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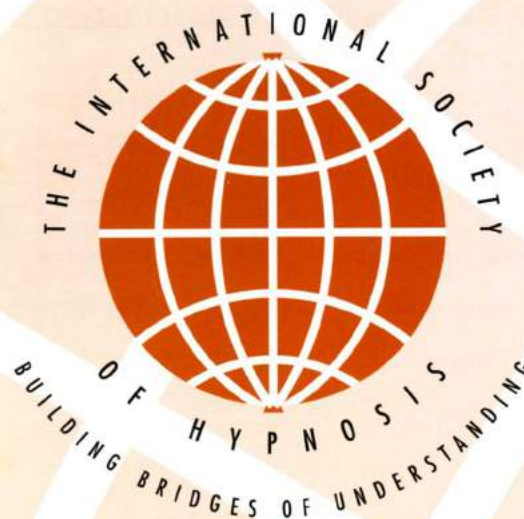
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THE INTERNATIONAL SOCIETY OF HYPNOSIS



NEWSLETTER

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THE INTERNATIONAL SOCIETY OF HYPNOSIS

'BUILDING BRIDGES OF UNDERSTANDING'

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THE 2003 SINGAPORE CONGRESS IS NOW POSTPONED UNTIL 2004

Regretfully owing to the current world situation and due to the number of withdrawals from the Singapore and Phuket meetings the Congress Organizing Committee and International Society of Hypnosis Executive have come to the decision that the meeting must be postponed at this time.

We apologise for any inconvenience this may have caused and invite you to join us next year, 2004 in Singapore (October 17 - 22) when we hope the situation is resolved.

Information about new dates will be issued soon
or please consult the ISH Congress Website:

<http://www.icms.com.au/16ish>



FROM THE NEWSLETTER EDITOR

The world situation dominates many discussions. Many decisions are made in relation to protection of lives, families, businesses, societies. There is a war out there, fear of terrorism, an unstable financial market and there is the news about new diseases like SARS, all these have a quite dramatic impact on the occupation of our thoughts and on how we lead our lives. It goes to the heart. It is sad to see that many initiatives need to be cancelled or postponed. As you will read in this issue, the planned 2003 ISH meeting in Singapore is postponed. This is sad indeed. The ISH conference in Munich 2000 is already too far in the past. Rome ESH 2002 was a good appetizer, and you too may feel the need of this kind of forum.

Postponing ISH has some consequences. The transition of the Presidency and election of members of the Board cannot officially take place. Other transitions and plans are also postponed, which also holds true for me as Newsletter Editor. So we need some resilience to cope with these issues. I do hope this Newsletter will do some good.

What is new in Hypnosis? If you judge that by the number of pages in this Newsletter you might be inclined to say "not much". I disagree. There is a lot going on, but it is not all put to paper yet. And even with my enquiries for facts, figures, and things I have heard at meetings I have attended, I didn't see all 'newsworthy developments' reflected in writing. We need to show more signs of life: and this Newsletter is designed to *get this to you*. The problems I see with getting stories of interest and relevance for this Newsletter may be that the threshold for writing is too high, or it is unclear what people want to know, how it should be presented and to whom it is addressed. Or simply the current world situation keeps us busy doing other important things during this time. I put my money on the latter! Anyway, please let me know your thoughts on keeping this Newsletter newsworthy!

So dear members of ISH, in this Newsletter there will be no Mastermind interview, nor the planned section 'Hypnosis in Japan' (aimed to be a precursor for ISH Singapore), both postponed for a later issue. However, for this issue, I raised the topic concerning 'spam mail outs' *On how to make money fast using Hypnosis*, that we all seem to get in the mail these days. Following my introduction, Erik Hoencamp and Susanna Carolusson share their concerns about these scams and advise all professionals of Hypnosis to steer well clear of them. I thank them both for their frank and open tones. Thanks also to the constituent societies and individual members who have contributed to this Newsletter.

The new Editor for IJCEH has stepped in. Arreed Barabasz has now taken over from Mike Nash. He writes his first editorial note in this Newsletter. We wish him all the best in keeping the high quality of this journal prolonged.

Sadly the position Susan Hearn held as ISH Administrative Assistant, working out of Melbourne is concluding. Like her predecessors Karen Hart and Simone Pakin, I feel Susan has been a good team player putting together Newsletters. On behalf of ISH, I thank Susan for her persistency, creativity, problem solving and assistance, and wish her well for the future.

Eric Vermetten, MD, PhD – Editor, ISH Newsletter

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LETTER FROM THE PRESIDENT

Dear Colleagues,

First of all, I'd like to thank you for all the ideas and suggestions you have sent us regarding the strengthening and extension of the membership of ISH. Partly as a result, we already have new applicants from countries with long history of Hypnosis (even though at the present they have no official Society in their country). This shows that ISH has large reserves to be utilized yet. It has also become apparent that if we rely on the activity of our members, we'll make better progress. Please keep sending us your ideas and suggestions, and beyond this, feel you are all 'ambassadors' of ISH, and make personal propaganda for our society.

Every time I have the opportunity to meet our members in person, my belief is reinforced how important and correct the aims of our society are. Recently, at the beginning of March I participated at the 5th joint conference of the two Swiss Hypnosis societies, the clinical and the medical ones. This meeting was organized with the aim of paying tribute to Ernest R. Hilgard, our founding President. The conference succeeded in fulfilling the motto Hilgard himself set as an aim: 'Clinician and researcher in mutual understanding, each learning from the competencies of the other'. I was impressed by the fact that even those clinicians who themselves had no research experience, emphasized the relevance of research in the domain of hypnosis. And vice versa: researchers could recognize demand for research in new areas. We need many of such meetings.

I am sure the 16th International Congress of Hypnosis would have been like this in August. It is very unfortunate that because of the war in Iraq we had to make the difficult decision of postponing our meeting until the next year. Although there will be no World-Congress of Hypnosis this year, I believe in regional meetings we can realize cooperation regarding the serious problems posed by the current world situation.

I hope we can get the essence of Hilgard's message across to as many people as possible not only in the field of Hypnosis: 'Mutual understanding' and 'learning from the competencies of the other' would be beneficial in all areas of life.

Let's work in this spirit until we meet next year.

Cordially yours,

Éva I. Bányaí, PhD – President, ISH

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March 31, 2003

BRIEF DER PRÄSIDENTIN

Sehr geehrte Kolleginnen und Kollegen,

Zuerst möchte ich euch allen für eure Ideen und Vorschläge danken, die ihr uns zum Thema Stärkung und Erweiterung der ISH-Mitgliedschaft geschickt habt. Eines der Ergebnisse war, dass wir bereits jetzt neue Anwärter aus Ländern, in denen die Hypnose eine lange Geschichte aufweist, gewonnen haben (obwohl diese im Moment noch keine offizielle Vereinigung in ihren Ländern besitzen). Dies zeigt, dass ISH noch über große ungenutzte Reserven verfügt. Es ist außerdem klargeworden, dass wir erheblich mehr

Fortschritt erzielen können, wenn wir uns auf die Aktivität unserer Mitglieder verlassen. Bitte schickt uns weiterhin eure Ideen und Vorschläge. Darüber hinaus solltet ihr euch alle als 'Vertreter' von ISH fühlen und für unsere Vereinigung werben.

