliere questa opportunità per ringraziarlo calorosamente da parte dell'intera comunità ISH. Vorrei inoltre dar rilievo alle innovative rubriche che egli ha stabilito come sezioni permanenti del Bollettino. Con le rubriche, non solo ci ha tenuti al corrente di tutto quello che accadeva entro le società costituenti nazionali dell'ISH, ma ci ha tenuti informati sui più recenti sviluppi delle ricerche sull'ipnosi, ci ha guidati lungo la storia dell'ipnotismo e ci ha aiutati a rimanere in contatto con i membri più prominenti della comunità dedicata all'ipnotismo tramite le sue regolari interviste. In considerazione di tutto questo, non dovremmo certo lasciarcelo scappare. Tuttavia, poiché lo perdiamo come Editore del Bollettino ma lo conquistiamo come Organizzatore del Congresso ISH a Monaco nel 2000, dovremo a malavoglia acconsentire. Eric Vermetten, MD, dall'Olanda, che attualmente sta conducendo delle ricerche all'Università di Yale, prenderà il posto di Burkhard come Editore del Bollettino con l'assistenza di Karyn Harte dall'Ufficio Centrale ISH. Sono certo che insieme continueranno a mantenere l'alto livello che Burkhard ha stabilito. Infiniti ringraziamenti a Burkhard ed un caloroso benvenuto ad Eric e Karyn.

Cordiali saluti,
Walter Bongartz, PhD
Presidente, ISH
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From the Secretary/Treasurer

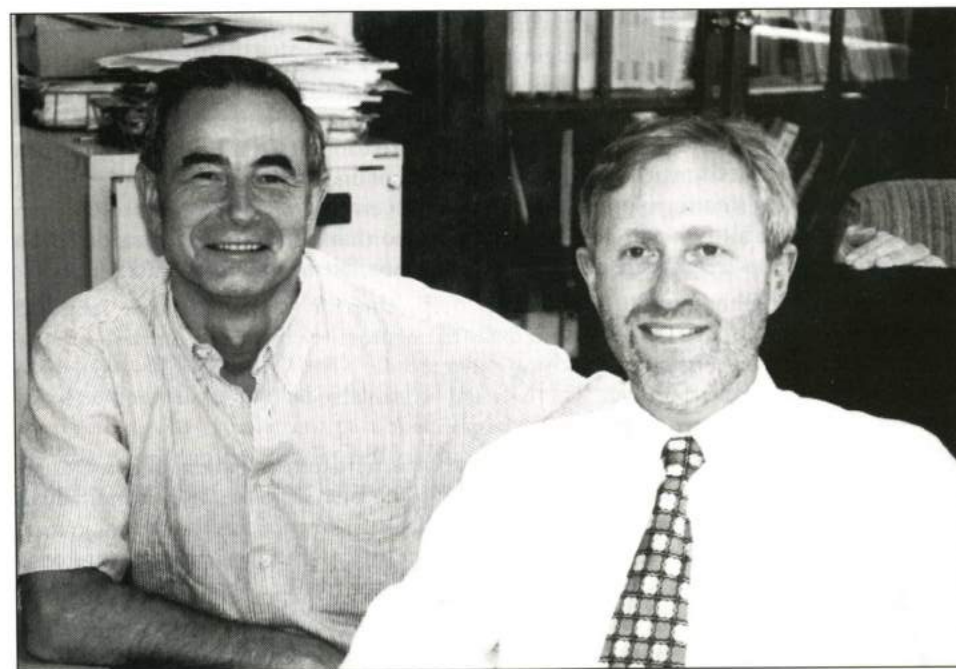
As Secretary/Treasurer to the International Society of Hypnosis, it is with great pleasure that I can inform you that the Board of Directors has decided to substantially reduce the cost of membership dues for the year 2000 with the intention that, assuming our membership is maintained, this reduced subscription will be an ongoing policy. At my behest, the Board of Directors have carefully examined the finances of ISH and have determined that it is now possible for us to offer a similar level of service at a reduced fee. This will in part be assisted by the switching of the ISH directory production to a CD Rom (Windows and Apple format) and the Internet format. The cost of producing a paper directory was considerable and in part, this required us to maintain a higher level of dues. Already the Australian Society of Hypnosis (because they have joined in bulk) receive membership dues at a substantial reduction. In future, individual as well as European members joining as a group, will also receive a substantial reduction. We hope that you will welcome this at approximately the centennary of the first international scientific meetings on hypnosis held in Paris at the beginning of this century.

As we move into the new millennium, it is absolutely essential that we increase our efforts to protect the professional nature of clinical hypnosis practice. It is by joining your international colleagues that we are able to maintain a strong effort to ensure high quality clinical practice. Encourage your colleagues to join. For the new reduced fee, they will receive their ISH membership certificate, will join colleagues in protecting the clinical practice of hypnosis, will receive twice yearly newsletters keeping you up to date with what is happening in the international hypnosis community and have the opportunity to attend international and national meetings concerning hypnosis and hypnotherapy at the cost of a local member. I believe that the strong collegial relationship to defend the quality of clinical hypnosis practice, is one of the most important aspects of our efforts in ISH. Support us in this and encourage your colleagues to do the same.

I had the pleasure to attend and present an invited address at the "Third European Congress of Ericksonian Hypnosis and Psychotherapy" held in Venice in November 1998. This meeting was a great success particularly due to the outstanding efforts of the Congress Chairman, Camillo Lorio and his efficient helpers. Many participants took part in this stimulating clinical conference on the beautiful island of San Giorgio right opposite Piazza San Marco. A beautiful setting and a stimulating conference, we must congratulate the Societa Italiana Di Ipnosi for their organisation and hospitality. The next large meeting that I am aware of is the European Congress on Hypnosis in Psychotherapy and Psychosomatic Medicine in Netherlands. This too, promises to be an exciting and stimulating meeting to be held in August this year. If you are interested in attending this meeting, you will find contact details listed in the "Forthcoming Meetings" section at the end of this newsletter. I hope to see many of you there.

As Secretary/Treasurer of ISH I would also like to observe that your Board of Directors continue to work together strenuously in the honorary capacity to further the aims and objectives of ISH. In the many years I have been involved in ISH, I have been impressed at the collegial relationship between the members of our Board of Directors who try to guide the activities of the Society in the best interest of the membership. The current Board of Directors work very well together in progressing the activities of ISH. It is important that we recognise the amount of time that is contributed to these tasks. As those of you in the Northern hemisphere move into Spring, I wish you all the best and I am sure you will welcome the steady change to warmer temperatures.

Signed,
Robb Stanley
Secretary/Treasurer, ISH



ABOVE FROM LEFT: ISH President Walter Bongartz, Ph.D.
and ISH Secretary/Treasurer Robb Stanley, DCLinPsych

From the Central Office

Greetings from the ISH Central Office. From an administrative aspect, 1999 has already proved to be full of activity. With the processing of ISH and Constituent Society membership dues to preliminary preparations for Singapore 2003 International Congress to preparing entries for the electronic and CD Rom membership directory. With regard to membership dues, I would like to take this opportunity to remind you to ensure your ISH 1999 dues are paid up and encourage colleagues to renew for the 1999 year or even join this International society. It is an exciting time within ISH as you would have read, the Secretary/Treasurer details reductions in membership dues for the year 2000. We also celebrate such entrance to the new millennium at the triennial International Congress of Hypnosis in Munich next year which I hope you have marked on your calendar and plan to attend.

As the President noted, after the next ISH newsletter issue we say farewell to Burkhard Peter, Ph.D as Newsletter Editor. The extremely high standard of this publication content in previous years will certainly keep Eric Vermetten, MD and myself on our toes to follow in such great footsteps. The Newsletter Editorship will be split with Eric Vermetten, MD as Clinical Editor and myself as Managing Editor, taking responsibility for the day to day Newsletter production, including seeking and editing contributions from officers and Constituent Societies, along with final collation, presentation and printing. I strongly urge Constituent Society Secretariats to contribute to each newsletter publication with news of your society. Constituent Societies share a common interest in the application, research and laws regarding hypnosis. Contributing even a small paragraph is better than no contribution at all. At this point, I would like to thank those who forwarded such contributions for this issue and hope those who were not able to, will do so in the future.

The CD Rom membership directory is in production mode. I have received membership records from individuals and made the appropriate database changes. I thank you for your prompt attention in returning these records. The Directory CD is adaptable to both Windows and Mac format. These should be available by the end of April with the Directory on the Web soon after. You will be notified.

Please note the IJCEH brochure included with this newsletter. Financial constituent societies will receive complimentary copies for the 1999 calendar year however individuals do need to subscribe separately. This journal is highly recommended as the official journal of ISH, it includes informative articles covering clinical and research findings on a transnational basis. Please consider subscribing to this worthwhile publication.

Lastly, I would like to highlight the upcoming 8th European Congress on Hypnosis in Psychotherapy and Psychosomatic Medicine to be held in Noordwijk, Netherlands. Accommodation information is now available so please ensure you organise these details in advance in order to secure your selection. The ISH Council of Representatives and Board of Directors will be holding official meetings at some stage during the congress. Meeting attendees will be notified of timing, location and agendas closer to the Congress date. I look forward to seeing many of you there.

All the best,

Karyn Harte

Administration, ISH

From the Editor

Dear Colleagues:

My term as Editor of the ISH Newsletter will end after the next issue, November 1999. The next ISH Newsletter Editor will then introduce himself. I myself want and have to focus on the 15th International Congress of Hypnosis which will take place October 2 – 7, 2000 in Munich. I hope that many of you will attend, helping to make it a very special event.

