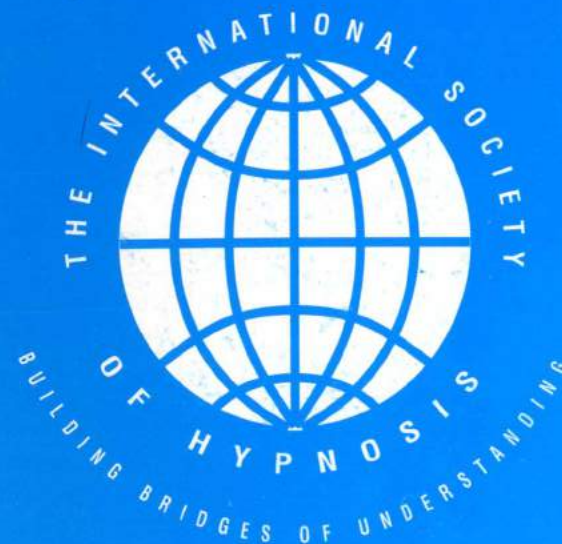


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**NEWSLETTER**  
**OCTOBER 1999**  
**Vol. 23 No. 2**



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Milton Erickson Society For Clinical Hypnosis, Germany

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

## Letter from the President

Dear colleagues,

Every three years the European Society of Hypnosis organises its Congress. This year the 8th European Congress of Hypnosis was chaired by Henri de Berk, M.D., President of ESH together with Kees Hoogduin, M.D., whom you may remember as one of the organisers (together with Eric Hoencoamp, M.D.) of the wonderful 11th ISH Congress in Leiden. Henri and Kees organised the conference in beautiful Noordwijkerhout in immediate vicinity to the North Sea. Besides its open and friendly atmosphere, the meeting was very successful also from a professional point of view. The stimulating scientific program as well as the rich workshop program with its wide selection (both programs chaired by Eric Vermetten, M.D.) attracted colleagues from all over the world. Congratulations to all the members of the Organising Committee. One of the highlights of the conference was the delivery of a special award by Kees Hoogduin to Per Wikström, D.D.S., for more than two decades of outstanding achievements for ESH. It was fun listening to Per's speech that was as humorous as ever. The incoming ESH President is our Italian colleague Camillo Lorio, M.D., from Rome.

The presentations of the conference covered a broad spectrum of topics. One of them that was formally and informally discussed was the question whether hypnotherapy can be conceived of as psychotherapeutic modality of its own. It seems that this idea gains more and more acceptance in Europe. Therefore hypnotherapy would have to have not only its own theory (on the causal mechanism of its interventions derived from an etiology etc.) and a set of interventions that characterizes its clinical practice as being sufficiently distinct from other therapies, but would also have to demonstrate empirically its clinical effectiveness. Together with my co-workers at the University of Konstanz, we identified 240 clinical studies involving hypnosis. From this sample we were able to select 85 studies that could be used for a meta-analysis. Without being able to go into details here, hypnotherapy turned out to be very effective (runweighted = .44;  $d = 1.07$ ; binomial effect size display: 32% - 68%).

That ISH is living and growing is proven by the increase of its number of Constituent Societies. Therefore a hearty welcome to a new ISH society, the "Deutsche Gesellschaft für zahnärztliche Hypnose" (DGZH - German Society for Dental Hypnosis). This very active and successful society is only 5 years old but has already attracted more than 600 dental doctors as members. It is the only hypnosis society worldwide that is dedicated exclusively to dental hypnosis. The DGZH has been founded by Albrecht Schmierer, D.D.S., its ambitious and dedicated president. I had the pleasure to present at their annual conference in busy Berlin at the Radisson Hotel, located in the former Soviet section, close to former Check Point Charlie, and I was impressed by the enthusiasm and the dynamics of this young society. By the way, besides having its own band formed by the society's musical talents, DGZH has also founded its own publishing house, lead by Albrecht's efficient wife Gudrun Schmierer.

This is the last Newsletter edited by Burkhard Peter, PhD. As I did in the previous Newsletter, I would like again to thank Burkhard very much for the wonderful work he has done over the years. I welcome together with all of you Eric Vermetten, M.D. as the incoming Newsletter editor, who, I am sure, will be his competent follower.



Although New Year's Eve is still far away (it will be, of course, a special one) I wish all of you already a wonderful time at the end of the year. I was already reminded of New Year's Eve some days ago when I received an e-mail with a video from Shaul Livnay, Chairman of the Council of Representatives of ISH, who lives in Jerusalem. Evidently, our Jewish friends seem to be somewhat ahead in time: The video showed part of their celebration of the Jewish New Year of 5760! SHANA TOVA.

Sincerely yours,  
Walter Bongartz, PhD  
President, ISH  
Walter.Bongartz@uni-konstanz.de

## Brief des Präsidenten

Liebe Kollegen,

Alle drei Jahre veranstaltet die Europäische Gesellschaft für Hypnose (ESH) ihren Kongreß. In diesem Jahr wurde der 8. Europäische Kongreß für Hypnose von Henri de Berk, MD, organisiert zusammen mit Kees Hoogduin, MD, an den Sie sich vielleicht im Zusammenhang mit dem ausgezeichneten 11. ISH Kongreß in Leiden erinnern, den er gemeinsam mit Eric Hoencoamp, MD, veranstaltete. Henri und Kees wählten das schöne Noordwijkerhout als Veranstaltungsort, das direkt an der Nordsee liegt. Abgesehen von der offenen und freundlichen Atmosphäre war die Tagung auch unter beruflichem Gesichtspunkt sehr erfolgreich. Das anregende wissenschaftliche Programm wie das reichhaltige workshop-Angebot (beide Programme unter der Federführung von Eric Vermetten, MD) zog viele Kollegen aus der ganzen Welt an. Herzlichen Glückwunsch an alle Mitglieder des Organisationskomitees. Einer der Höhepunkte der Tagung war die Verleihung einer besonderen Auszeichnung an Per Wikström, DDS, für seine außergewöhnlichen Leistungen für die ESH, die sich über mehr als zwei Jahrzehnte erstrecken. Es machte Spaß, Pers Rede zuzuhören, die so humorvoll wie immer war. Neuer Präsident der ESH wird unser italienischer Kollege Camillo Lioriedo, MD, aus Rom sein.

Die Vorträge, die auf dem Kongreß gehalten wurden, umfaßten ein breites Themenspektrum. Eines dieser formell und informell diskutierten Themen war die Frage, ob Hypnotherapie als ein eigenes Therapieverfahren angesehen werden könnte. Es scheint, als ob diese Auffassung in Europa mehr und mehr an Akzeptanz gewinnt. Dazu müßte die Hypnotherapie neben einer eigenen Theorie (über die Wirkmechanismen ihrer Interventionen, die ätiologisch abgeleitet sein müßten, etc.) über eine Reihe von Interventionen verfügen, die sich ausreichend von Verfahren anderer Therapien unterscheiden, sowie ihre klinische Effektivität empirisch belegen. Zusammen mit meinen Mitarbeitern an der Universität Konstanz haben wir 240 Studien zur klinischen Wirksamkeit von Hypnose identifiziert. Aus dieser Stichprobe konnten wir 85 Studien für eine Meta-Analyse verwenden. Ohne hier in die Details gehen zu können, erwies sich Hypnotherapie als sehr wirksam (rungewichtet=.44; d=1.07; binomial effect size display: 32% - 68%).

Daß die ISH lebt und wächst wird durch die zunehmende Zahl ihrer konstituierenden Gesellschaften belegt. Deshalb ein herzliches Willkommen für die Deutsche Gesellschaft für zahnärztliche Hypnose (DGZH). Diese sehr aktive und erfolgreiche Gesellschaft besteht erst seit 5 Jahren und hat dennoch schon über 600 Zahnärzte als Mitglieder gewinnen können. Sie ist die einzige Hypnosegesellschaft der Welt, die sich ausschließlich der zahnärztlichen Hypnose widmet. Die DGZH wurde von Albrecht Schmierer, DDS, gegründet, der auch ihr ambitionierter und engagierter Präsident ist. Ich hatte das Vergnügen, aktiv an der Jahrestagung der DGZH im geschäftigen Berlin teilnehmen zu können, und zwar im Radisson Hotel im früheren sowjetischen Sektor, nicht weit vom ehemaligen Check Point Charlie, wobei ich vom Enthusiasmus und der Dynamik der jungen Gesellschaft beeindruckt war. Übrigens hat die DGZH neben einer eigenen Band, die von den musikalischen Talenten der Gesellschaft gegründet wurde, auch einen eigenen Verlag, der von Albrechts effizienter Frau Gudrun Schmierer geführt wird.

Dies ist der letzte Newsletter, der von Burkhard Peter, PhD, herausgegeben wird. Wie schon im letzten Newsletter, möchte ich auch an dieser Stelle Burkhard für seine ausgezeichnete Arbeit, die er im Laufe der Jahre geleistet hat, ganz herzlich danken. Und zusammen mit Ihnen allen möchte ich Eric Vermetten, MD, als künftigen Herausgeber des Newsletter willkommen heißen, der Burkhard kompetenter Nachfolger sein wird.

Obwohl Silvester noch weit entfernt ist (und diesmal wird es natürlich ein besonderes sein), wünsche ich Ihnen allen schon heute eine wunderschöne Zeit für das Jahresende. Vor einige Tagen schon wurde ich durch ein e-mail von Shaul Livnay aus Jerusalem, Vorsitzender des Council of Representatives der ISH, an Silvester erinnert. Mit der e-mail schickte Shaul auch ein Video, das demonstrierte, daß uns unsere jüdischen Freunde offensichtlich zeitlich etwas voraus sind: Das Video zeigte nämlich Ausschnitte ihrer Feier zum jüdischen Neujahrsfest für das Jahr 5760! SHANA TOVA.

Mit herzlichen Grüßen  
Walter Bongartz, PhD  
President, ISH  
Walter.Bongartz@uni-konstanz.de

## Carta del Presidente

Estimados colegas

La Sociedad Europea de Hipnosis organiza su Congreso cada tres años. Este año el Octavo Congreso Europeo de Hipnosis fue presidido por Henri de Berk, M.D., Presidente de la SEH, con la colaboración de Kees Hoogduin, M.D., quien, como se recordará, fue uno de los organizadores (junto a Eric Hoencoamp, M.D.), del fabuloso Undécimo Congreso de la ISH en Leiden. Henri y Kees organizaron la conferencia en la preciosa Noordwijkerhout, frente al Mar del Norte. Aparte de su franca y amistosa atmósfera, la reunión fue también realmente exitosa desde el punto de vista profesional. Tanto el estimulante programa científico, así como el espléndido programa de talleres con su vasta selección, (ambos presididos por Eric Vermetten, M.D.), atrajeron colegas de todo el mundo. Felicitaciones a todos los miembros del Comité Organizador. Uno de los momentos culminantes de la conferencia fue la presentación que Kees Hoogduin



hizo de una distinción especial a Per Wikström, D.C.D., por más de dos décadas de notables éxitos para la SEH. El discurso de Per, como de costumbre, fue divertidísimo. El presidente entrante de la SEH es nuestro colega italiano Camillo Lorio, de Roma.

Las sesiones de la conferencia abarcaron un amplio espectro de tópicos. Uno de ellos, que se discutió formal e informalmente, trató la cuestión de la posibilidad de considerar a la hipnoterapia como una modalidad sicoterapéutica en sí. Da la impresión de que en Europa esta idea se está aceptando cada vez más. Por esta razón, la hipnoterapia tendría que tener no sólo su propia teoría (del mecanismo causal de sus intervenciones, derivadas de una etiología, etc.) y un grupo de intervenciones que caracterizan su práctica clínica que sean totalmente distintas a otras terapias, sino que, además, tendría que demostrar empíricamente su efectividad clínica. Junto a mis colegas de la Universidad de Konstanz, identificamos 240 casos clínicos en que se utilizó la hipnosis. De este sondeo pudimos seleccionar 85 estudios que podrían utilizarse para un meta-análisis. Sin poder ser más explícitos por el momento, la hipnoterapia resultó ser tremendamente efectiva (raíz cuadrada no ponderada = .44;  $d=1.07$ ; tabla de la escala del efecto binomial: 32% - 68%)

El aumento del número de Sociedades Constituyentes prueba que la ISH continúa creciendo. Por lo tanto, una cordial bienvenida a una nueva sociedad, la "Deutsche Gesellschaft für zahnärztliche Hypnose" (DGZH - Sociedad Alemana de Hipnosis Dental). Esta exitosa sociedad tiene sólo cinco años de activa existencia, pero ya ha atraído a más de 600 dentistas. Es la única sociedad de hipnosis en el mundo que se dedica exclusivamente a la hipnosis dental. La DGZH fue fundada por Albrecht Schmierer, D.C.D., su entusiasta presidente. Tuve el placer de hacer una presentación en su conferencia anual en la vibrante ciudad de Berlín en el Hotel Radisson, ubicado en el que fue el sector soviético, cerca del ex Centro de control Charlie, y quedé impresionado por el entusiasmo y la vitalidad de esta nueva sociedad. A propósito, aparte de tener su propia banda, formada por los talentos musicales de la sociedad, la DGZH también ha establecido su propia casa editorial, dirigida por Gudrun Schmierer, la dinámica esposa de Albrecht.

Este es el último Boletín dirigido por Burhard Peter, M.D. Como lo hice en el Boletín anterior, de nuevo me gustaría agradecerle muchísimo a Burkhard por su fabulosa labor durante todos estos años. Junto a todos ustedes le doy la bienvenida a Eric Vermetten, M.D. el director entrante del Boletín, quien, estoy seguro, va a ser un apto reemplazante.

Si bien la noche de Fin de Año todavía está lejos (naturalmente, va a ser especial) les deseo a todos ustedes que se diviertan de lo lindo al final del año. Hace unos días pensé en la noche de Fin de Año cuando recibí una carta electrónica con un video de Shaul Livnay, Presidente del Consejo de Representantes de la SIH, que vive en Jerusalén. Evidentemente, nuestros amigos judíos parecen estar un tanto adelantados en el tiempo. El video muestra parte de la celebración del Año Nuevo judío de 5.760! SHANA TOVA.

Atentamente  
Walter Bongartz, PhD  
Presidente de la ISH  
Walter.Bongartz@uni-konstanz.de

## Lettre du Président

Chers confrères,

Tous les trois ans, l'ESH (Société européenne d'hypnose) organise son Congrès. Cette année, le 8ème Congrès européen d'hypnose fut présidé par Henri de Berk, M.D., Président de l'ESH, conjointement avec Kees Hoogduin, M.D., qui, comme vous vous en souviendrez peut-être, fut l'un des organisateurs (avec Eric Hoencoamp, M.D.) de l'excellent 11ème congrès de l'ISH à Leyde. Henri et Kees organisèrent la conférence dans le magnifique Noordwijkerhout en bordure de la mer du Nord. Outre son atmosphère ouverte et accueillante, cette réunion fut également très réussie du point de vue professionnel. Le stimulant programme scientifique ainsi que le vaste programme d'ateliers (tous deux présidés par Eric Vermetten, M.D.) attirèrent des confrères du monde entier. Félicitations à tous les membres du comité organisateur. Un des moments forts de la conférence fut la remise d'une distinction spéciale par Kees Hoogduin à Per Wikström, D.D.S., en reconnaissance de plus de deux décennies de services insignes rendus à l'ESH. Ce fut un plaisir d'écouter le discours de Per qui fut aussi plein d'humour que jamais. Le nouveau président de l'ESH est notre confrère italien Camillo Lorio, M.D., de Rome.

Les communications faites à la conférence traitèrent d'un vaste éventail de sujets. L'une d'elles, qui fit l'objet de discussions formelles et informelles, était la question de savoir si l'hypnothérapie peut être conçue comme un mode psychothérapeutique à part entière. Il semble que cette conception a de plus en plus cours en Europe. L'hypnothérapie devrait donc non seulement avoir sa propre théorie (sur le mécanisme causal de ses interventions dérivé d'une étiologie, etc.) et un ensemble d'interventions qui donne à sa pratique clinique un caractère suffisamment distinct d'autres thérapies, mais devrait aussi démontrer empiriquement son efficacité clinique. Conjointement avec mes collaborateurs à l'université de Constance, nous avons identifié 240 études cliniques faisant appel à l'hypnose. À partir de cet échantillon, nous avons pu choisir 85 études susceptibles d'être utilisées pour une méta-analyse. Sans entrer dans les détails, l'hypnothérapie s'est avérée être très efficace ( $r_{\text{non pondéré}} = .44$ ;  $d=1.07$ ; distribution en dimension à effet binomial: 32% - 68%).