Jedes Mal wenn ich die Gelegenheit habe, unsere Mitglieder persönlich kennenzulernen, wird mein Glaube an die Wichtigkeit und Richtigkeit der Ziele unserer Vereinigung von Neuem gefestigt. Kürzlich nahm ich Anfang März an der 5. gemeinsamen Konferenz der beiden schweizerischen Hypnose-Vereinigungen, der klinischen und der medizinischen, teil. Diese Zusammenkunft war mit dem Ziel organisiert worden, unseren Gründungspräsidenten Ernest R. Hilgard zu ehren. Die Konferenz erfüllte erfolgreich das Motto, das Hilgard selbst als Ziel gesetzt hatte: 'Klinische Fachkräfte und Forscher in gegenseitigem Verständnis, wobei jeder von der Kompetenz des anderen lernt'. Ich war besonders beeindruckt von der Tatsache, dass sogar diejenigen klinischen Fachkräfte, die selbst keine Forschungserfahrung besaßen, die Wichtigkeit der Forschung im Bereich Hypnose hervorhoben. Das Gleiche gilt auch umgekehrt: Forscher konnten den Bedarf an Forschung auf neuen Gebieten erkennen. Wir brauchen noch viele solcher Zusammenkünfte.

Ich bin sicher, dass der 16. internationale Hypnosekongress, der im August stattfinden sollte, ebenso verlaufen wäre. Es ist sehr bedauerlich, dass wir auf Grund des Irak-Krieges die schwere Entscheidung treffen mussten, unsere Zusammenkunft auf nächstes Jahr zu verschieben. Auch wenn es dieses Jahr keinen Weltkongress für Hypnose geben wird, bin ich trotzdem für regionale Zusammenkünfte, auf denen wir unsere Zusammenarbeit trotz der ernsthaften Probleme, die durch die derzeitige Weltlage verursacht werden, verwirklichen können.

Ich hoffe, dass wir den Grundgedanken von Hilgards Botschaft so vielen Menschen wie möglich nahebringen können, und zwar nicht nur auf dem Gebiet der Hypnose: 'gegenseitiges Verständnis' und 'von der Kompetenz des anderen lernen' wäre in allen Lebensbereichen von Vorteil.

Laßt uns in diesem Sinne weiterarbeiten, bis wir uns nächstes Jahr wiedersehen.

Mit freundlichen Grüßen,

Éva I. Bányai, PhD – President, ISH

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31. März 2003

CARTA DE LA PRESIDENTA

Estimados colegas,

Para comenzar, quiero agradecerles a todos ustedes por sus ideas y sugerencias que nos han enviado acerca de nuestros esfuerzos para fortalecer y extender la membresía de la Sociedad Internacional de la Hipnosis. Ya tenemos nuevos aplicantes de países con una larga historia de la hipnosis, en parte como resultado de sus esfuerzos (aunque todavía no tengan Sociedad oficial en su país). Todo esto indica que la ISH tiene grande potencial que aún no se ha utilizado. También se ha hecho evidente que, si dependemos de los esfuerzos de nuestros miembros, marcharemos para adelante con más velocidad. Por favor, sigan enviando su ideas y sugerencias y en adición sientanse como embajadores de la ISH y hagan una campaña de propaganda personal a favor de nuestra sociedad.

Cada vez que tengo la oportunidad para conocer a nuestros miembros, se reenfuerza cuan importantes y correctos son las metas de nuestra sociedad. Recientemente, al comienzo de marzo, participé en 5to conferencia conjunta de las dos sociedades de la hipnosis suizas, las sociedades clínica y médica. Dicha reunión se convocó con el propósito de reconocer a Ernest R. Hilgard, nuestro presidente fundador. La conferencia alcanzó la meta que el mismo Sr. Hilgard se propuso: que el médico y el investigador se entiendan mutuamente, que cada uno aprenda de las habilidades del otro. Me impresionó el hecho que hasta los médicos que personalmente no tenían experiencia en investigaciones, pusieron énfasis en el valor de las investigaciones en el campo de la hipnosis. Y vice versa: Los investigadores fueron capaces de reconocer la necesidad de investigaciones en nuevas áreas. Necesitamos muchas reuniones como esta.

Estoy segura que el 16mo Congreso Internacional de la Hipnosis habría sido así en agosto. Ha sido una gran lástima que, a causa de la guerra en Irak, hayamos tenido que tomar la difícil decisión de postergar nuestra reunión hasta el año que viene. Aunque no habrá Congreso Internacional de la Hipnosis este año, creo que podemos conseguir cooperación en cuanto a los serios problemas que enfrentamos en la realidad mundial actual.

Espero que logremos difundir la esencia del mensaje del Sr. Hilgard a cuantas personas sea posible, no solamente en el campo de la hipnosis: Comprensión mutua y aprendizaje de las habilidades del otro sería beneficiosal en todas áreas de la vida.

Trabajemos con esta inspiración hasta que nos reuniamos el año que viene.

Les saluda cordialmente,

Éva I. Bányai, PhD – President, ISH

27 de marzo, 2003

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LETTRE DE LA PRÉSIDENTE

Chères consœurs et chers confrères,

Je voudrais tout d'abord vous remercier pour toutes les idées et suggestions que vous nous avez envoyées concernant le renforcement et l'augmentation du nombre de membres de l'ISH. Elles ont été pour quelque chose dans les nouvelles demandes d'adhésion que nous avons reçues de pays possédant une longue tradition d'hypnose (bien que n'étant pas actuellement représentés par une société officielle dans leur pays). Ceci montre que l'ISH dispose d'importantes réserves qui n'ont pas encore été exploitées. Il s'est avéré par ailleurs que nous progresserons plus vite en nous appuyant sur l'activité de nos membres. Continuez à nous faire parvenir vos idées et vos suggestions et au-delà, considérez-vous vous toutes et tous comme des «ambassadeurs» de l'ISH et faites de la réclame pour notre société.

Chaque fois que j'ai l'occasion de rencontrer nos membres en personne, ma conviction est renforcée que les buts de notre société sont importants et judicieux. Récemment, au début du mois de mars, j'ai participé à la 5^{ème} conférence conjointe de deux sociétés d'hypnose suisses – la clinique et la médicale. Cette réunion avait été organisée dans le but de rendre hommage à Ernest R. Hilgard, notre président-fondateur. La conférence a été fidèle à la devise que Hilgard lui-même avait fixée comme objectif: «Clinicien et chercheur se comprenant mutuellement et tirant chacun un enseignement des compétences de l'autre».

J'ai été impressionnée par le fait que même les cliniciens qui n'avaient eux-mêmes aucune expérience en matière de recherche soulignaient l'intérêt de la recherche dans le domaine de l'hypnose. Et vice versa: les chercheurs reconnaissaient, quant à eux, la nécessité de la recherche dans de nouveaux domaines. Nous avons besoin de beaucoup de réunions de ce genre.

Je suis sûre que le 16^{ème} Congrès International de l'Hypnose se serait situé dans la même optique au mois d'août. Il est malheureux qu'en raison de la guerre en Irak nous ayons dû prendre la difficile décision de remettre notre réunion à l'année prochaine. Malgré le fait qu'il n'y aura pas de congrès mondial de l'hypnose cette année, je pense que les réunions régionales offrent un moyen de coopération concernant les graves problèmes posés par la situation mondiale actuelle.

J'espère que nous arriverons à faire passer le message de Hilgard au plus grand nombre possible de personnes, et pas seulement dans le domaine de l'hypnose: La «compréhension mutuelle» et l'«enseignement tiré des compétences de l'autre» seraient salutaires dans tous les domaines de la vie.

Travaillons dans cet esprit jusqu'à notre réunion l'année prochaine.

