



## IN THIS ISSUE...

<b>ISH INTERNAL NEWS</b>	<b>3</b>
The ISH Council of Representatives and the new ISH Board of Directors	13
<b>MASTERMINDS</b>	<b>14</b>
Interview with Onno van der Hart, Ph.D. — (Eric Vermetten, M.D.)	14
<b>GLIMPSES OF THE MUNICH CONGRESS</b>	<b>24</b>
Some notes on the 15th International Congress, October 2 – 7, 2000, at the University in Munich, Germany — (Burkhard Peter, Ph.D.)	24
The 2000 Munich Congress of Hypnosis, a review — (Maria Tosello)	25
Right-wing Populism: Suggestibility and Demagoguery — a panel discussion at the 15th International Congress of the ISH in Munich, October 2000 — (Hans Kanitschar, Ph.D.)	27
<b>NEWS FROM THE WORLD OF HYPNOSIS</b>	<b>30</b>
Hypnosis Effects on Gastrointestinal Motility — Preliminary Results — (Gianni Miroglio et al.)	30
<b>FUTURE FACES OF HYPNOSIS IN THE 21ST CENTURY</b>	<b>31</b>
Hypnosis in the Future — (Susanna Carolusson, M.Sc.)	31
<b>NEWS FROM THE CONSTITUENT SOCIETIES</b>	<b>33</b>
<b>IJCEH EDITOR'S UPDATE</b>	<b>48</b>
<b>NEWS FOR AND FROM MEMBERS</b>	<b>49</b>

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## THE INTERNATIONAL SOCIETY OF HYPNOSIS



# NEWSLETTER

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## THE INTERNATIONAL SOCIETY OF HYPNOSIS

*'BUILDING BRIDGES OF UNDERSTANDING'*

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16th Triennial Congress of Hypnosis, Singapore, August 2 – 8, 2003

## ISH INTERNAL NEWS

### FROM THE NEWSLETTER EDITOR



Like economies are going up and down in an irregular pattern, Lstocks go up and down without clear-cut predictions when and how, the interest in professional societies goes up and down. What about ISH? We are fortunate that we as ISH are in an upstream situation, and you may have noticed this during the last international conference in Munich and probably will be able to notice it again in Singapore in little over two years time. If the 'market' does not change before that time. I don't think so.

I have important news for you to share. The newsletter, in which you are reading now is asking for another medium. As editor I have done some thinking and will propose to change the medium of the newsletter. I can propose, but not change it on my own. I can initiate a discussion here, by telling you it should happen. Most probable medium will be e-mail. This requires some change in infrastructure, but has many positive 'upstream' consequences. To name a few: we will save on printing, paper, postage, and are able to serve many, many more people for the same price. So, not only to Constituent Societies and their one or two or more members, but all members of all Constituent Societies. *If only everybody were a member and if only we had everyone's e-mail addresses!* One option is to leave distribution to all Constituent Societies, or work with Constituent Societies to have regular updates of e-mail address changes. Imagine that every member of your society gets this newsletter. That would build bridges of understanding! Also it would facilitate the involvement in the news on hypnosis.

By informing you about these developments I take the task to further work it out with the Board and look into requirements and other essentials. Oh, let me not forget: we will update you 4 times a year, instead of 2. And wouldn't you like to be informed about abstracts of fine research? Yes, for the papers you still will have to get the journal. So who would not want to become member of ISH? For only members get the newsletter. Membership required, that will be my proposal. Let me know what you think, and if you want to help me out here: welcome!

**About this issue:** Thank you all for your contributions. The Newsletter is open to a variety of contributions; again I will make this very clear. It serves as a forum for individual members as well as for Constituent Societies that have information that asks to be shared among colleagues.

This issue another Mastermind is interviewed, Onno van der Hart, PhD. I was so happy to be able to interview a countryman of mine, who has taught me the principles of hypnosis when I took my first courses in the late eighties. He has had the courage to persevere and was able to survive in a field where it was tough to be in for a while, and maybe still is, in the field of trauma and dissociation. He is an honorary member of the Dutch Society of Hypnosis and others, read the article.

If you are not familiar with the contents of a newsletter, read the back cover. We have another contribution to the 'Faces of Hypnosis in 21st Century' from Susanna Carolusson. And if you were not present, or if you were, you'll find reflections and reviews on the conference in Munich last October. You will also find some research notes by Gianni



Miroglio, MD, on gastroduodenal motility and hypnosis. Please send me more of this. Sadly we have to publish another obituary.

**Eric Vermetten, MD – Editor, ISH Newsletter**

**April 2001**

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## LETTER FROM THE PRESIDENT

**Dear Colleagues,**

When Professor Walter Bongartz passed on the torch to me at the end of the 15th ISH Congress in October 2000, and I became President of ISH I felt not only honoured, but also very glad to see how lively and spirited a society we have.

Although my first-hand experience was that more colleagues were present in Munich than ever before at an ISH Congress, and that the program was exceptionally rich, I was amazed when I learnt the statistics: Over 1500 participants were present, who could listen to about 300 presentations and could have a direct experience in the most recent techniques of hypnosis in 140 workshops. I would like to thank our German colleagues who organized such an excellent conference where all of the organizers – from Congress Chairs Dr. Burkhardt Peter, Prof. Dr. Walter Bongartz, Prof. Dr. Dirk Revenstorf, Prof. Dr. Willi Butollo to the M.E.G.-Team – hosted the Congress with such a warm heart that we all felt at home not only at the Congress, but in Munich as well. The possibility of personal meetings and discussions was further promoted by the special Eastern Europe Project enabling those colleagues to participate who usually cannot attend these international congresses due to financial reasons. Special thanks to Professor Walter Bongartz, my immediate predecessor, who preserved the helpful and family-like atmosphere of ISH.

The Congress in Munich showed to me that my aims as President of ISH I outlined in the last issue of the Newsletter are very much in line with the trends of the program of the conference. The number of leading experts of neuroscience and psychology who contributed to the Congress is increasing. The excellent presentations of Helen Crawford, John Gruzelier, Pierre Rainville, and many other experts showed that the cooperation between laboratories of psychology and neuroscience and those of hypnosis can be initiated not only from the direction of hypnosis, but also vice versa. The cooperation between clinicians and researchers was represented by such outstanding scholars as Professor Emeritus John Watkins and Helen Watkins. Panel discussions were fortunate forums where it became possible to bridge the gap between clinical and experimental hypnosis in practice in as delicate areas as transference or the effect of suggestions. I felt it was a particularly important step-forward that there were several programs in the conference which emphasized the responsibility of the experts of hypnosis towards society: Excellent lectures

analysed the possible dangers of stage hypnosis, while others tried to understand the reasons of the occurrence of 'mass hypnosis' in National socialism and in right-wing populism.

The triennial meetings of ISH are not only forums of exchanging ideas, but are also important in the life of our Society, since this is the time when the new members of the Board of Directors are elected by the Council of Representatives. Unfortunately, the re-elected Secretary-Treasurer, Robb O. Stanley had to resign from his post because of personal reasons, but Past President of ISH, Graham D. Burrows, AO, KSJ, MD, is so dedicated to our Society that he immediately accepted our invitation to fill the post of Interim Secretary-Treasurer. It is reassuring that this way the operation of the Central Office remains smooth and efficient. I am also very glad that each member of the new Board deeply feels her/his responsibility toward the members of ISH, and also toward the whole of society. We all agree that we have to strengthen the impact of ISH in order to achieve the recognition of hypnosis as an acceptable field of research and a respected form of therapy to preserve the mental and physical health of people. We are all dedicated to achieve this aim, and are ready to cooperate with other professionals.

In order to achieve the aforesaid, first of all we need **your** cooperation. I invite you to contribute to strengthening ISH by sharing your ideas with us in the Board and by helping attracting new members to our Society. I believe the more ideas we share with each other concerning the nature and role of hypnosis, the more influence we can exert on other professionals and the public.

I wish success for all of us in this endeavour.

Cordially yours,

**Éva I. Bányai, PhD – President, ISH**

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## BRIEF DER PRÄSIDENTIN

**Sehr geehrte Kolleginnen und Kollegen,**

Als Professor Walter Bongartz mir am Ende des 15. ISH Kongresses im Oktober 2000 die Präsidenschaft der ISH übergab, war ich nicht nur geehrt, sondern auch sehr erfreut über den lebendigen und dynamischen Zustand unserer Gesellschaft.

Obwohl ich bereits selber den Eindruck bekommen hatte, dass in München mehr Kolleginnen und Kollegen anwesend waren als je zuvor an einem ISH Kongress, und zudem das Programm ausserordentlich vielseitig war, erstaunten mich trotzdem die Statistiken: über 1500 Teilnehmer konnten ungefähr 300 Beiträgen zuhören und in 140 Workshops unmittelbar Erfahrungen mit den neuesten Hypnosetechniken machen. Ich möchte unseren deutschen Kolleginnen und Kollegen für die Organisation dieser ausgezeichneten Konferenz danken. Die Organisatoren – von den Kongress-Vorsitzenden Dr. Burkhardt Peter, Prof. Dr. Walter Bongartz, Prof. Dr. Dirk Revenstorf, Prof. Dr. Willi Butollo bis zum M.E.G. Team – waren solch herzliche Gastgeber, dass wir uns nicht nur am Kongress, sondern auch in München zu Hause fühlten. Zusätzliche Gelegenheit zu persönlichen Begegnungen und zum Gedankenaustausch bot zudem das besondere Osteuropa-Projekt, das auch Kolleginnen und Kollegen die Teilnahme ermöglichte, die sonst aus finanziellen



Gründen nicht an diesen internationalen Kongressen anwesend sein können. Ein besonderes Dankeschön geht an Professor Walter Bongartz, meinen unmittelbaren Vorgänger, der die hilfreiche und familiäre Atmosphäre der ISH bewahrt hat.

Der Kongress in München bestätigte mir auch, dass meine Ziele als Präsidentin der ISH, die ich im letzten Rundbrief skizziert habe, ganz im Trend des Konferenzprogrammes liegen. Die Zahl der führenden Fachleute der Neurowissenschaft und der Psychologie, die zum Kongress beigetragen haben, wächst. Die hervorragenden Beiträge von Helen Crawford, John Gruzeliér, Pierre Rainville, und vielen anderen Experten zeigte, dass die Zusammenarbeit zwischen den Laboren der Psychologie und der Neurowissenschaft und jenen der Hypnose nicht nur von der Hypnoseseite, sondern von beiden Seiten angeregt werden kann. Die Zusammenarbeit zwischen Praktikern und Forschern wurde von solch überragenden Wissenschaftlern wie Emeritus-Professor John Watkins und Helen Watkins repräsentiert. Podiumsdiskussionen machten es möglich, die Kluft zwischen klinischer und experimenteller Hypnose auf praktische Weise in heiklen Gebieten wie Übertragungen oder der Wirkung von Suggestionen zu überbrücken. Ich glaube, es war ein besonders wichtiger Fortschritt, dass mehrere Beiträge an der Konferenz die gesellschaftliche Verantwortung der Hypnose-Experten betonten: ausgezeichnete Vorlesungen analysierten die möglichen Gefahren der Bühnenhypnose, während andere versuchten, die Gründe für das Auftreten von "Massenhypnose" im Nationalsozialismus und Rechtspopulismus zu verstehen.

Die Treffen der ISH, die alle drei Jahre stattfinden, sind nicht nur Foren für den Gedankenaustausch, sondern auch wichtig im Leben unserer Gesellschaft, weil da die neuen Mitglieder des Vorstandes durch das 'Council of Representatives' gewählt werden. Leider musste der wiedergewählte Secretary-Treasurer, Robb O. Stanley, aus persönlichen Gründen zurücktreten, aber der Ex-Präsident der ISH, Graham D. Burrows, AO, KSJ, MD, ist so in unserer Gesellschaft engagiert, dass er sofort unsere Einladung akzeptierte, die Position als zwischenzeitlicher Secretary-Treasurer zu übernehmen. Es ist beruhigend, dass auf diese Weise das Sekretariat reibungslos und effizient weiterarbeiten wird. Es freut mich auch sehr, dass jedes Mitglied des neuen Vorstandes seine Verantwortung gegenüber den Mitgliedern der ISH, und auch gegenüber der Öffentlichkeit ernst nimmt. Wir sind uns alle einig, dass wir den Einfluss der ISH stärken müssen, damit Hypnose vermehrt Anerkennung findet als ein legitimes Forschungsfeld und eine respektierte Therapieform zur Bewahrung der geistigen und physischen Gesundheit. Wir haben uns alle diesem Ziel verschrieben und sind zur Zusammenarbeit mit anderen Fachleuten bereit.

Um dies zu erreichen, brauchen wir zuallererst Ihre Mithilfe. Ich möchte Sie dazu ermuntern, zur Stärkung der ISH beizutragen, indem Sie ihre Ideen dem Vorstand mitteilen und uns auch helfen, neue Mitglieder für die ISH zu gewinnen. Ich bin der Überzeugung, dass ein vermehrter Gedankenaustausch unter uns über die Natur und Rolle der Hypnose zu einem verstärkten Einfluss auf andere Fachleute und die Öffentlichkeit führen wird.

Zu diesem Ziel wünsche ich uns allen viel Erfolg.

Mit freundlichen Grüßen

**Éva I. Bányai, PhD – President, ISH**

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## CARTA DE LA PRESIDENTA

**Estimados colegas,**

En Octubre del 2000, al fin del Congreso XV de la ISH, el profesor Walter Bongartz me pasó la antorcha. No solamente me sentí honrada, sino también me entusiasmé observando la energía y vitalidad de nuestra Sociedad.

Me di cuenta con gran satisfacción que un número más grande de participantes atendieron en Munich que en previos congresos de la ISH. Además, el programa fue extraordinariamente rico. Me quedé asombrada cuando estudié las estadísticas: más de 1500 participantes se aprovecharon de la oportunidad de atender a unas 300 presentaciones, y a 140 seminarios para experimentar directamente con las técnicas más recientes de hipnosis.

Quisiera agradecer a nuestros colegas alemanes la organización de esta conferencia tan excelente, en la cual todos los organizadores – desde los directores Dr. Peter Burkhardt, Prof. Dr. Walter Bongartz, Prof. Dr. Dirk Revenstorf, Prof. Dr. Willi Butollo, hasta el equipo M.E.G. – eran anfitriones tan calorosos, haciendonos bienvenidos al Congreso y a Munich. La posibilidad de encuentros personalizados y discusiones fue especialmente promovido por el Proyecto de Europa del Este, habilitando la participación de colegas quienes normalmente no podrían atender a congresos internacionales por razones económicas. Le doy un agradecimiento especial a mi antecesor, el Prof. Walter Bongartz, por su esfuerzo personal en manteniendo un ambiente tan soportivo y colegial para todos.

El Congreso de Munich me demostró que mis objetivos como presidente del ISH, subrayados en la edición previa de esta publicación, quedaron en armonía con las metas del programa del la Conferencia. El número de expertos principales en neurociencia y psicología contibuyentes al Congreso está aumentando. Las presentaciones excelentes de Helen Crawford, John Gruzeliér, Pierre Rainville y muchos otros expertos, nos enseñaron que la cooperación entre laboratorios de neurociencia y de psicología y los de hipnosis puede iniciarse tanto en la dirección de la hipnosis como a la inversa. La cooperación entre el campo clínico y el de investigación fue demostrado por contribuyentes destacados y eruditos, tal como el profesor emérito John Watkins, y Helen Watkins. El panel de discusiones era un foro donde era posible superar el vacío entre la hipnosis clínica y la hipnosis experimental, en áreas tan delicadas como las de transferencia o el efecto de sugerencias. Considero que era un adelanto de importancia especial que varios programas en la conferencia subrayaron la responsabilidad de los expertos en hipnosis hacia el público. Excelentes talleres analizaron los posibles peligros del tipo de hipnotismo en uso para entretener al público en teatros, mientras otros trataron de analizar las causas de la 'hipnosis de las masas' tal que se observó en el nacional-socialismo y en la política populista de la derecha extrema, de manera repetitiva.

Las reuniones trianuales de la ISH no solo son foros importantes para el intercambio de ideas sino también tienen importancia en la vida de nuestra Sociedad ya que sirven para las elecciones de los miembros del Consejo de Directores. Por desgracia, el secretario-tesorero reelegido Robb O. Stanley tuvo que dimitir de su puesto por razones personales. El antiguo presidente de la ISH, Graham D. Burrows, AO, KSJ, MD, queda tan dedicado a nuestra Sociedad que inmediatamente aceptó nuestra invitación de cubrir de forma interina el puesto de secretario-tesorero. De este modo la oficina central continuará funcionando sin problemas y con eficiencia.



Estoy encantada también que cada miembro del nuevo Consejo se da cuenta de su responsabilidad hacia los miembros de la ISH y hacia el público en general. Todos estamos de acuerdo que tenemos que fortalecer el impacto de la ISH en áreas del reconocimiento de la hipnosis como un campo de investigación aceptado, y una forma respetada de terapia para preservar la salud física y mental de la gente. Todos somos dedicados al logro de este objetivo, y dispuestos de cooperar con otros profesionales.