L'augmentation du nombre de ses sociétés constituantes est une preuve que l'ISH se porte bien et est en pleine croissance. C'est pourquoi nous souhaitons la bienvenue à une nouvelle société de l'ISH, la «Deutsche Gesellschaft für zahnärztliche Hypnose» (DGZH - Société allemande d'hypnose dentaire). Cette société très active et prospère n'a que cinq ans mais plus de 600 chirurgiens-dentistes y adhèrent déjà. C'est la seule société d'hypnose du monde entier qui se consacre exclusivement à l'hypnose dentaire. La DGZH fut fondée par Albrecht Schmierer, D.D.S., son ambitieux et zélé président. J'ai eu le plaisir de faire une communication à leur conférence annuelle de Berlin, à l'hôtel Radisson, situé dans l'ancien secteur soviétique, à proximité de Check Point Charlie, et j'ai été impressionné par l'enthousiasme et le dynamisme de cette jeune société. Soit dit en passant, la DGZH a non seulement son propre orchestre composé des talents musicaux de la société mais a également fondé sa propre maison d'édition, dirigée par Gudrun Schmierer, l'épouse très capable d'Albrecht.



Ce bulletin est le dernier à être édité par Burkhard Peter, Ph.D. Comme je l'ai fait dans le précédent bulletin, je voudrais une fois de plus remercier Burkhard pour l'excellent travail qu'il a accompli au fil des ans. Au nom de vous tous, je souhaite la bienvenue à Eric Vermetten, M.D., notre nouvel éditeur qui, je n'en doute pas, sera un successeur très compétent.

Bien que la Saint-Sylvestre soit encore lointaine (ce sera, bien entendu, un événement spécial), je vous souhaite à tous, d'ores et déjà, d'excellentes fêtes de fin d'année. C'est un e-mail avec vidéo que m'a envoyé il y a quelques jours Shaul Livnay, Président du Conseil des représentants de l'ISH, qui habite à Jérusalem, qui m'a rappelé la Saint-Sylvestre. Il semblerait que nos amis juifs sont un peu en avance sur le temps : la vidéo montrait une partie des célébrations du nouvel an de l'an 5760! SHANA TOVA.

Sincèrement vôtre,  
Walter Bongartz, Ph.D.  
Président de l'ISH  
Walter.Bongartz@uni-konstanz.de

## Lettera dal Presidente

Egregi Colleghi,

Ogni tre anni la Società Europea di Ipnosi organizza un Congresso. Quest'anno, l'ottavo Congresso Europeo di Ipnosi è stato presieduto da Henri de Berk, M.D., Presidente dell'ESH insieme a Kees Hoogduin, M.D., che ricorderete come uno degli organizzatori (insieme ad Eric Hoencomp, M.D.) del meraviglioso 11° Congresso ISH tenuto a Leiden. Henri e Kees hanno organizzato la conferenza nell'incantevole paesaggio del Noordwijkerhout sulle sponde del Mare del Nord. A parte l'atmosfera aperta ed amichevole, la riunione ha avuto molto successo anche dal punto di vista professionale. Lo stimolante programma scientifico insieme all'esteso e vario programma di attività (entrambi i programmi presieduti da Eric Vermetten, M.D.) hanno attratto colleghi da tutte le parti del mondo. Calorose congratulazioni a tutti i membri del Comitato d'Organizzazione. Uno dei punti salienti della conferenza è stata l'assegnazione di un premio speciale da parte di Kees Hoogduin a Per Wikström, D.D.S., come riconoscimento di più di vent'anni di eccezionale dedizione all'ESH. È stato un gran piacere ascoltare il discorso di Per che, come al solito, si è dimostrato arguto e divertente. Il nuovo presidente dell'ESH è il nostro collega italiano Camillo Lorio, M.D., di Roma.

Gli interventi della conferenza hanno coperto una vasta gamma di temi. Uno dei temi formalmente e informalmente discusso si è concentrato sulla proposizione che l'ipnoterapia possa essere concepita come una modalità psicoterapeutica di per sé stessa. Sembra che quest'idea stia guadagnando sempre più consenso in Europa. Ne segue quindi che l'ipnoterapia dovrebbe avere non solo una propria teoria (sul meccanismo causale dei propri interventi derivato da un'etiologia ecc.) ed un insieme di interventi che caratterizzano la pratica clinica come sufficientemente distinta da altre terapie, ma dovrebbe anche dimostrare empiricamente la propria efficacia clinica. Unitamente ai

miei collaboratori presso l'Università di Konstanz, abbiamo identificato 240 investigazioni cliniche che coinvolgevano l'ipnosi. Da questa gamma di esempi abbiamo selezionato 85 studi che potrebbero essere usati per susseguenti analisi. Benché non sia possibile entrare in dettagli al momento, sembra che l'ipnoterapia si dimostri molto efficace ( $r_{\text{non ponderato}} = .44$ ;  $d = 1.07$ ; quadro indicatore a effetto binomiale: 32% - 68%).

Che ISH sia vivo e sempre più in crescita è dimostrato dall'aumento nel numero delle proprie Società Costituenti. Perciò, diamo un caloroso benvenuto ad una nuova società ISH, la « Deutsche Gesellschaft für zahnärztliche Hypnose » - DGZH (Società Tedesca per l'Ipnosi Dentale). Questa società attiva e di gran successo è stata costituita solo 5 anni fa ma ha già attratto tra i suoi soci più di 600 dottori in odontoiatria. Si tratta dell'unica società di ipnosi in tutto il mondo dedicata esclusivamente all'ipnosi dentaria. La società DGZH è stata fondata da Albrecht Schmierer, D.D.S., il suo ambizioso e dedicato presidente. Ebbi il piacere di presentare un intervento alla loro recente conferenza annuale tenuta a Berlino al Radisson Hotel, situato nella precedente sezione sovietica della città in prossimità del famoso Check Point Charlie, e sono rimasto impressionato dall'entusiasmo e dal dinamismo di questa giovane società. Oltre tutto, a parte il fatto di avere una propria orchestra composta dai talenti musicali della società, la DGZH ha anche fondato la propria casa editrice, gestita dalla bravissima ed efficiente moglie di Albrecht, Signora Gudrun Schmierer.

Questo sarà l'ultimo Bollettino edito da Peter Burkhard, Ph.D. Come già feci nel Bollettino precedente, vorrei ancora una volta ringraziare vivamente Burkhard per il meraviglioso lavoro che ha fatto durante tutti questi anni. Insieme a tutti voi voglio dare il benvenuto ad Eric Vermetten, M.D., il nuovo editore del Bollettino, il quale sono sicuro si dimostrerà altrettanto competente.

Benché l'Anno Nuovo sia ancora assai lontano (e sarà naturalmente uno molto speciale) vorrei già da ora porgere a tutti voi i migliori auguri per la fine dell'anno. La Vigilia dell'Anno Nuovo mi è già stata rammentata alcuni giorni fa quando ricevetti un e-mail con un video da Shaul Livnaz, Presidente della Commissione Rappresentanti dell'ISH, che vive a Gerusalemme. Evidentemente, pare che i nostri amici ebrei siano molto più avanti di noi. Il video mostrava parte delle loro celebrazioni per il Nuovo Anno Ebraico 5760! SHANA TOVA.

Cordiali saluti,  
Walter Bongartz, Ph.D.  
Presidente, ISH  
Walter.Bongartz@uni-konstanz.de

## From the Secretary-Treasurer

With this, the last Newsletter of the International Society of Hypnosis of the Millennium, I want to take the opportunity to wish all my colleagues around the world the very best for the forthcoming festive season and the New Year. As you all note from the news from the Central Office, our Administrative Officer, Karyn Harte, has recently left the office to find new challenges and new directions. We were very fortunate in



having a significant number of high quality applicants apply to replace Karyn as Administrative Officer of the International Society of Hypnosis within the University of Melbourne. Fortunately we were able to attract a recent immigrant to Australia from Austria to this position. Simone Pakin joined us in August and worked with Karyn for a few weeks in learning the tasks of the society. For those of you who speak German, you will be pleased to know, she is a native German speaker of course as well as being fluent in English. I am sure that she will be a great asset to our society and continue in promoting its growth.

As we told you in the last Newsletter, we have recently negotiated to reduce the membership subscriptions on membership dues to the International Society for members from US\$ 66.00. As the European members joined as a block group the fee was set at US\$ 35.00, whereas for individuals throughout the rest of the world it is set at US\$ 45.00. For this you continue to get your Newsletters, your membership certificate (which remains valid as long as you pay your dues), local member rates for international meetings, the support of the International Society in hypnosis related issues and a "Directory of Members" of the Society on CD-ROM (available in hard copy to those who do not have CD-ROM). Some members were disappointed, that their names were not included in the last directory, which has been distributed earlier this year. As the cut off date was in February, if subscriptions were not received at our office by that time, we were unable to include you in our membership directory. It is our intention to produce another membership directory prior to the Munich congress and therefore I would urge you all to pay your 2000 membership dues at the earliest possible date to ensure that you are included.

The Board of Directors of the International Society took the opportunity to meet at the recent European Society of Hypnosis Congress held in Noordwijkerhout in The Netherlands. All members of the Board of Directors were present at the meeting and were able to carry out the tasks of the International Society face to face rather than by fax and e-mail. These opportunities allow us to further the collegial relationship between the various countries that we represent.

The Netherlands Society of Hypnosis are to be congratulated for the excellent meeting they ran. While the numbers attending were a little disappointing, the quality of the meeting was outstanding and I am certain, that all the participants enjoyed and benefited from the workshops and scientific program. The next meeting of the European Society of Hypnosis will be in Rome under the careful guidance of Dr. Camillo Loredi, an officer of the European Society of Hypnosis as well as of the Board of Directors of the International Society.

I would urge you now to plan your visit to Munich next year for the next International Society meeting. It promises to be a marvellous event at the turn of the new millennium. As you will notice, the congress in Munich is held during the famous Munich 'Oktoberfest'. This is truly a wonderful cultural event as well as beer festival and the partying goes on throughout the day and night. The fact that it is during the 'Oktoberfest' will make the accommodation very difficult to obtain and I would therefore urge you to make plans early for this event. The International Congress, which will be run under the auspices of the Milton Erickson Society of Hypnosis,

Germany (M.E.G.) will be a superbly organised, large meeting, at which you have the opportunity to interact with and participate in workshops with the world's greatest practitioners of hypnosis and hypnotherapy. Having been to meetings run by M.E.G. previous, I can only tell you that we are in for a great treat.

Once more I wish you all the best for the forthcoming festive season!

Robb Stanley  
Secretary-Treasurer, ISH

## From the Central Office

Some changes have happened here at Central Office. Karyn Harte who successfully managed the office for several years has left, and I - Simone Pakin - have taken up the challenge of assisting in the administration of the International Society of Hypnosis. As our Secretary-Treasurer has already revealed, I am new to Australia. I came here from Austria, where I obtained a degree in Psychology at the University of Vienna whilst working in administration for many years. I came for romantic reasons. The more I deem myself fortunate to be also part of and to be able to make contributions within ISH, because I see its aims as an important and valuable enterprise. I started here at Central Office in August and can see that it is a busy place with many things going on:

- New members joining ISH, as well as, a new Constituent Society, the German Society of Dental Hypnosis, who I herewith warmly welcome;
- Preparations for the nominations of Secretary/Treasurer and President-Elect, prior to next year's 15th International Congress of Hypnosis in Munich in October; and under other things
- the assistance with the publication of this newsletter, in which I have greatly enjoyed the articles.

In a nutshell: ISH has already cast its spell over me.

Congratulations to the organisers of the 8th European Congress on Hypnosis, the Nederlandse vereniging voor Hypnose for their, what I hear, magnificent and acclaimed congress. I am looking forward to be part of and meeting many of you at the International Congress of Hypnosis in Munich next year, although it still seems so far away.

Simone Pakin  
Administrative Officer, ISH





## From the Editor

Dear Colleagues:

From the next issue on Eric Vermetten will be your new Newsletter Editor. Good luck to him.

For me it was a pleasure and an honor to serve you in this position for 6 years. Like my predecessors, Anthony Basker (England), Campbell Perry (Canada), and Walter Bongartz (Germany) I thank you all very much, especially those of you who provided me with all the information and contributions which made this Newsletter - hopefully - worthwhile to read.

I hope that I will see many of you next year here in Munich not only to study the relationship between hypnotisability and beer consumption at the famous Oktoberfest - as a dear colleague told me recently - but also to contribute to this 15th International Congress of Hypnosis. You certainly will find a broad spectrum of themes on hypnosis and hypnotherapy in the fields of psychotherapy, psychosomatics, and medicine, presented not only by the old hands but also by a good number of "newcomers" who are the ones who build our future.

Auf Wiedersehen in München.

Burkhard Peter, Ph.D. Dipl.Psych., Konradstr. 16, 80801 Munich, Germany  
email: 100421.1423@compuserve.com

## Echoes from the past

About the early evolution of hypnosis and psychotherapy in Munich in 1775

Part I:

Munich's Ludwig Maximilian University and its student Franz Anton Mesmer<sup>1</sup>

(Burkhard Peter)

Next year the 15th International Congress of Hypnosis will take place at the Ludwig Maximilian University (LMU) in Munich, Germany. This would be reason enough to experience Munich and its university. There are, however, also other reasons that make Munich in general and LMU in particular interesting to hypnosis.

Not very many people know that the father of hypnosis, Franz Anton Mesmer, once studied at the LMU when it was still located at Ingolstadt (and not yet named LMU). The controversy about the infamous exorcist Father Johann Joseph Gassner also mainly took place in Munich. Four professors played a not unimportant role in this controversy, as did the Bavarian Academy of Sciences in Munich, Franz Anton Mesmer himself, of course, and also a certain Theatiner monk by the name of Ferdinand Sterzinger (from the Theatiner monastery in Munich - see also Echoes from the Past in Newsletter, 21(2), 1997, 40-41). According to Ellenberger (1970, p.53) the furious fight about Gassner's exorcism marks the emergence of modern psychotherapy in the year 1775, in the most famous "days of the Enlightenment".

1. Some general information about the Ludwig-Maximilian-University in Munich

The Ludwig-Maximilian-University (LMU) was founded in 1472 with Papal permission by Duke Ludwig the Rich of Bavaria-Landshut as the first university of Bavaria at Ingolstadt, a small city 50 kilometres north of Munich. As one of the most important universities in the Catholic part of Germany it played an important role in the anti-reformist movement on the side of the opposition to Martin Luther. It was dominated by the Order of the Jesuits for 200 years. In the year 1800 it was moved to Landshut (the intention was to have the rebellious students removed from the centre of the capital) until the Bavarian King Ludwig I. moved it to Munich in 1826 and supported it so much that famous professors would come to Munich. It then received its present name.

The National-Socialist period meant, of course, a major break with tradition. The university of the "capital of the movement" could not and would not be pushed to the sidelines. Especially the LMU was, however, also a focal point for the resistance: on February 18, 1943 members of the resistance group "the White Rose", the Scholl-siblings with their friends and Professor Kurt Huber tried to hand out leaflets in the main hall of the central campus building to make the voice of conscience heard. They were arrested and executed. The main courtyard in front of the university building is named after them and is also the postal address of the university today: Geschwister-Scholl-Platz 1. Today the Munich University is one of the largest in Germany with 62.000 students.

As mentioned, Franz Anton Mesmer as well as Father Johann Joseph Gassner played a role in the history of the LMU. First we'll cover the story of Mesmer and in the next Newsletter we'll turn to the interesting story of four professors who wrote a very favourable paper about Father Gassner.

2. The Ludwig-Maximilian-University and its student Franz Anton Mesmer

Mesmer studied at the Bavarian University in Ingolstadt (later called LMU when moved to Munich in 1826) for five years. After a childhood and early adolescence in Iznang and Konstanz on Lake Constance he first came for four years to the high school at Dillingen on the Danube. On November 3, 1754 - at the age of 20 - he enrolled at the Bavarian university at Ingolstadt: "Franciscus Antonius Mesmer, Ittendorffensis Acronianus, sacro sanctae theologiae et sacrorum canonum studiosus" (Franz Anton Mesmer from Ittendorf at Lake Constance, student of Theology and Canon Law). As most other German universities of that time, also the Bavarian university was under heavy Wolffian influence. Christian Wolff (1679-1754) was the leading Philosopher of the German Enlightenment with his "thoughts of reason". It was Mesmer's ambition to adapt his own system to the scientific mainstream and to explain animal magnetism solely in terms of the scientific tradition of the materialistic mechanism of Newtonian influence.