Cordialement vôtre,

Éva I. Bányai, PhD – President, ISH

eibanyai@axelero.hu

Le 31 mars 2003

LETTERA DEL PRESIDENTE

Cari colleghi,

Prima di tutto, vorrei ringraziarvi per tutte l'idee e suggerimenti che ci avete inviato a riguardo del rafforzamento e ampliamento del numero di membri dell'ISH. Anche a causa di ciò, alcuni paesi che hanno una lunga tradizione d'ipnosi (anche se al momento non hanno una Società ufficiale nel loro paese) hanno inoltrato domanda per diventare membri. Questo dimostra che l'ISM ha una grossa riserva da cui attingere nuovi membri. E' anche divenuto evidente che se noi facciamo affidamento sull'attività dei nostri membri, avremo un progresso migliore. Vi prego di continuare ad inviarci le vostre idee e suggerimenti, e al di là di tutto ciò, sentitevi di essere tutti 'ambasciatori' dell'ISM, e fate personalmente propaganda per la nostra società.

Ogni volta che ho l'opportunità d'incontrare personalmente i nostri membri, si rafforza la mia convinzione di quanto gli scopi della nostra società siano importanti e corretti. Recentemente all'inizio di marzo ho partecipato alla quinta conferenza congiunta delle due Società d'ipnosi svizzere, quella clinica e quella medica. Quest'incontro è stato organizzato con lo scopo di rendere omaggio ad Ernest R. Hilgard, il nostro presidente fondatore. La conferenza è riuscita a tener fede al motto che lo stesso Hilgard aveva scelto come scopo: 'Mutua comprensione tra clinici e ricercatori, affinché ciascuno impari dalla competenza dell'altro'. Sono stata colpita dal fatto che anche quei clinici che non avevano esperienza clinica diretta, abbiano messo in evidenza la rilevanza della ricerca nel campo dell'ipnosi. E vice versa: I ricercatori hanno saputo riconoscere la necessità della ricerca in nuove aree. Abbiamo bisogno di molti di quest'incontri.

Io sono sicura che, in agosto, il 16° Congresso Internazionale d'Ipnosi sarebbe stato

come questo. Sfortunatamente, a causa della guerra in Iraq, abbiamo dovuto prendere la decisione difficile di posporre il nostro incontro all'anno prossimo. Sebbene non vi sarà un congresso-mondiale d'ipnosi quest'anno, io credo che nelle conferenze regionali, potremo arrivare alla cooperazione per quanto riguarda i seri problemi posti dalla corrente situazione mondiale.

Spero che saremo capaci di diffondere l'essenza del messaggio di Hilgard tra quante più persone possibil, non solo nel campo dell'ipnosi: 'La comprensione reciproca' e 'L'apprendere dalle competenze altrui' sarebbero di beneficio in tutti gli aspetti della vita.

Lavoriamo con questo spirito fino alla conferenza dell'anno prossimo.

Cordialmente vostra,

Éva I. Bányai, PhD – President, ISH

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Il 31 Marzo, 2003



LETTER FROM THE INTERIM SECRETARY-TREASURER

I regret having to advise you that world events have conspired against us. On behalf of the Organizing Committee of the 16th International Congress on 'Hypnosis and Hypnotherapy', and the Executive Officers of the International Society of Hypnosis, I have to advise you that we have reluctantly made the decision to postpone the meetings in Singapore and

Phuket to a date in 2004.

Given the current world situation and the number of withdrawals of both speakers and participants from both the Singapore and Phuket meetings we consider we have no choice but to postpone it otherwise we will not have a professionally or financially viable meeting. Of course more than six years ago when this meeting was first planned the current world events could not be foreseen. There are those amongst you who will not allow world events to influence your travel plans and attendances at conferences, but there are a substantial number who are not comfortable travelling during these more uncertain times.

We are currently in negotiation with the venue in Singapore to find a suitable alternative date for the meeting. It is most likely to be about the same time next year, 2004. We will advise you as soon as possible of the new dates.

We do hope you will be able to join us then.

I apologise for any inconvenience this decision to postpone causes you but I am sure you understand the impact of these world events.

I also want to note that Susan Hearn who has been in the ISH Central Office for the last two years will be finishing in April 2003. We thank her for her work in maintaining the administrative and financial processes of the Society over the last couple of years and wish her well. Her e-mail address will still be active and until we advise otherwise you can still send correspondence to me and to the Society there.

Graham D. Burrows AO KCSJ MD

16th International Congress Chairman

and Interim Secretary/Treasurer ISH



FROM THE CENTRAL OFFICE

In this issue we have announced the winners of the ISH Awards for Excellence in scientific and clinical advances made in Hypnosis for 2001 and 2002. Congratulations to all the worthy recipients.

The elections of Secretary/Treasurer and President-Elect of the International Society of Hypnosis (serving from 2003 – 2006) will be held this year and ballots will be sent to members. The ballot will contain two candidates for each position and you are asked to vote for the person whom you think most appropriate. The Council of Representatives and the Board of Directors of ISH nominate these candidates. Then the ISH Board of Directors rate the nominations, ask the nominees if they would be willing to stand for these positions and the two highest-ranking nominees are the ones you find on the ballot. If you want to be included in the voting, please make sure that you have paid your membership dues for this year.

My two years here in the ISH Central Office located at the Behavioural Medicine Unit, Department of Psychiatry at Melbourne University, are coming to an end in April 2003, and it is time to move on. It has been an enjoyable experience and I would like to thank the Board of Directors and Eric Vermetten our Newsletter Editor for the opportunity of discovering a small part of the 'World of Hypnosis'. Thanks too, to constituent society administrators with whom I have developed a most rewarding 'e-mail rapport', and to members who have kept me on my toes. My appreciation also to Susana Kavadias for her Newsletter Design and Artwork.

I wish you all well and hope that next year the Congress will be a great success with many of you able to participate.

Susan Hearn – Administrative Assistant, ISH

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ERNEST R. HILGARD AND PIERRE JANET AWARDS

INTERNATIONAL SOCIETY OF HYPNOSIS – AWARDS 2001 & 2002

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 years 2001 and 2002. The awardees for 1998 and 1999, and 2000 were presented in Munich. These awards are crystal bowls engraved with the ISH Logo on the bottom, resting 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 HILGARD
AWARD FOR SCIENTIFIC
EXCELLENCE IN 2001 TO:
HELEN CRAWFORD, PhD



THE ERNEST HILGARD
AWARD FOR SCIENTIFIC
EXCELLENCE IN 2002 TO:
DAVID SPIEGEL, MD



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

Previous recipients of the Ernest Hilgard Award for Scientific Excellence: 1997 – Kenneth S. Bowers, PhD; 1998 – Andreo M. Weitzenhoffer, PhD; 1999 – Peter W. Sheehan, PhD, AO; 2000 – Vladimir A. Gheorghiu, PhD.

THE PIERRE JANET AWARD
FOR CLINICAL EXCELLENCE
IN 2001 TO:
PETER BLOOM, MD



THE PIERRE JANET AWARD
FOR CLINICAL EXCELLENCE
IN 2002 TO:
DABNEY EWING, MD



Whose lifetime of published clinical experience substantially advances the understanding of the uses of Hypnosis and obtaining effective results in clinical practice.

Previous recipients of the Pierre Janet Award for Clinical Excellence: 1997 – Erika Fromm, PhD; 1998 – Moris Kleinhauz, MD; 1999 – Helen H. Watkins, MA & John G. Watkins, PhD; 2000 – Dirk Revenstorf, PhD and Herbert Spiegel, MD.