Para alcanzar éste objetivo, sobre todo precisamos la colaboración y el entusiasmo sostenido de todos los miembros. Les invito a Vds que contribuyan al fortalecimiento de la ISH, compartiendo sus ideas con los miembros de su Consejo, y ayudándonos atraer a nuevos miembros. Creo firmemente que más ideas comportamos en lo que concierne la naturaleza y el rol del hipnotismo, más influencia podremos ejercer sobre otros profesionales y el público.

¡Mis augurios a todos!

**Éva I. Bányai, PhD – President, ISH**

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## LETTRE DE LA PRÉSIDENTE

**Chères consœurs, chers confrères,**

Lorsque le Professeur Walter Bongartz m'a passé le flambeau à l'issue du 15<sup>e</sup> Congrès de l'ISH en octobre 2000 et que je suis devenue Présidente de l'ISH, j'ai été non seulement très honorée, mais également très contente de voir que nous avions une société animée et pleine d'entrain.

Bien que j'aie pu me rendre compte sur place que le Congrès de l'ISH de Munich comptait plus de participants que jamais auparavant et que le programme était d'une richesse exceptionnelle, je fus stupéfaite lorsque j'appris les statistiques : plus de 1500 participants qui pouvaient assister à environ 300 exposés et faire l'expérience directe des toutes dernières techniques de l'hypnose à quelque 140 ateliers. Je tiens à remercier nos confrères allemands qui ont organisé une excellente conférence où tous les organisateurs – des Présidents du Congrès, le Dr. Burkhardt Peter, le Prof. Dr. Walter Bongartz, le Prof. Dr. Dirk Revenstorf, le Prof. Dr. Willi Butollo, à l'équipe du M.E.G. – nous ont réservé un accueil si cordial que nous nous sommes tous sentis à l'aise non seulement au Congrès, mais aussi à Munich. La possibilité d'arranger des rencontres et des discussions personnelles reçut une stimulation supplémentaire en raison du projet spécial Europe de l'Est qui permit la participation de collègues qui n'étaient généralement pas en mesure d'assister à des congrès internationaux pour des raisons financières. Merci en particulier au Professeur Walter Bongartz, mon prédécesseur immédiat, qui a maintenu l'atmosphère serviable et quasi-familiale de l'ISH.

Le Congrès de Munich m'a montré que mes objectifs, en tant que Présidente de l'ISH, tels que je les ai exposés brièvement dans le dernier numéro de la Newsletter, concordent avec les tendances du programme de la conférence. Le nombre de grands spécialistes de la neuroscience et de la psychologie qui ont fait des communications au Congrès augmente.

Les excellents exposés de Helen Crawford, John Gruzelier, Pierre Rainville et bien d'autres spécialistes ont montré que la coopération entre les laboratoires de psychologie et

de neuroscience peut avoir l'hypnose comme point de départ, ou vice-versa. La coopération entre les cliniciens et les chercheurs fut représentée par des érudits exceptionnels comme le Professeur émérite John Watkins et Helen Watkins. La discussion en équipes fut le forum qui permit de jeter un pont entre l'hypnose clinique et expérimentale dans la pratique dans des domaines aussi délicats que la transfert ou l'effet de la suggestion. Un signe qu'un très important pas en avant avait été accompli est le fait que plusieurs programmes de la conférence soulignaient la responsabilité des experts de l'hypnose envers la société. D'excellentes conférences analysaient les dangers potentiels de l'hypnose sur scène, d'autres cherchaient à comprendre les raisons de « l'hystérie collective » dans le national-socialisme et le populisme de la droite.

Les réunions triennales de l'ISH ne sont pas seulement des forums pour échanger des idées, mais elles sont également importantes dans la vie de notre Société, puisque c'est l'époque à laquelle les nouveaux membres du Conseil d'administration sont élus par le Conseil des représentants. Malheureusement, le Secrétaire-Trésorier réélu, Robb O. Stanley, a dû démissionner de son poste pour des raisons personnelles, mais un ancien Président de l'ISH, Graham D. Burrows, AO, MD, est tellement dévoué à notre Société qu'il a immédiatement accepté notre invitation à remplir le poste de Secrétaire-Trésorier par intérim. Ce remplacement est rassurant car ainsi le Bureau central peut continuer à fonctionner sans heurts et de façon efficace. Je suis aussi très heureuse que chaque membre du nouveau Conseil se sente responsable envers les membres de l'ISH comme envers l'ensemble de la société. Nous sommes tous d'accord que nous devons renforcer l'impact de l'ISH afin que l'hypnose soit reconnue comme domaine de recherche acceptable et comme forme de thérapie respectée pour le maintien de la santé mentale et physique des gens. Nous nous donnons tous à fond pour atteindre cet objectif et nous sommes prêts à collaborer avec d'autres professionnels.

Pour réaliser cet objectif, nous avons besoin avant tout de votre coopération. Je vous invite à contribuer au renforcement de l'ISH en faisant part de vos idées aux membres du Conseil et en aidant à recruter de nouveaux adhérents à notre Société. Je suis persuadée que plus nous échangerons d'idées entre nous concernant la nature et le rôle de l'hypnose, plus notre influence sur d'autres professionnels et sur le public sera grande.

À tous mes vœux de réussite dans cet effort.

Amicalement,

**Éva I. Bányai, PhD – President, ISH**

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## LETTERA DEL PRESIDENTE

**Cari colleghi,**

Quando il professore Walter Bongartz mi ha passato la fiaccola alla fine del 15<sup>o</sup> Congresso dell'ISH dell'Ottobre 2000, e sono diventata presidente dell'ISH, mi sono sentita non solo onorata, ma anche molto contenta nel constatare quanto vivace e vigorosa sia la nostra società.

Sebbene abbia constatato direttamente che il numero dei colleghi presenti a Monaco era il più alto di qualsiasi altro congresso ISH tenutosi in precedenza, e che il programma era



eccezionalmente ricco, sono rimasta sorpresa quando ho appreso le statistiche: più di 1500 partecipanti erano presenti, che hanno potuto ascoltare circa 300 presentazioni e sperimentare in modo diretto le più recenti tecniche d'ipnosi in 140 gruppi di lavoro. Mi piacerebbe ringraziare i nostri colleghi tedeschi per avere organizzato una conferenza così eccellente dove tutti gli organizzatori- dal presidente del congresso Dott. Peter Durkhard, Prof. Dott. Walter Bongartz, Prof. Dott. Dirk Revenstore, Prof. Dott. Willi Butollo, alla M.E.G -Team- hanno condotto il congresso con tale entusiasmo e calore da farci sentire a casa non solo al congresso, ma anche a Monaco. La possibilità di avere incontri e discussioni personali è stata ulteriormente rafforzata dal progetto speciale per l'Europa orientale che ha permesso la partecipazione di quei colleghi che di solito non possono essere presenti a questi congressi internazionali per motivi finanziari. Ringraziamenti speciali vanno al Professore Walter Bongartz, il mio diretto predecessore, che ha mantenuto l'atmosfera familiare e giovevole dell'ISH.

Il congresso di Monaco mi ha dimostrato che i miei fini, come presidente dell'ISH, illustrati nell'ultimo bollettino d'informazioni, sono in armonia con le direzioni del programma della conferenza. Il numero di eminenti esperti in scienze Neurologiche e psicologia che hanno contribuito al congresso è in crescita. Le presentazioni di Helen Crawford, John Gruzelier, Pierre Rainville, e di molti altri esperti hanno dimostrato che la cooperazione tra i laboratori di psicologia e scienze neurologiche e quelli d'ipnosi può partire non solo da quest'ultimi, ma anche in direzione inversa. La cooperazione tra clinici e ricercatori è stata illustrata da studiosi eminenti come il professore emerito John Watkins e Helen Watkins, le discussioni tenute al convegno sono state forums appropriati per eliminare i divari tra l'ipnosi clinica e sperimentale in campi delicati come il transfert o l'effetto delle suggestioni. Credo che sia stato un importante passo – avanti l'avere nella conferenza diversi programmi che evidenziavano la responsabilità degli esperti in ipnosi verso la società. In conferenze eccellenti si sono analizzati i pericoli dell'ipnosi da palcoscenico, mentre in altre si è cercato di capire le ragioni del verificarsi dell'ipnosi di massa del nazionalsocialismo e del populismo della destra.

Gli incontri triennali dell'ISH non sono soltanto occasioni per lo scambio d'idee, ma sono anche importanti nella vita della nostra società, poichè in essi avviene l'elezione dei nuovi membri del consiglio d'amministrazione da parte del consiglio dei rappresentanti. Sfortunatamente, il segretario – tesoriere rieletto, Robb O. Stanley ha dovuto dimettersi per ragioni personali, ma l'ex presidente della ISH, Graham D. Burrows, AO, MD, è tanto dedicato alla nostra società da accettare immediatamente questo incarico. Questo rassicura che le operazioni dell'ufficio centrale rimangano efficienti e scorrevoli. Io sono molto contenta che ogni membro del nuovo consiglio ha a cuore la sua responsabilità verso i membri dell'ISH, e verso l'intera società. Noi siamo tutti d'accordo di dover rafforzare l'impatto dell'ISH per ottenere il riconoscimento dell'ipnosi come un campo di ricerca accettabile e una forma di terapia rispettabile atta a preservare la salute mentale e fisica della gente. Noi siamo tutti impegnati a perseguire questo fine, e siamo pronti a cooperare con altri professionisti.

Al fine di perseguire quanto detto in precedenza, abbiamo bisogno della vostra cooperazione. Io v'invito a contribuire al rafforzamento dell'ISH condividendo con noi le

vostre idee e aiutando ad attrarre nuovi membri nella nostra società. Io credo che più scambiamo idee tra noi sulla natura e ruolo dell'ipnosi, più saremo in grado di influenzare il pubblico e altri professionisti.

Mi auguro che noi tutti riusciremo nei nostri intenti.

Distintamente,

**Éva I. Bányai, PhD – President, ISH**

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## LETTER FROM THE INTERIM SECRETARY-TREASURER

It is with honour that I accept the invitation of the ISH Board of Directors to be the interim Secretary-Treasurer. Regretfully Robb Stanley for personal reasons relinquished the post at the end of 2000. The secretariat has been in Australia for many years and for 'continuity of care' it was decided to leave the office in Australia. Robb Stanley is still actively involved in the administration of ISH in a part-time capacity, so ISH can still draw on his intimate knowledge of all ISH practice. The office has been ably supported by the administrative assistant Simone Pakin. Simone also resigned from the position recently because a good opportunity came up for her to advance her career. We wish her all the best for this new challenge.

My congratulations go to Burkhard Peter and his team for running this big and very successful congress in Munich. More than 1500 people took part in nearly 300 lectures and 140 workshops. It was once again a great opportunity to exchange ideas with and learn the news from hypnosis professionals from all around the world. At this meeting I had the great honour to being given the Benjamin Franklin Gold medal, which reads: "Distinguished leader, prodigious scholar, and innovative clinician. You have profoundly influenced the administration, teaching, and professional practice of clinical and experimental hypnosis throughout the world." I accepted it personally on behalf of the team working with me in furthering professional hypnosis.

The planning for the next congress in Singapore, which as you know is organised out of the Central Office, is going ahead well. Singapore is a great destination on one of the most important crossroads of the world and we hope that we can attract a lot of people to join us there. Already people have registered for the congress and, as advertised, out of these early registrations we have drawn the winner of an airfare to Singapore with Singapore Airlines. Congratulations to the winner Mr. Jahn Falk. There will be another raffle of an airfare to Singapore and additional prizes you can be part of if you register before March 29, 2002.

Let me invite you to support us in attracting new members for our society. The more people we have in our society the more our voice will be heard in our aim to further professional hypnosis and to broaden the horizon in the understanding of the therapy. Give them our newsletter to read or distribute ISH flyers. (If you want to do that, please let the Central Office know and we will send you some promotional material.) Your input and ideas in the society are very welcome. So, don't hesitate to get in contact with us.

**Graham D. Burrows, AO KSJ MD – Interim Secretary/Treasurer, ISH**

[graham.burrows@armc.org.au](mailto:graham.burrows@armc.org.au)





## FROM THE CENTRAL OFFICE

What a great meeting it was, the Hypnosis Congress in Munich last October. The professional hypnosis world got together. The halls and auditoriums of the Munich University, though still holiday time for the students, were buzzing with people sharing their interest and knowledge in hypnosis. The success of the congress was due to the large attendance and of course, the hard work the organisers had put in. ISH had an information table there, too, where I had the opportunity to meet many of the ISH members and people interested in the society. There we advertised the next big event, the congress in Singapore in 2003. Some people have already registered for this upcoming congress. Not only is early registration much cheaper (as usual) and even more so now with the advantageous exchange rates, we also had a raffle of an airfare to Singapore. The prize was drawn in February and my congratulations go to the lucky winner, Jahn Falk. Another such wonderful prize, an airfare to the congress, and some smaller prizes are up for grabs for the next period of early registration. Therefore, register early!

Recently there have been some changes at the ISH Central Office – located at the Behavioural Medicine Unit, Department of Psychiatry at Melbourne University. Robb Stanley has left the office for the time being and I am also going to leave as I have the opportunity to make a career move. I have enjoyed my time working for the International Society of Hypnosis and of getting to know so many of you. I wish you all well and hope that the enterprises of professional hypnosis continue to flourish all around the world.

**Simone Pakin – Administrative Assistant, ISH**

**NOTE: THE ISH CENTRAL OFFICE HAS A NEW E-MAIL ADDRESS!**

[ish-central.office@medicine.unimelb.edu.au](mailto:ish-central.office@medicine.unimelb.edu.au)

## THE ISH COUNCIL OF REPRESENTATIVES AND THE NEW ISH BOARD

Every three years at the International Congress of Hypnosis the ISH Council of Representatives gets together and elects the new ISH Board of Directors.



Some of the ISH Board members...



From left: Shaul Livnay, PhD (Israel); Robb Stanley, D.Clin.Psych (Australia, the then Secretary-Treasurer); Karen Olness, President-Elect, MD (USA); Éva I. Bányaí, President PhD (Hungary); Eric Vermetten, MD (Netherlands); Past-President Walter Bongartz, PhD (Germany); Teresa Robles, PhD (Mexico); Elgan Baker, PhD (USA); Also on the board, (see top picture): Mary L. McKenna, MBBS (England); Matthias Mende, PhD (Austria); & Graham Burrows, (pictured below) AO, KSJ, MD (Australia) current interim Secretary-Treasurer



ISH Presidents – past, present and future: Peter B. Bloom, Éva I. Bányaí, Graham D. Burrows, Karen Olness and Walter Bongartz.





## INTERVIEW WITH ONNO VAN DER HART, PhD Amstelveen, The Netherlands, February, 2001

Interviewed by Eric Vermetten, MD.

**D**r. Onno van der Hart is Professor at the Department of Clinical and Health Psychology of Utrecht University in the Netherlands. Since 1997 he has also been Chief of Research at the Cats Polm Institute in Zeist, a private research institute for the study of trauma related disorders. He works as a psychotherapist in an outpatient setting in Amsterdam. Since he completed his studies as a psychologist in 1971, he has worked in the mental health field. He completed a dissertation in 1978 at the University of Leiden and received his professorship in 1992. He is author of over 260 papers and has written and edited 6 books in the field of rituals, grief, strategic psychotherapy, clinical hypnosis, and theory, diagnosis and treatment of dissociative and posttraumatic disorders. The majority of his work that dates from 1990 is in English; only some of his earlier work has been translated into English. His first two books that were translated in 1983 and 1988 were *'Rituals in Psychotherapy: Transition and Continuity'* (Irvington) and *'Coping with Loss: The Therapeutic Use of Leave Taking Rituals'* (Irvington), which are still highly recommended. In 1983, along with Alfred Lange he published *'Directive Family Therapy'* (Brunner/Mazel). In addition to his interest in rituals, loss, mourning, and symbols, he has a strong interest in dissociative disorders, posttraumatic stress disorders and traumatic memories. And on top of that he has a special interest in Pierre Janet, anthropology, and the history of World War I.

He was trained as a social psychologist at the University of Amsterdam and after finishing his training received the Canada Council Award to study family therapy at the University of Toronto and McMaster University with Norman Bell and Nathan Epstein. He spent one year at both institutions.

Despite the changing faces of institutional outpatient therapy, Dr. van der Hart has remained in the same setting, after his return from Canada. He has added different jobs to his clinical appointment, including positions at the University of Leiden, the Institute of Psychotrauma, and the Free University in Amsterdam. He was a member of the groundbreaking and utterly creative group of Directive Therapists, the first that introduced and actively used the work of Haley, Watzlawick, Jackson and Milton Erickson in therapy in the Netherlands. He has taught the model and inspired many clinicians and students, and changed the face of psychotherapy.

Dr. van der Hart is one of the best clinicians in the field of trauma related disorders. Since 1998 he has been a member of the Board of the International Society for the Study of Traumatic Stress. He is a member of several professional societies both in and outside the Netherlands and serves on the editorial board of several professional journals. He is an honorary (international) member of the Dutch Society of Hypnosis, the American Society of Clinical Hypnosis, and is a Fellow of the International Society for the Study of Dissociation. He received the Milton H. Erickson Award of Scientific Excellence for writing in hypnosis twice, in 1981 and in 1990. He also received the Pierre Janet Writing Award for best

writing on dissociation in 1991. He served as president of the Dutch Society of Hypnosis from 1989-1993, and served as vice president of the International Society for the Study of Dissociation.