It can be assumed that the cornerstone for Mesmer's theories was already put in place at the time of his studies in Dillingen and Ingolstadt. His student Wolfart (1815) writes about Mesmer's teacher that he was a "particularly enlightened and scientifically educated man", who taught the young Mesmer Mathematics and French already in Dillingen and who "made him acquainted with the Wolffian Philosophy". At the time of Mesmer's enrolment at the university in Ingolstadt an important change of direction



had taken place: It had moved from a Jesuit dominated Catholic university to a modern, Wolffian rationalist university. The new Deacon Ickstatt was a student of Wolff, whose "thoughts of reason" formed the new paradigm (influenced by his teacher Leibniz): that the cosmos and the world is a machine and as such it can be physically-mechanistically understood.

Obviously Mesmer acquired a PhD at Ingolstadt (see Florey, 1995), before he enrolled at the University of Vienna in 1759 to first study law and then, in the following year, medicine. In 1766 he acquired his doctorate in medicine by his famous thesis "de planetarum influxu".

Especially since the Bavarian University at Ingolstadt was dedicated to the Wolffian Enlightenment it was highly controversial, but four of its professors wrote in 1775 that they had studied the medieval, magical-mystic practice of the exorcist Father Johann Joseph Gassner and found it to be of value.

More about this in the next Newsletter.

#### 1) Translation by Mats Mehrstedt

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## CALL FOR PAPERS

Munich 2000

The 15th International Congress of Hypnosis

October 2 - 7, 2000

at the University of Munich, Germany

Munich 2000, the 15th International Congress of Hypnosis is less than one year away. There are already more than 60 submissions for lectures and another 50 for workshops. Although the deadline for submission will be June 1st, 2000, we hope that we have got most of the submissions by the end of this year in order to provide an illustrative preliminary program with the next Newsletter, April 2000. A program, which certainly will be so good that also colleagues from Down Under will be attracted despite the unfortunate state of affairs that the annual meeting of the ASH has been scheduled so close to the ISH congress.

This Congress follows the tradition of the famous 1st Congress for Experimental and Therapeutic Hypnotism which took place in Paris, France, August 8 - 12, 1889. Amongst the participants were famous figures like Sigmund Freud, Pierre Janet, Bernheim, Liébeault, Forel, Dessoir, Myers, Lombroso, and William James.

With the 15th International Congress of Hypnosis in the year 2000 we will celebrate the 225th anniversary of modern psychotherapy. It was in 1775 at the Bavarian Academy of Sciences in Munich that Franz Anton Mesmer gave his opinion on Father Johann Joseph Gassner's exorcist healing operations (see Ellenberger, 1970, p 53ff). This anniversary and the fact that this 15th Congress of Hypnosis will take place at the turn of the Century gives reason to make it a special event. In order to do this we invite your special contribution.

If you want to present a paper and/or conduct a workshop, please submit the following information via e-mail or on disc to Burkhard Peter, Ph.D. Dipl.Psych., Konradstr. 16, 80801 Munich, Germany, email: 106004.127@compuserve.com, www.hypno.com:

1. surname, first name(s), title, profession
2. affiliation (if applicable)
3. address (street, town, postal code, country)
4. tel, fax, email
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. for workshops only: two or three educational objectives (and your professional vita)

Chairmen of the Congress are: the President of the International Society of Hypnosis, Walter Bongartz, PhD, from the University of Konstanz, Dirk Revenstorf, PhD, from the University of Tuebingen, O. Berndt Scholz, PhD, from the University of Bonn, Henriette Walter, MD, from the University of Vienna, and Willi Butollo, PhD, from the University of Munich.

The 3rd SYMPOSIUM ON SUGGESTION AND SUGGESTIBILITY will take place as part of this congress. These symposia were initiated and co-chaired by Prof. Vladimir Gheorghiu, PhD, from the University of Giessen, Germany. The first took place in Giessen in 1987, the second in Rome, October 1994 (see Newsletter 18,1, May 1995, p. 11). The faculty of the Munich symposium is composed of invited colleagues only. However, if you think that you have a special contribution to it, please make a special note to your respective submission.

## Interview with Per-Olof Wikström

Per-Olof ("Peo") Wikström, D.D.S., was a dental practitioner until he retired recently. He was and is lecturer and instructor in various courses of national and international levels, faculty member of all European and most of the International Congresses of Hypnosis. He holds many honorary memberships in hypnosis societies, most recently that of the European Society of Hypnosis (ESH). He is the recipient of many awards including the Irving Selter Award from ASCH (1991), the Franz Anton Mesmer Gold Medal from ESH (1990), and the Benjamin Franklin Gold Medal from ISH (1997). In November 1999 he will receive the 2nd Milton Erickson Award of the Milton Erickson Society for Clinical Hypnosis, Germany (M.E.G.).



He is Co-Founder and Founding President of the European Society of Hypnosis (1978), on the Board of Directors of ISH since 1982, Diplomat of American Board of Dental Hypnosis (ABDH), and Editor Emeritus of HYPNOS, Journal of the Swedish and the European Society of Hypnosis. Peo Wikström (PW) was interviewed by Burkhard Peter (BP) at the 8th European Congress of Hypnosis, August 1999 in Amsterdam, the Netherlands.



Per-Olof Wikström and wife

BP: Peo, after Milton H. Erickson (1976), Ernest Hilgard (1979), Martin and Emily Orne (1982), and Josephine Hilgard (1985) - all of them being Americans - you are the first European who ever received the highest award of the ISH, the Benjamin Franklin Gold Medal, at the occasion of the last ISH-Congress in San Diego, 1997. Peo, did you expect or even know being the recipient of this award?

PW: No. The Committee of Awards has been completely silent. In San Diego, Peter Bloom made some strange manoeuvres at that night of the Gala Dinner telling me different "musts", for instance "you should come tonight, won't you ...", "please sit at that table, not there ...". He was really Daddy-like. Ok, he is a father figure anyway, everyone likes him.

BP: You spent almost your whole professional life in promoting the clinical and scientific acceptance of hypnosis. You have so many friends and colleagues all over the world, not only in Old Europe. You built so many "bridges of understanding". AND you co-founded the European Society of Hypnosis, which could have been seen as a rival to the ISH, then dominated by Americans. How did you manage this rather difficult situation?

PW: Look, some years ago our (American) ISH Past President, Peter B. Bloom, started his letter with the heading: "The Dance of Friendship." He quoted a Turkish saying: "The wealth of a man is the sum of his relationships." He continued by elaborating on memories of persons who had been important to him because they gave him the foundation for believing in the world of human relations and true friendship.

When, during the last ISH Congress in San Diego in 1997, I was called upon to receive from Peter's hands the Benjamin Franklin Award, I was reminded of these words.

I met Peter many years ago during the days of the troublesome birth and founding of the European Society of Hypnosis (ESH). The place was Malmo, Sweden, and the occasion was the 1st ESH Congress in 1978. There and then I proposed a real alternative choice: instead of separating the European Society from the ISH there should develop a co-operation between the "Big Brother" of ISH and the league of the few European Societies. It is a fact that many therapies including clinical hypnosis were born in Europe. Our unlucky fate was that many founding fathers had to leave the Old World for the New World. In the rich soil of freedom of the New World, their therapies have grown and proliferated.

It was then that I coined a saying that I've become fond of: "We must build bridges between the Old and the New World." Years later, Peter asked me if ISH could borrow my coinage, "Building bridges of understanding", and if the theme of the European Society could also become the keyword of the ISH. Now we go together under the same heading: "Building bridges of understanding."

BP: Back to San Diego: Benjamin Franklin was a member of the committee that helped to dethrone Franz A. Mesmer in Paris in 1784. When you received the Medal which is named after him how did you deal with the fact that you were already bearing a Franz Anton Mesmer Gold Medal?

PW: Quite easily! In 1993, at the occasion of the 5th European Congress of Hypnosis in Konstanz, Germany - organised, by the way, by the present ISH President Walter Bongartz and his wife Bärbel - I received the Franz Anton Mesmer Gold Medal. Having already a medal bearing Mesmer's name and receiving now a medal named after Benjamin Franklin, I was in a position to amuse that whole grand San Diego assembly at the Gala Dinner by calling upon the watching spirits of both, Ben Franklin and Franz Anton. In front of the group of prominent scientists and clinicians, Ben and Franz Anton had to swear and confirm that they would from now on be friends. I reminded them that each of them had contributed a span our "bridge of understanding".

BP: From the book of Peter Hawkins and Michael Heap on "Hypnosis in Europe" I learned that very early in the history of the magnetic/hypnotic movement there was a harmonic society in Sweden. So you really can look back to a rich tradition. You are the Founding-President of the European Society of Hypnosis (ESH). Please tell us something about you and your professional life.

PW: Yes you are right, in Sweden hypnosis has a long and rich tradition. The first society of magnetism was founded in Stockholm in 1786. It was called Harmoniska Societeten (the Society of Harmony), founded only a few years after Mesmer's own society in France. Given that rich tradition, it seems only natural that I would take an interest in hypnosis.

This interest actually began during my undergraduate studies and my graduate work in the sixties. In 1973, I served on the Committee of the 6th ISH Congress in



Uppsala, Sweden. There I met Kay Thompson, Bob Pearson and Erika Fromm. Kay and John Hartland became my mentors. I was fascinated by their work. I became a member of the American Society of Clinical Hypnosis in 1973, when Kay was its president. For several years, I was lucky to be an assistant on her faculty for workshops and conferences in the USA.

I also have the deepest respect for Prof. Dietrich Langen of Germany, psychiatrist and important representative of autogenic training who organised the 5th ISH Congress in Mainz in 1970. Later on, he and I were co-chairpersons during the founding stages of the European Society of Hypnosis (ESH). After his unexpected death, I became the first president of ESH. ESH, then, consisted of only seven societies. Now we have 32 constituent societies. We have had successful triennial congresses - in Dubrovnik 1981, Abano 1984, Oxford 1987, Konstanz 1990, Vienna 1993, Budapest 1996, and now, 1999, in Amsterdam.

BP: What were the reasons why you and others did found the European Society of Hypnosis, ESH? Was ISH no more good enough?

PW: This is a still painful story for me. Do you really insist on this question?

BP: Yes, I think so.

PW: Now, to make a difficult and long story short: After World War Two there were still some colleagues in the many countries of Europe who concerned themselves with the various forms of hypnosis, with sophrology, guided affective imagery, graded active hypnosis, or autogenic training. Among them were for instance Hanscarl Leuner and Dietrich Langen from Germany, Heinrich Wallnöfer and Gerhard Barolin from Austria, Alfred Katzenstein from former East Germany, Gualtieri Guantieri from Italy, Mirian Pajntar from Slovenia, Stanislav Kratochvil from the Czech Republic, Vladimir Gheorghiu from Romania then (who lives now in Germany), to name only a few.

We had the strong feeling that these different forms of hypnosis were not accepted as "main stream hypnosis" by the American and Canadian colleagues who were the leading figures of ISH then. In order to use a strong word: We felt caught in a kind of neo-colonialism with regard to hypnosis.

We did not want to break with ISH. Quite the contrary, we first wanted to stay as a section of the ISH, so our original name was European Section of the International Society of Hypnosis (ESISH). The tensions increased, however. In 1981, for example, there was the situation that the ISH Board consisted of 7 members from America and Canada and only 4 from the rest of the world. So it became more and more difficult to defend the interests of the Europeans. You certainly know that in 1985, I was not the only one who stood up against the dictatorship of a few. Since then the ISH Central Office is in Melbourne, Australia.

So during the early Eighties the ESISH grew steadily and necessarily to an independent organisation, the ESH. However, we never lost contact. On the contrary, since about 1988 the bonds between the European and the International Society became stronger and stronger, and it finally turned out that just recently

the Europeans contributed a lot to the membership figure of ISH. How close our relations now are, you can also judge from the fact that you see all presidents of ISH at this 8th European Congress of Hypnosis present here in the congress venue near Amsterdam, as is the reversed case at ISH congresses; that I am a long standing member of the ISH Board, that the 2 presidents of ISH, Walter Bongartz and Eva Banyai come from the ESH. In fact there is now a really deep and interdependent relationship. I think this is a good development.

BP: Sweden is one of the few countries in the world in which show-hypnosis is forbidden. In Israel, which is one of the other of these countries it was Moris Kleinhauz who managed this achievement. Who did it in Sweden, how was it achieved?

PW: Yes, Moris Kleinhauz has to be congratulated. As decades go by it seems to be more and more troublesome to get through more than a formal product of a legislative and juridical body. And indeed, there are only a few countries where this law is achieved after long lasting suffering from the effects of stage hypnosis. The Republic of South Africa now also is in this group as is Denmark. Do you know why and how?

BP: Yes I know, as you published this story in *Hypnos* (Mathiasen, 1996).

PW: Yes it is a funny story that a Danish colleague, Dr. Mathiasen, discovered that an old Royal Edict from 1817 against show-hypnosis is still effective.

BP: Colleagues from other countries should probably do the same, look whether there is an old edict still effective. But back to Sweden.

PW: Ja, we had a law from 1916, updated 1923, against stage-hypnosis. It has proven effective, and two or three cabaret performances by show hypnotists have been stopped since by the Swedish Society. We did it by having a policeman sitting with our board members in the cabaret to verify the act of using hypnosis. The very next day the whole performance was forbidden.

Today, however, we live in a multimedia world and the situation is different and much more difficult. A world-famous TV-stage hypnotist gave us problems recently as the Swedish TV broadcasted his show. Intensive communication between members of SSCEH and the National Board of Health took place thereafter. Now we hope that the law will be re-enforced.

My belief is that the problem gets more difficult when the interests of television companies, together with that of mighty money, cross borders for getting their audience. The risk of side effects from those performances is neglected. The public sees it as fun but the image of clinical and scientific hypnosis is damaged.

BP: Peo, are you aware of any mistake you made in your career as a hypnodontist or as a hypnosis teacher?

PW: Well, during many years of various activities there are some experiences. To follow up on what I said about crossing national and cultural borders, I'll give you a short story about a balancing act on the language barriers.



Many, many years ago in a workshop for Scandinavian dentists and nurses I gave a demonstration on amnesia. A female dentist from Finland, who spoke Finnish and Swedish, wanted to get rid of a persisting gagging reflex she had when brushing her teeth. She proved to be a good hypnotic subject. When she was in a rather deep trance I suggested in Swedish to her to start counting from ten to zero and then she would find that the number of 6 had disappeared from the list. She began counting: "10, 9, 8, 7, 5, 4, 3, 2, 1, zero." I continued by telling her to go the opposite way, and again - the number of 6 was not mentioned. I closed the induction by saying that when she was awake again the number of 6 would be erased from her mind and that in the same way the problem with the toothbrush would be unnecessary. And it would be removed for good. But then I made my mistake by saying; "6 and everything which has to do with 'sex' will be dropped". This last addition, I think, was an ego-trip of myself due to the group of amazed students sitting around. How silly! I concluded: "And it will be away. And you can return to be fully awake". When now out of trance a tooth-brushing proved to be successful without a gagging.

Three days later a letter from Finland said: "When I read the clock I can curiously find between the numbers of 5 and 7 another 9. But dim. Also when I report the oral examination to my nurse I am not sure about the number of the teeth. After tooth seven minus one I must name the next one as: "The second molar tooth in right lower jaw". In addition I feel a restless uneasiness overall. I will call you if the numbers will not be OK again. But anyhow, the gagging is still away ..."

I was amazed. What was the secret of the number 6 and the strange 9? Outside Sweden I normally teach in English where the number six can hardly be mixed up with sex. In Swedish, however, the pronouncing of the number six is like sex indeed. And I pronounced it obviously Swedish, not English. I never before have reflected on that double meaning. But finally - I never got a call from her. Evidently the case ended to everyone's satisfaction.

What "satisfaction" means again depends on language, culture, upbringing and on which side of the barrier you are - whether you are alone or together with the client. Anyway, I learned that also other numbers like 5 or 7 could be used as well.