CONGRATULATIONS TO ALL THE AWARD WINNERS

Éva I. Bányai, PhD – President ISH; The Board of Directors of ISH; Walter Bongartz, PhD – Past President, ISH Chair, ISH Awards Committee 2001-2003; Graham Burrows, AO, KCSJM MD, Camillo Loreda, MD, Karen Olness, MD & Eric Vermetten, MD, PhD – Committee Members

MAKING MONEY FAST: SPAM MAIL ON HYPNOTHERAPY

Introduction

Have you ever received a brochure in the mail with this heading 'Making Money Fast: Make \$150K to 300K': or 'Working 1-2 days per week as a hypnotherapist with 2-3 months holiday a year'? What do you think when you read this? Appealing? Disgusting? Do you read it at all, or will it land in the trash before even browsing through the pages? Well, the creative thinkers are a step ahead of you, having anticipated this possibility, and chosen such a fine quality paper that it makes you feel guilty to throw it away before having a look. The layout and colors are eye-catching and subliminally challenge you to look further. And there you are: caught in the web! Reading on: you'd see that this 'mail out' even provides 'Training in Hypnotherapy'. Hey: there you sit, reading this – a busy clinician with a bulky case load, turning every coin over before spending, and here in this glossy brochure you see images of happy laughing people on the inside cover – very appealing indeed. And I ask you, what clinician wouldn't want to identify with this?

The makers of these mail outs use all the suggestive selling techniques in the book: there are no 'no's', everything is positive, there are 'secrets to success', expert trainings, and some even advertise they'll provide you \$200 money back guarantee! Anyone can learn this! Anyone can be a Hypnotherapist!

So what really is at stake here? Is it that I am jealous; perhaps envy people who successfully advertise themselves? Well no, I am not. But I'll tell you, the ethical imperative by which we professionals adhere to is at stake. We treat patients and that is our primary motivation. And yes, we are paid for our services. But reversing the order 'creating wealth' over 'treating patients', creates a commercial imperative that could well sacrifice the credibility, moral responsibility and valuable ethical codes of practice. Moreover, we do not only treat the upper class that can afford expensive therapy.

Therapy is about taking a patient through anxiety, decisions, pain, coping with life problems, death, anger, and the specifics of psychiatric, dental, psychotherapeutic work. The importance of trust between a trained therapist and his or her patient, especially where Hypnosis is used can not be overlooked.

The ethical guidelines ISH has does say we should not teach hypnosis to lay persons. (not a qualified therapist). This article is intended to hear your opinion about this. I must volunteer that I am upset reading about these scams and the possible impact they can have.

"Oef". "Why make such a fuss?" you ask. "It's only a bit of 'junk'(sic), spam mail!" But I caution and challenge that were you given the 'right presentation', and if you weren't careful about looking into it, could be seduced by such a proposal if it landed in your mailbox. Most concerning and importantly is it delivers the wrong message to professionals and the public at large what hypnotherapy is really about. Would you really want to hear: "Ah, you're a Hypnotherapist, you're must be one of these money makers". I have asked several key members to reflect on this topic. Some responded, some needed more time, some deferred. Thanks to Erik Hoencamp who takes the lead in response to these 'spam mail brochures' followed by Susanna Carolusson.

Eric Vermetten, MD, PhD – The Netherlands

Manna and Magic

Recently an eye catching leaflet stating 'Make 50K-100K Per Year' was brought to my attention. It promised, regardless of your earlier training, this substantial amount, working only two days a week after four days of training in Hypnosis/NLP. Above all 'a complete marketing system including all adverts...' was part of the deal. Amazing, it reminded me how many times I had won the jackpot in one of the Readers Digest mailings, the quicker I responded the more I would get.

Manipulating infantile wishes that 'Manna' falls from heaven remains a powerful marketing tool. Also is interesting that magical fantasies about the 'power' of Hypnosis remain a factor that fascinates and attracts people (including professionals). One adage is: that working with Hypnosis, you will never learn to play the violin (better) unless you had the capacities and training for it, i.e. hypnosis does not give you capacities by magic.

To be receptive for this type of marketing mail may give an indication about your position regarding 'manna falls from heaven and other magical (power) fantasies.'

These advertisements, albeit less sophisticated, appear often in (professional) Dutch papers. This is and will remain a reality that has a negative effect on the image of Clinical Hypnosis. Our society and its members should never get involved in this potential abuse of Hypnosis.

Dr E. Hoencamp – The Netherlands

Spam Hypnosis Mail-outs

In this article I have done my best to remain cool headed, correct and objective with my observations into the topic of 'Spam mail-outs regarding Making money out of Hypnosis'. Obviously these days, there are places everywhere that offer services teaching hypnosis to anyone that chooses to, and we cannot stop that happening. But what we can do as professional therapists in clinical work, is to emphasize our sincere interest in caring about and maintaining the ethical principles that bind us and the use of hypnosis according to the knowledge and experience behind the regulations for ISH members.

In some countries such as my own, Sweden, hypnosis is restricted to licensed professionals. Licenses can never be given by an 'accredited prestigious board', but are only by a national government body. In other countries, ISH serves as a guarantee that its members have academic degrees, clinical training and/or some governmental acknowledgement/license.

In reference to the marketing strategies used in the 'mail-outs' that sell 'hypnosis training/accreditation etc'; these appear to me, to be more seductive than I would regard proper as a clinical and ethical professional.

To make another point, the general public often don't know that anyone can form a group calling themselves 'accredited' and 'prestigious'. And are perhaps unaware that a doctorate level does not mean that someone actually has a 'national licence' to work as a clinical practitioner. Here in Sweden even with a PhD in counselling psychology, you still require a governmental license to do clinical work.

Today, there are even some 'institutions/universities' who offer doctorate degrees over the internet, and without any examinations! 'Simply pay an amount of money and

receive your doctorate in a certain amount of days'. Therefore I think it is imperative proof is presented by anyone claiming they have a 'PhD' before they can be a member of ISH or its Constituent Societies. The same requirement should yield to people submitting articles to be published in our papers.

And referring back to 'titles' of degrees, the concept 'Master' is used by the NLP associations after a few months of education and the concept master can often be mistaken for an academic 'Master's Degree'.

In ISH, Hypnosis is meant to be used by a clinician, well trained in both the hypnotic techniques and the psychology, scientific theories and the ethical commitments required for an academic exam in a health and care profession. Experience as a psychotherapist is imperative in order to treat patients. It is true that the hypnotic techniques can be taught effectively in two days (two of the four days is for teaching marketing techniques, says the flier). But impossible to learn how to use it with care and respect for each patients dynamics or structure of personality.

The general public often don't know that these so called 'hypnotherapists' don't know the first thing about the genetics of psychological problems, or how to do and how to use diagnostic procedures, how to deal with sudden *abreactions*, how to differentiate between *ego strength* and *self assertion*, and even how to take care of people with *Post Traumatic Stress Disorders* – a group that often ask for Hypnosis.

This use of advertising will certainly attract people whose main ambition is to become rich and have several months of vacation. Any trained and experienced hypnotherapist knows that amongst the patients asking for Hypnosis, some will need long term contacts with a reliable continuity. Professionals who are not prepared to take on such a responsibility must be able to diagnose covered or disguised characterological problems and refer these patients to a more reliable (re-continuity) therapist. Someone with 'two days training in hypnosis' certainly cannot make such distinctions.

And finally, the public mostly don't know that even in countries such as Sweden with strict legal regulations, ie: regarding 'the use of Hypnosis', that Hypnosis can still be taught by anyone as long as there is no treatment involved. Many students affiliated with these so called 'Hypnosis Associations' actually believe they will get certified for clinical work after having completed one of these courses, but in fact, legally they have become 'Quacks'.