He was trained by leaders in the field of family therapy and hypnosis, dissociative disorders and PTSD, e.g., Salvador Minuchin, Carl Whitaker, Luigi Boscolo, Joseph Barber, Jeff Zeig, Kay Thompson, Erika Fromm, Richard Klufit, Dan Brown, Bessel van der Kolk and David Spiegel. He has mentored Ellert Nijenhuis, Ph.D. in his groundbreaking work on somatoform dissociation. He has renewed the interest in Pierre Janet in his early writings on dissociation and the impact on our thinking about dissociation and dissociative processes. His most recent work focuses on phase-oriented treatment of Complex PTSD and dissociative disorders, and he is currently working on a book with Kathy Steele and Ellert Nijenhuis.

Onno van der Hart was born in 1941, just after the Second World War began. He is married to Tanja Rubinstein and has two grown children, a daughter and a son.

I am meeting with Onno van der Hart at his house in Amstelveen. Though it might appear that scheduling a meeting with a fellow countryman would be easy, but this was not true. Onno was not to blame. We had scheduled two other meetings that I had to postpone. Anyway, it was still winter when we tried to meet. After my flight to the Netherlands, a snowstorm fought me on the two-hour ride to his house. I thought forces were against me, that I would have to cancel yet again and give up on my attempt to talk to him in person. Perseverance, a talk with the weather gods, and a telephone call prevented this from being true.

I am in his home office, after a warm welcome out of the cold. I received the usual excuses of a true scientist for the messy look of the office space. Onno denied my attempt to reframe this as a sign of creativity by saying he also knew creative people with well-organized and tidy offices. The office was of normal size, there was a large workspace facing large windows. The workspace was covered with multiple stacks of paper and a computer. There were chairs and a couch and again: papers everywhere. I sat on his couch. His bookcase was remarkable, covering a huge wall from top to bottom. Behind the first row of books, there was another row, so, one really had to know what was hidden rather than just looking at the visible books to know what was present. I wondered if these layers of books were a parallel with his many layers of consciousness, multiple roles, or layers of treatment focus in his current work. I did not ask; I realized it only when I started writing this up.

Yes, I did have a personal interest in this interview. To me Onno had been, and still is, an icon of hypnosis and dissociation, theory and practice in the Netherlands, a man who had contributed so much with his writing and teaching to the current educational level of hypnosis. His ideas about hypnosis found fertile ground in the treatment of trauma patients. He had been under severe attack by False Memory Syndrome (FMS) advocates during the mid-nineties for his observations that dissociative amnesia (often in combination with hypermnesia) for traumatic events is a real phenomenon and for taking the diagnosis of dissociative identity disorder (then called multiple personality disorder) seriously. In Onno's opinion, academic psychologists criticized phenomena and treatment approaches with which they were utterly unfamiliar, and which he had tried to make understandable and valuable. Hypnosis and the unconscious were under attack and it took great courage and belief to hold on to his principles and observations. These psychologists dismissed clinical observations that had already been carefully written up by long forgotten authors like Pierre Janet as well as research that supported these observations. They criticized the role of



hypnosis in memory recollection, refuted the idea that trauma could stop affective and cognitive processing, and that dissociation could create amnesic barriers that remained for years until fragmentary memories burst into consciousness with associated confusion and commotion. Onno had tried to describe the clinician's view, tried to put into a theoretical perspective and engaged in empirical research. Yet the nature of these phenomena can be elusive, and his position is that one should never stop investigating them. Later in the interview he noted that he did not give up on his unbiased observation and endurance, 'for terriers never do'.

Onno van der Hart was born and raised in Amsterdam at the beginning of World War II. He chose not to disclose much about his private life, trying to keep things a bit separated. One of the reasons might well be, I guess, that some boundaries had not been respected in the past, and also that sticking one's head out too far out in the Netherlands while trying to be innovative can be harmful. He probably had learned that the hard way.

**EV:** *You have a very diversified interest. Let me start asking you about hypnosis. What started your interest in hypnosis?*

**OvdH:** *I was studying social psychology at the University of Amsterdam, when in 1968 a fellow student recommended Jay Haley's book, 'Strategies of Psychotherapy,' which was published in 1963. He had learned that this was a most interesting book from someone who knew Kees van der Velden, a social worker who later co-founded the Directive Therapy movement. I was intrigued by it. Subsequently, I found the book, 'Advanced Techniques of Hypnosis and Therapy, The Selected Papers of Milton H. Erickson,' published in 1967, which was edited also by Haley. Both books inspired me to do a master's thesis in psychology in the field of hypnosis (Department of Clinical Psychology, under the leadership of Professor Barendregt). When I subsequently became a researcher at the same Department, I did a study focusing on self-hypnosis as a means of enhancing problem-solving abilities. I was stimulated by the creative aspect of hypnosis for situations that otherwise seemed hopeless and without perspective. In these books I found approaches to break through the impasse, which were appealing to me. I was also tremendously impressed by Erickson's personal history as a boy with polio who made these long trips with a canoe without being able to use his legs. His use of his strengths, his observational skills, developing these to the limit, was impressive for me, though I was not in a comparable situation.*

*The fellow student who recommended Haley's book and I ended up in a job giving group training using the work of Jay Haley and Paul Watzlawick. We had to train existing groups of students in communication skills, and our extra assignment was to help improve their rather problematic group processes. We were creative in developing communication exercises, which, at the same time, were designed to break through, in an implicit way, rigid communication patterns within these groups.*

**EV:** *How was your professional career moving at that time?*

**OvdH:** *There was some tension in this. I was also interested in the family therapy methods of Jay Haley, Paul Watzlawick and Don Jackson, with their emphasis on paradoxical interventions. I was still a student when I did my first family therapy interventions with Freddy Lange, who was then, at the end of the 1960's, an assistant*

*professor in my curriculum. Some time later, after I graduated, I was fortunate to receive an award to study family therapy further in 1971-1972 with Nathan Epstein, at McMaster University in Hamilton, Ontario, and with the family sociologist Norman Bell, at the Clarke Institute of Psychiatry, Toronto, Ontario, in Canada. There I learned an approach that was also problem-oriented, but very congruent in communication, and very direct, and not at all related to hypnosis. So there was some tension there in developing a personal style with which I felt comfortable. After I had come back to the Netherlands, I worked as a family therapist in a psychiatric day treatment center. There I applied the treatment model that I had learned from Epstein, i.e., the McMaster model of family therapy. But at the same time, on the sidelines, I did hypnotherapy for smoking cessation, psychosomatic complaints, phobias, and other circumscribed problems. Then in 1975 I switched to the social psychiatric service in the same institution, where I came across a range of problems for which sometimes family therapy was the treatment of choice and more often individual therapy was needed. And within both domains, more direct, problem-solving techniques could be appropriate. But sometimes more paradoxical and more indirect approaches were called for. A main focus of interest was learning in which situations, with which patients, which kind of approach was called for.*

*I believe that in 1973 it was Richard van Dyck, MD, who decided to bring together a group of therapists, including Freddy Lange, PhD, Kees van der Velden, MSW, Leen Joele, PhD, Dick Oudshoorn, MD, Kees Hoogduin, MD, and myself, who were all inspired by the work of Milton Erickson, Haley, and Watzlawick, and other solution focused, strategic therapists, of whom quite a few had strong interest in hypnosis. We formed a group of seven clinicians named 'the Group of Directive Therapy.' We literally were a group of seven, met at regular times and published our own journal, with seven editors and seven subscriptions. The journal was called the Journal for Directive Therapy, which later launched into a widespread journal in the Netherlands and is still published quarterly. Those first years were magnificent for me because we were able to emphasize the principle, the use or art of creativity in therapy. Mainstream psychotherapy had been rather rigid and dogmatic at that time. We intensely discussed questions such as when does the therapist have to be congruent and direct, and when are paradoxical elements more appropriate. For me, the use of metaphors and symbols were key aspects, while for the majority of our group behavioral therapy protocols became more and more influential. Along the years we were able to publish four book volumes of Directive Therapy.*

*Through the journal, these books, and courses, directive therapy was very influential in the Netherlands at the time. The books were never translated, but they had much in common with publications in the US on Strategic Therapy. Directive therapy matches the symptom profile of the patient and revolts against the stereotyping of this symptom profile. Also the profile had to be placed in a positive frame. Homework was important. We all shared the idea that symptoms were a strategy of solving certain problems, and we believed that our mission was to learn and teach patients more effective strategies. That was the essence. And we enjoyed doing it.*



**EV:** *How did you integrate these ideas and beliefs with the other trainings you received, how did you keep yourself fit?*

**OvdH:** Originally I was trained as a social psychologist, and could call myself psychologist. I followed additional courses and I trained to also become a psychotherapist. Also upon my return from Canada I continued to follow courses and workshops, mainly in family therapy and hypnosis. I believe that my attitude was, and still is, that I can learn from each and every situation. For instance, while living in Toronto, I started taking karate lessons—which I continued in the Netherlands for another 12 years. Yes, it helped me stay fit and in shape, but running and the like would have done the same. Not only did I learn to use my energy effectively, but I especially learned to observe and assess potential dangerous situations and act accordingly. Following this path was also a way of strengthening the value of personal and professional integrity in conflicting situations. I think that those 12 years of karate also illustrate my tendency to pursue a course to the fullest. I am like a terrier, when I am interested in something or find something appealing, I generally do not give up. The practice of karate also taught me that some developments take a very long time, including phases with no apparent progress and phases characterized by sudden growth: transformations of quantity into quality.

**EV:** *How was it coming back from Canada? Could you integrate the things you learned there.*

**OvdH:** I think that living and working in a different country or culture changes one's views on life. One becomes more able to see things from different perspectives. My inner dialogues are often in terms of 'yes, this is one perspective on X, but how can I understand it from another angle?' And – this has been a great joy in my life – I became more connected with colleagues and friends in other parts of the world. On the one hand, I have been working in the same institution for almost 30 years, and on the other hand I have moved through the years from one working place to another: those various universities, the Institute of Psychotrauma, and now the Cats-Polm Institute in Zeist: a small institute dedicated to research into the psychological sequelae of child maltreatment. The year in Canada had also wetted my appetite for living in another country. My wife and I went to Israel in 1986 for a sabbatical, with our two children, as an experiment to assess whether we would like to start living there. I was working in an outpatient clinic in the north of Jerusalem, and I had a marvellous time there. Our children were going to elementary school and kindergarten and soon spoke Hebrew better than we did. Still, the general situation, with all the terror involved, was a tough one. Finally we decided to go back. We left in the Summer of 1987, and two months later the intifadah started.

**EV:** *A lot of people, especially outside of the Netherlands know you from your first book 'Rituals in psychotherapy' that came out in English in 1983 and 'Coping with loss' which was published in English in 1988. Why the interest in rituals and loss?*

**OvdH:** Through personal loss and through having witnessed unresolved grief in people around me, I have probably been sensitized to the subject of loss and mourning. In 1974 I read an article of Mara Selvini Palazzoli and her colleagues about the role of symbols

and rituals in family therapy. I thought this was great! This has inspired me very much. I could see what she wrote in front of my eyes. Let me tell you about the example of a two-year-old girl whose baby brother had died in hospital due to multiple complications and birth defects. Her parents had never told her about his birth and subsequent death in the hospital. This girl stopped eating after this tragedy happened. The parents undertook family therapy. In the article Selvini Palazzoli described how the therapists encouraged the parents to start talking about the baby brother and how they advised them to carry out, together with the little girl, a ritual in which they would bury his baby clothes in their garden. If I remember well, the girl started to talk about her brother and started to eat after the ritual session. I thought this was therapy of remarkable beauty, and I was impressed by the beauty and power of the symbolism that they were using. I applied this approach in a more systematic way, especially with regard to unresolved grief and mourning. On the one hand, I developed a cognitive framework and a set of guidelines, and on the other hand I tried to develop a dialogue with clients in order to develop a common understanding of the problem and I subsequently stimulated them to create their own leave-taking ritual. The remarkable and curious thing was that during the writing of this book, my training in social psychology and sociology and my interest in anthropology helped me embrace, in my own way, the scope from individual intrapsychic processes to the social and cultural dimensions of people's sufferings and ways to alleviate them. Key concepts were transition and continuity; words which I used as the subtitle of the book. I described therapy in this book as a co-creation in which a shared intangible reality was transformed in a way that was symbolic, yet concrete and practical. In the example of the little brother who is not there while at the same time he is felt to be there... how can a child make an image of this? It is not tangible, not visible. Symbols and metaphors make this reality of what was and what isn't there anymore more tangible and more visible, and rituals enable our experience of this reality. Incidentally, I also found out that these rituals did not always have to be performed in outside reality: some clients were able to carry out imaginary leave-taking rituals in hypnosis.

**EV:** *How did you later in your career get so strongly involved in dissociation and multiple personality disorder?*

**OvdH:** The book had put me firmly on the track of mourning and rituals, but in 1980 something strange had happened. Looking back, this has been a critical phase in my career. I refer to the treatment of a patient that I diagnosed with DID (formerly MPD). There was also very serious Axis II psychopathology, but for me the diagnosis of DID was clear. I must add to this that the treatment failed dramatically, because of my inability to deal with those Axis II problems. Nevertheless, the realization of having witnessed, and dealt with, alternating consistent patterns of behaving and experiencing sensitized me for being much more observant of disruptions in the flow of consciousness and communications in patients.

Onno told me how the treatment went, and how he gradually became more and more convinced about the clear-cut differences in the manifestations of dissociated behavior and personality. Sadly, but for privacy reasons – upon Request by Onno van der Hart, more details about this case had to remain off the record.

**OvdH:** The differences in manifestation were striking for me, but I think that my reading of Ellenberger's 'The Discovery of the Unconscious,' as well as Hilgard's 'Divided



Consciousness,' had enabled me to develop a cognitive schema within which these dissociative phenomena could be placed. If not, maybe I would have dismissed the patient's difficulties as merely Axis II problems or as 'hysteria'. Later, in 1983, I observed the same dissociative phenomena in another patient. I discussed these observations with colleagues, and I believe that because of this my name went down the drain. I had received some respect from colleagues due to my earlier work we just spoke about, but I had the impression that they were thinking 'Hey, there's something strange going on with him.' There were colleagues who were sceptical but yet also curious, but there were also those who were extremely prejudiced. If there is one thing that I hate, it's close-minded narcissism and having fixed professional opinions about phenomena which one hasn't really studied.

While these DID cases remained a small minority in my caseload, nevertheless I became generally more involved in complex trauma cases, and I had to develop treatment approaches. Hypnosis had a major place in them—not as an uncovering technique but for the containment of traumatic memories and for ego strengthening. I must add that it was only during the early eighties that I began to realize the negative impact of child abuse and neglect upon personal development. Still with shame I remember a client telling me during the 1970's that she had been sexually abused by her uncle and I responded with a wall of incomprehension.

When I prepared to leave for Israel in 1986, my colleague Suzette Boon temporarily took my caseload, in which there were several DID patients, from me when I left for the year. Her initial attitude was indeed one of scepticism and concern about what had happened to me. But she, too, became able to see the reality of dissociative phenomena and understand its traumatic background. She became one of our country's leading therapists in this area. Moreover, she started to do excellent research, together with Nel Draijer, on the diagnosis of DID. In recent years, both Suzette and Nel are doing groundbreaking research with regard to false-positive DID cases—indeed, a growing problem, apart from the problem of the false-negative ones. When I returned from Israel, we got more referrals of dissociative disorder patients and specialized in this area: a situation which, I remember, made one colleague wonder in public why there was an 'epidemic' of DID patients in the south of Amsterdam and not in his own town. In the late 1980's we formed a dissociative disorders team, which is still in existence. We were trained by Richard Klufit, among others, whom I still consider to be the best clinician in the dissociative disorders field.

In the mid 1990's things changed dramatically. The issue of recovered memories versus false memories popped up, with an unimaginable virulence. Self-proclaimed experts, with no clinical expertise whatsoever in the field, declared that dissociative amnesia does not exist, that DID is an iatrogenic disease, and so on. By contrast, it took me nine years of clinical experience and study to write my first paper, together with Suzette Boon, on trauma and dissociation. And not only our clinical approaches were criticized, but also our personal motives for treating DID patients were questioned: weren't we engaged in those treatments, because they were long-term therapies and therefore, could give us more money?! In other words, our personal and professional integrity was attacked. Things did not become as terrible as in the United States, with its ugly law suits and the closure of treatment units for severely traumatized patients, but still... The

situation is quieter now. Some of the false memory advocates have begun to realize that they have really overstated their case. And among clinicians there has been a growing awareness of the fact that not all reported abuse is true and of the dangers of suggestions of abuse. I think that there have been cases of falsely accused parents, which is a terrible thing. On the other hand, among the false memory advocates I have missed even a fraction of the sympathy for survivors of childhood abuse that has been expressed for the accused parents. That is a curious fact to my mind.

**EV:** You received a professorship at the university of Utrecht in 1992. Did you feel that that meant acknowledgement for your work?