BP: For many, many years you were Editor-in-Chief of HYPNOS, first the Swedish and since 1990 also being the European Journal of Experimental and Clinical Hypnosis. Recently you resigned from this post. Being myself also an Editor of a German hypnosis journal I am just curious to ask you the question: was it difficult to make this decision?

PW: No. After all these years, and for reasons of health, I have decided to let a younger staff renew the outlook of the old journal. It is now in its 26th volume, in fact. My intention of building bridges will be followed, I hope, and my job as Associate Editor will focus on the News Section of the Journal, "We and the World", which reflects the state-of-the-art of clinical hypnosis and experimental research and reports from the ESH member societies and other hypnosis organisations. My old interest in music, art and the history of hypnosis will appear in a column entitled "Historical Corner".

BP: I see ... Peo, with our Hungarian colleague Eva Banyai having been already President of ESH and being soon the incoming President of ISH, don't you feel that this is an important symbolic act for the future of hypnosis in general and for the future development of ISH in particular?

PW: First of all, I hope that in the third millennium the general interest in hypnosis will steadily increase everywhere. Especially, I hope that in the former Eastern bloc countries the serious interest in therapeutic hypnosis and the research of hypnosis will increase as well. So these countries, such as Russia, Poland, Lithuania, Croatia, Romania, Slovenia or Hungary be more recognised in the Western countries.

It is with some pride that I remember the first time I visited Poland in 1980 with a Swedish group to lecture in Cracow, where you have also been twice recently, as I know. But then, still in 1980, due to the iron-curtain Polish research was not translated for publication in Western Europe. This will change.

Recently Hungary has played its important role in full when Eva Banyai was elected President of ESH and was on the chair of the 1996 ESH-Congress in Budapest. You know, she had early connections with America and won a scholarship to work one year at Stanford in Hilgard's laboratory during 1973/74. Two decades ago, HYPNOS has published her papers as well as other articles from our Eastern colleagues. And we got good feedback.

Next year, at the 15th International Congress of hypnosis in Munich, Eva Banyai will take the gavel as incoming ISH President from Walter Bongartz.

Speaking of Walter Bongartz, by the way: it was a most successful time, when he directed the European Society of Hypnosis during the period 1990-1993 from his "Mesmer's homeland", Lake Konstanz. This led to a strong growth in European hypnotherapy. And as far as I can judge, ISH, too, grew very well under his presidency.

Nowadays the four of us meet in the ISH Board of Directors and even if we come from different parts of the world - Peter Bloom from the US, Walter Bongartz from Germany, Eva Banyai from Hungary, and I from Sweden, we have increased our mutual interests in the ISH and the ESH. Our goals and perspectives are much of the same.

Coming back to the night of awards in San Diego, I believe that our bridge building under the watchful eyes of Drs. Mesmer and Franklin has met with their approval. By the way, speaking of the Old and the New World; I started the interview with Peter Bloom - so why not end with him: Only a few know that an ancestor of his was on the Mayflower, that ship of the Pilgrim Fathers who came from Old Europe to settle in the New World ...

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

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## News from the World of Clinical and Experimental Hypnosis

### A new study shed light on the P300 ERP physiological markers of hypnotic responding

(Arreed and Marianne Barabasz)

Recently, Kirsch and Lynn (1995) endeavoured to converge understandings of hypnosis and at the same time stimulated renewed consideration of the central issues. Kihlstrom (1997, p. 1) reminded us that trance versus non-trance issues as well as persistent individual differences versus experimental manipulation "continue to divide the field." Hilgard (1992, p. 80) emphasised that the "basic reason" hypnosis theories are in disarray stems from the lack of "any truly distinguishing basis - psychological, physiological or neurophysiological - by which to distinguish sharply between the established hypnotic condition (call it 'trance' or any other name) and normal waking consciousness." Cortical event related potentials (ERPs) provide one way of shedding light on this issue.

This study tested the effects of positive obstructive and negative obliterating instructions on visual and auditory EEG P300 ERPS. Considering issues raised by Spiegel and Barabasz (1988), 20 participants, stringently selected for hypnotisability, were requested to perform identical tasks during waking and alert hypnotic conditions. High hypnotisables showed greater ERP amplitudes while experiencing negative hallucinations (i.e. a suggestion to perceive competing stimuli instead of the presented ones) in contrast to low hypnotisables and their own waking imagination only conditions. Accounting for suggestion type reveals remarkable consistency of findings among dozens of researchers. Our experiment clearly shows that when participants are stringently selected for hypnotisability and responses are time locked to events robust physiological markers of hypnosis emerge that reflect alterations in consciousness and correspond to subjective experiences of perceptual alteration.

Of course, social influence (Kirsch, Council, & Mobayed, 1987; Lynn, Rhue, & Weekes, 1990) can also produce subjective responses. Now that replicable physiological markers of hypnosis have been established, social influence research is free to focus on the determination of what percentage of the variance of a participant's responses can be accounted for by social influence.

Barabasz, A., Barabasz, M., Jensen, S., Calvin, S., Trevisan, M., & Warner, D. (1999). Cortical event-related potentials show the structure of hypnotic suggestions is crucial. *International Journal of Clinical and Experimental Hypnosis*, 47(1), 5-22.

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## More on hypnosis in the courtroom

(Michael Heap)

I was recently asked for my opinion in a criminal case in which a consultant obstetrician and gynaecologist faced over a dozen charges of indecent assault and one of rape. The allegations were made by former patients on whom he had used relaxation procedures (or hypnosis) for various purposes, sometimes during or after conducting internal examinations. According to the accused he had conducted these procedures with thousands of his patients. None of the complainants reported that a chaperone was present when he committed the alleged offences.

I prepared two lengthy reports at the request of the defence. These were not disclosed to the prosecution (it would have been unusual if they had been) and I was not called to the witness box during the trial. During the three days that I was asked to spend in court, the defence lawyer, in his cross-examination of the complainants, concentrated on the likely fallibility of the memories of the complainants, the alleged assaults having occurred between nine and eighteen years previously. Indeed, he managed to coax the prosecution's own expert witness into agreeing that a person's memory for events that happen during hypnosis is unreliable.

My own interpretation of these proceedings is that it is not advisable to overburden the jury with technical complexities in its task of weighing the evidence. Nevertheless in a case like this the issues are indeed complex. Opinion seems to be unanimous that a male physician should have a chaperone present while using hypnosis with female patients on whom he is or has conducted intimate physical examinations. But why? I consider that a reasonable answer is to avoid temptation, doctors being only human. But I am sure that the warning alludes to the risk that a false accusation of misconduct will be made for one reason or another - a misunderstanding, a fantasy, a false memory, vindictiveness, or some combination of these. And if the physician sees hundreds or thousands of patients ...?

A precedent for this kind of accusation was reported by the late Dr. John Hartland (1974). An obstetrician was accused of indecent assault on a patient in his private consulting rooms at his home. He had used hypnosis to facilitate an ante-natal examination on a nervous patient. No chaperone was present. The lady "stoutly denied that she had been hypnotised and had only acted out of fear. She also stated that Dr. X drew her to the edge of the couch, and when she resisted, he threw her back, leaving a mark on her arm" (page 193). Dr. Hartland, acting for the defence, gave his opinion that he was in no doubt that the patient was in a medium hypnotic trance at the time and was therefore prone to fantasise. He further considered that her sexual fantasies "seemed so real to her at the time, that when she gave her evidence she firmly believed she was telling the truth". The defendant was acquitted of the charge.

Without in any way calling into question the verdict, I wonder if this kind of defence would hold up these days.

In the present case the defendant was found guilty on eight of the charges of indecent assault, but acquitted of the rape charge. He was sent to prison for six years, a severe punishment.

Hartland, J. (1974) An alleged case of criminal assault upon a married woman under hypnosis. *American Journal of Clinical Hypnosis*, 1974, 16, 188-198.

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## Hypnosis and hysteria: A new look at an old relationship

(David Oakley)

In January 1998 I was invited to present a paper on 'Hypnosis' at the Winter Meeting of The British Neuropsychiatry Association, held in the Conference Theatre at London Zoo. The theme of the meeting was 'Hysteria and Related Conditions' and one of the outcomes of my presentation was that I was asked to contribute a paper to a Special Issue on Conversion Hysteria in the journal *Cognitive Neuropsychiatry*. My paper is entitled 'Hypnosis and conversion hysteria: A unifying model' and will appear in the Special Issue in August 1999.

In the *Cognitive Neuropsychiatry* paper I have drawn attention once more to the many similarities which exist between the symptoms of conversion hysteria and phenomena which can be produced in hypnotic contexts. The paper goes on to review some of those similarities and considers more general features associated with both, hypnotic phenomena and conversion hysteria symptoms, such as lack of concern (la belle indifference); the fact that the responses or experiences are felt to be involuntary; the display of 'implicit knowledge', which suggests that relevant information is processed to a high level but without entry into subjective awareness; and their apparently compliant or 'role-playing' nature. Also, neurophysiological and brain imaging studies of hypnotically produced effects and conversion symptoms are described, which implicate frontal cortical structures in moderating the respective changes elsewhere in the brain, particularly in cingulate cortex.

A recurrent theme of the paper is the apparent paradox, which exists within both hysteria and hypnosis. On the one hand, there is the subjective reality and involuntariness of both hypnotic phenomena and the symptoms of conversion hysteria. On the other hand, there is the fact that objectively they appear to be role-congruent enactments responsive to the manipulation of motivational factors, expectancy and social influence. These two aspects of the phenomena correspond broadly to what in hypnosis theory has traditionally been identified with the state/non-state, or special-process/sociocognitive factors, debate. The apparent contradiction between subjective experience and the objective assessment of the relevant phenomena has led to hypnotised subjects being called 'honest liars'. A suitable label for those with conversion symptoms might be 'truthful malingerers' to reflect in a similar way the contradiction inherent in their condition. I then presented a model of consciousness and self-awareness in an attempt to resolve the underlying paradox. This model describes similar mechanisms underlying hypnotic phenomena and conversion hysteria symptoms. It develops the idea of a central executive structure, similar to the notion of a supervisory attentional system, acting outside self-awareness but at a late stage of information processing. It is further suggested that the central executive structure can be directly influenced from both internal and external sources to produce the relevant phenomena. The paper ends by proposing that as Conversion Disorder, Pain Disorder and the Dissociation Disorders appear to be linked by a common mechanism they should be classified together under the heading of Auto-Suggestive Disorder.

Though they did not feature greatly in the *Cognitive Neuropsychiatry* paper, there are clear implications in the model proposed there for therapeutic interventions in conversion disorders. These will be explored more fully in the course of a two-day meeting on Conversion Hysteria to be held in Blenheim Palace, Oxfordshire in October 1999. Apart from myself, the other representative of the hypnosis community at this meeting is Professor Kevin McConkey whose presentation is entitled *Suggestibility: Cognitive and social influences*. It is hoped that the contributions to this meeting, there will be 24 of them, will form part of a book on conversion hysteria to be published by Oxford University Press in early 2000.

Another welcome outcome of the British Neuropsychiatry Association meeting in 1998 has been the opportunity to collaborate with Dr Peter Halligan (Department of Experimental Psychology and Rivermead Rehabilitation Centre, University of Oxford) and Dr Bal Athwal (Functional Imaging Laboratory, Wellcome Department of Cognitive Neurology, Institute of Neurology, London) with the intention of repeating a Positron Emission Tomography (PET) scanning study which had been carried out on a woman with a hysterical paralysis of one leg (Marshall et al, 1997) but using a similar hypnotically induced paralysis in a volunteer subject. These data are still being processed but early indications are that the brain mechanisms in the two cases are similar, which is what the 'unifying model' would predict. It is hoped to extend these observations using more subjects and also to include a group of individuals who are simulating paralysis as a control group.

If anyone would like a copy of my paper 'Hypnosis and conversion hysteria: A unifying model' or the article on hypnosis as an adjunct to treatment, which will come out of the Conversion Hysteria conference in October 1999, please contact me at my e-mail address (oakley@the-croft.demon.co.uk). Please include a postal address in your message, as I do not have a copy of either paper in electronic form suitable for attaching to e-mails.

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## Attentional processes and psychophysiological mechanisms during hypnotic analgesia

(Vilfredo De Pascalis)

I will briefly describe below some salient issues in our recent psychophysiological research on the effects of different hypnotic analgesia suggestions in the reduction of pain perception. Our research attempts to demonstrate that hypnotic analgesia is the product of an inhibitory processing, which involves focused attention and obstructive hallucination. The first mechanism is the product of frontal cortical activity, the second is mainly the product of posterior cortical system which modulates mental imagery.



With respect to the effect of obstructive hallucination in hypnosis there is a common agreement among first studies that obstructive hallucination in hypnosis produces reductions in peak amplitudes of event-related potentials (ERPs) in the brain. A widely replicated finding is the reduction of a positive wave (P3) peaking at about 300 ms from stimulus onset (Barabasz & Lonsdale, 1983; Spiegel et al., 1985; Spiegel & Barabasz, 1988; Spiegel et al., 1989). Within this line of research, two other studies on the effects of obstructive hallucination in hypnosis were later carried out in our laboratory (De Pascalis, 1994; De Pascalis & Carboni, 1997). In the first experiment visual stimuli were used, in the second study noxious electric stimulations. In both experiments suggestions of stimulus obstruction and stimulus enhancement were administered. High hypnotizable subjects displayed significant attenuations of P1, N1 and P3 ERP peaks while experiencing stimulus elimination. Results from these studies were in line with Spiegel et al. (1985) and Barabasz et al. (1995, 1996). Hypnosis-induced subjective changes in stimulus perception were paralleled by congruent amplitude changes in early components of the ERP. This finding suggests that high hypnotizable individuals may attenuate or amplify the stimulus input by influencing earliest stages of information processing. Moreover, findings obtained with somatosensory noxious stimulation have demonstrated that hypnotically induced obstructive hallucination to somatosensory stimuli involve alterations in neural and autonomic responses which are consistent with a trait conception of hypnotizability. Hypnotic obstruction (or hypnotic analgesia) is the product of an active process that requires inhibitory effort, dissociated from conscious awareness, wherein the anterior frontal cortex is part of an inhibitory feedback loop that regulates thalamo/posterior-cortical activity.

Neurophysiological research has been more focused in evidencing inhibitory mechanisms involved in the reduction of pain perception than in studying cortical processes engaged by different hypnotic analgesia suggestions. How different (but effective) hypnotic analgesia suggestions operate at cortical level for producing similar reductions of pain sensation is still unknown. Often investigators do not report detailed descriptions of suggestions used to induce hypnotic analgesia since they usually assume that hypnotic analgesia is the product of a unique process in the brain.

One question still not solved by neurophysiological research is if, and to what degree, the reduction of pain in hypnosis reflects a multicomponent process, the complexity of which is dependent on the type of cognitive strategy suggested to obtaining an effect of hypnotic analgesia (Zachariae & Bjerring, 1994). To address this question, we recently carried out a pain-hypnosis study using electric stimulation as painful stimuli. Painful stimuli were delivered to the right wrist in the form of task-relevant (target) and irrelevant (standard) stimuli (De Pascalis et al., 1999). We evaluated changes in pain perception, reaction time (RT) somatosensory event-related potential (SERP), heart rate (HR) and skin conductance response (SCR) during hypnotic suggestions of Deep Relaxation, Dissociated Imagery, Focused Analgesia, Placebo, and during a Waking baseline as a control condition. Results showed that highly hypnotizable subjects, in the condition of Focused Analgesia, produced the most pronounced reductions pain thresholds in subjective ratings of pain and distress intensities. In the Focused Analgesia condition the before mentioned effects were accompanied by more significant task-

related changes in P3 and N2 peaks to target and standard stimuli on temporal sites. In this condition high hypnotizables also displayed the greatest number of omitted RT responses, faster RTs, and smaller numbers of evoked SCRs. These subjects, during Dissociated Imagery and, to a lesser extent, Deep Relaxation conditions, also displayed reductions in distress levels and significant changes in N2 and P3 peaks, and SCRs. These changes, however, were paralleled by longer RTs when compared to a Waking condition and these effects were less pronounced than those observed during Focused Analgesia.

The smallest P3 peak was observed over temporal sites during Hypnotic Analgesia. This was not observed for mid and low hypnotizable subjects. The comparisons with placebo yielded few significant differences.