I sincerely hope we can do something to inform and make people aware of the difference between ISH and these alternative 'charlatan' associations.

Susanna Carolusson, MSc – Sweden

HYPNOSIS SCALES

A Brief Note Regarding Hypnosis Scales

Andre M. Weitzenhoffer

Over two dozen so-called hypnosis scales can be found described in the hypnosis literature. For the newcomer to the field this plethora is, to say the least, disconcerting. These scales are variously said to assess or measure hypnotic *susceptibility*, hypnotizability, or the depth of hypnosis. But when carefully examined, with few exceptions they are found first of all to directly or indirectly assess suggestibility and only the latter. Anything that can be said from such assessments regarding a hypnotic state that may or may not be present, or the ability to enter one is strictly a surmise. This is not all bad when one considers that most work presumed done in the presence of hypnosis appears to largely depend upon the use of suggestions and really not so much upon the presence of hypnosis. Measuring suggestibility may thus be the more appropriate thing to do if one is going to work with hypnotic phenomena. But why so many scales and how one is to go about choosing one from them? And perhaps more important when should one use such a scale, if at all.

The simple reason for so many scales is that a number of people have felt there was a better way to assess whatever existing scales measured and they have proceeded to create a presumably better instrument. In most cases they have succeeded in getting rid of the features they found objectionable, but usually only at the cost of obtaining a less accurate measure of what they hoped to assess. Without getting into some rather technical issues (Reference 1) let it be pointed out that in the late 1950s researchers at Stanford University (USA) created three scales, basically of suggestibility, that came to be widely used in hypnosis research and that essentially became *de facto* standards for all later scales that were developed. In brief, all later scales were standardized against the Stanford scales or against other scales that had thus been standardized. That is, later aims were mainly to create instruments that were *equivalent* to the Stanford Scales regarding what the latter measured but did not have certain features that were viewed as objectionable. Had this endeavor been fully successful, the answer regarding which instrument to pick from among existing ones would largely become one of personal preferences. Unfortunately there are reasons for believing that in many instances the aimed for equivalence has been far from perfect and one can only advise potential users of hypnosis scales that if they really want to measure what the Stanford Scales measure, they had better use these and, more specifically, the *Stanford Scale of Hypnotic Susceptibility; Form C*. (reference 2) The latter has not only been the more useful but also one of the most used in hypnosis research.

All things said and done, why use any of these scales? Their principal usefulness is in research. Inasmuch as they were not designed to assess the therapeutic effectiveness of hypnotic treatment, one should not expect them to have predictive value in this regard. It is true that if one knew ahead of time that a person could not be hypnotized or was not suggestible one might not plan on doing hypnotherapy and, in this sense, the scales might be viewed as having a certain predictive value regarding therapeutic success with hypnosis. Likewise if it were known on the basis of the scales that the production of a specific essential effect called for by the therapy could not be produced. But this is of very limited application because, for one thing, probably everyone is suggestible to some degree and frequently a slight response to a suggestion will be therapeutic even if it does not meet the

scoring criteria used by a scale. Also the scales are nothing more than instruments that sample a person's suggestibility over a very limited range of possibilities. Many potentially therapeutically useful effects remain uncovered that at some point in therapy a practitioner who had not planned to do so may decide to use. In most cases one is just as well off waiting until a desired effect is needed and then going ahead and try to produce it, rather than depend on the limited predictive value of a scale administered at the start of treatment.

Insofar as research is concerned the scales are obviously essential for any study that aims to look at connections between other variables and suggestibility and, indirectly by inference, hypnosis. They are essential for selecting groups of subjects whose suggestibility falls within a certain range. They also greatly facilitate the replications of both research and clinical results. The latter is the one reason why any reports, even purely clinical ones, regarding the results of using suggestions and hypnosis should preferably include a rating of the subjects or patients on an accepted hypnosis scale. It is generally agreed by the scientific community that the *Stanford Scale of Hypnotic Susceptibility, Form C* is the choice scale. One particular virtue of this instrument, which is usually overlooked, is that clinicians who will take the time to become familiar with its items will find that, as they proceed with a therapy they can often easily arrive at reasonable estimates of where on Form C their patient would fall without administering it and at least report these estimates.

REFERENCES: 1. Weitzenhoffer, A.M., 2000, *The Practice of Hypnotism*. Second Edition, Chapter 6. New York: John Wiley and Sons, Inc. A briefer and less technical discussion will also be found in the author's article, Scales, Scales and more Scales, 2002, *American Journal of Clinical Hypnosis*, 44: 209-219.

2. Weitzenhoffer, A.M. and Hilgard, E.R., 1969, *The Stanford Hypnotic Susceptibility, Form C*. Palo Alto: Consulting Psychologist Press. Copies of this scale, which has been long out of print, can once again be obtained by downloading them from, hypnoscales.org, a web site newly created for this purpose.

Andre M. Weitzenhoffer. Andrenevada@aol.com

THE MAKING OF A TV PROGRAMME CONTINUED...

Hypnosis on TV

Alan Schefflin, Professor of Law, may illustrate the edict of an old business friend of mine: "There are lawyers who make deals and lawyers who break them.". It would appear that the admonitions of Professor Schefflin would dissuade members of the hypnotherapy community from appearing on this popular media.

Without going into the issues of specific patient care and direct public conclusions in individual cases, I am pleased to share my own experiences of many public appearances in media-hungry New York City over the past three decades.

As a physician and psychiatrist, I have been requested to discuss hypnotherapy representing the *American Psychiatric Association* as well as the *New York Society of Clinical Hypnosis* where I had been President.

Primarily my concern was to educate both the general public as well as mental health professionals in the safety and indications for hypnotherapy. Generally demonstrations are most effective and with the concurrence of nonpatient subjects or a very few patients (without revealing any intimate information), the presentation of induction, deepening, specific challenges, and therapy demonstrate what clinical hypnotherapy involves. The avoidance of humor essential to entertainment hypnosis is important.

My own experience has been that the medical and scientific reporters conducting the interviews are knowledgeable people and generally trustworthy. Some are physicians themselves or PhD's. The majority of questions were proper, well-formulated, and respectful. The interviewed hypnotherapist ALWAYS has the right to respond: "That question is appropriate". By and large I have never received any negative comments on the presentation of the truth of hypnotherapy and there have been a good number of positive responses from colleagues and nonprofessionals.

I would suggest that anyone practicing hypnotherapy who is approached by the media regards him/herself as a representative for all of us. Avoiding contact with questionable areas such as past life experiences, etc., is essential.

Hypnosis, like many other branches of the healing arts, as Professor Schefflin has noted is accepted by major medical organizations eg: AMA, etc. Spreading the word through the most popular media makes good sense and should never be avoided as long as the therapist understands the important role of education.

Sincerely, Elliot Wineburg, MD

Life Fellow American Psychiatric Association; Assistant Clinical Professor. Mount Sinai School of Medicine.
E-mail: NoCig@aol.com

QUÉBEC SOCIETY OF HYPNOSIS – SQH

(Société Québécoise d'Hypnose)

A brief historical revue of la Société Québécoise d'Hypnose (SQH) (Quebec Society of Hypnosis) from SQH archives, E. Matalon & G. Lavoie.