After more than 20 years of fruitless efforts, a Law for Psychotherapy in Germany was passed and effective as of January 1999. This law is rather strict, stipulating that only physicians and psychologists can call themselves psychotherapists and only if they fulfill special conditions of approbation.

The German (and European) way of Hypnotherapy now has a real chance to become acknowledged officially – as it is already in Austria and Italy. Together with the other German hypnosis societies and under the direction of Professor Dr. Dirk Revenstorf, Dr. Walter Bongartz and some other colleagues including myself, M.E.G. is taking steps to establish Hypnotherapy as a treatment of modern psychotherapy which is more than “just a tool”. As you will learn from the second part of the “Interview with Erika Fromm” which is published in this issue, I am convinced that we must go beyond this long upheld saying “hypnosis is just a tool, not a method of psychotherapy sui generis”. Any tool is omissible. So we must develop the tool hypnosis into a genuine method of psychotherapy with the importance of psychoanalysis or behavior therapy. In the first place our aim is not to add another therapy, but a new method to those already existing. In a general Psychotherapist's office of today, no single method is satisfactory if applied as the only treatment. This will be true for hypnotherapy as it is already true for psychoanalysis, behavior therapy or any other psychotherapeutic method. So, something like a General Psychotherapy should be the adequate psychotherapy of the future, with hypnotherapy as an inherent part of it. With this concept we can bring hypnosis safely into the next century, without being afraid of similar events to that of 100 and 200 years ago when hypnosis was abandoned. (Gauld, 1992; Peter, 1991, 1998).

Are equal efforts taken? Or even discussed in your society? What are the different opinions or comments on this issue? In the next and my final issue of the ISH Newsletter we will open this topic for discussion. If you would like to contribute, please forward your statement before July 1999:

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Interview with Erika Fromm

(continued from the Vol. 22, No. 2 ISH October issue: Erika Fromm = EF,
Burkhard Peter = B))

BP: Let's go to the history of hypnosis. Erika, you are the Grand Lady of Hypnosis. You are a witness of hypnosis in this century. I just want to ask you to tell something of what you remember was important in the development of hypnosis in this country.

EF: We from the SCEH felt that a) hypnosis was a great field for research and b) that hypnosis should be done by people who were going to do research because only that way could it become respectable. So we made in the constitution a law that SCEH would not take anybody who did not have either a MD or a PhD in Psychology. Then, maybe 20 years later, I felt that social workers had plenty of clinical training, often much more than the psychologists. If the psychologists had a PhD in biopsychology, or any other non-clinical field, he or she could become a member of the SCEH and the social workers could not. That was certainly not right. And I started to fight to get the social workers in. But I also fought that no MA in psychology would be taken in - and I was not the only one who fought for that. But it was because we had to get hypnosis out of the "sensation" kind of thing and into a solid scientific area.

BP: Then Erickson came and wanted to have Non-MDs and Non-PhDs become members of the SCEH - is that right?

EF: No. Erickson had long moved out and had founded his own society, namely the American Society of Clinical Hypnosis.

Hypnosis was not recognised as a science and we had to prove that hypnosis was a science if you handled it scientifically. So we had to do a lot of research, and this research had to come out convincingly in order to be recognized certainly by academia, but also in general, that hypnosis is a science. And I tell you that even I had originally thought that hypnosis was "for the birds".

In that Martin Orne has a great merit - he really insisted that everything that was published in our journal [The International Journal of Clinical and Experimental Hypnosis] was scientifically absolutely right. I was the clinical editor and I certainly held to the same principles that the clinical papers, too, had to be handled scientifically. But certainly with experimental hypnosis it was Martin's merit.

Then came Jack Hilgard, who became interested in hypnosis through André Weizenhoffer. Hilgard was known as the great scientists. Earlier in his life he wrote a book on learning theory that every psychology student in the country had to read ...

BP: I too had to read the same book of Hilgard and Bower in its German translation when I was a student of Psychology at the University of Munich ...

EF: Yes. That Hilgard, as a scientist, became interested in hypnosis was very important.

BP: You have published a lot of books on scientific hypnosis. So you have followed the different theories of hypnosis over the time. Do you also see that, during the last few years, there is a kind of convergence between theories which fought against each other heavily ten years ago? How do you judge this convergence?

EF: Nicholas Spanos insisted on fighting anything that Hilgard thought. That was Spanos' character. He picked out little things and fought against Hilgard, and Jack was very bothered by it. I mean that was a personal fight. He was just a nasty guy.

BP: Now the scene is becoming much more friendly.

EF: Well, I mean there was a time, say, 20 or 30 years ago when the question was "Is hypnosis a state or a trait". Hilgard said that it was a trait, many of us said it was a state. Then we came to saying that it is a state in which people who have this trait will be highly hypnotizable. We found really that state and trait are not necessarily exclusive of each other. It was my opinion then, and I think that in the meantime most people teach it that way, too, that hypnosis is a state of consciousness in which people who have the trait, the talent of high imagery, suggestibility or "ego-receptivity", as I have called it, can do things which people in the waking state cannot do. So the two ideas have become combined.

There is the social theory of Coe and Sarbin who say that the hypnotic subject behaves as he thinks that he ought to behave. Now one can say there is a social aspect in hypnosis or there is not, so there is conflict there, too, but they [the social-psychological and the state theorists of hypnosis] live more in peace with each other.

Originally hypnosis was defined as suggestibility - we know now that it is not at all. Then it was defined as what occurs when you have given a certain instruction - verbatim, or verbal, at least, to a person. That is still what many people say. On the other hand there are rhythmical things like the drums I told you about with Hitler, that induce hypnotic states, or a mother having her child in her arms and cradling the child and the child looks at her with open eyes, and is certainly not asleep. There, too, rhythmicality can cause a hypnotic state. Auditory stimuli, as well as rhythmic motion, can also induce hypnosis. But there are a lot of people who say that hypnosis is only that which has been induced with a particular way of saying it. And there are other people who think that that is nonsense. Among them, I.

BP: How did you learn hypnosis?

EF: Well, the APA, the American Psychological Association, in 1959 wanted to hold one week of workshops, preceeding the convention. It was the first time that they were going to have workshops. Nobody really knew how to make a workshop, but they had decided that they wanted to have them. The convention happened to be in Chicago and the APA asked 5 people from Chicago to put their heads together and figure out how to make a workshop. Today workshops are so common that it is probably difficult to believe that nobody knew how to make a workshop in 1959.

So five of us here in Chicago talked and talked and brainstormed and at one point I said: "Well, let's send a letter to a representative sample of the APA and the highest five topics we will have taught." One of the top five the people wanted was hypnosis. And I said: "Come on, that we are not going to do because hypnosis is for the birds." The other four said: "You have proposed this democratic kind of thing, now you can't say in an authoritarian way we are not going to do it. We will do it. But to each workshop one of us will be delegated as an observer, because it is the first time that workshops are being given, and we will delegate *you* to go to the hypnosis workshop." Okay, we asked John G. Watkins to give the hypnosis workshop, because John was doing scientific hypnosis. And he was a clinician, had written a fine book on hypnotherapy for war neuroses early in 1949, and so we asked him. I went to that workshop and became absolutely convinced of the reality of the phenomena, even though as a subject in the workshop I could only do arm levitation. I am a lousy subject.

BP: What did Watkins do to make you so immediately convinced?

EF: In the first place he used a lot of the ordinary hypnotic phenomena which he demonstrated. And the very difficult ones, too. We happened to have – and that was very lovely – a very good subject, Margot Fass. She was an eighteen year old student. We did not know that she was such a fabulous subject. She is actually. I have had thousands of subjects now – she is one of the two best subjects I've ever seen. So he did this things with her. All of the people in the workshop were male, except for Margot and me. John Watkins said to Margot while she was hypnotized that when she would open her eyes she would see that she was the only woman in the room. And he had told me beforehand that I should take a book and that I should move the book up and down and up and down. I stood maybe a yard away, and Margot opened her eyes and looked straight at me and said: "Strange thing is happening here. There is a book floating in the air." So Watkins said: "Now, what could be the reason?" And she did a really wonderful rationalisation and said: "Well, maybe there is a vent on the floor and when the heat comes up, the book is floating up, and when the heat goes down the book is going down."

I don't know whether you have ever been hallucinated away, it is a very strange feeling, I assure you. You aren't there any more, suddenly! That's how Margot saw it, how else would she get to that idea? This demonstration was one of the things that convinced me fully, although the ordinary phenomena of hypnosis I saw in this course had already convinced me of the reality of hypnosis in general. I decided that hypnosis was a wide open field for research.

Right after I had taken the course I immediately started to get experience with hypnotic induction and deepening it.

BP: You learned it by yourself?

EF: I practised, what I had learned in the course. John Watkins demonstrated the usual things – arm levitation in various ways, with a lot of imagination, let's say with a balloon tied to the arm, the hand would come up to the face, and so on. So for the first year I just read all about "induction and deepening techniques" because I wanted to have them very clear in my mind, so I wouldn't have to read it all from the text.

And I had a number of experiences during that year. One of them I had with a medical student when I was in the Department of Psychiatry at Northwestern University. The medical school is located near the lake and the Outer Drive. I gave a post-hypnotic suggestion to that subject to the effect that next Wednesday at four o'clock he would go to the library and read a neurological article I happened to know was there. He would just do that but he might forget that I told him so. Well, on Thursday morning I got a call from this student, that on Wednesday he had been, in his car, on his way home to a northern suburb. He had left the university at three thirty or so and suddenly found himself in the midst of the traffic – and the Outer Drive has a lot of traffic – turning and making a u-turn and coming back to Northwestern University and going to the library and reading that article. He did not know why he did that but he had the feeling that it must have something to do with the hypnotic experiment. Well, he could have killed himself. I had thought that it is natural that a medical student on Wednesday afternoon is in the university and can go to the library without any danger.