**OvdH:** Yes, I think there was appreciation for my work in trauma. I don't have much to say about this. Maybe it was related to the fact that I had firmly committed myself to the treatment and study of survivors of chronic traumatization, in whom I found so much dissociation. Maybe, there was also some appreciation for the fact that I was committed to a theoretical understanding of dissociation. Inspired by Ellenberger, the history of dissociation has become a fascination for me. I found Pierre Janet's observations and theoretical notions, including his psychology of action, still most important but extremely neglected. Those who referred to his work often had only superficial notion of what it was about. I started to refresh my high school French, in order to read his original writings: what a clinical and theoretical goldmine did I discover! Janet has multiple references to his predecessors, whom I also started to read. These historical treasures, together with our own clinical observations and more current insights, formed the basis of the theory of the structural dissociation of the personality that Ellert Nijenhuis, Kathy Steele and I are developing, and that we also put to test in experimental research.

**EV:** Could you explain what is meant by the concept of structural dissociation?

**OvdH:** Let me start with an historical aspect of the answer.

(Onno rises and takes a book from his cabinet. The book, '*Major Symptoms of Hysteria*,' is written by Janet), and Onno starts to cite:

"Hysteria is a form of mental depression characterized by the retraction of the field of personal consciousness and a tendency to the dissociation and emancipation of the systems of ideas and functions that constitute personality." These systems of ideas and functions have their own sense of self; you can call them ego states, personalities, identities – I guess there are more than 20 synonyms – that have remained unintegrated in the personality as a whole. Their separate functioning can take place in a parallel or in a sequential (i.e., alternating) fashion. I would say that this is a core idea of the theory of the structural dissociation of the personality. But then along came Charles Samuel Myers, an experimental psychologist and MD, who served in the British Army in France during World War I. He saw numerous patients with shell shock or what we would now call PTSD. He described how these patients were found in a mental situation in which they re-experienced the trauma, which he called the 'emotional personality.' This was followed by a situation in which a so-called 'apparent normal personality' dominated, in which there was no preoccupation with, and sometimes-even amnesia for, the trauma. This 'apparently normal personality,' at the same time could have somatoform dissociative symptoms such as anaesthesia, paralysis, contracture, mutism. These



*symptoms disappeared when subsequently the 'emotional personality' took over. So, the basic or primary (trauma-induced) structural dissociation of the personality is one between a single 'emotional personality' and a single 'apparently normal personality,' a phenomenon that we find in simple PTSD. However, with more extreme, longer lasting trauma, especially when experienced at a very young age, further fragmentation of the personality may take place. Ellert, Kathy, and myself, as well as other colleagues, have described this in terms of secondary and tertiary structural dissociation of the personality, and it is our combined effort to describe the structural aspects of these further dissociations. In our opinion, they take place along evolutionary developed psychobiological systems, in particular those related to animal defense response patterns. We feel that understanding this theory helps to dissolve the extreme confusion, which exists with regard to dissociation. For instance, it would become immediately clear that the current distinction between posttraumatic symptoms of intrusion and dissociative symptoms is nonsense: both are dissociative in nature, the former being positive dissociative symptoms and the latter negative dissociative symptoms. It would also become clear that using the concept of conversion symptoms or disorders for somatoform dissociative symptoms, such as the anaesthesia and mutism that I just mentioned with regard to Myers' observations and that have been systematically studied by Ellert, is stupid in the extreme.*

*The treatment of people with trauma-induced disorders basically concerns the resolution of the structural dissociation of the personality, by exposing the dissociative mental systems, with their respective mental contents, to each other in carefully planned steps that promote integration and precludes re-dissociation. In practical terms, the model suggests that the treatment is phase-oriented – as is now the standard of care in the field. In the first phase, the level of functioning of the apparent normal personality is raised by gradually overcoming phobia of mental contents, dissociative personalities, as well as the phobia of contact with the therapist. If the integrative level has been sufficiently raised, the phobia of traumatic memories – Janet was the first to use this statement, in 1904--can be addressed in the second treatment phase by stepwise exposure and prevention of re-dissociation. In the third phase, integration of the personality, overcoming phobia of intimate attachment, and coping with life in non-dissociative and otherwise non-avoidant ways are the main goals.*

**EV:** *That is a very lucid and comprehensive overview. As a final question let me ask you about hypnosis, our start-up question: what is the role of hypnotic techniques in these treatment phases.*

**OvdH:** *I think hypnotic techniques can play important roles in all of these three phases: as I said before, much more in the service of containment and ego strengthening than for the exploration of traumatic memories.*

The interview had to end here: our time was up. More questions lingered in my mind especially after his last answer. But alas. Listening to Onno, I felt that a passionate man was describing his theory on the dissociative process for which he and others were now finding empirical evidence, e.g., by studying somatoform dissociation, which according to him, is a forgotten and neglected territory by contemporary scientific community. In emphasizing the dissociative nature of many somatoform symptoms, many WWI physicians were more

correct in their view than modern North-American psychiatry, which still espouses 'conversion disorders,' as Onno discussed in our interview, and which was clearly documented in an upcoming paper he sent me two days after the interview.

Three things were remarkable for me: the first was that while there is not one single comprehensive theory for trauma and other mental disorders, there was integration of various elements of observation in Onno's theory of structural dissociation. Tics, anaesthesia, and freezing were not linked in a comprehensive way to life experiences prior to this. Another element was that the treatment was matched with their theoretical phase-oriented model in separate processes. The third element was the careful, reserved style in which Onno talks about his work: modest, with the emphasis on the work, not on the person.

It was the passion still that lingered on in my mind when I drove home. Two days after the interview I received two papers by e-mail, one on the theory of structural dissociation and one containing a historical description of somatoform dissociative symptoms in WWI with the subtitle: 'a neglected clinical heritage'. This reflected the passion again that I felt during the interview. It is hopefully the same passion that will find another audience in the International Society for Traumatic Stress Studies, since Onno is member of the Board. I remember him saying to me that he felt that there was a lack of emphasis on phase-oriented treatment in this society. Treatments for patients with simple PTSD were well described and there was good rationale to use them, and also the use of different techniques were sensible and so on, but there exists very little emphasis on the treatment of chronically traumatized individuals, i.e., those in his terms with secondary or tertiary structural dissociation of the personality. Indeed, if the dissociative process could be described in primary, secondary and tertiary dissociation, treatment should be modelled in the same fashion. The theoretical framework to which Onno has contributed so much has definitely found a scientific and clinical audience. We will hear more about this without any doubt.



## SOME NOTES ON THE 15TH INTERNATIONAL CONGRESS

October 2 – 7, 2000 at the University in Munich, Germany

Burkhard Peter, PhD



Peter Bloom gives an award to Burkhard Peter in recognition of organising this successful congress.

It was a great honour and pleasure to contribute to the success of this biggest congress in the history of ISH. The hosting society, the Milton Erickson Society for Clinical Hypnosis in Germany (M.E.G.), is very proud of having organised this prestigious event of the international hypnosis community and wants to express its gratitude to all faculty members and attendees who contributed to this congress. Its success was also highly dependent on the support of the co-sponsoring hypnosis societies of Austria, Germany and Switzerland: The German Society for Hypnosis

(DGH), the German Society for Dental Hypnosis (GSDH), the German Society for Autogenic Training and Medical Hypnosis (DGÄHAT), the Swiss Society for Clinical Hypnosis (SSCH), the Swiss Medical Society for Hypnosis (SMH), the Austrian Society for Autogenic Training and General Psychotherapy (ÖGATAP), and the Milton Erickson Society for Clinical Hypnosis and Short-Term Psychotherapy, Austria (MEGA).

Almost all of the prominent representatives of hypnosis were in Munich, the seniors of hypnosis, e.g. Herbert Spiegel and John Watkins, as well as the very young, highly promising shooting stars, e.g. Pierre Rainville. Most of the well known members of the international academic hypnosis community attended the conference like Helen Crawford (USA), Antonio Capafons (Spain), Etzel Cardena (USA), John Gruzelier (England), Irving Kirsch (USA), Stephen Lynn (USA), Vilfredo de Pascalis (Italy), David Fourie (South Africa), Istvan Meszaros (Hungary), Alan Schefflin (USA), Naoki Watanabe (Japan), to name only a few. And there were also the Presidents of ISH (be it Past-, Present or Elect), i.e. Graham Burrows (Australia), Peter Bloom (USA), Walter Bongartz (Germany), Eva Banyai (Hungary), and Karen Olness (USA).

Among the German speaking academics were Henriette Walter from the University of Vienna, Vladimir Gheorghiu from the University of Giessen, Dirk Revenstorf from the University of Tübingen, O. Berndt Scholz from the University of Bonn, and Willi Butollo from the hosting University of Munich. Prominent representatives of the Ericksonian approach to hypnosis were also present like Jeffrey Zeig, Michael Yapko or Stephen Gilligan. These are only a few names of all those colleagues who presented 287 lectures and taught 140 workshops.

So, many of the attendees had great problems to choose which presentation to attend because most of them were very interesting, clinically instructive, and many of high scientific standard. 1192 German speaking (Austria, Germany, Switzerland) and 278 non-German speaking colleagues were registered regularly. Additionally there were more than 63 dentists who registered for a special DentHyp-Symposium on Monday and Tuesday, and more than 400 colleagues who registered for single days. Taken together we had more than 1500 attendees.

This congress reflected very well the good reputation hypnosis and hypnotherapy have regained in the German speaking countries, i.e. Austria, Germany and Switzerland since the 1980's, among clinicians and researchers. This is due to the joint efforts of the societies of these countries and their representatives. Thanks to all for their help to bring hypnosis again en route to the main stream of psychotherapy.

You can still get the 'Book of Abstracts' of the congress. Price: DM 20.00. Send order and payment via VISA or MasterCard to: MEG-Stiftung, Konradstr. 16, 80801 Munich, Germany. Fax: +49(89) 3402 9719

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## THE 2000 MUNICH CONGRESS OF HYPNOSIS – A REVIEW

Maria Tosello

Congresses are, or should be, manifold happenings where different cultural levels, styles or fads are confronted along with creativity, organisation, spirit of enterprise, and adaptability. There you can pick up the first hints of future changes or revolutions; differences extenuate, similarities look different, opinion dogmata retrench. There it is difficult to cheat; the audience is disenchanted, exacting: whatever you assert must be proved; each word carefully pondered with its family tree at hand to prove its authenticity and adequateness. But it is also a common territory to meet prominent people, whose work you read about in books and magazines, to demolish false idols, to make new friends. And the Munich Congress did not disappoint.

The problem was the choice, from the beginning. That's the place where ubiquity should be basic (isn't it after all one of the many possible hypnotic phenomena?). How to choose between a rich array of workshops led by eminent clinicians and a Symposium on Suggestion, that very old mechanism which 'left its finger prints in our neurology', present in our everyday life and studios, revisited and extended in depth?

Then the peculiar ups and downs of Ericksonian hypnosis, which remind you of G. Vico's 'courses and recourses', growth and decay on human thought. Ten years after the sudden explosion of Erickson's fame following J. Haley's '*Uncommon Therapies*' his multifarious approach was strongly criticized in Toronto ("Will the real Erickson please stand up?") in 1985; then again in this congress, mainly organized by the Milton Erickson Society (M.E.G.), many voices questioned his key assumptions void of empirical support, complained the reliance on clinical anecdote, the lack of systematic investigation, the superficiality of training of most Ericksonians, whilst Burkhard Peter pointed out the usefulness of a 'wise unconscious' as a *therapeutic tertium*, a concrete, useful metaphor of a locus of control given back to the patient.

The weakest presence was probably that of research. Hypnosis is a strong tool with weak theories, even after the significant contribution of the Canadian brain imaging studies during the 'brain decade' of the 90's. Now the researchers seem to work isolated in a fragmented way on marginal issues, yet hypnosis has now a legal therapeutic status in most countries while the research tools keep improving in sophistication. Yet it was not always like that. Is the splendid period of intense, highly debated lab experiences of scientists such



as Hilgard, Orne, Barber, etc. in the USA, Granone in Italy, Banyai in Hungary – just to name a few – over? Let's hope not. I was glad to be part of the tribute to a scholar and explorer of human personality, John Watkins (even if I wonder why his wife, colleague and collaborator of many working decades, Helen H. Watkins, was, in my opinion, too kept aside). I was also impressed by the number of studies on the German 20th century history and the strong need to understand the misuse of hypnotic methods to indoctrinate people.

I am grateful to Robb Stanley for his tackling a long overlooked vocabulary puzzle. As a matter of fact, his proposal takes only two words and their difference into consideration: hypnosis and hypnotherapy, but it might be a beginning. We need to agree on the definitions of words such as hypnosis, trance, hypnotism, dissociation, depth etc. to be able to exchange opinions with a common terminology. Let's hope we can some day agree to face the problem in concrete terms.

The parenthesis '*Film and Hypnosis*', a *Performance of the German Society of Hypnosis*, DGH was a pleasant break. It showed a collection of film abstracts on the theme of hypnosis and the different ways of presenting and interpreting the phenomenon. Unfortunately quite a few of those films are under such severe copyright laws, which make it impossible to have one single photogram printed even in schoolbooks.

The synaesthetic experience of painting, music and poetry presented on the first evening was the least convincing of all (had it not been for Prof. De Benedittis' less exuberant but clearer theoretical approach to the same theme) because of the too loud, too bright, too chaotic presentation, for which we had to pay an additional 10 DM. And, in my opinion, another waste of money were the 90 DM we paid for a highly disappointing 'banquet' dinner, in spite of its flashy presentation, of poor choice, poor food, not sufficient to adequately feed the many guests. (On top of that, I had the personal experience of leaving my camera with my raincoat in the hotel cloak-room, at the time well guarded by many smart ladies, who had disappeared just as had my camera when I went back to retrieve my belongings to go home, with nobody to complain to.) Completely positive was the ESH-COR meeting of October 4, followed by an excellent self-service supper. Probably because of the limited number of participants, new people could get acquainted with the 'old' ones, things could be extensively talked over, decisions could be reached, and selections through vote could be made.

The only sore spot in the excellent Congress organizing machine was the unexpected cancellation of as many as 46 workshops, a decision not known in advance by both lecturers and attendees. The disappointment was high. The fact is that people differ in the way they organize themselves. Some make up their mind largely in advance; others, the majority I think, wait: you never know...; some just pop in when they are on the spot. That makes it very difficult for any organizers to decide.

A few workshops were hastily reprogrammed but the inconvenience remained for many. Apart from that and some rainy weather, the Congress was a success, the results up to the expectations, the atmosphere warm, the guests friendly, and Munich a charming city, difficult to leave. I came back with a heavy bag of news for our members at the Centro Italiano di Ipnosi Clinico-Sperimentale, CIICS, and greetings for our founding president, Prof. Franco Granone, from his old friends, mindful of his long contribution to the study of hypnosis. He was glad to receive them, but did not have the time to reciprocate because a few weeks later, on October 21st, he died. Now our society has the task to reorganize itself.

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## RIGHT-WING POPULISM: SUGGESTION AND DEMAGOGY

A panel discussion at the 15th Congress of the ISH in Munich, October 2000

Panel: Hans Kanitschar (chair), Claire Frederick, Shaul Livnay, Vladimir Gheorghiu.

Right-wing populism is a threat to humanity and democracy in many civilized countries. Demagogic politicians utilize various emotions of the public in order to achieve their goals and collect voters. Some of those politicians misuse hypnotic and suggestive techniques, some of which they learned in courses of NLP. This panel was designed without any formal papers. The special situation in Austria, where there is a right wing populist party in government, the situation in Israel where there is a centre-right 'fundamentalist' party in government will be briefly described as will the 'religious right', a fundamentalist movement in the United States that attempts to control political parties in the name of God. The panel members related to right-wing extremism, each from their national perspective, without any pretension of equating them. We expected a lively exchange of opinions in the following discussion, which started with following questions:

1. How to deal with the misuse of suggestive techniques in politics?
2. How to deal with a right wing populist party in the government? (Austria)
3. How can racism and xenophobia generally be prevented/contained?
4. How can hypnotherapists and the ISH contribute to solutions?

The panel took place on Friday evening with about 30 participants. There was a very committed and lively discussion after the panel members had given their statements. Vladimir Gheorghiu pointed out rational and emotional elements of nationalistic demagoguery and also spoke about the dangers of moralistic dichotomising. He pointed out, that even 'tolerance' can be used in a repressive way. Participants from several countries referred to the use of a devaluing language against immigrants, asylum seekers and minorities. Hansjörg Ebell from Munich expressed his deep concern about people having been killed in the streets of Germany just because they have another colour of skin. Shaul Livnay pointed out the use of suggestive paroles and the utilization of victim roles by extremist parties. He stressed the importance of deconstructing enemy-images and reaching out hands for friendship. I referred to the report of 'three wise men' (EU-political experts) about the Austrian government and the political nature of the FPÖ (Freiheitliche Partei Österreichs), the so-called 'Freedom Party' and the use of ambiguous language by members of that party which leads peoples emotions against other people. Éva I. Banyai, the new President of the ISH, referred to the left spectrum of demagoguery and to the specific history of the Eastern European countries, especially Hungary, where people have developed knowledge and techniques of resistance. I had the opportunity to show some pictures of the visible resistance in Vienna (a container and a tent just in front of the government building), which is still continuing. The discussion had to be closed too early because time was out. There was a great wish to continue discussing these topics on the next international conferences in Rome and Singapore.

Any member of ISH and/or ESH who is interested in continuing discussion and/or joining a new world-wide E-mail group to exchange opinions and ideas to these topics is invited to contact me.