1. Pioneers in the hypnotic field in Quebec (1950 – 1960)

Hypnosis has been part of the scientific community since 1950. Dr Marcel Boisvert MD presented a four year course on psycho-physio-pathology at the medical and psychologic institute of Sacré-Coeur Hospital in Montreal. In 1950, the english speaking group created the International Society for Clinical and Experimental Hypnosis (ISCEH) directed by Dr. Bernard Raginsky MD a Montreal based psychiatrist. In 1973, this society became the International Society of Hypnosis (ISH).

2. A newly formed Society

In 1965, Germain Lavoie PhD from L.-H. Lafontaine Hospital, Montreal, presented a research project on hypnosis. In 1968, Campbell Perry PhD and Jean Roch Laurence PhD, established a research laboratory for hypnosis at Concordia University, Montreal. In 1971, Michel Sabourin, PhD, presented the first doctorate thesis on hypnosis at the University of Montreal. The master thesis was presented by Dr Germain Lavoie, PhD, psychologist. These researchers at university level organised the congress of the Society for Clinical and Experimental Hypnosis in Montreal in 1974. They were then setting the future Société Québécoise d'Hypnose. In 1979, the Quebec Corporation of psychologists, formed a group motivated in research in hypnosis at the University of Montreal. From 1980 to 1983 this ad-hoc committee then become la Société Québécoise d'Hypnose with Dr. Germain Lavoie as first President. Dr Lavoie was also President of the International Society of Hypnosis from 1983 to 1985.

3. The first foundation congress of la Société Québécoise d'Hypnose in November 1987

Jean Roch Laurence, psychologist and Gaston Brosseau, psychologist, Chief of the Psychology Department of Maisonneuve-Rosemont Hospital, Montreal, (1981-1998) took over the complete organisation of this first congress in 1987. From then on, Gaston Brosseau, was the main participant in the SQH. He is the current President of the SQH.

4. 2003, SQH will be 20 years old

We will celebrate and we will invite all members of ISH to participate at our fall annual congress in Montreal in 2003. For all information on the program contact us via e-mail:

e-mail: cpqb@qc.aira.com

Best regards,

Dr Claude Verreault DDS – Treasurer SQH

GERMAN SOCIETY FOR HYPNOSIS – DGH

Deutsche Gesellschaft für Hypnose

The DGH is grown up now. We celebrated the twentieth anniversary at our annual meeting in Bad Lippspringe from October 3rd to 6th 2002. Being the only German hypnotic society involving members from the medical, psychological and dental profession, the topics of the presented lectures and workshops were very extensive. Five hundred participants had the possibility to choose from 39 all-day workshops including basic introductions, advanced methods and experimental hypnosis as well as non-hypnotic methods of body experience and suggestive principles in management. Renowned lecturers from Germany, Europe and the United States like Katalin Bloch-Szentágothai, Claire Frederick, Peter Kruse, Jan Lehenbre, Ellert Nijenhuis, Gisela Perren-Klingler, Dirk Revenstorf, Gunther Schmidt, Susy Signer-Fischer and Bernhard Trenkle, among many others, guaranteed high quality presentations. But the social events of the congress like a late-night jazz-session and our birthday-party may have been even more popular with the participants.

Now we look forward to our next meeting in November 2003. Some very special guests and friends, like MD Karen Olness, Galsan Tschinag and Jeff Zeig, have already agreed to join us. As we intend strongly to promote up-coming talents to extend our teaching-staff, half-day workshops and workshops about 'how to conduct workshops' will be newly introduced into our program. Details about the supporting program are still top secret, but rumours tell of shamans and magicians to come.

For further details and any kind of questions please contact us:

Deutsche Gesellschaft für Hypnose (DGH) e.V.,

Druffels Weg 3, D-48653 Coesfeld, Germany

Tel: +49 (0)2541-880760; Fax: +49 (0)2541-70008,

E-mail: DGH-Geschaftsstelle@t-online.de

Website: www.hypnose-dgh.de

Dr. Peter Dünninger

NETHERLANDS SOCIETY OF HYPNOSIS – NvvH

Nederlandse Vereniging voor Hypnose

The Dutch Society has had a busy last semester. As of now we have extended our curriculum with more days of training. For our initial training (A training) we extended the program to 7 days: the second level training (B training) entailing 16 workshop days, (usually in a two year period) stayed the same, as well as the year in which patients are supervised (10 sessions) and a paper is written that completes full membership. New courses are starting. We received a lot of interest from dental assistants that can sign up for a course for a limited use of hypnotic techniques (basic anxiety and management, relaxation, pain reduction). They can get a special membership in which their professional status is reflected.

We had a couple of guests from the USA: We had Kathy Steele from Atlanta over for a workshop on trauma and dissociation. We had a good crowd of interested participants. We will have Pat Ogden, who gives workshops on Sensorimotor Psychotherapy for Trauma



These were some of the participants of the symposium 'Trauma, Pain and Anxiety: a hypnotic triad', outside the hospital. Center is David Spiegel, guest speaker.

Recovery. This is one of the major current developments in the field. Her first workshop in the Netherlands in 2002 attracted over 160 participants. This is a profound training in an integrative, compelling, and effective form of therapy for trauma survivors. This training is now forthcoming and will comprise four two-day workshops (Friday-Saturday), scheduled for February 28 – March 1, April 18 – 19, October 3 – 4, and November 28 – 29 2003. And just recently (March 22nd) we had a superb and wonderful symposium on the theme of 'Trauma, Pain and Anxiety: A hypnotic Triad', with special guest David Spiegel from Stanford University. He discussed papers on pain and anesthesia (Dr Moerman), trauma and EMDR in dental practice (Prof. Ad de Jongh), anxiety and chronic pain (Drs Kees Venselaar) and oncology and irritable bowel syndrome in children (Mrs Carla Menco). We videotaped these sessions for those who are interested but could not attend.

Again, for the fifth time two of our members, Anne Korsen and Ton Wilken travelled with Julie Linden (USA) to South Africa to provide trainings for trauma therapists using hypnotic techniques.

Eric Vermetten, NwH: e.vermetten@azu.nl

ITALIAN CENTRE FOR CLINICAL & EXPERIMENTAL HYPNOSIS – CIICS (Centro Italiano di Ipnosi Clinico-Sperimentale)

Courses

The Centro Italiano di Ipnosi Clinico-Sperimentale C.I.I.C.S. is organising the Basic Hypnosis Course 2003, structured in a common training period and two specialist periods directed at:

- Psychotherapeutics (inclusive of approved Psychologists and Physicians)
- Surgeons and Dentists (inclusive of Odontostomatologists and Anaesthesiologists)
- Clinicians (inclusive of 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 Basic Course is dedicated to professional health care operators.
- A module dedicated to 'Hypnosis in Catastrophes' organised jointly with the 'Italian Society of Catastrophe Medicine' was also activated this year.
- Dates of the Course: 1st Period – February 6-8 2003
2nd Period – April 3-5 2003
3rd Period – May 15-17 2003
- Course Venue: Turin (Italy) – Villa Gualino

News from the Society – The 'Franco Granone' Award

Following on the death of Professor Franco Granone in 2000, the CIICS Executive Committee deliberated the establishment of an award to commemorate its Founder. The 1st 'Franco Granone' Award will be assigned in October 2003 to the scientific persons having contributed the most to the advance of hypnosis in the opinion of an ad hoc Committee and Mrs. Granone.

CIICS, c/a Selene Srl, Via Sacchi 58, 10128 Torino, Italy.

Tel: +39(011) 568 3534; Fax: +39(011) 568 1010; E-mail: ciics@seleneweb.com

ISRAEL SOCIETY OF HYPNOSIS – IsSH האגודה הישראלית להיפנוזה

IsSH celebrated the election of Dr Shaul Livnay to the important position of the President of the ESH. We are proud of his important contribution to the international activities.