These findings were explained assuming the operation of an inhibitory mechanism in hypnotic analgesia. This was supported by: (a) increases in pain and sensory thresholds during Imagery and Focused Analgesia conditions in high hypnotizables; (b) significant reductions in the number of SCRs during Focused Analgesia; (c) enhancement of N2 peaks with parallel reductions of P3 peaks during hypnotic analgesia; (d) small but significant HR deceleration for standard stimuli during Focused Analgesia and Deep Relaxation; (e) faster habituations to target stimuli during hypnosis conditions in highly hypnotizable subjects.

The present findings suggest that common to all hypnotic suggestions were the mechanisms of focused attention and obstructive hallucination. The first mechanism should be mainly the product of the operation of frontal cortical activity, while the second mechanism should be mainly the product of the operation of posterior cortical systems which modulate mental imagery and, according to Chapman's and Nakamura's (1998) model, could lead to the creation of a new 'schema' that assumes a dominant position in the contents of consciousness and simultaneously forced normal perception into the background of consciousness. Both mechanisms, that coexist and may have additive effects, are more effective in highly hypnotizable persons mainly when focused analgesia suggestions are used.

Finally, our recent findings confirm those previously reported by Zachariae and Bjerring (1994) and suggested that different processes at cortical level may be operating among Focused Analgesia, Dissociated Imagery and Deep Relaxation conditions. Since the suggestion to divert attention from the body contained in the Dissociated Imagery condition was effective in reducing the subjective rating of distress, it cannot be ruled out that distraction may play a role in hypnotic analgesia. But, on the other hand, in terms of behavioural and physiological measures, Focused Analgesia, which requires to focus attention on the hand receiving painful stimulation and to produce an obstructive hallucination, was the most effective in reducing pain. Therefore, the hypothesis that distraction of attention from painful stimuli is the main component of hypnotic analgesia is not supported by our results.

In conclusion, findings from our laboratory indicate that different processes are engaged by different analgesia suggestions. Common to all hypnotic suggestions of



analgesia is an inhibitory mechanism involving fronto-temporal cortex, but how this mechanism is started on by different cognitive strategies, which presumably involve different cortico-cortical processes, it will be the challenge of future research in the incoming new millennium.

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## Are we approaching a kind of Neo-Mesmerism?

*Editors Preface: If Franz Anton Mesmer would have known about the following research, would he be happy? You know that, 225 years ago, he applied "animal magnetism" on his patients. Today, "physical" magnetic fields play more and more a role in medicine, and perhaps, also in psychotherapy in the near future. For instance, in Munich they are now used for treating special conditions like depression.*

*For many years a group, headed by Professor Persinger from the Canadian Laurentian University, has studied the effect of specific complex magnetic fields on hypnosis related issues like suggestibility and found interesting results. I asked for a short report (BP).*

## Past research and ongoing research of Laurentian University's Neuroscience Research Group

(M.A. Persinger)

### 1. Experiment (Experimenters: Sandra Tiller, Jane Hurban, Faye Healy, Debora Donnelly)

In three separate experiments, completed by different experimenters, normal university students who receive weak (1 microTesla) complex magnetic fields over the right hemisphere for 20 min displayed a significant increase in Spiegel's Hypnosis Induction Profile (HIP) scores compared to students who received these fields over only the left hemisphere or both hemispheres, or, who received the sham-field treatment. The fields were applied through solenoids that were embedded in a modified motor cycle helmet.

The treatment effects explained about 35% of the variance in the change in the HIP scores. Burst-firing magnetic fields presented every 4 sec over the right hemisphere were most effective in inducing the increased suggestibility. The results are consistent with the hypothesis that right hemispheric activation is involved with dissociation and suggestibility. The effect could be eliminated when all groups, including the sham field exposed groups, were exposed to intense perfumes worn by a female experimenter. The latter effect was due to the markedly enhanced HIP scores of the sham-field group to values associated with the exposures to the burst-firing magnetic fields.

### 2. Experiment (Experimenter: Faye Healey)

To test the hypothesis that false (illusory) memories could be induced by right hemispheric stimulation by weak, complex magnetic fields, subjects listened to a 5 min narrative about a young boy who experiences an ambiguous nocturnal trauma. During the subsequent 30 min, the subjects were exposed to pulsed magnetic fields either over the right hemisphere, left hemisphere, or both hemispheres, or, to no field. The subjects were asked to reconstruct the story one week later. The numbers of false members [MEMORIES? S.S.] were two to three times higher in the group that received the right hemispheric stimulation compared to the other groups that did not differ significantly from each other. The false memories occurred for the more ambiguous but emotional information that had been presented during the middle of the story.

### 3. Experiment (Experimenter: Charles Cook)

The purpose of this study was to modify subjective time estimation. We designed a device that should theoretically interact with the recurrent recreation of consciousness every approximately 20 msec. Volunteers were required to estimate 10 sec intervals after 2.5 min exposures to each of six different patterns of complex magnetic fields. The approximately 10 microT fields were applied sequentially through eight solenoids that were arranged circumcerebrally (every 45 deg) at the level of the temporo-orbital plane. There were three rates of change for the circumcerebral rotations whose durations ranged between about 200 msec and 2000 msec. Successive additions of 20 msec of the complex fields during the counter-clockwise circumcerebral rotation at each solenoid distended subjective time most effectively.



Subjective time of the group who received these counter-clockwise rotations was about 3 sec longer than the group who received the clockwise rotations (the treatment explained approximately 50%). The results are consistent with the model that the temporal binding for experience, most likely a feature of the rostrocaudal waves recreated every approximately 20 msec over the cerebral cortices, can be modified by weak magnetic fields whose spatial direction and temporal complexity are designed to interact with this process. The effect of this device has been particularly impressive. It appears to generate intense imagery that is considered very real by the experimenter as well as a type of "mental void" that has been reported in some meditative states.

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## **Hypnosis and the conscious experience of pain: Separating the dimensions of pain and their cerebral correlates** (Pierre Rainville)

Consciousness is a fascinating theme that attracts an increasing number of scientists. Although consciousness is, in many respects, a difficult subject to address using the currently accepted paradigms, specific questions can be formulated that are amenable to scientific inquiry. One such question relates to the physiological activity underlying conscious experience. Classical descriptions of the disruption of consciousness following lesions of the brain, and the more recent efforts to describe the neurophysiological correlates of perception in animals and humans, provide insightful examples of how neurology and neuroscience may contribute to, at least, part of the explanation (e.g. Damasio, In press). The last decade was marked by an explosion in the number of functional brain imaging studies using positron emission tomography (PET), functional magnetic resonance imaging (fMRI), and magnetoencephalography (MEG), providing a powerful complement to the older and still widely used EEG methods. These various approaches, and their combination, expand our possibilities of investigating the neural correlates of conscious experience in humans.

The subjective nature of the conscious experience of pain has traditionally been used as an example in philosophical writings on consciousness. The International Association for the Study of Pain recognises the importance of that subjective nature in its definition of pain as "an unpleasant sensory or emotional experience, which we primarily associate with tissue damage or describe in terms of tissue damage, or both" (after Merskey and Spear, 1967). This simple definition has extremely important implications both for clinicians dealing with patients in pain, and for researchers studying pain. One such implication is that the experience of pain may vary independently of the *objective* presence or extent of tissue damage, or from the physical

intensity of a noxious stimulation. The use of hypnotic analgesia in order to relieve patients from pain acknowledges that intrinsic subjective property of the pain experience. Moreover, hypnosis is particularly well suited to the experimental study of conscious processes, in that it provides a tool to evaluate variations in physiological activity, associated with changes in conscious mental states, *independent* of changes in sensory input. The definition of pain also stresses the sensory and affective-emotional aspects of the experience, and the modulation of pain using hypnotic suggestions further allows the investigation of brain mechanisms involved in the representation of those separate dimensions of pain.

A recent series of psychophysical studies used hypnotic suggestions and a model of experimental pain (immersion of the hand in hot water), in order to separate the sensory and affective dimensions of pain perception (Rainville, Carrier et al., In press). A first experiment was performed in which suggestions were designed to specifically increase or decrease the affective impact of pain. In such conditions, pain unpleasantness was consistently modulated, but the perception of pain sensation intensity remained unchanged, as reflected in subjective ratings. In a follow-up experiment, suggestions were given to increase or decrease pain sensation intensity. In such conditions, the perception of both pain intensity and unpleasantness were modulated in parallel, reflecting the strong and directional influence of sensory processes on pain affect (Rainville, Carrier et al., In press). These results were taken as evidence for a successive-stages model of pain processing consistent with previous studies of clinical pain (Wade et al., 1996), and demonstrated the usefulness of hypnosis to dissociate dimensions of conscious experience.

Brain imaging experiments, using the same set of hypnotic suggestions, evaluated the involvement of different cerebral regions in the sensory and affective dimensions of the pain experience. In these experiments, the distribution of regional cerebral blood flow (rCBF) was compared in conditions of neutral and painful stimulation, in the awake and hypnotic states, with and without suggestions for pain modulation. As summarised last year in this journal (Vol. 22 No. 2), the suggestions for either increased, or decreased, pain affect led to corresponding increases and decreases in rCBF in the anterior cingulate cortex (ACC; Rainville et al., 1997), a cortical area classically associated with the limbic system. In striking contrast, a follow-up PET experiment revealed that hypnotic modulation of pain sensation intensity produced changes mainly in the primary somatosensory cortex, lending support to the controversial hypothesis that this region participates in the sensory aspects of pain (Hofbauer et al., 1998; Bushnell et al., 1999). Remarkably, in both experiments, the changes in activity were found in regions (S1 and ACC) that are typically activated during pain, in control conditions, and in independent studies using a variety of experimental pain models and not involving hypnosis (reviewed in Rainville, Duncan, & Bushnell, In press; and Bushnell et al., 1999; also see the fMRI study by Porro et al., 1998). This implies that hypnotic suggestions were able to modulate activity, at least in part, in those cerebral structures that are involved in the normal representation of pain. Taken together, results of these two PET studies strongly suggest that specific brain areas contribute differentially to the multiple aspects of the pain experience.



Additional analyses separately investigated the cerebral correlates of hypnotic induction and of hypnotic suggestions for pain modulation. As reported previously, the induction of hypnosis resulted in rCBF increases primarily in bilateral occipital and lateral frontal cortices, and decreases in medial and right posterior parietal cortices (Rainville et al., 1999). In contrast, the suggestions for pain affect modulation produced rCBF increases primarily in bilateral frontal cortices, in addition to the pain-related changes described above. These results were largely replicated in the follow-up study, and additional effects were observed in other areas such as the pre-central gyrus.

In the follow-up study, we asked subjects to rate their subjective level of relaxation and absorption, after each PET scan, in both the awake and hypnotic states, in order to further investigate the functional significance of the pattern of cerebral activation associated with hypnosis (in preparation). The protocol used to induce hypnosis included instructions for physical relaxation, focused attention on the hypnotist's voice, and decrease interest to other sources of external stimulation (induction instructions adapted from the Stanford Hypnotic Susceptibility Scale Form A). Consistently, both perceived relaxation and perceived absorption increased significantly following the induction of hypnosis, in both the neutral and the painful stimulation conditions. Furthermore, the subjects' hypnotic susceptibility scores predicted relaxation and absorption only in the painful stimulation condition during hypnosis, in agreement with the hypothesised greater ability of highly susceptible subjects to maintain the hypnotic state in the presence of a strongly arousing experience such as pain. Preliminary regression analyses, using ratings of relaxation and absorption as predictors, suggest that some of the observed hypnosis-related changes in rCBF may relate differentially to those separate aspects of the hypnotic experience. These analyses will provide additional information on the functional significance of the changes in cerebral activity that accompanies hypnosis.

Our results on the effect of hypnotic induction on rCBF share many features with other studies of less controversial states of altered consciousness such as sleep and deep anaesthesia (Hofle et al., 1997; Fiset et al., 1999). We speculate that the changes observed following the induction of hypnosis reflect, at least in part, changes in subjective experience that characterise an alteration of the state of consciousness. In contrast, changes associated specifically with the implementation of the suggestions for pain modulation might reflect, among others, the activation of top-down mechanisms dependent on frontal cortices, that result in the observed bias in pain-related cerebral activity, and the consequent change in the conscious experience of pain.

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## Hypnosis and Ophthalmology

Melvin A. Gravitz, Ph.D., a psychologist and professor of psychiatry at George Washington University in Washington, D.C., has been encouraging his students to become involved with hypnosis. As a result, one student and he have prepared a review of "Hypnosis and Ophthalmology" which will be presented at the next annual meeting of the American Society of Clinical Hypnosis and will then be submitted for publication. In searching the 12,000,000 (!) references database of the U.S. National Library of Medicine, less than 50 such literature citations have been located. Another student and he are undertaking a review of "Hypnosis in Plastic Surgery." Input from readers would be welcomed.

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## Hypnosis, E. Coué and Ophthalmology

In the 1920's my predecessor used the advertising slogan that our hospital is the first medical institution in Germany which works according to the method of E. Coué. I started to review Coué's tracks in Germany and I now want to continue this work worldwide. I am very interested in hearing where there are still active Coué-societies existing at present or which traces the 2nd School of Nancy has left.



Together with the University Clinic in Marburg we are doing research regarding the effect of hypnosis on patients with glaucoma. We are very keen on getting into contact with ophthalmologists as well as hypnotherapists who have already gathered experience in this field.

Dr. W.-R. Krause, Secretary, Kreiskrankenhaus Blankenburg, Thiestr. 7-10, 38889 Blankenburg, Phone: +49(3944) 962186, Fax: +49(3944) 962350.

## News from the Constituent Societies

### Introduction of a new Constituent Society: German Society for Dental Hypnosis (Deutsche Gesellschaft für Zahnärztliche Hypnose, DGZH)

The German Society for Dental Hypnosis was founded in November 1994 and aims at furthering hypnosis in practice, theory, research and education as well as informing about modern scientific hypnosis. With its more than 600 members the DGZH has regional groups all over Germany that counsel dentists in every respect concerning dental hypnosis and provide education according to set guidelines.

*Hypnosis in dentistry:* Dental hypnosis helps patients to find treatment free of anxiety, stress, and pain. With a relaxed patient the dentist can work accurately, fast, and is able to focus his concentration without disturbances. Dental hypnosis is beneficial for the patient as well as for the dentist, because treatment is accomplished rather swift and comfortable. For the patient a treatment under hypnosis can become a kind of recreational experience. People avoiding the dentist for years find a way to reduce anxiety and to undergo a profound dental restoration. Patients suffering from bruxism and mandibular joint problems, patients with chronic headache or a strong gagging reflex can profit from hypnotic techniques. Hypnosis creates an atmosphere free of stress.

*Aims of the DGZH:* The most important goal of dental hypnosis is the reduction of stress and anxiety in the dental setting. Growing publicity of the DGZH and presence in the media have resulted in a broader acceptance of dental hypnosis in Germany. Hypnotic procedures are considered more and more an integral part of comprehensive dental treatment. It is also the aim of the DGZH to offer training in hypnosis to colleagues. Up to now about 2000 dentists, physicians and clinical psychologists have attended the curricula of the DGZH.

*Annual Meeting of the DGZH:* The fifth annual meeting of the DGZH will take place from September 10th to 12th 1999 in Berlin. Besides other interesting events the attendees will find a workshop for beginners and a workshop dealing with the integration of hypnosis in everyday's dental practice. For advanced practitioners there will be a great number of lectures and workshops - in supervision groups colleagues present their experience with hypnosis. This year we expect more than 300 participants.

*Annual International Conference in Gozo/Malta:* The annual international conference in Gozo with more than 150 participants offers the possibility for a week of intensive training and exchange of experience. People coming to Gozo will find interesting workshops as well as case-oriented supervision in small groups and have the chance of experiencing the relaxing effects of self-hypnosis and trance.

Among the teachers and lecturers of the DGZH e.V. you find renowned experts of hypnosis like Christel Bejenke, Walter Bongartz, Berne Erlandsson, Geoff Graham, Marianne Martin, Mats Mehrstedt, Burkhard Peter, Victor Rausch, Dirk Revenstorf, Gudrun and Albrecht Schmierer, Bernhard Trenkle, Henriette Walter and Per-Olof Wikström.