Hans Kanitschar, Ph.D., Gumpendorferstrasse 135/23, A-1060 Vienna, Austria. E-mail: [kanitschar@teleweb.at](mailto:kanitschar@teleweb.at)



## INTERNATIONAL SOCIETY OF HYPNOSIS AWARD CEREMONY

Munich 2000

The ISH Board of Directors takes great pleasure in announcing the winner of the Benjamin Franklin Gold Medal, presented in Munich, October 2000. This prestigious award is ISH's highest honour and is given no more often than every three years at the International Congress of Hypnosis. The Gold Medal is engraved with the ISH Logo on the obverse and a personalized inscription on the reverse as follows:



**The Benjamin Franklin Gold Medal to  
Graham Dene Burrows, AO, KSJ, MD.**

*Distinguished Leader, Prodigious Scholar,  
and Innovative Clinician.*

*You have profoundly influenced the administration,  
teaching, and professional practice of clinical and  
experimental hypnosis throughout the world.*

*Munich 2000*

Graham joins the ranks of previous awardees: Milton H. Erickson, M.D. (Philadelphia 1976), Ernest R. Hilgard, Ph.D. (Melbourne 1979), Martin T. Orne, M.D., Ph.D. and Emily C. Orne (Glasgow 1982), Josephine R. Hilgard, M.D., Ph.D. (Toronto 1985), Per-Olof Wikstrom, D.D.S. (San Diego 1997).

In addition, the ISH Board of Directors is pleased to announce the winners of the annual Ernest R. Hilgard Award for Scientific Excellence and the Pierre Janet Award for Clinical Excellence, both for the year 2000. The awardees for 1998 and 1999, previously announced, were also presented in Munich. These awards are crystal bowls engraved with the ISH Logo on the bottom that rest on wooden bases to which is attached a nameplate bearing the name of the award and the recipient. Unlike the Gold Medal, the inscriptions for these two awards are not personalized, but reflect the guidelines for selecting the winners.



**The International Society of Hypnosis presents the  
Ernest R. Hilgard Award for Scientific Excellence  
for 2000 to**

**Vladimir A. Gheorghiu, Ph.D.**

*Whose lifetime of published experimental  
work substantially advances the understanding  
of hypnosis and the ability to predict the  
outcome of its applications.*

This award was presented to Kenneth S. Bowers, Ph.D. for 1997, André M. Weitzenhoffer, Ph.D. for 1998, and Peter W. Sheehan, A.O., Ph.D., for 1999.

**The International Society of Hypnosis presents  
the Pierre Janet Award for Clinical Excellence for 2000 to**

*(two awardees were selected this year)*

*Dirk Revenstorf, Ph.D.*

*(and to)*

*Herbert Spiegel, M.D.*

*whose lifetime of published clinical experience substantially advances the understanding  
of the uses of hypnosis and obtaining effective results in clinical practice.*



*Dirk Revenstorf, Ph.D. is presented his award.*



*Herbert Spiegel, MD, is presented his award.*

This award was presented to Erika Fromm, Ph.D. for 1997, Moris Kleinhauz, M.D. for 1998, and Helen H. Watkins, M.A. & John G. Watkins, Ph.D. for 1999.

Congratulations to all the award winners.

Peter B. Bloom, MD, Past President, ISH Chair, ISH Awards Committee 1997-2000  
and Dabney Ewin, MD, Giampiero Mosconi, MD and Burkhard Peter, PhD, Committee members



We also had the pleasure to give an award to the youngest and most delightful member of the hypnosis family: Amalie Bongartz, daughter of the ISH Past-President Walter Bongartz and his wife Bärbel, who honoured us with her attendance at the congress banquet and during the congress. Her award was a toy Koala.

We wish her and her parents all the best!

*Amalie, the youngest member of the Bongartz Dynasty.*



## HYPNOSIS EFFECTS ON GASTRODUODENAL MOTILITY – PRELIMINARY RESULTS

Miroglio G., Zentilin P., Vismara V., Savarino V.

*Gastroenterology Department – DIMI – University of Genova (Italy)*

Gastroduodenal motility is regulated by a complex balance between inhibitory and excitatory neuronal and humoral factors. Motility disorders may be caused by a break of this balance and their presentation includes a wide variety of symptoms such as nausea, vomiting, abdominal pain, distension, constipation, and diarrhoea. Pharmacological therapy may relieve many of these symptoms and controlled studies showed interesting results by means of hypnosis in patients with irritable bowel syndrome.

Nowadays, however, there are few studies regarding the modifications caused by hypnosis on gastroduodenal motility, which is certainly regulated by the central nervous system. The aim of this study was to assess the hypnosis effects on gastroduodenal motility both in healthy subjects and in dyspeptic patients and the possible differences between these two groups. After overnight fast, a probe was placed, through oral-pharyngeal way, in gastric antrum and in duodenum and the position of open-tip, two in antrum and two in duodenum, was confirmed fluoroscopically. Manometry was performed using a water-perfused assembly of four fused polyvinyl tubes. A pneumohydraulic infusion system with negligible compliance perfused the tubes at 0.5 ml/min. Pressure was measured with external strain-gauge transducers. The examination lasted for 150 min at least, to control regularity of I.M.M.C. The hypnotist suggested the subject into "trance" sensations of gastric contraction and relaxation, hunger and satiety for at least 15 min each one and at intervals of 5 min of rest.

Preliminary results confirm that the hypnotized subjects can perfectly simulate fasting, satiety, gastric contraction and relaxation. In our opinion, it is very interesting that hypnotized subjects can control the different parts of the stomach (fundus, corpus, antrum, pylorus) with great precision. So, our preliminary data clearly show that gastroduodenal motility can be modified by the mind.

Gianni Miroglio, M.D., Specialist in Gastroenterology, C.I.I.C.S. Representative with ISH

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## HYPNOSIS IN THE FUTURE

*Susanna Carolusson, M.Sc.*

There has been a debate on hypnosis – is it a tool or a therapy in its own right? Ed Frischholz wrote in ISH Newsletter, Vol. 24: "The term hypnotherapy communicates little or nothing about the communication of the clinical interaction." He claims that hypnosis should not be regarded as a therapy in its own right. I agree and will explain why, with arguments from a practical, Swedish point of view.

In Sweden the government accepts only one strategy and that is: You are allowed to use hypnosis if you are a nationally licensed professional, but only within the frames and under the ethical rules of your professional competence. There is no license as hypnotherapist, and when we, many years ago, tried to achieve such, the documentation needed to prove hypnosis as a sovereign therapy was far from enough. From what I have received from the middle European attempts to document research, this is not the kind of documentation asked for by our authorities. There is, however, enough research done already to prove hypnosis as an efficient method. That is probably why the Swedish Government restricts hypnosis to the licensed practitioner, and thus it is not regarded as a new age or alternative treatment modality. In Sweden, we are very happy with this restriction.

The Swedish Society of Clinical and Experimental Hypnosis, SSCEH, is an organisation for various therapeutic and medical professionals. Our licensing psychotherapy education with hypnosis covering one quarter of its program is a psychotherapy education with hypnosis as a tool for diagnosis, treatment method and a measure of understanding transference phenomena. You can see from my vocabulary that there is a psychodynamic touch. The curriculum was approved by the Swedish National Board of Health & Welfare as a psychodynamic psychotherapy education. We adhere to the personality and developmental psychology as described in object relations – and psychodynamic theory. We also teach attachment theory, which is less bound to a school, but my point is (as Dr Frischholz already wrote), that there must be an underlying theory of human functioning in a teaching program. This theory will influence how you work. We use many cognitive strategies, which can be used by cognitive therapists also. The difference from the CBT program may be that we presuppose that the psychodynamic knowledge is of utmost support in clinical practice, not the least when you are dealing with character and personality disorders. It offers a deep understanding of transference phenomena that we don't find elsewhere. Well, my point is not to market one school before another, but to suggest that hypnotic theory is a theory of therapeutic method and therapeutic communication, but that is not enough to claim independency as a therapeutic school.

Another example is 'Ericksonian Therapy'. From the newsletters of Ericksonian Societies it seems like they actually form an independent school of psychotherapy. But reading Milton Erickson in original, he appears to be very knowledgeable of psychodynamic theory and in his letters he uses psychodynamic language to explain his hypnotic inductions and his theory of the therapeutic relation in hypnosis. What the Ericksonians have done is to explain what happens in therapeutic change on a communication-systemic level, but those theories do not substitute the models of aetiology and developmental, normal-pathological psychology. When I work clinically with hypnosis,



I have developed an intuitive skill, which may cause a feeling of being very a-theoretical in clinical practice. However, when I teach hypnosis in psychotherapy, the system and the students demand from me a theoretical model that offers an intelligible explanation for what I do and why, what the client did and why. In these efforts I have done what I believe we all have to do as academics: we choose a favourite model that seems to us to be most valid from our experience. Outcome studies of hypnosis don't offer these models. Outcome studies offer evidence that hypnosis works and that is not enough for claiming that 'hypnotherapy' is an academic psychotherapy school.

Of course we must continue to encourage research and publication of studies where hypnosis is used. That is a valuable use of our energy. But to claim that hypnosis is a unique psychotherapy school is to deny its roots in psychoanalytical (J. Breuer, S. Freud, P. Janet, Erica Fromm) as well as in behavioural theory (C. Hull, the early Wolpe, E. Jacobsson, Hartland). I believe it to be a worthwhile investment of time and energy to form educational programs teaching clinical hypnosis, hypnotic competence and how hypnosis can be understood and used in the light of psychodynamic, behavioural, cognitive, cybernetic and/or existential theories. Those theories are already there and we don't have to invent them anew or give them new names.

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## FLEMISH SOCIETY OF SCIENTIFIC HYPNOSIS – VHYP

### Vlaamse Wetenschappelijke Hypnose Vereniging

The 3-days Spring Congress in March 2000 on Medical Hypnosis '*Psycho-Soma-Tics*' was a great success. In his lecture Dr. Nicholas Covino guided attendants along the history of medical hypnosis; in his style of presenting, humour and scientific knowledge were interwoven and was highly appreciated. In his workshop on medical hypnosis he gave an overview of a variety of medical illnesses where working with hypnosis is more or less successful. Bernhard Trenkle opened a wide scope of Ericksonian hypnosis work and also stimulated attendants to get access to their own resources; his famous '*Löwengeschichte*' (lion story) and other stories and jokes clearly showed how he has integrated Ericksonian work with personal creative story telling. The local press paid much attention to the congress: interviews and newspaper reports provoked a lot of reactions from the Belgian public; our website has often been visited since then, and we have been overwhelmed with requests for referrals; it is quite satisfying that more and more well-informed people with realistic knowledge of hypnosis, are asking for treatment with hypnosis in a professional context.

Since January we have started 'booster' sessions for 'old' members: for a number of people, and as far as I know, it is quite common to quit working with hypnosis a few years after their training; with these sessions we try to offer them new inspiration and practice to rediscover their initial or new motivation and spirit in working with hypnosis. It also is a nice opportunity to meet colleagues, share experiences, and start intervention sessions. The first workshop was highly successful. Nicole Ruysschaert gave a workshop on 'Self-hypnosis in Managing Stress: discovering inner harmony in a world of change'; other sessions are planned to take place every 2 months.

Our website can be visited at <http://www.vhyp.be> – some English information is under construction.

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## QUEBEC SOCIETY OF HYPNOSIS – SQH

### Société Québécoise d'Hypnose

Although neither members of our Board of Directors nor representatives of the S.Q.H. were able to be present at the 15th Congress of the I.S.H. in Munich, we managed to get a glimpse of its outstanding program through the attendance of one of our members. Bernard Couët, a psychologist, gladly agreed at our request to prepare a summary of the conferences and workshops he attended. His eloquent and informative text was published in our recent bulletin *L'en transe*, thus allowing our members to read about national-socialism, the dangers of stage hypnosis, ego-state therapy, the phenomenology of the relationship between client and therapist in hypnosis, as well the award granted to Dr. H. Spiegel. We also included in the latest issue of the *L'en transe* some of the key features of the forthcoming 16th Congress of the I.S.H. on hypnosis and hypnotherapy, to be held in Singapore in 2003.



Our annual conference was held on November 3rd and 4th, 2000, and included a number of workshops, which were greatly appreciated by our attendants. Our website project is well on its way. We hope to publish articles in French as well as a description of our goals, address and other services offered by the S.Q.H. Finally, the Board of Directors is considering other projects for 2001.

Mario Beaulieu, D.D.S., President, S.Q.H.  
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Ph: +1(514)990-1205, Fax: +1(514)733-8772

## DANISH SOCIETY OF HYPNOSIS – DSH

### Dansk Selskab for Hypnose

The only news the Danish Society of Hypnosis can present at this time is that we are going to host a 4-day workshop with Michael D. Yapko, Ph.D. from California. Last year we had a 2-day workshop on Hypnosis and Treating Depression, that was so successful that the participants wanted to get double the input from Michael this year.

Anne-Marie Harnum, licensed clinical psychologist, President DSH, Rosenborggade 12, 1130 Copenhagen K, Denmark.  
Ph: +45 3311 0081; Fax: +45 3311 5581; E-mail: hypnosis@get2net.dk

## BRITISH SOCIETY OF MEDICAL AND DENTAL HYPNOSIS – BSMDH

We were fortunate to have Jack and Helen Watkins leading a workshop in the UK last October. It was a very informative and enjoyable weekend. We were delighted that they agreed to an audiotape of the course being taken. Anyone interested can get details from:

Dr Trevor Grattage,  
75 Burringham Road, Scunthorpe, Lincs. DN17 2DT,  
E-mail: trevorgrattage@doctors.org

In June we are joining with the BSECH for a conference in conjunction to our AGMs. This will be in Ilkley, Yorkshire – a very beautiful part of Britain. There will be a papers programme on 14 and 15 June and the weekend workshop on 16 and 17 June is split between Dr David Rogerson, who is a Consultant in Anaesthetics and Pain Relief and Dr Ed Frischholz. Their topics are Hypnotic Techniques in Pain Control and Hypnosis in the Treatment of Anxiety Disorders. All members of ISH are welcome. The contact details are:

Mrs Carmen Sawers, 74 Harcourt Road,  
Harrogate, North Yorkshire, HG1 5AB.  
Telephone: +44 (0)1423 562064.  
E-mail: casawers@surfaid.org or grahamedsmith@doctors.org

## FRENCH ASSOCIATION OF HYPNOTHERAPY – AFHYP

### Association Française d'Hypnothérapie

The French Association of Hypnotherapy is well. The number of students is growing more and more and at present we have 179 members and 29 students.

Recently, Ericksonian Hypnosis was brought to the attention of the French public. Many articles in newspapers (Nouvel Observateur, ça m'intéresse, Elle, le Monde) talk about it, even two TV shows were dedicated to it, one done in a Children's Hospital in Paris.

June 9th will be 'the great day' as it is the date of our congress under the title 'Hypnosis at the Sunrise of the Third Millennium'. We will talk about comparative results between behaviour therapies and hypnotherapy with children suffering from school anxiety, about contributions to palliative care, about treatment of some forms of psychosis, and the treatment of addictions (smoking). In October, Eric Mairlot will hold a training day.

AFHyp, 74 rue Lamarck, 75018 Paris, France. E-mail: dfayolet@noos.fr

## GERMAN SOCIETY FOR DENTAL HYPNOSIS – DGZH

### Deutsche Gesellschaft für Zahnärztliche Hypnose e.V.

Good news from the DGZH in Germany. The society is growing and has over 900 members by now – a very favourable development since its foundation in November 1994. The press conference all over Germany and Austria on Wednesday, September 20, 2000 – the 'Day of Gentle Dental Treatment' – was a big success. About 130 dentists participated in this event and there were TV broadcasts and newspaper articles all over the country. We want to thank all our members for their enthusiasm. The number of telephone calls for information was rising remarkably during the weeks after the campaign and is still impressive. The more members in a society actively work for its aims the more success will be the result.

Our well-established congress on Gozo – one of the Maltese islands – will be held from April 4 to 11 this year. Many renowned lecturers will be present. All the participants are looking forward to attending Victor Rausch's workshop on Rapid Induction of Hypnosis; Geoff Graham will teach us how to quit smoking effectively and how to use refined NLP techniques in the dental practice.

The ISH-Congress in Munich last year was a great event for every one of us. It was a great pleasure to be there as one of the constituent members of the biggest and most successful association of societies working with hypnosis.

The annual meeting of our society in 2001 takes place at the Steigenberger Hotel in Berlin from September 14 to 16 and is strongly recommended both for experienced practitioners and beginners in dental hypnosis. For those interested in the fascinating possibilities of our field we offer an introductory workshop as well as information for integrating hypnotic procedures and treatment styles into the daily routine. For the more advanced there will be supervision, work on new aspects of gentle dental treatment and insights into the work of renowned experts.

Every year the DGZH looks forward to new events and challenges in the future, kindly offering information and assistance to all interested in dental hypnosis. Don't hesitate to contact us!

Deutsche Gesellschaft für Zahnärztliche Hypnose (DGZH) e.V., Esslinger Str. 40, D-70182 Stuttgart, Germany.  
Phone: +49(711) 236 0618; Fax: +49(711) 244 032; E-mail: mail@dgzh.de



## GERMAN SOCIETY OF HYPNOSIS – DGH

### Deutsche Gesellschaft für Hypnose

**D**id you visit our 'Blue Island' at the International Congress in Munich? If so you will be informed quite well about what we are going to do next in the DGH. If not please go on reading...