That must have been later in that year because in the beginning, in the first half of the year I had terrible trouble getting post-hypnotic amnesia. I mean, Watkins had said that certain things work with certain people. And he had said that post-hypnotic amnesia is a

very important thing to have and it occurs not with everybody but it occurs with a certain percent of the people. Well I could never get it, absolutely never. I saw hundreds of people, and never did I get post-hypnotic amnesia. So, as a good psychoanalyst, you sit down and analyse what it could be in you that makes it impossible. Well, I came to the conclusion that the post-hypnotic suggestion to forget something was like using repression, and that was against my principles. My moral principles. And so I couldn't get it.

Now, there is some research by Rosenthal who has shown that, even with intelligence tests, if the examiner thinks that the tested person can't possibly know anything, then he says it in somewhat of a different voice, and then indeed he gets a different score than another examiner with the same person who thinks that he will know it. This is well known research. And so I must have used a slightly different voice, which indicated to all subjects that I thought I would not get post-hypnotic amnesia because it was against my principles to induce something that is like repression. Well, once I had recognised that I got the ordinary number of people who could do it.

BP: So, psychoanalysis helps!

EF: Yes! Psychoanalysis does help. Particularly when you analyse yourself on your own. I do not want to call that counter transference because it doesn't really have to do anything with transference but rather with your own inner convictions.

BP: A transmission of deep beliefs.

EF: Yes. And that comes through. From that moment I had recognised it I got post-hypnotic amnesic reactions – I don't know how many times – but before that I never got any.

BP: When did you start to use hypnosis in your psychoanalytic work? How did you get the idea that you must combine psychoanalysis and hypnosis and do hypnoanalysis?

EF: Well, I was a psychoanalyst, right. I had learned from Jack Watkins that hypnosis can be combined with any kind of therapy, so when I started to do hypnosis, of course, I combined it with psychoanalytic methods. And there was another reason, too, why I then wanted to combine the two because with hypnosis you can get at the unconscious much faster, and I had found out – and also Gill and Brenman had written about that – that one can get at the unconscious much faster, that one doesn't need to see the patient for five times a week – in fact it isn't good to see a patient for five times a week because it brings out too much, it brings up too much. And so I very strongly felt at that time that, for social reasons, one should find a method which would be cheaper for the patient, in particular for the middle class, because – that certainly was the case here in Chicago – only the rich people could afford psychoanalysis, and the very poor patients who were at the Michael Reese Hospital. Because at Michael Reese the young psychoanalysts were in training and candidates in training could not charge much. But the middle class, who could not go to public clinics, and would have had to go to therapists in private practice, could not afford the fees of private practitioners. And with having hypnosis and psychoanalytic techniques together, I felt, if I needed to see the patient only once a week, and the middle class could afford that too.

BP: When did this happen?

EF: I would say that it was probably around 1962 when I started this with patients. At that time I didn't see very many patients anymore because I had moved over to the

University of Chicago in 1959 or in 1960, and here at the University of Chicago I could do a lot more research and I wanted to do teaching and research. I had insisted that I would only come if I also could see a few patients, and the faculty had agreed to let me do that. So I would see two or three patients a week at that time, and do hypnoanalysis. But I wanted to be very sure that I could do hypnosis correctly before I would start with patients to do that. So I think in the first two or three years I only used hypnosis for research. And from then on I used it for both.

BP: Erika, do you have any idea about the future of hypnosis? How hypnosis will go on, how it will pass the turn of the millenium, any ideas?

EF: Well, when I wrote those articles and chapters on "Quo vadis hypnosis?" for both of the books [ed. together with Shor], I did some research, I didn't just out of my head predict that. I wrote to most of the people who were doing research in hypnosis, and asked them what their current research was about, and what they thought they would want to do more research on in hypnosis. Well, from that you can judge. But I haven't done that in the last few years, so it would be pure guesswork.

BP: Just speak about your wishes and hopes!

EF: I hope that hypnosis will become much more acceptable with those who are doing research and particularly with the medical profession, as a means of being able to help patients in many different ways, not only in psychological ways. I hope that we will admit nurses, for instance, to our training, because it is the nurses who are with the patients all day long. We may come and see the patient for an hour, but the nurses are there with psychiatric patients all the time and the nurses could certainly help people who have pain much better if they knew some hypnotic techniques. At the same time, it is terribly important that we don't let hypnosis become something that everybody can do. I mean I definitely hope that we can keep the lay hypnotists out. For that there needs to be laws. In many states, in Illinois, for instance, every year or second year the lay hypnotists bribe the politicians so that they should let them in, so that they would become legitimate. Here in Illinois, I have been able to counteract this because I happen to know one of the legislators quite well, and I only need to call her and say, well, they are going to bring a bill in again, please see to it that it will be thrown out. But I hope that we will do a lot more research, and that the medical profession will accept hypnosis as a healing method. You can help burned patients when they have their dressing changed, or you can help women who are afraid of labour. Psychologists can do this of course, but if that is recognised by the medical profession it can be used more and more. So, basically, what it comes down to, is that we will continue to do a lot of research in hypnosis, and I hope that we will be able to convince the medical profession that, with hypnosis, you can help patients in pain and particularly patients who cannot have chemo-anaesthesia. That's it.

BP: With regard to lay hypnotists there is usually an argument: What is special about hypnosis? It's so easy to induce hypnosis and to use it. Does one need to have a special education like psychology, medicine or something like that as a prerequisite? That's the usual argument. What would you answer to this argument?

EF: Yes, one can learn how to induce hypnosis quite easily. But if one doesn't have a background in psychology or in medicine then one does not know for whom hypnosis might be good and for whom it might not be. Now that is not as strong any more as it used to be. We used to think that schizophrenics shouldn't be hypnotised. We know now

that they can be hypnotised ... but, basically, what I want to say is, you can learn very easily how to hypnotise somebody, but you need to have a background in personality theory, in psychology or in psychiatry. I usually say to my students that anybody can learn to use a knife. And a scalpel is really a knife. But you wouldn't let yourself be operated on by your janitor.

BP: You probably know, Erika, that in Germany and in some other European countries like Italy and Austria, it seems that we are going a slightly different way than you are in America, concerning therapy with hypnosis. Here in America you always insist that hypnosis is just a tool, not a therapy in itself. In Europe we are about to create a kind of hypnotherapy, meaning a form of therapy in which the state of hypnosis, trance, hypnotic phenomena and hypnotic principles play the major role, so that hypnotherapy becomes a therapy in its own right. Can you imagine that this is possible, or do you want to stay on this point that hypnosis has only the rank of a tool, not a therapy in its own right?

EF: Well, to me hypnosis is an altered state of consciousness in which you can do things that you cannot do in the waking state such as getting closer to the unconscious, and a number of other things that you can do only in hypnosis. I would prefer to stay on that because to me hypnosis is not, in and of itself, therapy, except perhaps for anxiety neuroses and some phobias. To me it is simply a state, an altered state, into which you help the patient to go, and in this altered state you can do certain things that you cannot do in the waking state. So it is a tool to me and I would like to keep it there.

BP: Counterargument – and this is one reason why we in Germany are trying to build up this kind of hypnotherapy as a method in itself: In doing so, in keeping hypnosis as only a tool, you will never get hypnosis as accepted as, for example, behaviour therapy, which is now accepted as a therapy in its own right, or psychoanalysis. So I really believe, and friends and colleagues of mine believe that it is necessary to bring hypnotherapy to such a state as behaviour therapy is today.

EF: Well, that may be advantageous, but it is a tool ...

BP: Look, what Watson, Skinner and Pavlov originally did was by no means behaviour therapy or cognitive therapy. So, it was a lot of work to make out of the findings of Pavlov, Watson and Skinner a real therapy. And I think we must work on it for hypnotherapy, too.

EF: I don't really understand how you will change hypnosis out of being just a tool. You cannot just decree that from now on we feel hypnosis should be a therapy if it is not ...

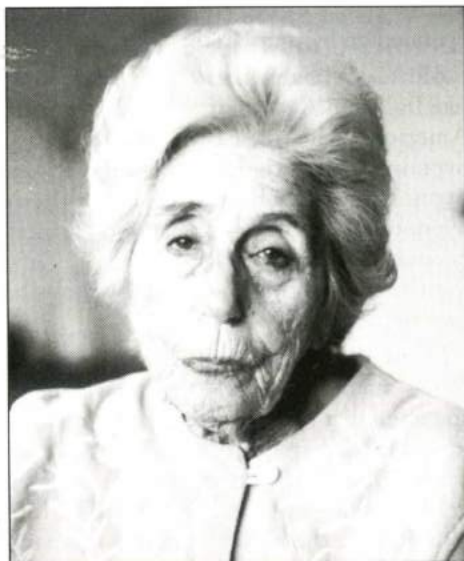
BP: ... that's not the way and that's not that easy, I know ...

EF: ... and you have to ask yourself what kinds of illnesses can be cured with this method. All right, I agree that you can, with regard to anxiety, say that this is my sole therapy. But I cannot see that with regard to anything else. So I am not sure how you would do that. Well if you can find some way of showing that hypnosis is a therapy in its own right, then by all means do it. I by this time only see it as a tool, namely the tool to help a person achieve an altered state of consciousness, and in this altered state of consciousness to use hypnosis as a method of therapy.