DGZH, Esslinger Str. 40, 70182 Stuttgart, Tel.: +49/711/2 36 06 18, Fax: +49/711/24 40 32, email: ASchmierer@aol.com

### American Society of Clinical Hypnosis (ASCH)

The American Society of Clinical Hypnosis will hold its 42nd Annual Scientific Meeting and Workshops February 25-29, 2000 in Baltimore, MD. The scope of topics is wide and diverse, and the faculty and speakers will be excellent. Saturday's featured faculty will be Jeff Zeig, PhD, who will give a day-long Advanced Workshop on *Ericksonian Hypnosis Demystified: Bringing Our the Best in Your Clients in Time-Limited Therapy*. Ernest Rossi, PhD, will be Sunday's featured faculty, and will give a one day Advanced Workshop on *Facilitating Neurogenesis in the Human Brain with Hypnosis*. Plenary Speakers at the Scientific Meeting will be James Gordon, PhD, on *Alternative Medicine*, Herbert Spiegel, PhD, on *Psychotherapy and Hypnosis in the 21st Century*, and Olafur Palsson, PsyD, on *Frontiers in Hypnosis and Psychosomatic Medicine*.

The current interest in the health and mental health care professions in alternative medicine and traditional therapies is reflected in the programming. Clinicians utilizing hypnosis in these areas will benefit from Advanced Workshops such as *Alternative Methods in Healing*, *An Integrative Approach to Mind-Body Medicine*, *Hypnosis and Spirituality*, and *Hypnosis and Eastern Healing Traditions: A Clinical Synthesis*.

The more than 25 Advanced Workshop topics include women's health, *Hypnotic Language of Couples: Integrating Erickson and Satir*, and *The Psychology of Aging and Geriatrics: Hypnosis and Therapy for Expanding Geriatric Population*.

Individualised consultation for ASCH Certification in Clinical Hypnosis and Certification as an Approved Consultant will be offered. Twenty hour Basic and Intermediate Workshops will be held for those who are just discovering the possibilities of hypnosis.

A full one and a half day Scientific Meeting follows the workshop programs and includes the presentations by James Gordon, PhD, Herbert Spiegel, PhD, and Olafur Palsson, PsyD. In addition, there will be a dozen small group symposia with presentations and discussions about new developments in the therapeutic and medical applications of clinical hypnosis.



We have put together a strong program with something for all clinicians who use hypnosis in their practice. The ASCH Annual Scientific Meeting and Workshops are open to all individuals with advanced degrees in medicine, dentistry and mental health, and to researchers in allied fields of clinical hypnosis. Attendees can register for either the Workshops or Scientific Meeting, or for both parts at a combined rate. If you would like more information about the 42nd Annual Scientific Meeting and Workshops, please contact the ASCH central office at 33 West Grand Avenue Suite 402, Chicago, IL 60610. Phone: +1(312) 645-9810, Fax: +1(312) 645-9818.

## **The Brazilian Society of Hypnosis** (Sociedade Brasileira de Hipnose)

Nowadays, the Brazilian Society of Hypnosis has about 300 members, with two branches at the states of Rio de Janeiro and São Paulo.

During the present year, a Graduation Course was held at Maranhão State (in the northern region of the country), with the main purpose of creating another branch of the Society. An identical program is scheduled for the city of Niterói in the state of Rio de Janeiro.

One of the goals of the new directors, that took office last August, 21st, is the spreading of hypnosis at the Brazilian universities, by means of informative sessions, so that the interest on this subject may be improved, as well as the number of participating individuals on our training courses. These courses are furnished during four consecutive months and are based on theoretical and practical methods. In order to conclude the courses, the students must go through a practical test and present a thesis, to be published in the *Brazilian Journal of Hypnosis*, the Society's official scientific publication.

As a novelty, the Federal Council of Medicine has approved hypnosis as a Medical Practice, within the ethical standards of all its affiliated Medical Regional Councils. The Education Ministry, the regulatory authority for the universities, has also approved the Ph.D. Course on Medical Hypnosis that will take place at the UNI-Rio University in the state of Rio de Janeiro. Coming soon, it will be possible to access the Society in the Internet (<http://www.sbhipnose.com.br>). This homepage will allow information on the Society and its branches in a wide and comprising way. Information on training courses will be available on that site, too.

Besides, the new directory has other important purposes, such as:

1. The creation of a department to establish links with other national and international related societies;
2. To improve the activities of the Research Department, mainly on the publication of the studies that were developed;
3. The teaching of hypnosis at universities;
4. The creation of a ad-hoc department for the evaluation and reform of the Society Code, specially to permit a wider professional affiliation methodology;
5. To inform on a wider basis the events sponsored by the Society;

6. To establish stronger links with different professionals and their societies, such as psychologists, music therapists, meditation masters, dietitians, physiotherapists, etc.;
7. To extend the attendance of its courses for the above individuals.

Finally, we would like to stress that the Brazilian Society of Hypnosis is formed by effective members in the medical, psychological and dentistry areas. The present Board of Directors is discussing opening the Society's doors to other health-professionals, making possible the multiprofessional extension of the practice of hypnosis on an ethical ground with each professional council.

## **The Australian Society of Hypnosis (ASH)**

No Report was received at the time of publication.

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

We had an informative and entertaining meeting in June accompanying our AGM, with Michael Yapko leading a weekend workshop on hypnosis in pain management and in the treatment of depression.

In the UK our government is moving albeit slowly towards some form of regulatory body for hypnosis. This seems to be the best we can hope for as we can not get any formal recognition in the UK that hypnosis is a clinical tool and its use should be limited to this.

Next May we will be featuring a joint meeting with BSECH - A Celebration of the Hypnotic Experience - a meeting to which we would be happy to welcome members of ISH. It will be Dartington Hall, a mediaeval hall in South Devon, and the speakers will be Eva Banyai and Peter Fenwick, both original researchers in hypnosis and the various states of consciousness. For details, Dr Mike Mole, Exeleigh South, Starcross, Exeter, EX6 8PB

On behalf of BSMDH I would like to thank Burkhard for all his hard work as editor of the newsletter, and wish him well in his future ventures.

Mary McKenna, Roxton House, Abbey Lane, Sheffield, S8 0BN. Tel/fax +44(0)114 274 0354, Email [mlm@Sheffield.ac.uk](mailto:mlm@Sheffield.ac.uk)

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

Whilst like other hypnosis societies BSECH is keen to promote good clinical hypnosis and indeed good practice altogether and to protect the world against lay therapists and stage hypnotists, we must remember that our own house is not always in order. Dr Michael Heap was recently involved in a case where a gynaecologist was accused of indecently assaulting a number of women whilst he apparently had them "under hypnosis". He was found guilty of some of the charges and received a 6 year prison sentence. He was trained by one of our two societies, but it could have just as easily been the other one.

BSECH had another successful conference last April, which included a particularly excellent workshop on Legal and Forensic Issues presented by Dr Michael Heap and Dr



Graham Wagstalf. Next year, there will be a very special meeting in the UK. BSECH and BSMDH are having a Joint Conference from 18th - 21st May. This will be the second time the Societies have had a joint meeting, the first being held in 1996. There will be a two-day scientific programme followed by a two-day Special Event presented by Peter Fenwick (famed for his work in the field on consciousness) and Dr Eva Banyai. The combination should produce a unique and memorable experience. The venue is outstanding, it is to be held at Dartington Hall, a beautiful historic building set amongst lovely grounds in the Devon countryside. Watch this space for more information. Anyone interested in presenting at the scientific programme or just attending, can e-mail or write the Hon. Secretary

Phyllis Alden, Dept of Clinical Oncology, Derbyshire Royal Infirmary, London Rd, Derby DE1 2QY, England. Telephone (+44) 1332 766791 fax (+44) 1332 776863, e-mail: phyllis@alden-residence.demon.co.uk

### News from the European Society of Hypnosis (ESH)

In August 1999, the 8th European Congress of Hypnosis took place in Amsterdam/Noordwijkerhout. There was a hearty atmosphere, warming both, experienced colleagues and young newcomers. Henri de Berk, Eric Vermetten, Kees Hoogduin and their team worked hard for this Congress.

The 9th European Congress of Hypnosis will take place in Rome, Italy, in the year 2002. Camillo Lorio, who will organise it, reported, that there is already sponsorship of the University of Rome. This Congress is scheduled for the end of September or beginning of October 2002, because summer is very hot in Rome.

Shaul Livnay suggested that the Israeli Society of Hypnosis host the 10th ESH-Congress in Israel in the year 2005. The Council of Representatives (COR) voted according to this suggestion and is looking forward to this event.

Shaul Livnay was elected President-Elect of ESH and, therefore, cannot serve as 2nd Vice-President any more. Kees Hoogduin did not want to stay for a new period, and Walter Bongartz wants to focus on the European School of Hypnotherapy, sponsored by the ESH. For these reasons, there was a need for new Board Members, serving the ESH until the forthcoming Congress in Rome.

Here are the names of the new ESH-Board, elected by the COR on 15th August, 1999:

Camillo Lorio, Italy (President); Henri de Berk, Netherlands (Past President); Shaul Livnay, Israel (President-elect); Marianne Martin, Austria (1st Vice-President, and Secretary); Matthias Mende, Austria (2nd Vice-President); Claude Béguelin, Switzerland (Treasurer); Eva Banyai, Hungary, and Mary McKenna, United Kingdom. New address of ESH:

ESH-Central Office, Via Tagliamento, 25. 00198 Rome, Italy.  
Tel. +39-06-8542130, Fax +39-06-8542006, e-mail IPNOSII @ TIN.IT

The ESH is very grateful to its treasurer, Claude Béguelin. It was his wish to nominate two controllers for the financial handling of ESH, so Phyllis Alden, England, and Kees Hoogduin, The Netherlands, were elected by the COR to do this job.

Three days after the election, the new Board had its first meeting and the president, Camillo Lorio, announced some important news at the dinner party in Noordwijkerhout: The Board was very glad that Walter Bongartz accepted the invitation to become chair of a teaching committee, Vilfredo De Pascalis accepted to be in charge of a research committee, and Phyllis Alden agreed to serve as the chair of an ethic committee.

As a sign of respect, gratefulness and friendship, Kees Hoogduin, on behalf of the Board and all members of ESH, addressed a speech and gave the certification of a lifetime Honorary Presidency to the father of ESH: Per-Olof Wikström, DDS from Sweden. Per got standing ovations. He was caring for his child ESH from its very first days and is still supporting his colleagues with friendship and respect. We all are looking forward to meeting him in the coming Congresses. We still need his warm and helpful support - he already had a meeting with the Treasurer and 1st Vice-President the last day of the 8th ESH Congress in The Netherlands. Much work is waiting to be done. With the help of all members, ESH is ready for this challenge for a good start into the next millennium, so that Peo can be proud of his child. (See also the interview with him in this issue above.)

Marianne Martin, PhD, Sternwartestr. 21a/13, 1080 Vienna, Austria. fonfax: +43-1-4796458

### Society of Scientific Hypnosis in Finland

The society was founded in 1958 for physicians, dentists, psychologists and certain other health-care professions, who have a theoretical or applied interest in hypnosis. 1999 we have 200 members. Present President of the society is Goran Hampf, M.D. Three times a year the society organises weekend meetings and provides stipends for scientific work.

The education of hypnotherapy is organised by The University of Tampere. This includes basic courses and a three-year specialisation in hypnotherapy under direction of Martti Tenkku, Ph.D., Raimo Lähteenmäki, M.D. and Timo Heinonen, D.D.S. We had also some visitors from abroad like Camillo Lorio, President of ESH.

In May 1999 twenty-two students graduated from this three-year education and a book 'Hypnoterapie' (Hypnotherapy) was published by The University of Tampere, Institute for Extension Studies. The book is edited by Martti Tenkku. It includes 25 articles from 25 writers in 463 pages.

Timo Heinonen, Secretary, Kylätie 8 II 6, 16300 Orimattila, Finland. E-mail: timo.heinonen@pp2.inet.fi Homepage: www.hypnoosi.net

### German Society of Hypnosis (Deutsche Gesellschaft für Hypnose, DGH)

Several activities characterise the present state of the German Society of Hypnosis (DGH). The Congress in Bad Lippspringe will offer its participants two great American colleagues, who are well known as artists in their discipline: Jeffrey Zeig will show the principles of Ericksonian Hypnosis. Michael Yapko will give a workshop on 'Visions as an Antidepressant'.



'Hypnosis and Depression' being a main topic of the congress we will also hear how psychoanalysts, cognitive therapists and biological psychiatrists deal with depressive clients. The experts are also well known in the field. Prof. Winkler from Hanover (psychoanalytic view), Prof. Hegerl from Munich (biological perspective) and Prof. Hautzinger from Tübingen (cognitive perspective) will define their positions in contrast.

The German Society of Hypnosis newsletter 'Suggestionen' (in former times: 'DGH-intern') offers essays and interviews. An interview with Hans-Jürgen Heinrichs, ethnologist, deals with forms in which the unconscious mind can appear in other cultures. Heinrichs, who wrote for example essays on Michel Leiris and Carlos Castaneda normally has no contact with hypnotherapists, but was quite interested in our work, when we asked him for the interview.

It seems as if the role of suggestion will be discussed again. In the scientific organ of the DGH, 'Experimentelle und klinische Hypnose', scientists and therapists wrote essays on suggestive phenomena in clinical and forensic cases.

Another main topic in the DGH is the role of suggestion in politics. Can we help to make political conversations be better and even more helpful, so that increasing massacres as in the Kosovo war could be prevented? The answer may be "yes".

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Phone: +49 (211) 385 7201, Fax: +49 (211) 385 7202

## German Society for Medical Hypnosis and Autogenic Training (Deutsche Gesellschaft für ärztliche Hypnose und autogenes Training e.V., DGÄHAT)

The German Society for Medical Hypnosis and Autogenic Training (DGÄHAT) was founded by Prof. J.H. Schultz, who is also the founder of Autogenic Training. For decades the society was only open to medical doctors. Now also psychologists can join the society. The DGÄHAT has more than 500 members at present. We hold an annual meeting, next of which will be in Blankenburg / Harz 16-18 June, 2000. Topic of this meeting: *addiction to certain substances*. Parallel to this we are going to offer courses in Autogenic Training and in Hypnosis.

Lecturers, certified by DGÄHAT, train medical doctors and psychologists in the methods of Autogenic Training and Hypnosis.

The society's scientific activities are co-ordinated and promoted especially by Dr. F. Stetter. At present, a lot of time and energy goes into the development of guidelines for Autogenic Training (chairman: Dr. F. Stetter) and for Hypnosis (chairman: Dr. G. Clausen). We do this in co-operation with the General Medical Society for Psychotherapy (Allgemeinen ärztlichen Gesellschaft für Psychotherapie, AÄGP) and the head organisation for all scientific medical societies (Dachvereinigung aller wissenschaftlichen medizinischen Fachgesellschaften, AWMF).

Thanks to the initiative of our board member Dr. F. Stetter Autogenic Training and Hypnosis were at last again included in the topics at the World Psychiatric Congress in August 1999 in Hamburg.

Dr. W.-R. Krause, Secretary, Kreiskrankenhaus Blankenburg, Thiestr. 7-10, 38889 Blankenburg, Phone: +49(3944) 962186, Fax: +49(3944) 962350.

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

Walter Bongartz, PD PhD, President ISH, from the University of Konstanz completed his meta-analysis on the effectiveness of hypnosis and will report on it at the annual meeting of M.E.G. in Bad Orb, near Frankfurt. At the same meeting, M.E.G. will give its 2nd Milton Erickson Award to Peo Wikström, DDS, from Sweden. Prof. Dirk Revenstorf, PhD, from the University of Tuebingen, past president of M.E.G., started a controlled clinical study on the effectiveness of Hypnotherapy in Private Practice (see last Newsletter 23,1, April 1999, p. 21).

Being on TV is seldom a satisfying experience because hypnosis is mostly showed in a non-scientific and sometimes rather spectacular form. One of the rare exceptions took place recently on Bavarian TV, which was also broadcasted in many other parts of Germany. In this 30 minutes show Georg Dünzel, DDS, from the German Society of Dental Hypnosis did a wonderful molar extraction with hypnosis as the sole analgesia; Dirk Revenstorf was interviewed about problems with the „nature“ of hypnosis; Burkhard Peter, PhD, from M.E.G. showed the hypnotherapeutic treatment of an examination phobia; and Agnes Kaiser-Rekkas, PhD, from the German Society of Hypnosis was interviewed on general topics of hypnosis.