Most therapists are interested in the so-called 'psycho-somatics'. But do you know what 'hypno-somatics' means? If you don't you should join our congress in Bad Lippspringe in September, because there we are going to confront Western and Eastern healing traditions. We will show that hypnosis and hypnotherapy are the only Western forms of healing that can heal both – the mind and the body. Since 1998 we discussed in the DGH whether hypnosis and hypnotherapy can perhaps be compared to, for example, Ayurveda. And now we will show you how. Ericksonian hypnotherapists from the United States (Betty Alice Erickson, Jeff Zeig), hypnotherapists of the European tradition (too many to count them all) and experts from Asia (Dr. Koirala) will put forward exciting propositions on 'hypno-somatic' healing. Also, you can find alternatives to the so-called 'biological psychiatry' and we will present our performance on 'Film and Hypnosis' again.

You want to read more about us? Great. For those who are interested in how to become a hypnotherapist, here is good news: We just formulated a new Curriculum in DGH, in which hypnotherapy as an original form of psychotherapy will be one aim to be reached. This will be a great step for all of us who have been working for an original hypnotherapy for so many years.

Dipl.-Psych. Georg Milzner, Institute for Hypnotherapy, Adersstr. 72, 40215 Düsseldorf, Germany;  
Ph: +49(211) 3857 201; Fax: +49(211) 3857 202

## GERMAN SOCIETY FOR MEDICAL HYPNOSIS AND AUTOGENIC TRAINING – DGAHT

### Deutsche Gesellschaft für ärztliche Hypnose und autogenes Training

**T**he high point for our society last year was the Annual Meeting in Blankenburg/Harz. From the Board of Director's view it was once again a very successful meeting. The lectures held were published in last October's newsletter. Studies on the effectiveness of hypnosis are to be added to the topic of 'Therapy with Hypnosis'. At the lively and well-attended members assembly, the new Board was elected. Starting with the President, Dr. Günter R. Clausen, all members of the old Board were re-elected by a large majority. The internationally renowned Prof. D. Langen (posthumous) and Dr. Mensen were appointed honorary members for their outstanding achievements for our medical society.

At the 15th International Congress of Hypnosis in Munich, we took part with lectures and seminars of hypnosis. We fostered the important exchange with ISH, e.g. through contact with the Secretary/Treasurer and the German-speaking Simone Pakin, and also with the European Society of Hypnosis. A Scientific Advisory Committee of all German speaking hypnosis societies was founded and in future we are going to actively participate in it. It is good news that the number of academic teachers for autogenic training and

hypnosis is increasing. The list of therapists and teachers in hypnosis and the DGAHT membership directory can be accessed via the World Wide Web: [www.dgaehat.de](http://www.dgaehat.de). We are very active in recruiting new members for the International Society of Hypnosis within the DGAHT membership.

At the moment we are very busy preparing for an Autogenic Training and Hypnosis Symposium for the Congress of the Medical Society for Psychotherapy '75 years Medical Psychotherapy – Review and Training', held in Berlin on June 1 – 3, 2001. Our Annual Meeting is going to take place on June 22 – 24 in Schmitten near Frankfurt/Main. The topic is: 'Autogenic Training and Hypnosis in the Medical Practice and the Hospital'. In the long term we are already planning for the 8th Annual Conference on June 21 – 23, 2002 in Blankenburg/Harz.

Dr. W.-R. Krause, Kreiskrankenhaus Blankenburg, Thiestr. 3-10, 38889 Blankenburg/Harz, Germany;  
Ph: +49(3944) 962186, Fax: +49(3944) 962222, e-mail: [psychiatrie@kh-blankenburg.de](mailto:psychiatrie@kh-blankenburg.de)

## MILTON ERICKSON SOCIETY FOR CLINICAL HYPNOSIS GERMANY – MEG

### Milton Erickson Gesellschaft

**S**ince January 2001, M.E.G. has a new managing officer, Monika Kohl. She began working in the central office of M.E.G. in Munich in November 1999, and was already operative and responsible in the organization of the 15th International Congress of Hypnosis in October 2000. You will hear more from her in the next issues of this Newsletter.

Under the leadership of Dirk Revenstorf, President of the Academy of M.E.G., a Scientific Committee of the German-speaking hypnosis societies was founded at the 15th International Congress of Hypnosis in October 2000. All professional hypnosis societies of the German speaking countries, Austria, Germany and Switzerland, are members of this committee which, under the presidency of Ulrike Halsband, PhD, Professor of Neuropsychology at the University of Freiburg, seeks to foster the scientific reputation of hypnosis and hypnotherapy in these countries.

There is a new book, which promises to become the new textbook for the hypnosis education programs in the German speaking countries and a best seller among German hypnosis books. It came out right at the 15th International Congress of Hypnosis in October 2000 and sold more than 1700 copies within 4 months, i.e. until End of January 2001:

Dirk Revenstorf & Burkhard Peter (Eds.) (2001).

*Hypnose in Psychotherapie, Psychosomatik und Medizin*  
(*Hypnosis in Psychotherapy, Psychosomatics and Medicine*)

(Heidelberg: Springer – 801 pp, DM 98.00).

Almost all prominent colleagues of Germany, Austria and Switzerland contributed, as well as a few colleagues from abroad, like Graham Wicks from Australia, Brian Alman, Stephen and Carol Lankton, Michael Yapko and Dabney Ewing from USA, and Onno van der Hart from The Netherlands.



Right at the congress in October another book came out, too:

De Pascalis, V., Gheorghiu, V., Sheehan, P. & Kirsch, I. (Eds.) (2000).  
*Suggestion and Suggestibility. Theory and Research.*

(München: MEG.-Stiftung – 252 pp., DM 30.00 + DM 5.00 H/S)

You can order it directly at M.E.G. (Visa/MasterCards welcome)

See also: [www.MEG.Stiftung.de](http://www.MEG.Stiftung.de)

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

Fax: +49(89) 3402 9719, E-mail: [Monika-Kohl@t-online.de](mailto:Monika-Kohl@t-online.de).

Website: [www.Milton-Erickson-Gesellschaft.de](http://www.Milton-Erickson-Gesellschaft.de); Weblink: for books and journals: [www.MEG-Stiftung.de](http://www.MEG-Stiftung.de)

## HUNGARIAN ASSOCIATION OF HYPNOSIS – HAH

### Magyar Hipnózis Egyesület

The Hungarian Association of Hypnosis accepts as its regular members only psychologists, medical doctors and dentists who have been trained in hypnosis, while anyone who accepts the aims and policy of HAH can become a supporting member. The Association has about 250 regular members and about 80 supporting members. The majority of the supporting members are colleagues in hypnosis training and university students.

HAH has been publishing "Hipno-Info" for over ten years. Every Hipno-Info has two parts. The larger part is intended for and sent to the regular members only. This contains original papers from the members, technical notes, case studies, discussions, and translations of foreign-language papers in the areas of clinical and experimental hypnosis. The newsletter part of Hipno-Info contains information about the public life of the Association (minutes of the meetings of the Executive Board, forthcoming courses, meetings, congresses, Open Days, Round-table Discussions, announcements, etc.). This is received by every member.

HAH organizes an annual conference called "Hypnosis Meeting" at the end of May every year, where clinical and experimental papers are presented as well as workshops conducted –sometimes with foreign participants. The 12th Hypnosis Meeting will be held in Szeged, in the South of Hungary, between May 25–27, 2001. The yearly General Assembly of HAH is also held at the Hypnosis Meeting. HAH also organizes several "Open Days" a year, in order to promote interdisciplinary discussion among representatives of various psychotherapeutic methods and those of hypnotherapy, discussing both practical and theoretical issues. Many of our members, who are working in similar fields, have a common interest in working together in "workshops" (e.g. Pain Workshop, Child Hypnotherapy Workshop, Active-Alert Workshop). HAH offers one or two training courses in clinical hypnosis every year (one course lasts for about two years). There is also a regular forum of supervision where advanced students as well as hypnotherapists can discuss problems arising in hypnotherapy.

### Educational standard of HAH

The following requirements are needed by a trainer in hypnotherapy according to the constitution of Hungarian Association of Hypnosis.

*Theoretical seminary trainer:* qualification for hypnotherapy, skill and proper activity

regarding theoretical and research issues of hypnosis (at least one first authorized international publication), at least 5 years of research practice. The Board decides on the qualification of the candidate following the proposal of the Committee of Education.

*Practical trainer:* psychotherapist certificate, co-trainer practice at least at two basic hypnotherapeutic trainings, 5 years of hypnotherapeutic activity, qualification for therapeutic group leading. The board decides on the qualification of the candidate following the proposal of the Committee of Education.

*Self-knowledge trainer:* All practical hypnotherapeutic trainers and the colleagues, who meet the following requirements: psychotherapist certificate, 5 years of hypnotherapeutic activity, qualification for therapeutic group leading.

*Educational standard:* The criteria of participation are a medical or psychological certificate, 150 hours of self-knowledge training, and a certificate of psychopathology.

*Structure of education:* – hypnosis self-experience (15 hours of individual or 30 hour of group)

– 20 hours theoretical hypnosis seminars (in small groups)

– 120 hours practical training containing demonstrations, self-experience, and supervision in the form of closed groups

– 30 to 60 hours supervision

The fee of the education: 500 HUF/person/hour.

*Closing essay:* To get a certificate you have to produce a closing essay, which has to be accepted by the Committee of Education. The fee for this is 5000 HUF. The closing essay has to be a hypnotherapeutic case study.

The education of those colleagues, who use hypnosis as an adjunct, differs from the standard form as follows: They are not required to absolve 150 hours of self-knowledge training, but are required to write a closing essay, in which the proper professional experiences are summarized. Regarding other issues the criteria are the same as in the standard education.

Hungarian Association of Hypnosis, HAH, Dept. of Experimental Psychology,  
Eötvös Lóránd University, 1378 Budapest 64, Pf. 4, Hungary Ph/Fax: +36(1) 322 7637; E-mail: [mhesecretary@hotmail.com](mailto:mhesecretary@hotmail.com)

## ISRAEL SOCIETY OF HYPNOSIS – IsSH

### האגודה הישראלית להיפנוזה

IsSH is completing a busy winter of activities at the end of March with its annual convention *Hypno 2001*. We have held 6 evening activities which were well attended on diverse connections of Hypnosis and: Gary Quinn on EMDR, Amnon Zvieli on NLP, Tsvia Sar El on Sports, Gil Zalzman on Pseudo-seizures, Nachi Alon on Eastern approaches, and Moti Zwirn & Haim Galon on Nitrous Oxide. *Hypno 2001* will conclude Shaul Livnay's second and last term as President, after 15 continuous years of service in IsSH. The baton will be passed on to a new generation of active members to further develop IsSH's activities. The outgoing Board was well served by Gerard Zonnens direction of scientific activities, Ehud Bodner's organizational skills, Nachman Eckstein's frugal managing of finances, and the support of the other members (Arieh Mishkin, Uri Gan El, Moti Zwirn's unlimited



generosity, & Gabi Golan's creative input). As a result, IsSH was able to thrive over the past three years. Kol ha Kavod to all involved! This year's Hypno will be somewhat modified, combining the successful workshop format with a plenary group simulation comparing four different therapist's approaches (Alon, Atsil, Golan & Zwirn).

Shaul Livnay PhD; 29th November St. 30, 92105 Jerusalem, Israel.  
Ph: 972-2-566-5950, 972-54-341-202, Fax: 972-2-567-2076, 972-54-341-201

## ITALIAN MEDICAL ASSOCIATION FOR THE STUDY OF HYPNOSIS – AMISI

Associazione Medica Italiana Studio di Ipnosi

**A** MISI, the Italian Medical Association for the Study of Hypnosis, is organizing its XII National Congress.

*'Ipnosi del 2000: Il pensiero di Milton Erickson e dei neo-ericksoniani'*  
(Hypnosis in 2000: Milton Erickson and Neo-Ericksonian thought).

The congress is held in Milan (Italy) at the CARIPLO congress center, via Romagnosi, 6 on November 23, 24 and 25, 2001. For information contact:

MTP srl, Viale Monte Ceneri, 64 - 20155 Milano, ITALY;  
Ph: + 39(02.) 39273293/4; Fax: +39(02). 39255168; E-mail: mtp.milano@tiscalinet.it

The European School of Hypnotic Psychotherapy has started its 2000-2001 academic year. During this year the school began a formal scientific collaboration with two main Universities: The Turin University, Psychology Faculty and The University of Milan, Medicine Faculty. The aim is to cooperate on scientific research projects about clinical and experimental hypnosis.

Mario Cigada, Vice President, AMISI, e-mail: mcigada@kenobi.it

## ITALIAN CENTRE FOR CLINICAL AND EXPERIMENTAL HYPNOSIS – CIICS

Centro Italiano di Ipnosi Clinico-Sperimentale

**T**he restructuring of the Basic Hypnosis Course has been approved and now includes a common training period and two specialist periods directed at:

- Psychotherapists (including approved Psychologists and Physicians)
- Surgeons and Dentists (including Odontostomatologists and Anaesthesiologists)
- Clinicians (including all medical applications)

To satisfy the demand for greater preparation and professionalism of the personnel in contact with patients in health care structures and in tune with international trends to supply advanced tools to be used in relationships with patients, the C.I.I.C.S. School has extended training on the use of hypnosis to Obstetrics and Nursing.

A special Session of the new Basic Course, which will start in Autumn 2001, and will be dedicated to professional health care operators.

Maria Tosello, CIICS; c/o Selene Srl, Via Sacchi, 58; 10128 Torino, Italy.  
Ph: +39(011) 568 3534; Fax: +39(011) 568 1010; E-mail: ciics@seleneweb.com

## ITALIAN SOCIETY OF HYPNOSIS – SII

Società Italiana di Ipnosi

**T**he Scuola Italiana di Ipnosi e Psicoterapia Ericksoniana (Italian School of Hypnosis and Ericksonian Psychotherapy), co-sponsored by the Società Italiana di Ipnosi and by the Milton Erickson Foundation has been recently approved by the Italian Ministry for Universities. By virtue of this approval, the SIPE is now one of the few Italian Schools that can teach psychotherapy to both psychologists and medical doctors and award Diplomas in Psychotherapy. This means that hypnosis, in our country, is considered one of the independent disciplines (like psychoanalysis, cognitive-behaviour therapy, family therapy, and others) which, by itself, allows a student to become a psychotherapist.

The Società Italiana di Ipnosi is organizing – in cooperation with the Italian Milton Erickson Society, and in correspondence with the 100th anniversary of Milton Erickson – an Advanced Seminar dedicated to the Therapist's Self. Here is a more detailed description of the event:

**Società Italiana Milton Erickson – Società Italiana di Ipnosi**

### THE USE OF THE THERAPIST'S SELF IN ERICKSONIAN THERAPY

*A tribute to the 20 years of Jeffrey K. Zeig in Italy,  
in the 100th birthday of Milton Erickson*

**CERTOSA DI S. GIACOMO, ISLAND OF CAPRI, ITALY  
MAY 30 – JUNE 1, 2001**

**KEYNOTE SPEAKERS:** Jeffrey K. Zeig 'The use of the therapist's Self in Ericksonian Therapy'; Michael Yapko 'Erickson, Zeig and The 'Hidden Gem' Hypothesis'; Camillo Lorioed 'Erickson, Zeig and the Therapist's Self'.

**KEYNOTE WORKSHOPS:** Jeffrey K. Zeig 'Lessons from Hypnosis: Developing the Therapist's Self'; Michael Yapko 'Hypnosis and the Reframing of Depression'; Camillo Lorioed 'The Use of the Therapist's Emotions and Fantasies'.

**INVITED PRESENTERS:** Norma and Philip Barretta, Betty Alice Erickson, Brent Geary, Bernard Trenkle.

**FOR FURTHER INFORMATION AND REGISTRATION, PLEASE CONTACT:**  
Società Italiana Milton Erickson (SIME) – Via Tagliamento, 25 - 00198 Rome, Italy;  
**PH:** + 39(06) 854 2130 and +39(06) 854 8205; **FAX:** + 39(6) 854 2006;  
**E-MAIL:** ipnosii@tin.it; **WEBSITE:** www.hypnosis.it

The 9th Congress of the European Society of Hypnosis 'Hypnosis and the other therapeutic modalities in the New Millennium' will be held in Rome in the fall of 2002. We will have confirmation about the dates and Congress venue soon.

Camillo Lorioed, MD, SII. C/o Centro di Psicoterapia, Via Tagliamento, 25; 00198 Roma, Italy  
Ph: +39(06) 854 8205; Fax: +39(06) 854 2006; E-mail: ipnosii@tin.it



## JAPAN INSTITUTE OF HYPNOSIS – JIH

## 日本催眠学会

The 17th Annual Meeting of the Japanese Institute of Hypnosis will be held on September 23 and 24 in Tokyo under the auspices of Tomohiro Kawano, Assistant Professor of Kanagawa Dental University. The main theme of the meeting is 'Life Style and Hypnosis'.

The Journal of JIH, "Hypnosis and Science" will be published once a year where we are planning to introduce consecutively the latest information of the progress of hypnotherapy worldwide. Also we are planning to have our own home page in our web site.