BP: Erika, thank you very much for this interview.

The Society For Clinical And Experimental Hypnosis (SCEH) Honors Erika Fromm, Ph.D

The life and work of Erika Fromm were the focus of the Convention of SCEH in Chicago, November 12-15. There was a lively exchange of ideas and new directions at a series of excellent workshops and in the scientific program. Many of Erika's mentors, colleagues, and students gave papers in her honor. Jack Watkins discussed how he introduced Erika to hypnosis and how she in turn, through her compassion and drive, became a leader in the field. Mike Nash reflected on the analytical attitude that informed Erika's professional and personal life. Dan Brown delineated Erika's contribution to permissive hypnosis. Elgan Baker focused on the complexities of the hypnotic relationship and Erika's contribution to this powerful component of the field. Steve Kahn considered the hypnotic relationship further, focusing on the effects on the therapist, with emphasis on the changes Erika has introduced in therapeutic endeavors around the world.



The Presidential banquet also feted Erika and her accomplishments. Andrew Greeley acknowledged her influence, when through hypnosis she awakened his literary muse, and thus began his successful writing career. Peter Bloom and Bert Cohler, who could not attend, sent reverent (and irreverent) letters honoring Erika. Mayor Daley declared the day "Erika Fromm Day" in Chicago, and, in his absence Mitzie Eisen read the declaration with the accompanying "whereases" and "wherefores". A group of students showed their appreciation, and continued a tradition, by accompanying a toast to Erika with a bottle of Manishevitz wine. The book Erika had written with Mike Nash, "Psychoanalysis and Hypnosis" was awarded this year's "Best Book in Hypnosis". A glass sculpture inscribed to our "Inspired Mentor and Dedicated Leader" was bestowed by the society. The ceremony culminated with the unveiling of a superb portrait lovingly painted by Rita Rogan. Erika responded with her characteristic "this is too much...you all overestimate me. But she also said "all the love from the people around me felt just wonderful!"

It was a successful conference both professionally and personally, and many people expressed the hope that we will all meet again in New Orleans in 1999 to celebrate our accomplishments in the field of hypnosis, and our 50th year as an organisation.

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News from the World of Clinical and Experimental Hypnosis

How can hypnosis contribute to the study and treatment of posttraumatic conditions?
(Etel Cardena)

All three major schools of clinical psychology at the turn of the century, the French (e.g., Pierre Janet), Germanic (e.g., Breuer and Freud), and North American (e.g., William James) were deeply invested in studying hypnotic and dissociative phenomena, and their relationship to traumatic events (cf. Ellenberger, 1970). Since then, such concern has ebbed and flowed according to the scientific fashion of the time. For the last twenty years or so, in part because of the work of hypnosis authors, there has been a renaissance of interest in the triad of hypnosis-dissociation-trauma. One particular topic, the retrieval of possibly forgotten memories through aggressive hypnotic techniques has been justifiably challenged, although some of the criticisms offered have been exaggerated (cf. McConkey & Sheehan, 1995). But even if we were to concede that hypnotic techniques for the "retrieval" of traumatic memories might be riskier than other, less suggestive, techniques, there are other areas where preliminary or substantial progress has been made and where, at least until now, no minefield has been detected. I will briefly describe below some of these areas, with the not-too-subtle suggestion that we need to advance their empirical and theoretical status before we can truly say that we are the worthy inheritors of the tradition left by our forebears at the turn of the century.

1) What is the relationship between hypnotizability and exposure to traumatic events?

A number of studies have found equivocal evidence for a relationship between hypnotic ability and a history of trauma in non-clinical groups (reviewed in Putnam & Carlson, 1998). However, there is consistent evidence that patients with clinical conditions closely associated with trauma exposure (PTSD and the dissociative disorders) tend to have higher hypnotizability than normal and other clinical groups (e.g., Frischholz et al., 1992; Stutman & Bliss, 1985). Does this occur because of a diathesis (hypnotic ability)-stress model (cf. Butler et al., 1996), does exposure to severe or chronic trauma enhance hypnotizability at least among certain individuals (e.g., Eisen et al., 1994), or is there a different and as yet undisclosed relationship?

2) What processes underlie hypnotic and peritraumatic phenomena?

While hypnotic suggestions can produce the effects suggested, we often forget that some phenomena (e.g., dissociation between body sensations and the phenomenal ego, narrowing or decontextualized attention) are sometimes reported spontaneously, in the absence of specific suggestions (e.g., Barrett, 1990; Cardena, 1996). Similar phenomena are also often reported during or shortly after exposure to trauma (Cardena & Spiegel, 1993) or stressful stimuli (Christianson & Loftus, 1987). What are the underlying emotional and cognitive processes that give rise to the similarities and differences between hypnotic and posttraumatic phenomenology?

3) What processes underlie physiological plasticity and somatoform dissociation?

It has long been remarked that hypnotic suggestions can give rise to remarkable physiological changes in some individuals (Barber, 1984). More recently, the concept of somatoform dissociation and its link with exposure to trauma has been brought to our attention (e.g., Nijenhuis et al., 1998). Are the mechanisms for both phenomena similar? Do they occur in similar populations?

- 4) Can hypnotic techniques be employed to ameliorate the effect of traumatic experiences? Wood and Sexton (1997) have proposed that self-hypnosis training can diminish the deleterious effects of captivity and solitary confinement. There have been also proposals that emergency rescue workers should use hypnotic techniques when dealing with emergency patients. Tantalizing ideas that require empirical testing.
- 5) Are hypnotic techniques especially useful in the treatment of traumatized individuals?

Hypnotic treatment for posttraumatic conditions has been described in the literature of many countries for more than 150 years. A number of reasons have been offered to advance the case of hypnotic treatment for posttraumatic conditions, including the high hypnotizability of many of these patients, their propensity to dissociation, and so on (cf. Cardena et al., submitted). Regrettably, to the best of my knowledge there is only one systematic study on the efficacy of hypnotic treatment for posttraumatic conditions (Brom, Kleber & Defare, 1989). Thus, at this stage the case for the efficacy of hypnosis for posttraumatic conditions is suggestive, rather than supported (Cardena, in press). Many important questions linger, among them: Does hypnosis show a synergistic effect when paired with cognitive-behavioral or other interventions for posttraumatic conditions? Are hypnotic techniques for posttraumatic conditions useful across all levels of hypnotizability? Programmatic, preferably international, collaborations to illuminate these issues are very much needed in a world where traumatic eventualities are not really outside the pail of normal human range of experience. In an international medium such as this, we also need to remind ourselves that much, if not most, of the recent empirical evidence on these areas has come from U.S. samples. The generalizability of such findings to other Western and non-Western samples remains very much an open question.

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- Etzel Cardena, Ph.D., Dept. of Psychiatry, USUHS, 4301 Jones Bridge Rd., Bethesda, MD 20814, USA, e-mail: ecardena@usuhs.mil

Evaluating hypnotherapy in the therapy room

(Dirk Revenstorf)

Besides innumerable casereports, the number of controlled studies evaluating hypnotherapeutic treatment is ever increasing. Grawe, Donati & Bernauer (1994) found only 17 until 1980, Revenstorf & Prudlo (1994) found 70 until 1992 and Bongartz et al. (in prep) located over 200 up to now. These studies compared hypnotherapy with waiting list groups or other forms of psychotherapy. These metaanalysis repeatedly found out, that the success rate of the hypnotic treatment was twice as high as the control treatment and reached 70%. Therefore Grawe et al. recommended in their well read German book hypnosis as one of a dozen empirically validated treatments.

A new collaborative study of the Milton-Erickson-Society for Clinical Hypnosis, Germany (M.E.G.) and the German Society of Hypnosis (GSH) is under way to establish further evidence of the effectiveness of hypnotherapy by means of evaluating it in the therapy room. Licenced practitioners are contacted through the above mentioned societies and are invited to participate with one of their patients. This patient will be tested in a pre-post design by a standard battery of widely accepted clinical instruments (SCL-90, BDI, BAI, IIP among others). Suggestibility is also assessed. As another feature of this study, after each session brief measures of impact and intent of the interventions are taken in order to gain process information. The statistical analysis is done by a project group at the university of Tübingen (D. Revenstorf). This procedure is followed also by a number of other German institutions and university departments, which will collaborate exchanging data including those of control groups.

Grawe, K., Donati, R. & Bernauer, F. (1994) *Psychotherapie im Wandel: Von der Konfession zur Profession* (Psychotherapy in change: from confession to profession). Göttingen: Hogrefe.

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Prof. Dr. Dirk Revenstorf, University of Tübingen, Dept. of Psychology, Gartenstr. 29, 72074 Tübingen, fax: +49/7071/295956, email: dirk.revenstorf@uni-tuebingen.de

As ISH's official Journal, The International Journal of Clinical and Experimental Hypnosis (IJCEH) constitutes the primary scholarly publication for the Society. Over the past six months the editorial staff have been active at both the national and international level as we continue our efforts to cultivate the Journal's relationship with the hypnosis community globally.

International Efforts

In November of this year the Journal Editor and Staff attended the "Third European Congress On Ericksonian Hypnosis And Psychotherapy", sponsored by the Italian Society of Hypnosis in association with the European Society of Hypnosis. Dr. Nash presented two papers, one clinical and one research-based. This highly successful meeting helped further strengthen the historical partnership between the Journal and the European community. Dr. Nash reiterated his pledge to attend as many international hypnosis meetings as possible, as a representative of ISH's official journal. Societies or individuals sponsoring such meetings are invited to contact Dr. Nash at the journal offices. We stand ready to publicize these meetings in the Journal itself.