We have been beginning our preparations for the 10th European Congress. First of all, we affirmed the appointment of Shaul Livnay as Organizing Chair Person of the Congress. Our Administrating Chairperson, Luis Gold DDS is beginning to cook us up a fascinating and totally unique program to take place in the fall of 2005 at the Dead Sea. You will be able to begin to get online previews of the activities planned soon on the Web. Our Scientific Chairperson, Gaby Golan PhD is beginning to form a special Scientific program, the likes of which you will remember long thereafter!

Locally, IsSH is continuing the monthly meetings in Moti Zwirn DDS's College, with topics such as Emotions & Memories, an Erickson training video, Hypnosis with Children & Youth suffering from Cancer, Transcendental & Mystical phenomenon during trance, a live demo of Dental Surgery with Hypnoanesthesia, Hypnosis with Sexual Dysfunctions, & Problems of Fertility.

The annual Congress (Hypno 2003) will take place at the end of March with a rich and diversified program of panels and workshops. This year, the congress will focus on two subjects: 'coping with stress with hypnosis', and 'varieties of inductions'.

The IsSH invites you all to visit the Website: www.hypno.co.il

and also: www.hypno.org.il

Golan Gaby, PhD. President of the Israel Society of Hypnosis.

P.O. Box 7526, Ramat Gan 52175, Israel; Ph/ Fax + 972-(3) 9500175; E-mail gabgolan@post.tau.ac.il

JAPANESE SOCIETY OF HYPNOSIS – JSH

日本催眠医学心理学会

Keiichi Miyata, Ochanomizu University

The 48th annual meeting of JSH will be held at Nihon Taiku University, Tokyo on September 20 – 21. The president of the meeting is Prof. Kazuomi Osada (Nihon Taiku University) who will present his keynote address on a theme 'Hypnosis and Sport'. Traditionally hypnosis has been used for athletes of Olympic games in Japan and we have had the significant effects. Two symposiums are also planned in which each three guest speakers discuss Hypnosis and Olympic games and 'Utilization of Hypnotic Trance' respectively. In our society, a thematic session organized by our young members has been held to promote hypnotic researches and hypnotherapeutic case reports in the previous night of meeting. Three young psychologists speak about how they think of future hypnotic researches this September.

We have had several opportunities to exchange some ideas with Eriksonian hypnotherapists like Jeffrey Zeig, PhD, Ernest Rossi, PhD, Stephen Lankton, MSW, and Michael Yapko, PhD, through their workshops in Japan. Our task is to present our ideas in some international meetings.

Contact Email: miyata @cc.ocha.ac.jp

Toshimas Saito, PhD President of JSH

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SWEDISH SOCIETY OF CLINICAL AND EXPERIMENTAL HYPNOSIS – SSCEH

Svenska Föreningen för Klinisk & Experimentell Hypnos

What can be of international interest regarding Swedish affairs? I believe that you are most interested in knowing what we have in common and what we do differently.

Education: SSCEH continues to teach and offer basic training in medical and clinical hypnosis, advanced training in a two-year program and also the licensing psychotherapy education, which became accredited as a university course by the Swedish Government in June 2002.

SSCEH annual meeting in Stockholm in March 29 – 30, 2003 will be honoured by having **Dr Marlene Hunter** as a workshop teacher.

The congress will be privately visited by **Professor John Watkins**, who will enjoy the Swedish hospitality for four days.

In May, a creative expert on playing with wild animals and wild youngsters, will have a practical seminar on this subject and also some exercises in martial arts. You must be prepared to defend yourself in a loving manner when playing with aggressive beings. The name of this workshop leader is **Fred O'Donaldsson**. He's from California, but lives part time in Sweden. This seminar is not open for temporary participants.

But these are: In order for you to prepare 2004, you are most welcome to pay a visit to Stockholm and join a seminar with **Dr Steven Gilligan** in May, 8 – 11th, 2004.

And those of you who prefer the often warmer September climate can enjoy listening to **Dr Nancy McWilliams** from the States, as well. She is an expert on psychodynamic diagnosis and how to use this kind of diagnosis for the benefit of the therapy. Very practical knowledge indeed. September, 10th, 2004. E-mail: carolus@algonet.se for further information or read more in our journal hypnos. In order to attend, you must be a trained clinical psychotherapist, with some years of clinical experience. To attend Gilligan's seminar, you must be familiar with the Ericksonian traditions. To attend McWilliams, you must be a clinical psychologist or psychiatrist or otherwise well trained in psychodynamic thinking.

So, I truly believe we have in common the curiosity and hunger for knowing more, for improving and maintaining competence and for encouraging peace strategies and martial arts instead of aggressive war. Differences? We usually speak Swedish and you don't.

Susanna Carolusson, MSc, lic Psychologist & lic Psychotherapist

Tel: 0046 31 7118290; Fax: 0046 31 137978; E-mail: carolus@algonet

AMERICAN SOCIETY OF CLINICAL HYPNOSIS – ASCH

ASCH has had a busy year. Of note are the expanding web page improvements, which include an online referral directory, online membership directory (for members only) and a members only domain. Our membership expanded to include chiropractors, speech language pathologists and researchers. The current President, Jordan Zarren, has spent the year travelling to various Component Sections throughout the USA, fostering communication and visibility between ASCH and its societies. ASCH is growing stronger both in membership and financial stability.

In April 2003, the 45th annual meeting will be held in Alexandria, VA, just outside of Washington DC. Everyone is looking forward to a large registration and topics focused on where the science and practice of hypnosis is headed.

The 2004 (March 12 – 16) annual meeting will be held in Anaheim, California, home to Disneyland, and the website will contain information on how to submit papers or workshops for the meeting, as well as registration information. If you have been planning to do the trip to Disneyland, this is your chance. If not, other places of interest may include one of the regional workshops.

Regional workshops for 2003 will be held in Portland, Oregon, May 8 – 11; Indianapolis, Indiana, June 12 – 15; Baltimore, Maryland, September 18 – 22; Atlanta, Georgia, October 9 – 12; and Phoenix, Arizona, December 4 – 7.

And finally, the new editor of The American Journal of Clinical Hypnosis is Claire Fredericks, MD, who brings an exciting vision, scientific excellence, enormous energy and initiative to her work, to keep the journal as the premier in the field of hypnosis.

Julie Linden, ISH Representative – ASCH; E-mail: Jhlinden@cs.com

SOCIETY FOR CLINICAL AND EXPERIMENTAL HYPNOSIS USA – SCEH

2003 ANNUAL WORKSHOPS AND SCIENTIFIC MEETING

Chicago, IL, USA, November 12 – 16, 2003

The 54th Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis will be held at the Millennium Knickerbocker Hotel in Chicago, IL, from Wednesday 12th until Sunday 16th November.

(We were able to negotiate an outstanding rate for a premium Chicago location of \$159.00 single/double).

The Chairs for the workshops are: **Stephen Kahn, PhD** and **Marc Oster, PsyD**

The Chairs for the scientific program are **Richard Horevitz, PhD** and **Helen J. Crawford, PhD**. If you are interested in presenting a paper or proposing a symposium on clinical and/or research issues in hypnosis and related areas, please e-mail or submit four typed, double-spaced copies of a 300 to 400-words abstract of your report. If possible, in addition to hard copies of your proposal, send a version by e-mail. Make sure to include the typed full name, degree, and affiliation of each author as it should appear in the program if the paper is accepted. If there is more than one author, underscore the name of the individual who will present the paper and include that individual's mailing address. Symposia proposals should be accompanied by an outline of speakers, their affiliations, and topics.