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## JAPANESE SOCIETY OF HYPNOSIS – JSH

## 日本催眠医学心理学会

The last congress of JSH in the 20th century, the 46th Annual Congress, was successfully held on October 20-22, 2000, in Beppu Spa, Ohita, the western part of Japan. The scientific program contained keynote addresses and a symposium that reviewed the hypnosis research in retrospect and suggested the future. The participants were all revitalized through the mesmerizing atmosphere at the Congress, and spa in particular, at the turn of the century. The next 47th Annual Congress, including pre-congress workshops, will be held on August 3 – 5 in Sapporo, Hokkaido, the northern part of Japan.

At the International Congress of Hypnosis in Munich, Prof. Toshimasa Saito, President of JSH and the representative of ISH from our society, read the paper entitled 'The Japanese Norms of Stanford Hypnotic Susceptibility Scale, Form A.'

On August 24, 2001, the workshop by Stephen R. Lankton will be held in Tokyo. We will keep promoting scientific study of hypnosis and 'building bridges of understanding' also in the 21st century.

Hitoshi Kasai, M.A., General Secretary of JSH, University of Tsukuba, Graduate School of Education,  
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## ERICKSONIAN CENTRE OF MEXICO – CEM

## Centro Ericksoniano de Mexico

The Ericksonian Centre of México (ECM), is a place where different ideas and people meet and where we want people to learn about Milton H. Erickson's philosophy, his techniques.

**In the last months we have had two achievements:** The Mexican National Council of Science and Technology (CONACYT) gave our Centre recognition as an advanced research centre. Our training has been granted approval by the Ministry of Education of Guanajuato, México as a *Masters Degree in Ericksonian Psychotherapy*. The State of Guanajuato is

renown for the high levels of education at its Universities and Educational Centers. The Masters course is given simultaneously in México City, in the City of León Guanajuato in Central México and soon it will also get started in the City of Cuernavaca, in the state of Morelos. The Masters course consists of a 540-hour program. It can be taken in a two-year regular course or in an intensive 'open' basis: 360 hours for two months during winter or summer, at the Centre and the rest of the credits (180 hours) can be completed via Internet.

As a part of this plan, teachers must attend exams in order to cover all credits and do a research project that will be presented in a dissertation.

Teresa Robles, Ph.D., the Director, has already presented a work about the use of Ericksonian Psychotherapy in groups. She proposed that working with Ericksonian techniques in different kinds of groups without a therapeutic purpose, leads to therapeutic changes. She worked with three different populations: at an enterprise, with a group of students and with our trainees. The Well-being Index and a questionnaire were used before and after this work for measuring change. The results were highly significant.

The CEM is planning to give this Masters course in other cities in México and in other countries by making agreements with universities through the Education Ministry of Guanajuato, México.

As Peter Bloom said, *we want to keep building bridges of understanding.*

Three of our therapists attended the International Society of Hypnosis congress in October, 2000. Teresa Robles, Ph.D., had a 6-hour workshop about *Hypnotic Techniques For Dissolving Social Double-Binds* and presented a paper with the title: *A Social And Cultural Frame To Understand Pathology And A Proposal To Undermining It*. Maria Escalante, D.D.S., presented a paper about: *Using Children Techniques for Psychiatric Patients* and Adriana Barroso, Dypl. Psych., also a paper on *How to Improve Self Esteem in Young Women When Having a Difficult Relationship*.

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## SOUTH AFRICAN SOCIETY OF CLINICAL HYPNOSIS – SASCH

## Die Suid-Afrikaanse Vereniging vir Kliniese Hipnose

At the executive meeting on 23 February 2001, the following two members were elected as SASCH-representatives with ISH: Dr Louise Olivier (past chairperson, and present vice chairperson, SASCH) and Dr Cecile Gericke (member of the present exco, SASCH).

SASCH had a very informative and successful workshop on 24 February 2001 on different hypnotherapeutic approaches to PTSD and anxiety. It was well attended and well received. From 5 – 9 March 2001 SASCH will present two concurrently running five-day elementary training workshops in Pretoria and Cape Town, which will be attended by a total of approximately 50 psychologists, medical practitioners and intern-psychologists.

The SASCH executive committee and members are very concerned at the number of organizations in South Africa training lay persons in hypnosis lately.

Elise Fourie, Chairperson SASCH. PO Box 73090, Lynnwood Ridge 0040, South Africa.  
Ph/Fax: +27 (12) 807 5426, E-mail: sasch@cis.co.za



## SWEDISH SOCIETY OF CLINICAL AND EXPERIMENTAL HYPNOSIS – SSCEH

Svenska Föreningen för Klinisk & Experimentell Hypnos

### Dear ISH Members,

The information from Sweden will be short this time. The current *hypnosis courses* are running and always over-booked in the big cities. The advanced nation-wide psychotherapy program is now on its last of four years. Whether there will be another, third class of students starting in 2002 is a matter of discussion with the Swedish Government, Ministry of Education. The question is if SSCEH has the standards of a University, which is a prerequisite in the future. Sorry to say, Swedish Universities don't have the tradition, competence or motivation of teaching hypnosis in a coherent, advanced teaching program. And they can't afford to hire consulting teachers, only on a very limited scale.

SSCEH had its *Annual Meeting* in Gothenburg, 24 to 25 March. Our guest lecturer was David Patterson. His seminar contained all the relevant knowledge of the treatment of pain and burn. An economical issue for SSCEH now is the high costs of making our Journal, *hypnos – the Journal of European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine*. We are discussing how to reduce costs. We have many international subscribers among the readers of the ISH newsletter and will ask for your opinion regarding the layout of hypnos. Would you accept a less expensive cover? You don't have to worry about the quality of content – we, the editorial board, will continue to care about the standard of articles and improve our feed-back to contributors, who are refused or asked to revise their papers before publication can be accepted.

Susanna Carolusson, lic psychologist & lic psychotherapist  
Fax: +46 31 137978; E-mail: carolus@algonet.se

## SWISS MEDICAL SOCIETY FOR HYPNOSIS – SMSH

Schweizerische Ärztegesellschaft für Hypnose

We had a very successful annual meeting in November 2000 with many workshops given by our own members and in addition with guest teachers Hans Christian Kossak and Johannes Oelmann from Germany and Susanna Carolusson from Sweden. Our next annual meeting, from November 8 to 10, 2001 will be the 20th Annual Meeting of the SMSH and we plan some special events for this jubilee celebration. One of the highlights will be an interdisciplinary round table discussion. You will be able to get more details nearer to the time from our website [www.smsch.ch](http://www.smsch.ch). Members of the ISH from other countries are most welcome. The Congress language is German.

In September 2001 we have organised a retreat for those responsible for the hypnosis training within the SMSH and will go to the beautiful mountain resort The Rigi in the central part of Switzerland to do some brainstorming on how we can do it even better.

The SMSH is represented in the Scientific Commission of the German-speaking Hypnosis Societies, initiated by Dirk Revensdorf from Germany.

So far we have been able to distribute 150 Certificates of Ability in Medical Hypnosis, a distinction recognised by the Swiss Medical Association.

Jane Wyler-Harper, MD; Ph/Fax: +4(61) 281 1988, E-mail: [wyler@bluewin.ch](mailto:wyler@bluewin.ch)

J. Philip Zindel, MD, President SMSH; Ph/Fax: +41(61) 261 7070; E-mail: [jphilipzindel@bluewin.ch](mailto:jphilipzindel@bluewin.ch)

## SWISS SOCIETY FOR CLINICAL HYPNOSIS – SHYPS

Gesellschaft für klinische Hypnose Schweiz

The last General Assembly of the Swiss Society of Hypnosis, held in Basel, had the title 'Meeting 2000 – 15 Years of the Swiss Society of Hypnosis'. That SHypS has developed from a small circle into a respectable society with more than 200 members gave reason for a special celebration. Through the joint effort of SHypS and its sister-organisation SMSH, hypnosis could be established as a recognised method with psychological and medical societies in Switzerland. The attractive jubilee programme mobilised an unusual number of members and interested people to come to Basel to the Zoological Gardens and its restaurant. In the morning, Bertrand Piccard, psychiatrist and balloonist, who became famous for his balloon trip around the world, captured the audience with his brilliant lecture on 'Hypnosis – A Game with the Unknown'. His message was, in short, that people are sucked into the usual habits and are taught to avoid the unfamiliar, the adventurous and dangerous. But yet in the unfamiliar, and only there, change, growth and evolution can develop. Finally, the unusual can also be found in every day life. Nobody has to do extreme sports in order to develop. As an aside, the famous balloonist mentioned his own experiences and the importance of hypnosis in his own daily routine. SHypS is very proud to count Bertrand Piccard as one of its honorary members.

The second high point of the day was the tour guided by Dr. Jörg Hess on the topic 'Visiting Relatives at the Monkey House', where interested listeners for example had to take note that the genetic makeup of gorillas and men differ by only a ridiculous 1.5% and that therefore these two species according to the new systematics belong to the same family. Most impressive were the descriptions about the high degree of sensitivity and communication amongst the members of the gorilla family. Interesting was also the hint, that most probably because of the highly complex speech, mankind has lost important abilities in nonverbal communication. These abilities have to be laboriously re-learned in psycho-workshops.

We are hoping that upcoming annual meetings, although in more modest circumstances, will be made more attractive through appropriate additions.

Thomas Girsberger, SHypS Fax: +41(61) 931 2513; E-mail: [th.girsberger@bluewin.ch](mailto:th.girsberger@bluewin.ch)



## NETHERLANDS SOCIETY OF HYPNOSIS – NVVH

### Nederlandse Vereniging voor Hypnose

This year, 2001, the Netherlands Society of Hypnosis (Nvvh) celebrates its 70th birthday. As one of the oldest societies in the field of clinical hypnosis, the Nvvh looks back upon a rich history. In 1931 a group of enthusiastic physicians decided to investigate the phenomena of clinical hypnosis and exchange their experience with hypnosis in clinical practice. In its 70 years' history the Nvvh became a professional society with approximately 600 members, physicians, dentists, psychologists, psychotherapists. The education programs of the Nvvh are known as excellent. The Dutch society's anniversary led to the decision to organize a symposium on Saturday the 6th of October 2001 in Amsterdam. 'Widening of Hypnosis' is chosen as the symposium's theme. With contributions from Michael Nash, Giuseppe De Benedittis and Consuelo Casula the symposium will partly carry an international character.

During the second half of last year the training committee of our society succeeded in planning a training program for starting South African trainers in clinical hypnosis. Two of our trainers will start the 'Training the Trainer' program in the course of 2001. The Netherlands Society of Hypnosis wishes all South African colleagues who work with hypnosis, trainers and trainees, lots of success and inspiration in spreading the clinical use of hypnosis.

Henri de Berk, MD, PhD, President of the Nvvh; Herenstraat 1B, 3512 KA Utrecht, The Netherlands.  
Ph: +31(30) 234 1354, Fax: +31(30) 234 0924, e-mail: h.de.berk@worldonline.nl

## AMERICAN SOCIETY OF CLINICAL HYPNOSIS – ASCH

The American Society of Clinical Hypnosis will hold its 43rd Annual Scientific Meeting and Workshops on Clinical Hypnosis in Reno, Nevada on March 23 – 27, 2001. The theme of this year's annual meeting is 'Lifting the Veils Between Science and Practice in Mind-Body Medicine'. The featured speakers include: Andrew Weil, M.D. and Gary Schwartz, Ph.D. Andrew Weil, M.D. is well known as the author of the best selling book 'Spontaneous Healing' and the Director of the Program in Integrative Medicine at the University of Arizona in Tucson, Arizona. Dr. Weil will conduct a workshop, along with Dr. Steven Gurgevich, on 'Nourishing Mind and Body for Optimum Health'. In addition there will be more than 40 advanced workshops that will cover such topics as Treatment of Anxiety Disorders, Post Traumatic Stress Disorder, Treatment of Addictions, Chronic and Acute Pain Management, Ericksonian Approaches, Hypnosis in Medicine and Dentistry, Pediatric Hypnosis, and Hypnosis in the Treatment of Gastrointestinal Disorders, just to name a few. Also we will offer Beginning and Intermediate level workshops which will apply toward ASCH Certification in Clinical Hypnosis. The Scientific Program will include daily sessions and presentations by Alexander Levitan, M.D. on 'Hypnosis, Immunology and the Effect of Pain on the Central Nervous System', Dr. Gary Schwartz who will discuss 'The Living Energy Universe: Applications for Hypnosis and Mind-Body Medicine', Dr. Daniel Brown who will discuss 'The Survival of Hypnosis in the New Millennium' and Dr. Weil who will present on 'Integrative Medicine and Hypnosis' as well as many, many others.

ASCH has undergone several important changes in the past year. First, ASCH has signed a two-year contract for management services with Solutions for Associations, Inc., and Association Management Company. Second, George R. Rounds, CAE, has retired as the Executive Vice-President of ASCH and John E. Kasper, Ph.D., CAE, has assumed the EVP duties. Finally, Thurmon Mott, M.D. is serving as Interim Editor of the American Journal of Clinical Hypnosis while the Society searches for a new Editor. Manuscripts for it should be submitted to Dr. Mott at the ASCH Central Office.

Also, the new ASCH Officers 2001 – 2002 will assume their roles in March of this year. The newly elected officers are: Philip R. Appel, Ph.D., President – Jordan Zarren, M.S.W., DAHB, President-Elect – Julie H. Linden, Ph.D., Vice-President – Michael Flynn, Ph.D., ABPH, Secretary – JoAnn Hunter-Johnson, Ph.D., Treasurer – J. Henry Clarke, D.M.D., Member-at-Large, Dentistry – Claire Frederick, M.D., Member-at-Large, Medicine – Marc I. Oster, Psy.D., ABPH, Member-at-Large, Psychology – Mitch Smith, M.S.W., Member-at-Large, Master's Level – Daniel Handel, M.D., Past-President.

American Society of Clinical Hypnosis, 130 East Elm Court, Suite 201, Roselle, IL 60172-4740.  
Ph: +1(630) 980-4740, Fax: +1(630) 351-8490



## INTERNATIONAL JOURNAL OF CLINICAL AND EXPERIMENTAL HYPNOSIS – CALL FOR NOMINATIONS FOR EDITOR

The Society for Clinical and Experimental Hypnosis has opened nominations for the editorship of The International Journal of Clinical and Experimental Hypnosis for the five year term from 2003-2007 inclusive. Michael R. Nash, PhD, is the incumbent editor (1998-2002). Recent Editors emeriti are Martin T. Orne, MD, Ph.D. (1962-1992) and Fred H. Frankel, MB, ChB, DPM (1993 to 1997). Candidates should be members of Society for Clinical and Experimental Hypnosis and/or the Dutch Society of Hypnosis and should be available by late 2001 to begin planning for editorial transition. By mid-2002 the Editor-elect should be prepared to start receiving manuscripts for issues published in 2003. Please note that the Search Committee encourages participation by members of under-represented groups and would particularly welcome such nominees. Self-nominations are also encouraged.

To nominate candidates, prepare a statement of one page or less in support of each candidate and send to:

**David Spiegel, MD**  
**Chair, IJCEH Editor Search Committee**  
 Stanford University School of Medicine  
 401 Quarry Road  
 Stanford, CA 94305-5544  
**Fax:** +1(650) 725-3762  
**E-mail:** dspiegel@stanford.edu

## SINGAPORE PRIZE DRAW

The prize of an airfare to Singapore to the 16th Congress of Hypnosis and Hypnotherapy was drawn by Professor Bruce Singh, head of the Department of Psychiatry at The University of Melbourne on February 19, 2001.

The winner of the prize is:

**Mr Jahn Falk,**  
 SRH-SHS Rehabilitation,  
 Clinical Psychology,  
 in Neck Argemünd, Germany.

CONGRATULATIONS!

*Prof. Singh, drawing the prize winner.*



## OBITUARY

### In memory of Professor Granone

Professor Franco Granone died on October 21, 2000, a big loss to those who knew him. He will be remembered with affection by all those who met him as a physician and master in his many activities, as the Head Physician of Neurology at the Sant Andrea Hospital of Vercelli, as a Professor of Clinical Psychiatry and Psychology, and in clinical work at the Department of Nervous and Mental Diseases at Turin State and Milan Cattolica Universities. The conferences on Psychosomatic Medicine and Hypnosis he chaired or attended as a Committee of Honour member in Italy and abroad are countless and was even awarded an Honours Degree in Human Behavioural Sciences at San Diego, California. An anecdote tells that some ten years ago, a coincidence of names caused publication in a newspaper of an obituary for Professor Granone, who was saddened at learning he had become famous not because of his decades-long research activity and many scientific papers on hypnosis but for having unveiled the tricks played by the Filipino quacks who had created such a fuss at the time. His cultural work is collected in the famed 'Treaty, a milestone for Hypnosis Schools', even in Latin America. We wish to recall his commitment in spreading the knowledge of and research on hypnosis through the Italian Centre for Clinical and Experimental Hypnosis he was the founder and chairperson of and to which he bequeathed his teachings on hypnosis to physicians and psychologists. He died in perfectly lucid mental condition at the age of 89, broken but not bent by time and so we shall remember him.

*Maria Tosello, CIICS*



## NEW BOOKS

De Pascalis, V., Gheorghiu, V., Sheehan, P. & Kirsch, I. (Eds.) (2000) – *Suggestion and Suggestibility. Theory and Research*. (Hypnosis International Monographs 4) München: MEG-Stiftung ([www.MEG-Stiftung.de](http://www.MEG-Stiftung.de))

Fielding, Simon (2000) – *The Secrets of Hypnosis*. DK Publishing.