The Journal's Web Page and Further International Initiatives

The Journal's web page continues to mature. Abstracts of current and upcoming issues are already available in four languages: English, French, German, and Spanish. In part because of the warm welcome we received in Venice, we now have abstracts translated into six other languages: Polish (Dr. Jerzy Siuta), Portuguese (Dr. Mozart Smyth), Dutch (Dr. Nicole Ruysschaert), Japanese (Dr. Hitoshi Kasai), Danish (Anne-Marie Harnum), and Korean (Dr. Young Don Pyun). These are available on the Web. We are immensely grateful for the careful work of our translators. Their work make the Society's aim of "building bridges" that much easier. We anticipate adding several other languages in the near future. Other features of the web page include links to hypnosis databases, information on upcoming conferences, access to the IJCEH discussion forum for research exchange, and membership and subscription information/registration. We invite you to join us on the web page: <http://sunsite.utk.edu/IJCEH/>

Upcoming Special Features of the Journal

Within the next year or two, interesting special features of the Journal will be published. The first will be a special section examining the effects of hypnosis on autobiographical memory, a topic of critical importance to clinicians and cognitive researchers alike. Second, we have almost completed the work on a special issue devoted to: "Empirical validation of hypnosis interventions". This special issue will review the scientific status of clinical hypnosis as an efficacious treatment. Here we define what has been accomplished in the field, and what remains to be accomplished. Be looking for more information about these special features on the web page.

As always, the Journal staff invites ISH members to contact the Journal office directly. Your comments and suggestions are welcomed.

Michael Nash, Ph.D., Editor, International Journal of Clinical and Experimental Hypnosis, Psychology Department, 307 Austin Peay Building, University of Tennessee, Knoxville, TN 37996-0900, work: 423-974-3326 (note change of work phone), fax: 423-974-4896, email: mnash@utk.edu

Introduction of a New Constituent Society:

The Swiss Society for Clinical Hypnosis (SSCH)

The Swiss Society for Clinical Hypnosis (SSCH) is an association of psychologists having a university degree, medical doctors, and dentists who work with and spread clinical hypnosis. SSCH has had membership to the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine (ESH) for many years. Members of SSCH are committed to the ethical guidelines of the International Society of Hypnosis (ISH) and do not use hypnosis for entertainment purposes, feeling a strong commitment to patient care and benefit.

SSCH was founded April 20, 1985 and now has 190 members. Aims and activities are: Training in clinical hypnosis, peer groups for exercise in hypnosis and exchange of experiences, informing about hypnosis by publishing articles, providing information about colleagues who offer hypnotherapy, co-operation with organizations with similar aims, in particular with SMSH (Swiss Medical Society of Hypnosis).

SSCH consider professional training very important, offering a clinical hypnosis curriculum in both German and French. Training includes successive introduction and therapy courses which are completed by a unified group of participants. In this training stage, participants of all disciplines (Psychologists, Dentists, Psychiatrists) work together. It appears that participants with different professional backgrounds gain from each others' experiences. Further training included special courses, self-experience, and supervision. These may be chosen depending on individual interests and professional backgrounds.

The aims of SSCH are supported by the Swiss hypnosis journal CH-Hypnose. This journal gives us the opportunity to co-operate with SMSH informing readers about hypnosis and hypnotherapy, as well as publishing scientific articles.

Our next annual meeting is coming up in Berne, March 13, 1999. The SSCH President is Susy Signer-Fischer, Basel, Switzerland. The ISH representatives are Peter Hain, Dipl.Psych., and Claude Béguelin, M.D.

Josy Höller-Moggi, Unterdorfstr.27, 3072 Ostermundigen, Switzerland,
e-mail: moggi@puk.unibe.ch

News from the Constituent Societies

American Society of Clinical Hypnosis (ASCH)

ASCH Central Office Relocates: 1998 has been a year of transitions and growth for the American Society of Clinical Hypnosis. Membership in ASCH now nears 4000 with nearly half of all members completing all of the requirements for ASCH Certification in Clinical Hypnosis. Plans are also underway for the 1999 Annual Scientific and Workshop meeting in Atlanta, Georgia. This will mark the 41st anniversary of ASCH and the theme of the meeting will be: "Connections and Reciprocity: Preserving the Interface Between Clinical Practice and Scientific Research." The meeting will include sessions on Chronic and Procedural Pain, Analytic Methods in Hypnotherapy, Hypnosis, Spirituality, and the Power of Faith, Treatment of Acute Trauma, Uses of Hypnosis in the Primary Care Medical Setting, Hypnosis in Dentistry for Psychologists, Cross-Cultural Trance Phenomena, Hypnosis and Affective Healing, Clinical Applications of Ego State Therapy, Hypnotic Assessment, Hypnosis and Aging, and Hypnosis and the Law, and many others.

ASCH was founded in 1957 with Milton Erickson as the founding president of the Society. During the last Executive Committee meeting, under the direction of current president, Dr. Catherine Fine, the mission of ASCH was reviewed and again endorsed. The ASCH mission statement is: "To encourage and promote excellence in the use of hypnosis by qualified health and mental health care professionals; to advance scientific research, education and standards; and to advise others about the value, applications and ethical use of hypnosis."

Also, it has been a busy time for ASCH as we have gone through the process of moving and relocating our Central Offices. The new address is:

American Society of Clinical Hypnosis-Central Office, 33 West Grand Avenue, Suite 402, Chicago, Illinois 60610 USA, Phone: +312-645-9810, Fax: +312-645-9818

ASCH is also pleased to announce that we have recently hired a new Executive Director, Ms. Therese Sheehy, M.P.A. Therese comes to ASCH from previously serving as Director of the Illinois Pharmaceutical Association and brings a wealth of association management experience and skill. We are very excited with these positive accomplishments as we begin the New Year.

Gary R. Elkins, Ph.D., ABPP, ABPH, Chair, ASCH International Relations, Department of Psychiatry, Texas A&M University Health Sciences Center, 2401 South 31st Street, Temple, Texas 76701 USA, Phone: +254-724-4071, Fax: +254-724-1747, e-mail: gelkins@bellnet.tamu.edu

British Society of Experimental and Clinical Hypnosis (BSECH)

The BSECH Annual Conference will take place from 23rd - 25th April in Birmingham. Highlights of this year's meeting include a Workshop on Forensic and Legal Issues to be run by Dr Graham Wagstaff and Dr Michael Heap, and Keynote addresses being given by Dr Wagstaff and Dr Leslie Walker (renowned for his contribution to psychoimmunology). BSECH welcomes overseas visitors. For further information see the contact details below.

BSECH hopes to soon be announcing its own new website. The site should be up and running by April but at time of going to press, the exact name is not available.

However, by the time you are reading this, you should be able to type "bsech" into your web browser and find us.

Two BSECH members, Dr David Oakley and Marcia Degun-Mather are writing a book re: the treatment of sexual abuse. Although there are already a number of these on the market, this one promises to be of significant value to the clinician. A further announcement will be made at time of publication.

In celebration of the millennium, there will be a special BSMDH/BSECH joint Conference to be held from 18th- 21st May at a spectacular venue in the South West of England. The theme of the meeting will be "An Exploration and Celebration of the Hypnotic Experience". Watch this Space!

Hon Secretary BSECH, Phyllis Alden, Dept of Clinical Oncology, Derbyshire Royal Infirmary, London Rd, Derby DE1 2QY Tel (+44) 1332 766791, Fax (+44) 1332 776 863 or email: phyllis@alden-residence.demon.co.uk

British Society of Medical and Dental Hypnosis (BSMDH)

Our society enjoyed an advanced workshop with David Spiegel, hosted by Geoff Graham from our Newcastle branch. (Those of you who know Geoff will be glad to see him back in harness, after the ill health he has been suffering recently.) The workshop was well attended and we were happy to see old friends from within our society and the BSMDH (Metropolitan). We were also delighted to have guests taking part in the workshops from ISH constituent societies in Scotland, Sweden, Ireland, Germany, and Canada.

Next June we are happy to welcome Michael Yapko who will be giving a two day workshop on "Hypnosis in the treatment of pain and depression". Visitors from ISH constituent societies are most welcome to attend this meeting. For details contact: Dr. Ann Williamson, tel/fax +44/(0)1457/839363, email ann.williamson@zen.co.uk.

Our President, David Simons, has been in the news, when the charity he founded, the "Cavendish Centre For Cancer Care", received a visit from the Prince of Wales. The centre provides support and certain complementary therapies, obviously including hypnosis, for cancer sufferers and their carers.

Drs. Geoff Ibbotson and Ann Williamson joined the league of authors when their book was published last autumn: "Smoke-free and no buts".

We are now on the web and have a new national office:

British Society of Medical and Dental Hypnosis, 17 Keppel View Road, Kimberworth, Rotherham S61 2AR, UK; tel/fax: +44/(0)7000/560309, email: nat.office@bsmdh.org, <http://www.bsmdh.org>

Israeli Society of Hypnosis (IsSH)

The IsSH has just held a very successful annual congress for three days on a cliff overlooking the sea (the view being in itself highly hypnotic). This past year has been one of renewed interest and participation in all IsSH activities. Many new professionals have been joining and bringing with them curiosity and enthusiasm.

IsSH is very proud to have it's founding President, Moris Kleinhauz, MD honored by ISH by being awarded the Pierre Janet Award for Clinical Excellence.