M.E.G., Konradstr. 16, 80801 Munich, Germany, Fax: +49/89/34029720, e-mail: 100421.1423@compuserve.com — <http://www.hypno.org>

## Israeli Society of Hypnosis (IsSH)

This spring, some 50 members of IsSH were fortunate to have the opportunity to learn from one of Europe's Masters: Dr. Burkhard Peter gave a two day workshop on his concept of the Therapeutic Tertium, and it's application in Psychotherapy as well as Pain Control. Dr. Peter's gentle and sensitive approach, combined with his intellectual integrity, provided the participants with a unique experience, in the ambience of the Jerusalem Hills.

This Summer, IsSH proposed to host the 10th European Congress of Hypnosis, to be held in the Summer of 2005. As we have begun to reach out to our neighbours in the surrounding Arab countries, we hope that in the spirit of peace, we will by then have some regional participation. And who knows, maybe a Satellite workshop in Petra? Put it on your Calendar!

Shaul Livnay, Ph.D., President, Israeli Society of Hypnosis, Kaf Tet B'November St. 30, 92105 Jerusalem, Israel, [livnshau@netvision.net.il](mailto:livnshau@netvision.net.il)

## Italian Society of Clinical and Experimental Hypnosis (Centro Italiano di Ipnosi Clinico-Sperimentale, CIICS)

Here a brief description of the society's activities during the last year:

1st International Congress of Experimental and Therapeutic Hypnosis "Techniques of Therapeutic Hypnosis - Psychotherapies - Plagiarism" in Rome, 2-3 July 1998. Seat: Consiglio Nazionale delle Ricerche and the University "La Sapienza" of Rome.



Meeting between Expert Teachers of our School on "The Therapeutic Agent" in Turin, May 22-23, 1999.

Basis Hypnosis Course reserved for physicians and psychologists, academic year 1998-99, course seat: Turin, sponsored by the University of Turin.

Basis Hypnosis Course reserved for physicians and psychologists, academic year 1998-99, course seat: Rome, sponsored by the University "La Sapienza" of Rome and the Consiglio Nazionale delle Ricerche.

Up-dating and specialisation activities: single-topic seminars carried out in different Italian regions by CIICS' regional sections.

*Regarding the academic year 1999-2000 the activities will be the following:*

N. 2 Basis Hypnosis Courses will be held in Turin and Rome.

1st Sensitisation Course to the Use of Hypnosis in Obstetrics and Gynaecology taking place in Turin - reserved for gynaecologists and obstetricians regarding the use of hypnosis during delivery and other gynaecological activities.

Meeting between expert teachers of our school (topic to define) in Turin, May 20-21, 2000.

Dott. Ennio Foppiani, Selene, Via Sacchi, 58, 10128 Torino, Phone: +39(011) 568 35 34, Fax: +39(011) 568 10 10, e-mail: ciics@seleneweb.com

## Japanese Society of Hypnosis (JSH)

The JSH has been leading the clinical application and experimental research of hypnosis in Japan over forty years. As an attempt to facilitate the international co-operation on hypnosis research, we translate the abstracts of papers published in the International Journal of Clinical and Experimental Hypnosis and send to the Journal's Web Page. The translations are also reproduced in our journal, 'Saimin-gaku Kenkyu' (the Japanese Journal of Hypnosis), to inform our Japanese members about the international research trends of hypnosis.

The 45th Annual Meeting of the JSH will be held on November 6th and 7th, 1999, at the Japan Dental University of Tokyo. Highlights of this year's meeting include a invited address by Dr. Heinrich Walln fer, founder of the Austrian Society of Medical Hypnosis and Autogenic Training, entitled: 'Hypnosis: East and West', a symposium, original presentations and pre-congress workshops.

Hitoshi Kasai, Secretary General, JSH: Graduate School of Education, University of Tsukuba, 3-29-1 Otsuka, Bunkyo-ku, Tokyo 112-0012, Japan. E-mail: hkasai@human.tsukuba.ac.jp

## Japan Institute of Hypnosis (JIH)

The 15th Congress of the JIH will be held on September 11-12 in Tokyo. President is Kimiko Kawano, M.D., from the Information Science Centre of the Japan Medical College. This is a joint congress with the "International Society of Life Information

Science" (ISLIS). We are very honoured to have the former President of the ISH, Frederick J. Evans, Ph.D., as a special lecturer who will talk on "Hypnosis and Chronic Pain". At the 14. Congress of JIH, under the presidency of Naoki Watanabe, M.D., we had already the honour to inviting Walter Bongartz, Ph.D., President of ISH, who talked about "Physiological Changes of Hypnotherapy" which will be soon published in the Japanese journal "Saimin to Kagaku" (Hypnosis and Science, Vol. 14, 1999, translated by Naoki Watanabe).

Naoki Watanabe, M.D., has attended the 8th ESH Congress in Amsterdam, The Netherlands, this summer and presented a lecture on "Hypnotherapy combined with Morita Therapy" which seemed to get a good reception. He is also going to attend the coming ISH congress in Munich as an invited lecturer and will provide a workshop on Morita Therapy.

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

## Mexican Society of Hypnosis (MSH)

For almost ten years Teresa Robles and Jorge Abia led the Milton H. Erickson Institute of M xico City. They decided to take different paths since March 1999. Teresa Robles is now leading The Ericksonian Centre of M xico and Jorge Abia, with Rafael N  ez and Elizabeth M  endez is in charge of The Milton H. Erickson Institute of M xico City. Both organisations are working hard in order to achieve the highest standards of quality using hypnosis and continue with the clinical work and the training in M xico and abroad.

At the Milton H. Erickson Institute of M xico City one of the main focuses is integrating hypnosis with post-modern therapies and family therapies as well. Its members are also interested in using hypnosis for medical purposes especially on dermatology, cancer and immunology from research.

The members of the Ericksonian Centre of M xico are: Teresa Robles, Ph.D., Director, Iris Corzo, M.A., co-ordinator of Education, Felipe V  quez E., M.D. co-ordinator of Research Programs, Adriana Barroso, D. Psych., Mar  a Escalante, DDS and Marisol Segovia, M.A.

All the trainees - through their clinical practice - will participate in the research programs, which we are starting together with several institutions.

At the Ericksonian Centre of M xico, we continue working in our Intensive Care Model for Psychiatric Patients. We face the fact that this group of patients has no money for paying an intensive treatment. We are able to afford a big part of the cost but it is not enough. So, we created a non-profit organisation YO SOY CRECIENDO (I AM GROWING) dedicated to obtain funds in order to be able to work with a bigger number of patients. If you have a contact or an idea to help this organisation to obtain the funds, please let us know at the e-mail yosoy@hipnosis.com.mx or erickmex@hipnosis.com.mx

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



## Society for Clinical and Experimental Hypnosis (SCEH)

No report was received at the time of publication

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

In the small and calm Sweden there is turbulence! As you may have read in the Journal of *HYPNOS*, the National Board of Health has made an historical mistake, by giving permission to a stage hypnosis taking place in our country, delegating to the organiser to assess the psychological health and wellbeing of participants in the show. In short, our president Stefan Fransson has been persistent in his contacts with the Swedish government since then. A change in the regulations re hypnosis is suggested by the Ministry of Law and we will try to influence the authorities not to withdraw our restrictive law, protecting the public from laymen and entertainers.

Of course we do have a lot of worries about laymen doing all kinds of trance-work under various labels; rebirthing, breath therapy, regression therapy, NLP, mental training, etc. Some of them are certainly doing a good job, but there is no guarantee they have the training, the competence or the supervision required if you deal with emotionally suffering clients. Nothing we can do about that, I am sure, but it is worth the effort to protect the label "hypnosis" from amateurism and to ensure the public that professionals using hypnosis are licensed people, with all the adjacent ethical and professional obligations.

The educational year of 1998-99 has been intensive in Sweden. The four years postgraduate psychotherapy and hypnosis education is going well, but the governmental authority which so far has given our examined students a license as nationally registered psychotherapists, will not have the rights to approve our quality in the future. The Ministry of Education will take over this role and has estimated the private institutions not equal to University standards. This is rubbish, and our colleagues employed at the universities agree. Power games are not only in movies or above our heads, they affect us.

Of course, SSCEH also has effected some "introductory" hypnoses courses on eight days each and are planning the details for another course of two years basic education in hypnotherapy. The local branches implement these courses.

In October 16-17, 1999, Christel Bejenke, M.D., will teach in Stockholm. Her expert field is medical hypnosis. In late March, we may find an agreement with Claire Frederick, M.D., to come to the northern icy-white Umeå to run a workshop. Stephen Gilligan, Ph.D., will come to Gothenburg next year, August 26-27. And after the Munich conference, it seems like our dear friends Helen and John Watkins will make it: October 14-15! They don't need closer presentation, do they?

Anybody interested in attending these workshops, please contact me!

Susanna Carolusson, M.Sc., Lic. psychologist, lic. psychotherapist, Box 307, 43085 Brännö, Sweden, torec@algonet.se

## Swiss Medical Society of Hypnosis (SMSH)

Founded in 1981 the Swiss Medical Society of Hypnosis (SMSH) has currently 330 members, of which 72 are psychiatrists, 19 doctors for internal medicine, 14 anaesthetists, 9 paediatricians, 87 dentists and the others are physicians in other clinical fields.

Highlight of this year, on the 24th of June 1999, was the recognition of our training course and of the *Skills-certificate for 'Medical Hypnosis'* by the Association of Swiss Physicians, FMH (Foederatio Medicorum Helveticorum). The negotiations had been going on for over two years, but finally, thanks to our president's - Thomas Gysin - persistent effort to reach this goal we were crowned with success. We hope that this will have a pilot effect for similar negotiations with the Swiss Dental Society, SSO (Société Suisse d'Odonto-Stomatologie).

The demand for our training has been at a low level. This is frustrating for us in so far as, in the last three years, we have developed training guidelines with great effort and in regard to the skills-certificate, following the ASCH training guidelines, and have offered curricula accordingly. But the trend is to attend single courses and not whole curricula.

Therefore, the well in advance planned 'Further Education Course for Dentists', that follows the basic education of other dental societies in the German speaking world, has started, but its continuation is in question due to the few enrolments.

Because we are having trouble finding sponsors, we had to reduce our PR budget in the last few years due to problems financing it. Still, we should think about expanding our PR activities. We are planning to announce our courses and seminars in a wider area in spite of higher costs and we are currently working on a Home Page.

Due to different publications and TV-programs the public is sensitised to hypnosis and the demand for hypnotherapy is increasing. Correspondingly, our secretariat gets bombarded with queries about therapists and demands for personal advice.

As usual, the 17th Educational Seminar on November 5-7, 1998 in Balsthal in the Solothurner Jura was pleasant and held in a comfortable, considerate atmosphere. 180 people participated in the diverse program, and the participants also got their fair share of social events: a guitar concert and an evening with a great buffet, with music and dancing. Except for a beginner's course, there was offered a variety of workshops by SMSH-members. Guest speakers were Dirk Revenstorf with a lecture about *Therapy-involvement and Termination-oriented Behaviour in Hypnotherapy* and a workshop *Dreams and Trance* as well as P.J. Whorwell with his highly regarded lectures about the *Use of Hypnosis for the Irritable Bowel Syndrome*.

Our further training-offers:

On November 11 - 13, 1999 will be our annual meeting with seminar in the same context as last year's meeting. We are expecting foreign guests again, amongst them Burkhard Peter with a lecture about his historic research of Mesmer and Gassner and a two-day workshop about *Hypnotic Pain Control*.



Our French speaking members have been organising parallel seminars for several years, showing that they can count on many more participants as if they joined the seminar in Balsthal: This year with a guest speaker from France, Dominique Megglé about *Hypnose, Transe profonde et Thérapie*. In the French speaking part of Switzerland there will also be offered a structured training in hypnosis next year.

In 2000 the further education courses for physicians in Basel and Bern and the ones for dentists in Balsthal, which started in 1999, will be continued. In Basel there will also start a new basic course. New curricula will probably be offered again in 2001.

Dr.med.dent. F. Trechslin, Secretary, Apollostr.8, CH-8032 Zürich, Phone: +41-1-383.89.38/32, Fax: +41-1-383.89.40, e-mail: smsh@access.ch

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President from 11.11.99:

Dr.med. J.Philip Zindel, Leonhardsgraben 2, CH-4051 Basel, Phone: +41-61/261.70.70, Fax: +41-61/731.34.23

Contact address in the Suisse Romande: Médecin-Dentiste SSO-SNMD, Patrick Noyer, Av.Léopold-Robert 73a, CH-2300 La Chaux-de-Fonds, Phone: 032/913.08.18, Fax 032/926.56.57

## Swiss Society of Clinical Hypnosis (GHYPS / SSCH)

*Annual meeting GHYPS (SSCH): a token of gratitude and homage*

This year's annual meeting of the Swiss Society of Clinical Hypnosis (SSCH) was held in Bern and was a mark of homage and gratitude. The members took this opportunity to say goodbye to their outstanding first president Susy Singer-Fisher, after 14 years of faithful and dedicated service. She herself took this opportunity to present a retrospective of the SSCH.

In the beginning she was co-founder of a small group from Bern who started to invite foreign experts to teach them therapy with hypnosis. Amongst those international experts in Ericksonian hypnosis were Marc Lehrer, PhD, from Sta., California and Jeffrey Zeig, PhD, from Phoenix, Arizona.

Other psychologists and medical doctors were also interested in these practical-oriented methods and followed training in the US and Germany (M.E.G.). Together with Barbara and Peter Hain-Menn from Zurich the Swiss Society for Clinical Hypnosis was founded, wanting to offer a professional and guaranteed help through hypnosis. Dr. Claude Beguelin worked out the first constitutional regulations of the SSCH and the number of members increased rapidly.

One of their goals was offering training in psychotherapy with hypnosis and to develop the use of hypnosis in psychotherapeutic and medical settings. So a high quality training program was developed for medical doctors and psychologists. Susy herself was one of the first trainers and impressed her trainees with her creativity and professionalism. Her inner passion for clinical hypnosis was contagious for all the other members. She is now in charge of the Family and Educational Counselling Centre in Basel. She is an internationally known and respected trainer and reference person for clinical hypnosis. Now, after 14 years, she hands over the SSCH with its 190 members, in an optimal condition to the new president.

*The new president:*

Peter Hain-Menn will be the new president of the SSCH for the next 2 years. He is a co-founder and trainer of the SSCH, psychotherapist FSP in private practice and member of the ISH.

His address: Staufferstrasse 149, 8004 Zürich, Switzerland.

*Honorary membership:*

This year, the SSCH recognised Dr. Christoph Wolfensberger, paediatrician in Zurich, as an honorary member. His work as a paediatrician and author of several articles made him known as an expert of ADHD children. Through this honorary membership, the Society pays tribute to his lifetime work and support of the Association.

Peter Hain-Menn, Fax: +41 (56) 6403711, e-mail: peter.hain@bluewin.ch

## News for Members

### APA Division 30 (Psychological Hypnosis) Opens Membership

A recent change in the by-laws of Division 30 now permits international psychologists (and some exceptional non-psychologists) to join the Division, even without being members of APA. Membership of Division 30 includes, among other benefits, the tri-annual bulletin *Psychological Hypnosis* (which has included contributions from such luminaries as Ernest Hilgard, Erika Fromm, and T. X. Barber), a listserv, and an outstanding program on professional and research aspects of hypnosis during the Annual Convention of the American Psychological Association. Information on the criteria for the different levels of membership and dues in Division 30 may be found on the Division web page at <http://www.apa.org/divisions/div30/join.html>.

And even if you are not eligible to join the Division, you can subscribe to *Psychological Hypnosis* (information on the web page listed above).

As President-Elect of the Division, one of my goals is to have much more international representation and exchange. Come and join us!

Etsel Cardena, Ph.D., Dept. of Psychiatry, USUHS, 4301 Jones Bridge Rd., Bethesda, MD 20814, USA, e-mail: [ecardena@usuhs.mil](mailto:ecardena@usuhs.mil)

Etsel Cardena, PhD, is currently President-Elect for both, Division 30 of American Psychological Association (APA) and Society for Clinical and Experimental Hypnosis (SCEH). He intends to strengthen the international links of both societies.



## Awards

**Per-Olof Wikström, DDS**, from the Swedish Society of Clinical and Experimental Hypnosis, will be the second recipient of the Milton Erickson Award of the Milton Erickson Society for Clinical Hypnosis, Germany (M.E.G.). The ceremony will take place at M.E.G.'s annual meeting in Bad Orb, near Frankfurt, November 1999. The laudator will be Albrecht Schmierer, DDS, from the German Society for Dental Hypnosis (DGZH).