Fredericks, Lillian E. & Evans, Frederick J. (2000) – *The Use of Hypnosis in Surgery and Anesthesiology: Psychological Preparation of the Surgical Patient*. Charles C. Thomas Publishers Ltd.

Phillips, Maggie (2000) – *Finding the Energy to Heal: How EMDR, Hypnosis, TFT, Imagery, and Body-Focused Therapy Can Help Resolve Health Problems*. W. W. Norton & Company

Revenstorf, D. & Peter, B. (Eds.) (2001) – *Hypnose in Psychotherapie, Psychosomatik und Medizin [Hypnosis in Psychotherapy, Psychosomatics and Medicine]*. Heidelberg: Springer ([www.MEG-Stiftung.de](http://www.MEG-Stiftung.de))

Staudacher, Hadley (2000) – *Hypnosis for Change*. Mif Books

## SOCIETY HOME PAGES

ISH – International Society of Hypnosis	<a href="http://www.ish.unimelb.edu.au">www.ish.unimelb.edu.au</a>
AFHYP – French Association of Hypnotherapy	<a href="http://www.afhyp.org">www.afhyp.org</a>
ASCH – American Society of Clinical Hypnosis	<a href="http://www.asch.net">www.asch.net</a>
ASH – Australian Society of Hypnosis	<a href="http://www.ozhypnosis.com.au">www.ozhypnosis.com.au</a>
BSH – Brazilian Society of Hypnosis	<a href="http://www.sbhipnose.com.br">www.sbhipnose.com.br</a>
BSMDH – British Society of Medical and Dental Hypnosis	<a href="http://www.bsmdh.org">www.bsmdh.org</a>
CEM – Ericksonian Centre of Mexico	<a href="http://www.hipnosis.com.mx">www.hipnosis.com.mx</a>
DGAHAT – German Society for Medical Hypnosis and Autogenic Training	<a href="http://www.dgaehat.de">www.dgaehat.de</a>
DGH – German Society of Hypnosis	<a href="http://www.hypnose-dgh.de">www.hypnose-dgh.de</a>
DGZH – German Society for Dental Hypnosis	<a href="http://www.dgzh.de">www.dgzh.de</a>
IsSH – Israel Society of Hypnosis	<a href="http://www.israelsohypno.org">www.israelsohypno.org</a>
MEG – Milton Erickson Society for Clinical Hypnosis	<a href="http://www.hypno.org">www.hypno.org</a>
NvvH – Netherlands Society of Hypnosis	<a href="http://thebe.worldonline.nl/~nvvh">http://thebe.worldonline.nl/~nvvh</a>
SCEH – Society of Clinical and Experimental Hypnosis	<a href="http://sunsite.utk.edu/ijceh/scehframe.htm">http://sunsite.utk.edu/ijceh/scehframe.htm</a>

ShypS – Swiss Society for Clinical Hypnosis	<a href="http://www.hypnos.ch">www.hypnos.ch</a>
SMSH – Swiss Medical Society of Hypnosis	<a href="http://www.smsh.ch">www.smsh.ch</a>
SSCEH – Swedish Society of Clinical and Experimental Hypnosis	<a href="http://w1.910.telia.com/~u91011196/#">http://w1.910.telia.com/~u91011196/#</a>
TH-VH – Finland Society for Scientific Hypnosis	<a href="http://www.hypnoosi.net">www.hypnoosi.net</a>
VHYP – Flemish Society of Scientific Hypnosis	<a href="http://www.vhyp.be">www.vhyp.be</a>

## NOTE: THE ISH CENTRAL OFFICE HAS A NEW E-MAIL ADDRESS!

[ish-central.office@medicine.unimelb.edu.au](mailto:ish-central.office@medicine.unimelb.edu.au)

## MEETINGS AND CONGRESSES IN 2001

**April 4 – 11: German Society of Dental Hypnosis, DGZH, International Supervision Week on Gozo/Malta.**

**Contact:** DGZH, Esslinger Str. 40, D-70182 Stuttgart, Germany.

**Phone:** +49(711) 236 0618, **Fax:** +49(711) 244 032, **E-mail:** [mail@dgzh.de](mailto:mail@dgzh.de)

**May 25 – 27: Hungarian Association of Hypnosis, HAH, 12th Hypnosis and Annual General Assembly in Szeged, Southern Hungary. HAH, Dept. of Experimental Psychology, Eötvös Lóránd University, 1378 Budapest 64, Pf. 4, Hungary.**

**Ph/Fax:** +36(1) 322 7637, **E-mail:** [mhesecretary@hotmail.com](mailto:mhesecretary@hotmail.com)

**May 30 – June 1: Società Italiana di Ipnosi, SII – Società Italiana Milton Erickson: The Use of the Therapist's Self in Ericksonian Therapy. A tribute to the 20 years of Jeffrey K. Zeig in Italy, in the 100th birthday of Milton Erickson. Certosa di S. Giacomo, Island of Capri, Italy.**

**Contact:** Società Italiana Milton Erickson (SIME) – Via Tagliamento, 25 - 00198 Rome, Italy;

**Ph:** + 39(06) 854 2130 and +39(06) 854 8205; **Fax:** + 39(6) 854 2006;

**E-mail:** [ipnosi@tin.it](mailto:ipnosi@tin.it); **website:** [www.hypnosis.it](http://www.hypnosis.it)

**June 6 – 9: Danish Society of Hypnosis, DSH, 4-day workshop with Michael Yapko.**

**Contact:** Anne-Marie Harnum, DSH, Rosenborggade 12, 1130 Copenhagen K, Denmark.

**Ph:** +45 3311 0081, **Fax:** +45 3311 5581, **E-mail:** [hypnosis@get2net.dk](mailto:hypnosis@get2net.dk)

**June 9: French Association of Hypnotherapy, AFHyp, congress 'Hypnosis at the Sunrise of the Third Millennium'.**

**Contact:** AFHyp, 74 rue Lamarck, 75018 Paris, France. **E-mail:** [dfayolet@noos.fr](mailto:dfayolet@noos.fr)



**MEETINGS AND CONGRESSES IN 2001** *continued*

**June 14 - 17: British Society of Clinical and Experimental Hypnosis and British Society of Medical and Dental Hypnosis** Joint Conference in Ilkley, Yorkshire.

**Contact:** Grahame Smith, BSMDH, Ph/Fax: +44(70) 0056 0309, E-mail: GrahameDSmith@doctors.org.uk or Phyllis Alden, BSECH, Ph: +44(1332) 766791, Fax: +44(1332) 776863, E-mail: phyllis@alden-residence.demon.co.uk

**June 22 - 24: German Society for Medical Hypnosis and Autogenic Training, DGAHAT**, Annual Meeting 'Autogenic Training and Hypnosis in the Medical Practice and the Hospital' in Schmittgen near Frankfurt/Main.

**Contact:** DGAHAT Secretariat, Postfach 1365, 41436 Neuss, Germany; Ph: +49(2131) 463370; Fax: +49(2131) 463371; E-mail: drclausen@t-online.de

**August 3 - 5: Japanese Society of Hypnosis** 47th Annual Congress in Sapporo, Hokkaido.

**Contact:** Hitoshi Kasai, M.A., General Secretary of JSH, University of Tsukuba, Graduate School of Education, 3-29-1 Otsuka, Bunkyo-ku, Tokyo 112-0012, Japan. Ph/Fax: +81(3) 3942-6848; E-mail: hkasai@human.tsukuba.ac.jp

**August 13 - 17: Psychological Society of South Africa** Annual Psychological Congress at the Caesars Convention Centre, Johannesburg, South Africa.

**Contact:** Psychological Society of South Africa, PO Box 66083, Broadway, 2020 Johannesburg; Fax: +27(11) 616 9377; E-mail: psyssa@psych.co.za

**August 24: Japanese Society of Hypnosis** - workshop by Stephen R. Lankton in Tokyo.

**Contact:** Hitoshi Kasai, M.A., General Secretary of JSH, University of Tsukuba, Graduate School of Education, 3-29-1 Otsuka, Bunkyo-ku, Tokyo 112-0012, Japan. Ph/Fax: +81(3) 3942-6848; E-mail: hkasai@human.tsukuba.ac.jp

**August 30 - September 4: Australian Society of Hypnosis** 31st Annual Congress in Melbourne.

**Contact:** ICMS, 84 Queensbridge Street, Southbank VIC 3006, Australia; Fax: +61(3) 9682 0288; E-mail: ash2001@icms.com.au

**September 14 - 16: German Society of Dental Hypnosis, DGZH**, Annual Meeting, Berlin.

**Contact:** DGZH, Esslinger Str. 40, D-70182 Stuttgart, Germany. Ph: +49(711) 236 0618; Fax: +49(711) 244 032; E-mail: mail@dgzh.de

**September 23 - 24: Japanese Institute of Hypnosis, JIH**, 17th Annual Meeting 'Life Style and Hypnosis' in Tokyo.

**Contact:** Naoki Watanabe, M.D., Saint Marianna University School of Medicine; 2-16-1, Sugao, Miyamae-ku, Kawasaki-shi, 216-8511 Japan. Ph: +81(44) 977-8111; Fax: +81(44) 976-3341; E-mail: n2wata@marianna-u.ac.jp

**September: German Society of Hypnosis, DGH**, Annual Meeting in Bad Lippspringe, Germany

**Contact:** Dipl.-Psych. Georg Milzner, Institute for Hypnotherapy, Adersstr. 72, 40215 Düsseldorf, Germany; Ph: +49(211) 3857 201; Fax: +49(211) 3857 202

**October 6: Netherlands Society of Hypnosis, Nvvh**, Symposium 'Widening of Hypnosis'

**Contact:** Henri de Berk, MD, PhD, President of the Nvvh; Herenstraat 1B, 3512 KA Utrecht, The Netherlands. Ph: +31(30) 234 1354; Fax: +31(30) 234 0924, E-mail: h.de.berk@worldonline.nl

**November 2 - 4: Milton Erickson Society Germany, MEG**: Hypnotherapietage (Days of Hypnotherapy) 2001 & 100. Birthday of Milton Erickson: Psycho-Somatik: Trance - the missing link. Bad Orb.

**Contact:** M.E.G., Konradstr. 16, 80801 Munich, Germany. Fax: +49(89) 3402 9719; E-mail: monika-kohl@t-online.de.

**November 7 - 11: Society for Clinical & Experimental Hypnosis, SCEH**, 52nd Annual Workshops and Scientific Program, Plaza San Antonio, San Antonio, Texas.

**Reservations:** +1(210) 229-1000 **Contact:** Marianne Barabasz, Ed.D., SCEH Fellow, Interim Executive Director, SCEH Central Office, Washington State University, P.O. Box 642114, Pullman, WA 99164-2114. Ph: +1(509) 332-7555; Fax: +1(509) 332-2097

**November 8 - 10: Swiss Medical Society of Hypnosis, SMSH**, 20th Annual Meeting

**Contact:** Jane Wyler-Harper, MD; Ph/Fax: +4(61) 281 1988, E-mail: wyler@bluewin.ch; or J. Philip Zindel, MD, President SMSH; Ph/Fax: +41(61) 261 7070; E-mail: j-philip-zindel@bluewin.ch

**November 23 - 25: Italian Medical Association for the Study of Hypnosis, AMISI**, XII. National Congress 'Ipnosi del 2000: Il pensiero di Milton Erickson e dei neo-ericksoniani' (Hypnosis in 2000: Milton Erickson and Neo-Ericksonian thought)

**For information contact:** MTP srl, Viale Monte Ceneri, 64 - 20155 Milano, Italy; Ph: +39(02) 3927 3293/4; Fax: +39(02) 3925 5168; E-mail: mtp.milano@tiscalinet.it





# AUSTRALIAN SOCIETY OF HYPNOSIS

## 31st ANNUAL CONGRESS

30TH AUGUST – 4TH SEPTEMBER, 2001  
CARLTON CREST HOTEL  
MELBOURNE, AUSTRALIA

*Key  
Note*

PETER BLOOM, M.D.

RICHARD BRYANT, PH.D.

*Speakers*

GRAHAM WICKS, M.B.B.S.

- Programme will feature workshops, scientific presentations by prominent Australian Clinicians and Teachers.
- Carlton Crest Hotel... situated in the inner business district overlooking Albert Park Lake and parklands.
- View information as it comes to hand:  
[www.icms.com.au/ash2001](http://www.icms.com.au/ash2001)

To receive a registration brochure for the above congress,  
please contact ICMS Pty. Ltd.:

Fax: +61 3 9682 0288 or E-mail: [ash2001@icms.com.au](mailto:ash2001@icms.com.au)

[www.worldpsyche.org](http://www.worldpsyche.org)



# INVITATION

Dear colleagues!

In the name of the World Council for Psychotherapy (WCP) I have the honour and the pleasure to invite you to the 3rd World Congress for Psychotherapy that will take place from July 14 – 18, 2002 in Vienna, Austria.

The general theme is 'ANIMA MUNDI, the Challenge of Globalisation': The 'cosmopolitan spirit' should help us to learn to comprehend ourselves and each other better, by comparing the different methods, techniques, cultures and approaches of the Psyche. Globalisation is taking place, cultures are moving together. This gives

birth to anxieties and curiosity. We want to use this opportunity and clarify, by the exchange of the experience of colleagues from around 90 countries, among others the following items: what appearances have partner conflicts in South-America, China, India or Africa? How do we control the standards? How do anxiety, fear, depression and psychosis manifest themselves on the different continents and what do the methods of treatment look like? How do individual and collective fate interact? Which role does spirituality nowadays play in our modern life? In how far does our working-life determine our spiritual needs? Where is the borderline between healthy and sick mental state? Where does psychotherapy range in the healthcare systems of different countries? Which new perceptions do we gain from the research of the biology of emotion? Which consequences do the new technologies have on our emotional life?

Beyond that the Congress offers demonstrations and self-experience groups in all important psychotherapy-methods within the scope of around 80 sub symposia. During the pre-congress on July 13, 2002, workshops will be offered by international top experts from the psychotherapy field. Many international psychotherapy associations will assemble during and around the World congress. The person-centred psychotherapists (and not only those) celebrate '100 Years Carl Rogers'. The City of Vienna will award the 'International Sigmund Freud Award' for the second time. (Modalities for the applications are available at the WCP-Head office; E-mail: [wcp.office@psychotherapie.at](mailto:wcp.office@psychotherapie.at))

With the famous Viennese hospitality the social program rounds off the congress. The City of Vienna invites all our participants to a typical Austrian Summer night's ball in the City Hall. Evenings in the wine taverns on the slopes of the hills surrounding Vienna and concerts will brighten the scientific work of the Congress. And last but not least the World will meet at the World Congress.

Hon.Prof. Dr. Alfred Pritz, President of the WCP

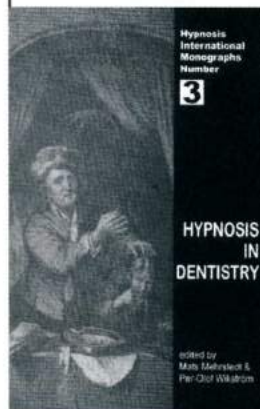


# Hypnosis International Monographs



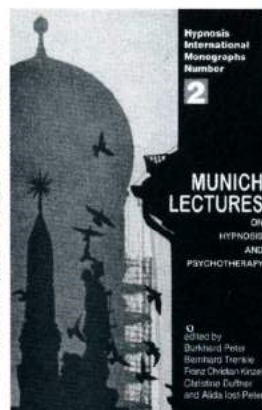
## Nr. 1: Jerusalem Lectures on Hypnosis and Psychotherapy (1995)

The first volume of the Hypnosis International Monographs presents a selection of the lectures given at the 12th International Congress of Hypnosis, July 26 – 31, 1992 and the joint Conference: Ericksonian Hypnosis and Psychotherapy, July 22 – 24, 1992, Jerusalem/Israel.



## Nr. 2: Munich Lectures on Hypnosis and Psychotherapy (1996)

The 2nd volume presents a selection of the English contributions to the 2nd European Congress of Ericksonian Hypnosis and Psychotherapy, held at the University of Munich, October 3 – 7, 1995. This 2nd congress was highly successful as it gathered more than 1,600 attendees from all over the world.

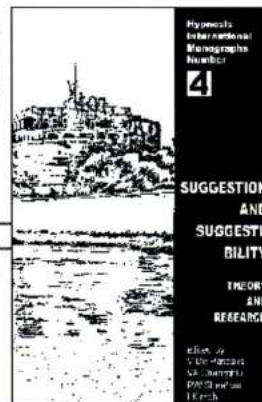


## Nr. 3: Hypnosis in Dentistry (1997)

A special edition with contributions from J.F. Chaves, J.A. Gerschman & Burrows, S. Thompson, M. Mehrstedt, I. Eli & M. Kleinhauz, M. Barsby, J.H. Clarke, E. Somer, and P-O. Wilkström.

## Nr. 4: Suggestion and Suggestibility (2000)

with contributions from V. Gheoghiu, V.De Pascalis, K. Fiedler, J. Förster, D.P. Fourie, J.P. Green, I. Kirsch, E. Koch, S. Kurzenhauserm L-G. Lundh, S.J. Lynn, P. Malinoski, L. Marmelstein, P. Sheehan, I. Wickramesekera et al.



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