Shaul Livnay, Israeli Society of Hypnosis, PO Box 7545, Jerusalem 91076, ISRAEL

Italian Medical Association for the Study of Hypnosis (AMISI)

AMISI is happy to report good news to all of our colleagues that are using hypnosis in psychotherapy: On March 20, 1998, the Italian government granted, the European School of Hypnotic Psychotherapy eligibility to teach "Hypnotic Psychotherapy" in Italy. It was stated that (1) Hypnosis can be used in psychotherapy and (2) it can be taught

In Italy, psychotherapists must have a degree in medicine or psychology and a specialization in psychotherapy. It is possible to have obtained this kind of specialization from some public and private schools.

This is a good opportunity for all psychotherapists in Europe for the recognition of Hypnosis as an official therapy.

Mario Cigada, MD, AMISI, via Morosini 26, 20135 Milano, Italy, e-mail: 106226,1010@compuserve.com

Hungarian Association of Hypnosis (HAH)

HAH will hold its 10th Annual Meeting between May 28-31, 1999 in Lillafured, Hungary. At this special anniversary HAH would like to welcome colleagues from various fields. If a beginner - it's about time to get acquainted with hypnosis. If advanced - even more reasons to come: There will be a great selection of programs: original presentations, posters, invited addresses, workshops, video demonstrations, opportunities to experience hypnosis, opportunities to experience others' experience of hypnosis, round-table discussions, etc. Furthermore, invited psychotherapists will talk about their own views on hypnosis in the program "My meetings with hypnosis". There will be a surprise-presentation by the actor Pál Mácsai, and we will continue our traditional HYP-NIC (hypnosis picnic) with lots of humor. Anybody interested in attending should contact Anna C. Gosi-Greguss (e-mail: hipnozis@izabell.elte.hu, or ggacs@izabell.elte.hu).

Japanese Institute of Hypnosis (JIH)

The 14th annual meeting of the Japan Institute of Hypnosis was held on September 26 and 27, 1998 in Tokyo Japan. On the first day we held a training program in hypnosis and on the second day, the scientific meeting. The JIH President, Naoki Watanabe, MD presented a lecture entitled "The historical change of Hypnotherapy". The guest speaker was Dr Walter Bongartz (ISH President) who presented a keynote lecture entitled "Indication and Praxis of Hypnotherapy-Physiological and Subjective change in Hypnosis". The second guest speaker was Jeanne Ruse, specialised counselor for Eating Disorders from Tucson, Arizona, USA who held a lecture entitled "The Treatment of Eating Disorders". These lectures will be published in the "Saimin to Kagaku ("Hypnosis and Science") vol 14(1) soon.

The 15th annual meeting of the Japan Institute of Hypnosis will be held on September 11 and 12 1999 in Tokyo Japan. The President is Mikiko Kawano, the director of the information-science research center of the Japan Medical College. The guest speaker will be Dr Frederick Evans, a former President to the International Society of Hypnosis, who will be speaking on "Pain-control and Hypnosis".

In this way the activities of the Japan Institute of Hypnosis are getting more and more science-based with the help of International Society of Hypnosis colleagues. The

near future will bring intensified exchange concerning Hypnotherapy at the international level. Naoki Watanabe, MD is invited to the upcoming ISH Congress in Munich during October 2000 where he will present "Morita Therapy and Hypnosis". Morita Therapy is Japanese psychotherapy based on the traditional Japanese culture stressing human life with the harmony of movement of the nature. During November 1997, a workshop on "Morita Therapy" was held in Germany. A book entitled "Morita Therapie im Gespräch" edited by Lothar Katz and Naoki Watanabe from that workshop has been published through Psychosozial Verlag.

Naoki Watanabe, MD - JIH, Dept of Neuropsychiatry, Nippon Medical School, 1-1-5 Sendagi, Bunkyo-ku, Tokyo 113, JAPAN

Japanese Society of Hypnosis (JSH)

JSH had a very successful 44th Annual Congress during October 24 and 25 in 1998 at the Akita University located in northern Japan. The keynote speaker was Dr. Gosakyu Naruse, ex-president of JSH. About 200 members participated at the meeting presenting a high standard of papers covering a wide range of clinical and experimental subjects. The training courses in hypnosis which were conducted before the congress were also successful. Following the meeting, new Board of Directors and Executive officers were elected. The President is Dr Toshimasa Saito and the Secretary/Treasurer is Dr Hitoshi Kasai. The 45th Congress of JSH will be held on November 6th and 7th, 1999 at the Japan Dental University in Tokyo.

Dr Toshimasa Saito, President JSH - 14-16 Nagisa-higashi, Hirakata, Osaka 573, JAPAN.

Mexican Society of Hypnosis (MSH)

The Mexican Society of Hypnosis is currently expanding its activities, branching out in two directions. Beginning in March, Dr. Jorge Abia will be running the Milton H. Erickson Institute of Mexico City, while Dr. Teresa Robles will head Bienestar Integral, an Ericksonian center also recognized by the Milton H. Erickson Foundation. Both institutes will continue to provide clinical services and training in Ericksonian hypnotherapy.

Dr. Teresa Robles travelled to Montevideo, Uruguay, where she presented two workshops at the CIANCC run by Dr. Lilian Lafont. Ideas were exchanged with members of the Uruguay Association for Systemic Family Therapy, at the invitation of Olga Rotchkowski. Dr. Robles then travelled to Argentina, where she presented two workshops at the Ericksonian Center of Buenos Aires run by Dr. Carmen Milán.

At the conclusion of the European Ericksonian Congress held last November in Venice, Teresa Robles visited with Dr. Eric Piel in Rungis, France, to exchange ideas on ways to help former psychiatric patients return to work. At the Venice Congress, she presented a paper co-authored by Dr. Felipe Vázquez Estupiñán on the "Intensive treatment of psychiatric patients" (see abstract in this issue). Her work in this area was then presented to a group of 40 French psychiatrists at a workshop organized by Dr. Ana Luco, director of the IFACT in St. Etienne. During the same trip, she spent three days working with nuns at the Dominican Monastery of the Sacred Rosary in Azzano, S. Paolo, Italy. Dr. Jorge Abia and Rafael Núñez taught several hypnosis workshops in

Barcelona and Madrid at the invitation of Adolfo Mizrahi y Dulce (in Barcelona) and Dr. Margarita Carralero (in Madrid).

Sociedad Mexicana de Hipnosis, Patricio S-nz 1205, México D.F., 03100, México.
Fax: +525/559/2554 e-mail: ericksmh@iwm.com.mx

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

At the annual meeting in Bad Orb last November, M.E.G. celebrated its 20th anniversary. Special guests were: Betty Alice Erickson, daughter of Milton H. Erickson, Peter B. Bloom, Past President of ISH, and Walter Bongartz, President of ISH. Mrs. Erickson came along with a young lady, granddaughter to Milton H. Erickson. This was not easy to believe as she spoke perfect German, translating her aunt's greeting address into German.

The internationally well known member of M.E.G. who is the first recipient of the Milton Erickson Award is Vladimir Gheorghiu, PhD, Professor Emeritus of the University of Giessen. In a special ceremony this award was presented to Professor Gheorghiu for his lifetime achievement in the study of suggestion and suggestibility. Founded and sponsored by board member Ulrich Freund, this award is donated with DM 10.000.- and will be presented each year to another European colleague.

The preparations for the 15th International Congress of Hypnosis in the year 2000 are well on the way. Please notice the CALL FOR PAPERS. This congress will take place in Munich, Bavaria, in the sunny month of October. The get together party will be on Sunday, October 1st, in a tent at the famous Munich Oktoberfest.

M.E.G., Konradstr. 16, 80801 Munich, Germany, Fax: +49/89/34029720,
e-mail: 100421.1423@compuserve.com —
http://ourworld.compuserve.com/homepages/milton_erickson

Society for Clinical & Experimental Hypnosis (SCEH)

Participants in the Workshops of the 49th Annual Meeting of the SCEH were the beneficiaries of innovations of several members of the Workshop faculty. These workshops were conducted during the Annual Meeting held in Chicago from November 12 to 15, 1998 and were chaired by Doctors Donna Copeland and James Erickson.

The Introductory Workshop was restructured and conducted by Doctors David Wark and Lynne Hornyak, with assistance from Doctors Fromm, Covino, Finkelstein, Fredericks, Mulligan, Weisberg and Erickson. The basic concepts of hypnosis were explored in depth during the first 2 days with the mental health specialists and physicians/dentists divided into separate groups during the third day, thus creating an intense 20 hour course, while addressing many of the specific interests of both groups. This satisfied the established requirements for introductory education in hypnosis. This single introductory workshop was emphasised in order to improve the curriculum for all students who were being introduced to hypnosis with little knowledge or prior experience. At the termination of the sessions, enthusiastic feedback informed us that Drs. Wark, Hornyak and the groups' efforts were well received.

There were 2 excellent two day courses: Integrating Hypnosis in Psychotherapy was taught by Drs. Elgan Baker and William Smith, while Drs. Helen Crawford, Fred Evans and Thomas Nagy presented the issues of Research in Hypnosis.

Eight 1 day workshops were presented and each one gained generous praise for the teaching efforts of its faculty. These Workshops were Hypnotherapy for Pain and Burns (Drs Dabney Ewin, David Patterson and Joe Dane), Women's Issues in Hypnotherapy (Drs. Marlene Eisen and Richard Horevitz) and Habit Control with Hypnosis (Jordan Zarren) attracting many participants. During the second day, Doctors David Spiegel and Jose' Maldonado discussed hypnotic strategies in Dissociative Disorders, while Dr. Steve Kahn explored Hypnosis with Couples. Preparation for the Hypnosis Diplomat Examinations was presented by Doctors Dabney Ewin, Mary Jo Peebles-Kleiger, William Smith and Jordan Zarren, MSW. The final day of Workshops consisted of Hypnosis for the Difficult Client (Drs. Michael Diamond and Donald Stolar) and Dr. Harold Wain's lively discussion of Treatment of Conversion and Atypical Dissociative Disorders.