## News from Members

**Harold B. Crasilneck, PhD**, was the invited speaker at the April meeting of the North Texas Society of Clinical Hypnosis. His topic was "The Use of Hypnotherapy in the Control of Pain". Dr. Crasilneck was the founding president of the group and was interviewed by Roxanna Klein for the Newsletter of the North Texas component society concerning his professional life and hypnotherapeutic experiences.

**Dabney M. Ewin, MD**, is still looking for someone who owns volumes 1 through 6 of the International Journal of Clinical and Experimental Hypnosis. These volumes are absent from the Tulane Medical Library. Contact Dr. Ewin; he is hoping someone will contribute them for a tax deduction, or consider selling them to him so he can donate them.

**Cecilia Fabre, D. Psych.** and **Marina Castañeda, M.A.**, co-directors of the Milton H. Erickson of Cuernavaca, México, have completed their first training in Hypnosis for Psychotherapist, and are now beginning their second group.

**Rodger Kessler, PhD**, long time SCEH member, was recently elected as president of the Vermont Psychological Association.

**Stanislav Kratochvil, PhD**, Professor of Psychology at the Palacky University in Olomouc and Chief Clinical Psychologist in the Psychiatric Hospital at Kromeriz, Czech Republic, published the second updated edition of his Czech book "Experimental Hypnosis" (Exerimentalni Hypnoza, Praha, Academia 1999) this year. According to the review of Prof. Hoskovec, prepared for the International Journal of Clinical and Experimental Hypnosis, it is a systematic account and critical analysis of the present state of research in the field of hypnosis in Europe and North America. The book consists of three parts, covering the essence of hypnosis, hypnotic susceptibility and hypnotic phenomena. It is a companion volume to the author's textbook of clinical hypnosis, published several years ago (Klinicka Hypnoza, Praha, Avicenum 1990). Both volumes were also translated into Polish and published by KR Publishers, Warszawa in 1996 (the volume on experimental hypnosis was translated according to its first Czech edition in 1986). Starting in 1971, every year Kratochvil organises a one-week course of hypnosis for medical doctors and clinical psychologists, at which, during the decades, more than 1.000 professionals have participated. Experiences from these courses (introductory and advanced) have also been incorporated into his recent book.

**Marty Sapp**, was promoted to the rank of Full-Professor within the Department of Educational Psychology (Counselling Area) at the University of Wisconsin-Milwaukee. The second edition of his text, *Test Anxiety: Applied Research, Assessment, and Treatment*

*Interventions*, published with University Press of America, is scheduled for release in July, 1999. He is also currently completing a book entitled, "Hypnosis, dissociation, and absorption: Theories, assessments, and treatment" with Jason Aronson, INC.

**Teresa Robles, Ph.D.**, is very busy travelling in South America and conducting workshops at conferences in Buenos Aires, Argentina, and Montevideo, Uruguay.

**Jordan I. Zarren, MSW, DAHB**, Chair of the Credentials and Membership Committee of the Society for Clinical and Experimental Hypnosis has been nominated to run for President-Elect of the American Society of Clinical Hypnosis. He is the first Masters Level (Social Worker) to be so honoured.

**Mr. Zarren and Bruce Eimer, PhD, ABPP** have signed a book contract with Springer Publishing Company to publish their book *BRIEF COGNITIVE HYPNOSIS: Facilitating the Change of Dysfunctional Behaviour*. The book will be distributed and available in the year 2000.

## New Books

Geary, B. & Zeig, J.K. (1999). *The handbook of Ericksonian Therapy*. Phoenix: Zeig & Tucker

Modlin, T. (1999). *Prisoners of our perception. Medical hypnoanalysis in action*. Modbooks Ltd, P.O.Box 29041, Sandringham, ZA, 2131

Kratochvil, S. (1999). *Exerimentalni Hypnoza (Experimental hypnosis)*. Praha: Academia (second updated edition).

Siuta, J. & Wojcikiewicz, J. (1999). *Hipnoza kryminalna (Criminal hypnosis)*. Krakow: Wydawnictwo Instytutu Ekspertyz Sadowych.

Tinker, R.H. & Wilson, S.A. (1999). *Through the eyes of a child. EMDR with children*. New York: Norton.

Yapko, M. (1999). *Hand-Me-Down Blues: How to stop depression from spreading in families*. Golden Books

Zeig, J.K. & Geary, B. (1999). *Letters of Milton H. Erickson*. Phoenix: Zeig & Tucker

Zeig, J.K. & Munion, W.M. (1999). *Milton H. Erickson*. London: SAGE Publications (pp. 147, English Pounds 16.99)

## Books Available for Review

Conway, Martin A. (1997). *Recovered Memories and False Memories*. Oxford: Oxford University Press

Kunzendorf, R.G., Spanos N.P. & Wallace, B. (eds, 1996). *Hypnosis and Imagination*. Amityville, NY: Baywood Publishing

Enqvist, Björn (1996) *Pre-Surgical Hypnosis and Suggestions in Anesthesia*. Stockholm: Dep of Health Sciences, Karolinska Institute

Those interested in reviewing books should apply to the Editor, Australian Journal of Clinical & Experimental Hypnosis, P.O. Box 592, Heidelberg, VIC 3084, Australia. E-mail: hypnosis@alphalink.com.au



## A New Journal: Sleep and Hypnosis

**Sleep and Hypnosis** is a new multidisciplinary journal, which covers the whole range of sleep, dreaming, and hypnosis. Clinical, experimental, laboratory, psychological, epidemiological, and the normative studies relevant to sleep, dreaming, and hypnosis are welcomed for consideration. Contributors may be from many disciplines relevant to these fields. All papers will undergo peer review by three or more referees.

Among others, the following articles on hypnosis and hypnotherapy were published in the first two issues: Ericksonian hypnosis: A review of the empirical data, by William J. Matthews, James Conti, & Lorrie Starr. Posthypnotic Suggestion: Attention, Awareness, and Automaticity, by Amanda J. Barnier. Hypnotic Relaxation and Insomnia: a Simple Solution? by Harry E. Stanton. Out of Body Experiences: are associated with hypnotizability? by Umit Basar Semiz. Event-related Potential Correlates of Suggested Hypnotic Amnesia, by Stephen LaBerge and Philip G. Zimbardo. The Virtues of Our Fault: A Key Concept of Ericksonian Therapy, by Jeffrey K. Zeig.

Editorial correspondence to Mehmed Yucel Agargün, M.D., Yüzüncü Yıl University, School of Medicine, Department of Psychiatry, 65300 Van, Turkey. Fax: + 90 432 216 75 19; e-mail: mehmetyucel@turk.net.

## The International Journal of Clinical and Experimental Hypnosis: An update

On behalf of The Journal community I announce two very important developments in regards to The Journal's international character and its format.

*International character of The journal:* As of the January 2000 issue, you will note that the cover page of The Journal has changed to reflect an important international development. It is my honour to announce to you now that The Dutch Society of Hypnosis (Nederlandse vereniging voor hypnose) has adopted the International Journal of Clinical and Experimental Hypnosis as its official Society publication, hence making The Journal available to its entire membership. The Dutch have a long and distinguished history of seminal work on both the research and clinical aspects of hypnosis. We enthusiastically welcome a new partnership with this vital and core constituency of the international hypnosis community. You will also see changes in our editorial masthead which further reflects our commitment to forge ahead in partnership with The Dutch Society, The European Society and The International Society of Hypnosis to fashion a truly international journal which embodies the very finest scholarship from around the world.

*Format changes:* For well over a year now The Journal community, in concert with Sage Publishing, has been refining plans to change The Journal's look and format, with an eye to bringing more relevant information to the informed reader. With the January issue these changes come to fruition. The aim is threefold: 1) To accommodate the recent increase in the number of good research submissions to The Journal, we want to increase the number of available pages devoted to original research; 2) We wish to offer solid clinical material on a more consistent basis; and 3) We seek to inform readers of important research and professional developments in other venues.

To this end we have added two regular features to appear in each and every issue of The Journal: THE CLINICAL FORUM and DEVELOPMENTS AND RESOURCES. Nothing about these plans changes The Journal's fundamental commitment to publishing original research and clinical findings in a timely fashion. Indeed, we have increased the number of pages devoted to our regular articles to insure that the time lag between acceptance and publication of such material is unaffected by our upsurge in submissions.

*The clinical forum feature:* First, as did Dr. Fred Frankel and his staff before us, we have laboured to obtain solid contributions on clinical issues. After some initial frustrations, we have found a way that can work. Drs. Elgan Baker and William Smith, two eminently qualified clinicians, have agreed to be Co-Editors of THE CLINICAL FORUM. In each and every issue, under the banner of THE CLINICAL FORUM there will be at least one paper focusing on pressing clinical issues of theory, technique, and training, typically penned by some of our most senior and experienced clinicians. Further, each one of these contributions will be followed by commentary from one, and sometimes two, equally qualified clinicians and researchers. We now have several contributions completed this way in the pipeline: They are strong, challenging, and disciplined. THE CLINICAL FORUM begins the January issue with a paper by Dr. Elgan Baker on the hypnotic relationship in clinical settings, followed with some very thoughtful commentary by Dr. Michael Diamond. Clinicians and researchers alike can rest assured that every time they open up their newly arrived Journal, they will reliably find thoughtful, innovative, and interesting papers on the applied aspects of hypnosis.

Of course The Journal will continue to publish clinical material in the form of regular articles. But THE CLINICAL FORUM insures a consistency across issues and years.

*The developments and resources feature:* A second regular feature of The Journal will be something we have entitled: DEVELOPMENTS AND RESOURCES. This is really an expanded version of what was the Book Review feature. But in addition to the occasional review of important books, we will include two other "resources" for the reader.

*Salient Findings.* The Salient Findings portion will be a collection of brief (200-250 word) summaries of very important and very recent articles about hypnosis which have appeared in the general medical, general psychological, and broad scientific literatures. This way our readership will not only be apprised of other new developments in the field, but will be cued to how hypnosis is fairing in the broader scientific literatures. We will be highly selective, using the criterion that only articles, which should not be missed by anyone in the hypnosis community, will be summarised. Most probably only about three or four such articles will appear each quarter. For most of this year however, we will be making up for lost time by summarising for you the articles, which appeared over the last two years.

*Grant Announcements.* In case we can find and publish them in a timely fashion, we will include brief descriptions of grant opportunities that might be of interest to laboratory and clinical researchers.

In sum, these international developments and format changes communicate something about the past and the future. The Journal arrives at the new millennium at once buoyed by its storied half-century of excellence in scholarship, and at the same time enthusiastically committed to joining in full partnership with others who seek to understand the nature of hypnosis.



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, mnash@utk.edu

IJCEH web site: <http://sunsite.utk.edu/IJCEH/>

## Mixed Pickles from the Hypnosis-Newsgroup

### Sales: "Doctor of Hypnotherapy"

Recently a heated discussion took place in Irving Kirsch's Hypnosis Newsgroup when a member curious in „looking into people's credentials, especially persons who slap a Ph.D. next to their name" pasted the following letter he received:

„I'm not sure what field it is that you are talking about. I have credentials in several disciplines. But I believe that you are talking about a Doctorate in Hypnotherapy. If it is, in fact, hypnosis, there are three wonderful programs out there. One is with the American Institute of Hypnotherapy. However, they do not offer a Ph.D., they offer a D.C.H. (Doctor of Clinical Hypnotherapy). They have a wonderful and intensive program that I wholeheartedly recommend. I completed their program in 1988. Other options include: St. John's University in L ... offers a Ph.D. in Hypnotherapy, and so does Westbrook University. I believe that Westbrook is in A .... These are also marvellous programs. Understand that although they are distance learning studies, you have to make a series commitment to complete any of them. Also, I'm assuming that you already have Bachelor's and Master's Degrees. If not, you'll have to complete these first. In many cases you can do a combination Master's/Doctorate."

No Comment! (BP)

## Hypnosis Home Pages

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

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

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

Brazilian Society of Hypnosis: <http://www.sbhypnose.com.br>

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

Dutch Society of Hypnosis (Nvvh): <http://thebe.worldonline.nl/~nvvh>

Society of Scientific Hypnosis in Finland: <http://www.hypnoosi.net>

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

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

Mexican Society of Hypnosis (MSH): <http://www.hipnosis.com.mx> (in Spanish)

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

Milton Erickson Society for Clinical Hypnosis Germany (M.E.G.): <http://www.hypno.org>

Society for Clinical and Experimental Hypnosis (SCEH): <http://sunsite.utk.edu/ijceh>

Swedish Society of Clinical and Experimental Hypnosis (SSCEH):

<http://w1.910.telia.com/~u91011196>

## Meetings and Congresses

1999

September 10 - 12, 1999: **DGZH**, Annual Meeting in Berlin, Contact: DGZH, Esslinger Str. 40, 70182 Stuttgart, Tel.: 07 11 / 2 36 06 18, Fax: 0711 / 24 40 32

November 5 - 7, 1999: **M.E.G.**, Annual Meeting in Bad Orb near Frankfurt, Germany. Contact: M.E.G., Konradstr. 16, 80801 Munich, Germany, Fax: +49(89) 34029720, e-mail: christian\_kinzel@compuserve.com

November 6 - 7, 1999: **JSH 45TH ANNUAL MEETING** at the Japan Dental University of Tokyo. Contact: Hitoshi Kasai, Secretary General, JSH: Graduate School of Education, University of Tsukuba, 3-29-1 Otsuka, Bunkyo-ku, Tokyo 112-0012, Japan. E-mail: hkasai@human.tsukuba.ac.jp

November 11 - 13, 1999: **SMSH**, ANNUAL MEETING in Balsthal, Switzerland. Contact: Dr.med.dent. F. Trechslin, Secretary, Apollostr.8, CH-8032 Zürich, Phone: +41-1-383.89.38/32, Fax: +41-1-383.89.40, e-mail: smsh@access.ch

November 11 - 13, 1999: **SCEH**, 50TH ANNUAL WORKSHOPS in New Orleans, Louisiana: Cindy Scott, SCEH Central Office, 2201 Haeder Road, Pullman, WA 99163. TEL: +1(509) 332-7555 FAX: +1(509) 332-5907, e-mail:sceh@pullman.com

November 13 - 14: **50th Anniversary of the SCEH** in New Orleans. Contact: Rodger Kessler, PhD, PO Box 347, 7 Stowe, Vermont 05672, USA. E-mail: rkessler@plainfield.bypass.com

December 2 - 5, 1999: **ASCH**, INTRODUCTORY, INTERMEDIATE AND ADVANCED WORKSHOPS in San Antonio Texas. Contact: ASCH, 33 West Grand Ave., Suite 402, Chicago, IL 60610, Phone: +1(312) 645-9810, Fax: +1(312) 645-9818

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, e-mail: office@erickson-foundation.org

2000

February 25 - 29, 2000: **ASCH**, 42ND ANNUAL SCIENTIFIC MEETING AND WORKSHOPS in Baltimore, MD. Contact: ASCH, 33 West Grand Ave., Suite 402, Chicago, IL 60610, Phone: +1(312) 645-9810, Fax: +1(312) 645-9818

May 18 - 21, 2000: **BSECH and BSMDH JOINT CONFERENCE**, Dartington Hall, Devon, UK. Contact: Phyllis Alden, Dept of Clinical Oncology, Derbyshire Royal Infirmary, London Rd, Derby DE1 2QY, England. Telephone (+44) 1332 766791 fax (+44) 1332 776863, e-mail: phyllis@alden-residence.demon.co.uk

May 25 - 29: **Evolution of Psychotherapy Conference** in Anaheim, California. Contact: The Milton H. Erickson Foundation, 3606 N 24th Street, Phoenix, AZ 85016, USA, email: office@erickson-foundation.org; [www.erickson-foundation.org/evoweb2.htm](http://www.erickson-foundation.org/evoweb2.htm), Fax: 602-956-0519



October 2 - 7: **15th International Congress of Hypnosis** in Munich, Germany. Contact: M.E.G., Konradstr. 16, 80801 Munich, Germany. Fax: +49/89/34029720, email: 106004.127@compuserve.com; www.hypno.org

2003

August 2 - 8: **16th International Congress of Hypnosis**, in Singapore. Contact: ISH Central Office, Level 3, Centaur Building, A & RMC, Repatriation 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 ago 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. Join us in Munich at the turn of the Millennium

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:

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