There were 167 participants in this expanded Workshop Program – a 50% increase in enrollment compared with 1997. All participants returned feedback regarding the 3, 2 and 1 day workshops indicating a strong sense of enthusiasm for the presentations and the efforts of the faculties. We look forward to having many of the participants returning to the workshops and meeting as faculty and as advanced students in the future.

Finally, the recent Bylaws change allowing Masters' level nurses to become members of SCEH was ratified by membership. SCEH membership and workshops are now open to Masters' level nurses.

James C. Erickson III

Northwestern University, Evanston, IL. USA

jceric@nwu.edu

SCEH Central Office: Cindy Scott, Executive Director, 2201 Haeder Road, Suite 1, Pullman WA 99163, USA

Swedish Society of Clinical and Experimental Hypnosis SSCEH, ISH & ETHICS

In Sweden, there is an old and current law against stage hypnosis, i.e. hypnosis for entertainment purposes. So far so good. But for the first time in history, the Swedish national Board of Health has recently made an exception to this rule and allowed an event of public stage hypnosis. Of course SSCEH reacted and intensive communication between SSCEH and the National Board of Health has taken place after the incident.

The Swedish Society has also received several reports from the public about laymen teaching and practising hypnosis. In this matter, SSCEH is supported by ISH, in which has been discussed the matter of laymen using hypnosis. In San Diego 1997, Robb Stanley, (Secretary/Treasurer of ISH), described that one of the most important ISH functions is to guarantee the public that its members are well educated, professional and committed to ISH code of ethics, besides the ethical rules applicable to the professional health category, nationally.

The discussion resulted in a report from the Board to the ISH members, of extra interest for those of us who arrange hypnosis education and training seminars. Quote:

"The Board of Directors voted to establish a policy based on information that had been presented to them concerning Constituent Societies inviting "Lay Practitioners" to teach in their Constituent Society teaching programmes. The Board voted to adopt the policy that "it is

inappropriate for a Constituent Society to invite, involve or to have participate "Lay Practitioners" in the teaching programme of the Constituent Society either as a teacher or as a participant". The Board felt that "Lay Persons" could see the involvement of a lay practitioner as a teacher or a participant as giving credibility and support to the practice of hypnosis. This matter is dealt with for the individual in the ISH Code of Ethics, but felt it was important....."

The Swedish Society has used the ISH Report in the recent negotiations with the National Board of Health and the Department of Health-Education and Welfare. By all of this the affair is on Government level and we expect a strengthened law enactment. That is our hope anyway.

Susanna Carolusson, SSCEH – PO Box 104, Degerfors SE-69322, SWEDEN Email: ssceh@degerfors.mail.telia.com

Swiss Medical Society of Hypnosis (SMSH)

SMSH has grown to 308 members, all MD's or DMD's. The traditional 2½-day congress in November has been again very successful. 25 workshops and 3 plenary sessions have found a lively interest.

During 1998 systematic training in hypnosis was offered and fully attended: four days basic training, four days advanced training for MD's, and five days advanced training for dentists. There was an excellent feedback recorded by quality control checklists.

To comply with the new medical law of Switzerland a qualifying program of the SSMH and GHypS for MD's has been submitted to the authorities of the FMS (Swiss Medical Association) to obtain the official certificate called "Fertigkeitsausweis Medizinische Hypnose" for MD's.

SMSH has employed a professional secretary, contact details are as follows:

Frau Vreni Greising	Tel. 0041 41 281 17 45
Kehrsitenstr 23	Fax. 0041 41 280 3036
6362 Stansstad	Email: smsh@access.ch

SWITZERLAND

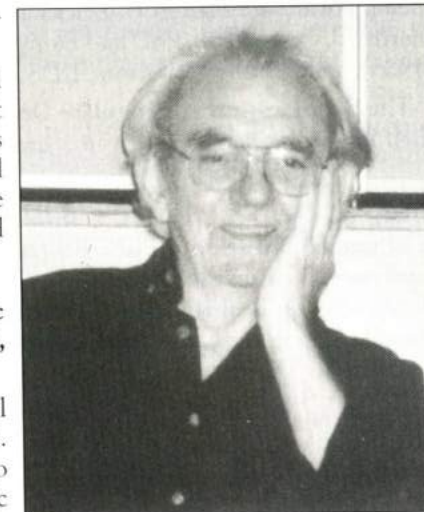
Thomas Gysin, President SSMH

1998 ISH Awards Announcement

The ISH Board of Directors takes great pleasure to announce the 1998 winners of the Pierre Janet Award for Clinical Excellence and the Ernest R. Hilgard Award for Scientific Excellence:

Pierre Janet Award for Clinical Excellence – Moris Kleinhauz, M.D.

The inscription will read: "The International Society of Hypnosis presents the Pierre Janet Award for Clinical Excellence to Moris Kleinhauz, M.D. whose lifetime of published clinical experience substantially advances the understanding of the uses of hypnosis and obtaining effective results in clinical practice."



Moris Kleinhauz, MD recipient of the Pierre Janet Award for Clinical Excellence

Ernest R. Hilgard Award for Scientific Excellence – Andre M. Weitzenhoffer, PhD, BSc, MA, MSc

The inscription will read: "The International Society of Hypnosis presents the Ernest R. Hilgard Award for Scientific Excellence to Andre M. Weitzenhoffer, PhD, BSc, MA, MSc whose lifetime of published experimental work substantially advances the understanding of the process of hypnosis and the ability to predict the outcome of its applications."



Andre Weitzenhoffer, PhD, BSc, MA, MSc, recipient of the Ernest R. Hilgard award for Scientific excellence.

The ISH Board of Directors at its official meeting in Venice during the last week of November, 1998 unanimously approved the ISH Awards committee nominations. The committee, appointed by Walter Bongartz, PhD, President, ISH (Germany) is chaired by Peter B. Bloom, M.D. Immediate Past President of ISH (USA), Dabney Ewin, M.D. (USA), Giampiero Mosconi, M.D. (Italy) and Burkhard Peter, PhD (Germany).

The Board of Directors also voted to announce these newly approved annual awards through the ISH Newsletter immediately after informing each recipient by telephone and with a mailed certificate. However, the beautiful engraved crystal bowls with inscriptions on the brass plates attached to the supporting wooded bases, will be presented in person at the ISH triennial banquet – the next time in Munich in the year 2000.

The Pierre Janet Award and the Ernest R. Hilgard Award announced annually and presented at the triennial banquet are new awards first given in 1997 to Erika Fromm, PhD and Kenneth S. Bowers, PhD (posthumously) respectively. The Benjamin Franklin Gold Medal, our societies highest award, will be continue to be awarded every three years at the ISH triennial banquet. Past recipients of the Benjamin Franklin Gold Medal Award are Milton H. Erickson, M.D. (1976), Ernest R. Hilgard, PhD (1979), Martin T. Orne, M.D., PhD and Emily C. Orne (1982) Josephine R. Hilgard, M.D, PhD (1985), and Per-Olof Wikstrom, DDS (1997).

The Board warmly congratulate Drs. Moris Kleinhaus and Andre Wietzenhoffer for their lifetime accomplishments recognized by these awards.

Other Awards

Vladimir Gheorghiu, PhD, Professor Emeritus from the University of Giessen, Germany, is the 1st recipient of the Milton Erickson Award of the Milton Erickson Society for Clinical Hypnosis, Germany (M.E.G.). He received this award at M.E.G.'s annual meeting last November in Bad Orb.

New Books

de Rivera, J. & Sarbin, T.R. (Eds.) (1998). *Believed-In Imaginings: The Narrative Construction of Reality*. Washington, DC: American Psychological Association.

Hawkins, P., & Heap, M. (Eds.) (1998). *Hypnosis in Europe*. London: Whurr [234 pages; £25].

Bongartz, W., & Bongartz, B. (1998). *Hypnoseotherapie*. Göttingen, Toronto, Seattle: Hogrefe [335 pages; DM 69.-].

Brown, D., Schefflin, A.W., & Hammond, D.C. (1998). *Memory, Trauma Treatment, and the Law. An Essential Reference on Memory for Clinicians, Researchers, Attorneys, and Judges*. London: W.W. Norton (786 pages; £68, \$100).

Krippner, S., & Powers, S. (Eds.), (1998) *Broken Images, Broken Selves: Dissociative Narratives in Clinical Practice*. New York: Brunner/Mazel.

Kraiker, C. & Peter, B. (Eds.) (1998, 4th ed.). *Psychotherapieführer (psychotherapy guide)*. Munich: Beck (with a chapter on hypnotherapy by B. Peter).

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The Seminars, Workshops, and Lectures of Milton H. Erickson (1998), edited by E.R. Rossi, M.O. Ryan, and Florence A. Sharp. Free Association Books (4 Volumes, more than 300 pages, and £15.95 each).

Art & Méthodes: Actes du 1er Forum Francophone D'Hypnose et de Thérapies Brèves. Tome I: Principes, Concepts et Céléveloppements; Tom II: Applications Thérapeutiques. (1998) de SENSus. Editions de l'Arbousier (for more information contact: Patrick Bellet, M.D., B.P. 82, 84110 Vaison La Romaine, France, Fax: +33/0490287017)

What's on the web?

(Hypnosis home pages)

Jean Holroyd's *Hypnosis Research Database*: <http://www.hypnosis-research.org>

The UCLA Scientific Hypnosis web site is now up and running, at the above address. The principal focus is an 11,000 reference database (with abstracts and/or notes in many cases). There is a section illustrating award-winning publications as well as information for the public about the professional applications of hypnosis, qualifications for hypnotherapists, etc.

The database should be not seen as just another National Library of Medicine (MEDLARS) kind of repository, but rather as a new type of information sharing. While the initial listings come from Ernest Hilgard, Jean Holroyd and Burkhard Peter, anyone may add new records. Newly added material is shown in a contrasting color, until the editor (currently Jean Holroyd) reviews and approves it. Once entered the new reference is not lost in papers on one's desk, and is available also for one's co-authors, dissertation advisor, etc.

These are some kinds of questions that can be referred to the database:

1. (From a student) Should I do a dissertation on XYZ?
2. (From a surgery resident) Have there been meta-analyses on the use of hypnosis for pain?
3. (From a human subjects protection committee) What negative effects might we expect from your proposed research?
4. (From an attorney) Using hypnosis, can someone be compelled to commit a crime?
5. (From your mother) So, what is hypnosis good for?
6. (From your professional colleague with less hypnosis background) How could hypnosis be helpful to my patients in [name of discipline]?

We encourage you to become familiar with the database before you might need it (as, for example, when a reporter telephones and asks for information about a specific topic, or a patient shows up at your door with an unusual complaint and asks for hypnosis treatment). We also invite you to enter a favourite reference or two, with or without abstract and notes, and to become a member of the world wide scientific hypnosis information sharing effort.

American Society for Clinical Hypnosis (ASCH): <http://www.asch.net>

Australian Society of Hypnosis (ASH): <http://www.ozhypnosis.com.au>

British Society of Medical and Dental Hypnosis (BSMDH): <http://www.bsmdh.org>

International Journal of Clinical and Experimental Hypnosis: <http://sunsite.utk.edu/IJCEH>

International Society of Hypnosis: <http://www.ish.unimelb.edu.au>

Milton H. Erickson Foundation: <http://www.erickson-foundation.org>

Milton Erickson Society for Clinical Hypnosis Germany (M.E.G.):
http://ourworld.compuserve.com/homepages/milton_erickson

Society for Clinical and Experimental Hypnosis (SCEH):
<http://spartan.ac.brocku.ca/~wwwsceh/>

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**The 15th International Congress of Hypnosis
International Society of Hypnosis (ISH)**

October 2-7, 2000

At the University of Munich, Germany

Hosted by the Milton Erickson Society for Clinical Hypnosis, Germany (MEG)

Congress Chairs: Dr Burkhard Peter, MEG, PhD, Dr Walter Bongartz, University of Konstanz, Prof. Dr. Dirk Revenstorf, University of Tuebingen, Prof. Dr. Willi Butollo, University of Munich – Scientific Chairs: Prof. Dr. med. Henriette Walter, University of Vienna, Prof. Dr. O Berndt Scholz, University of Bonn, Prof. Dr Vladimir Gheorghiu, University of Giessen – Workshop Chairs: Paul Janouch, Dipl.-Psych., Liz Lorenz-Wallacher, Dipl.-Psych., Ortwin Meiss, Dipl.-Psych., Gary Elkins, Ph.D, Hanjörg Ebell, Dr.med. – Special Eastern Europe Chair: Bernhard Trenkle, Dipl.-Psych. – PR and Press Chairs: Alida Iost-Peter, Dipl.-Psych., Silke Bechtloff, MA. – Social Events Chair: Ulrich Freund, Dipl. Soz. Päd. – Film Chair: Barbel Bongartz – Organisational Chair: Christian Kinzel, Dipl.-Psych.

This congress is in the tradition of the famous 1st International Congress for Experimental and Therapeutic Hypnotism, which took place 1889 in Paris, attended, among others, by Sigmund Freud, Hippolyte Bernheim and Pierre Janet. With this, the 15th of these International Congresses of Hypnosis in the year 2000, we will celebrate the 225th anniversary of modern psychotherapy. It was in 1775, at the Munich Academy of Sciences, when Franz Anton Mesmer gave his opinion on Father Johann Joseph Gassner's exorcistic healing operations. This is, according to Henry F. Ellenberger, the starting point of modern psychotherapy. This anniversary, and the fact that this 15th Congress of Hypnosis will take place at the turn of the Century and Millennium, is the reason to make it a special event. Therefore, we invite the most prominent figures from the field of clinical and experimental hypnosis and eminent scientists and clinicians from the broader field of human experiences. They will share their perspectives and give their expertise. These state-of-the-art or quo-vadis keynotes will loosely group around the general theme of "Psychotherapy and Public Health: Past – Present – Future". We invite your further enquiries to the Central Office of MEG: Konradstr. 16, D-80801, Munich, Germany. Fax: +49 89 3402 9720.

If you are interested in contributing to this Congress, please be so kind as to send, on a diskette or via e-mail, the following information for each of your contributions:

1. surname, first name(s), title, profession
2. affiliation (if applicable)
3. address (street, town, postal code, country)
4. tel, fax
5. title of contribution

6. abstract of contribution (please keep it short)
7. indicate whether paper or workshop (and how many hours of the latter: 3, 6, 9, 12)
8. for workshops only: indicate the level (basic, intermediate, advanced) and the professions you allow to attend)
9. 2 Educational objectives

Please forward these details via email to: 106004.127@compuserve.com
Burkhard PETER, Ph.D, MEG., Konradstr. 16, 80801 Munich, Germany
Email: 106004.127@compuserve.com
Webpage: http://ourworld.compuserve.com/homepages/milton_erickson

**16th International Congress On Hypnosis
Singapore 2003**

Plans are afoot to hold the Congress in 2003 in Singapore with satellite meetings to be held in other venues such as Bali. Congress Chair will be Robb Stanley with Co-Deputy Chairs being Len Rose, MBBS and Graham Burrows, AO, KSJ, MD. This congress which for the first time will be held under the auspices of the ISH Central Office, is in the preliminary stages of planning. We will launch our promotion of this meeting with the assistance of the Singapore Tourism Board at the next international congress in Munich, October 2000. This direct suggestion is that you now inscribe in your memories, your plans to visit Singapore in 2003 for what promises to be an interesting and exciting meeting in this Asian venue.

British Society Of Experimental And Clinical Hypnosis

Hypnosis in Dentistry – A practical approach
A skills training one-day workshop – cost £90 inclusive of lunch
Friday 23rd April
Birmingham Great Barr Hotel
Application made for accreditation
Prior experience with hypnosis is not essential

For further information contact BSECH Secretary Phyllis Alden, Dept of Clinical Oncology, Derbyshire Royal Infirmary, Derby DE1 2QY tel +44 1332 766 791 fax +44 1332 7768 663 email: honsec@bsech.demon.co

Forthcoming Congresses

1999

June 10 – 13: **The Evolving Practice of Brief Therapy and Ericksonian Hypnosis** in London, UK. Contact: Behavioral Health Systems, 31 West Carson Road, Phoenix, AZ 85041, USA. Fax: +1/602/268-5396

July 18 – 23: **Psychology in Society: Challenges Beyond 2000** in Durban, South Africa. Contact: Ph: +27 12 807 1740 Fax: +27 12 807 1776 Email: psyssa@cis.co.za

July 22 – 24: **International Congress on Depressive Disorders** in Melbourne, Australia. Contact: ICMS Pty Ltd, 84 Queensbridge Street, Southgate, Victoria 3006, Australia. PH: +613/9682 0244 FX: +613/9682 0288

August 14 – 19: **8th European Congress on Hypnosis in Psychotherapy and Psychosomatic Medicine** in Amsterdam/Noordwijkerhout, The Netherlands. Contact: Cure & Care Development, Prins Hendriklaan 7, 3701 CK Zeist, The Netherlands. Fax: +31/30/6911656

November 13 – 14: **50th Anniversary of the SCEH in New Orleans** (PH number for reservations at the Double Tree Hotel is +1 (888) 874 9074) Contact: Rodger Kessler, Ph.D., PO Box 347, 7 Stowe, Vermont 05672, USA. Email: rkessler@plainfield.bypass.com

December 8 – 12: **7th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy** in Phoenix, USA. Contact: Milton Erickson Foundation, 3606 North 24th Street, Phoenix, AZ 85016-6500, Fax: +1/602/956-0519

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October 2 – 7: **15th International Congress of Hypnosis** in Munich, Germany.
Contact: M.E.G., Konradstr. 16, 80801 Munich, Germany.

2 0 0 3

August 2 – 8: **16th International Congress of Hypnosis** in Singapore. Contact: ISH Central Office, Level 1, South Wing, A & RMC, Repat Campus, Locked Bag 1, West Heidelberg VIC 3081, Australia.

MUNICH 2000

**The 15th International Congress of Hypnosis
of the International Society of Hypnosis at the
University of Munich, Bavaria, Germany**

October 2-7, 2000

225 years after Mesmer, at the Munich Academy of Sciences, gave his opinion of Father Johann Joseph Gassner's exorcistic healing operations. This, according to Ellenberger, was the starting point of all modern psychotherapy.

**15th INTERNATIONAL CONGRESS ON HYPNOSIS
OCTOBER 2-7, 2000**

MUNICH, BAVARIA, GERMANY

Please send me further information on the 15th International Congress as it becomes available:

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

ORGANIZATION _____

ADDRESS (No./Street) _____

CITY/SUBURB _____ STATE/COUNTRY _____ POST/ZIP CODE _____

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:

15th International Congress,

M.E.G.

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80801 Munich

GERMANY

Fax: +49/89/3402 9720