Submissions should be sent by April 30th, 2003 to:

Richard Horevitz, PhD
550 Frontage Road #2505
Northfield, IL, 60093, USA
Fax: 847-579-1774
E-mail: horevitz@attbi.com

IJCEH EDITOR'S MESSAGE

Arreed Franz Barabasz, EdD, PhD, ABPP, Editor

It is a privilege and an honor to begin my term as Editor of the *International Journal of Clinical and Experimental Hypnosis* as we celebrate its second half-century of continuous publication. In the tradition of the *Journal's* history, the first 2003 issues were prepared under the editorship of Dr. Michael Nash. My sincere thanks are expressed to Mike for making the transition to my editorship as smooth as possible. This issue of the *Journal* is the first published by Swets and Zeitlinger Publishers, one of the largest and most prestigious international publishers of major scientific journals. As the new Editor, I shall do my best to follow in the footsteps of my preeminent predecessors while recognizing that the longest running Hypnosis journal, with the highest citation impact factor, must pioneer novel paradigms, chart new territory, and become more directly useful to practitioners.

As Editor I am dedicated to greater expansion of collaboration and exchange of information across both national and linguistic barriers. To meet this goal, contributions that extend and refine applications of Hypnosis are encouraged as well as those that facilitate our scientific understanding of Hypnosis and related phenomena. A balance of clinical, research, and theoretical contributions will be sought.

Because practitioners can solve major problems, creatively develop new techniques, and stringently test existing procedures, their lack of involvement in publishing their observations is nothing less than a professional tragedy. Guidelines as to how clinicians can communicate their new hypotheses, observations, techniques, and findings in publishable form are available from the *Journal's* Managing Editor.¹ Our dedicated Editors, Editorial Board members, and Reviewer Consultants are willing to give the time and effort required to assure the *Journal* will publish only those articles that benchmark the highest level of scholarship and research rigor.

It is my hope that academic researchers in the field will renew their recognition that the best practice of Hypnosis is driven by science that addresses questions, observations, and hypotheses that are relevant to practitioners as well as other scientists.

1. Managing Editor: Marcy Brown, MA can be contacted at: marcybrown@yahoo.com or via the Journal office.

COCHRANE REVIEW BY THE INTERNATIONAL SOCIETY OF HYPNOSIS

Eric Vermetten, MD, PhD

In late January 2003 Dr Robert Boland, suggested the need for a Cochrane Review, to get World Health Organization recognition (so many years after AMA, and BMA). Cochrane Reports relate directly to WHO. Earlier a meta-analysis had been written by Steve Lynn and Irving Kirsch, in a special issue of IJCEH, April 2000. Cochrane evaluation can include terms such as relaxation imagery, imagery, biofeedback, progressive relaxation – all of which are techniques used in Hypnosis. Karen Olness visited Geneva in February 2003 and met with Dr Boland and other WHO members in Geneva. She was surprised to find that Hypnosis is not recognized by WHO as a valid therapeutic area. Thus there were no WHO publications or advice for its use in developing countries of the world, where the poverty environments provide such a high potential for cost-effective brief Hypnosis. This news was strange because Hypnosis has for years been recognized by AMA, BMC and most national medical associations worldwide, but somehow not by WHO. By contrast WHO has recognized acupuncture, Chinese and traditional medicine, resulting in many publications and research funding. Alas, not a word on Hypnosis in hundreds of WHO publications!

Discussion with senior WHO staff revealed the need for a Cochrane Review which would scientifically validate Hypnosis research and publications, as a proven therapeutic care, and would enable WHO to authorize research, training and publication in the area for developing countries.

Karen Olness has agreed to work together with John Kihlstrom and Eric Vermetten on this and by means of this message want to stimulate ISH members to work together for a purpose we all can benefit from. They will begin to prepare a plan for approval by the BOD of ISH.

BOOKS BY MEMBERS

Carolusson, S. (2003) – *Da drin ist noch jemand! Verlag Hans Huber*. <http://Verlag.HansHuber.com>
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Bongartz, W. Bongartz, B. (Eds.) (2000) – *Hypnosetherapie. 2. Auflage*. Hogrefe Verlag.
ISBN 3-8017-1321-0. E-mail: walter.bongartz@uni-konstanz.de

Burrows, Graham D., Stanley, Robb O., & Bloom, Peter B. (Eds.) – *International Handbook of Clinical Hypnosis*. (23 Chapters by International experts in aspects of hypnosis in clinical practice). Wiley Chichester UK
ISBN 0-471-97009-3.

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

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E-mail: ariadne@wnnorton.co.uk

Gorisse, J. (2000) – *L'Hypnose en sexologie-Etudes de cas. L'Hypnose clinique. La regression en hypanalyse Ellipses*. Paris Edition. 32 rue Bague 75740 Paris 15

Hassan, S. (2000) – *Releasing the Bonds: Empowering People to Think for Themselves*. Hassan S. Resource Center. www.freedomofmind.com

Olness, K., Kohen, Daniel P. (Eds.) (2000) – *Lehrbuch der Kinderhypnose und Hypnotherapie*. Carl-Auer Systeme Verlag, Heidelberg. Telefax: + 49 (02524) 951518 Sabine Rauch

Peter, Burkhard., (2000) – *Hypnosis International Monographs No. 5*. (English contributions to the 15th ISH Congress, October 2000). MEG.-Stiftung. www.MEG-Stiftung.de

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, Psychomatik und Medizin (Hypnosis in Psychotherapy, Psychosomatics and Medicine)*. Heidelberg: Springer. www.MEG-Stiftung.de

Schmierer, A. (2000) – *Die Hypnose in der zahnärztlichen Praxis*. (3rd upd. Version). HYPNOS Verlag, Stuttgart. www.hypnose.se

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Yapko, M. (2000) – *Hand-me-down-Blues: How to stop depression from spreading in families*. Golden Books. www.yapko.com

Yapko, M. (2001) – *Treating Depression with Hypnosis: Integrating Cognitive-Behavioural and Strategic Approaches* Brunner-Routledge. www.yapko.com

Zeig, J.K. & Geary, B. (2000) – *The Letters of Milton H. Erickson*. Zeig, Tucker & Thiesen, Inc. www.miltonherickson.com

SOCIETY HOME PAGES

ISH – International Society of Hypnosis	www.ish.unimelb.edu.au
AFHYP – French Association of Hypnotherapy	www.afhyp.org
ASCH – American Society of Clinical Hypnosis	www.asch.net
ASH – Australian Society of Hypnosis	www.ozhypnosis.com.au
BSECH – British Society of Experimental Clinical Hypnosis	www.bsech.com/homepage.html
BSMDH – British Society of Medical and Dental Hypnosis	www.bsmdh.org
CEM – Ericksonian Centre of Mexico	www.hipnosis.com.mx
DGAHAT – German Society for Medical Hypnosis and Autogenic Training	www.dgaehat.de
DGH – German Society of Hypnosis	www.hypnose-dgh.de
DGZH – German Society for Dental Hypnosis	www.dgzh.de
DSH – Danish Society of Clinical Hypnosis	www.hypnoterapi.com
IsSH – Israel Society of Hypnosis	www.hypno.co.il or www.hypno.org.il
MEG – Milton Erickson Society for Clinical Hypnosis	www.MEG-Hypnose.de
NvvH – Netherlands Society of Hypnosis	www.nvvh.com
SASCH – The South African Society of Clinical Hypnosis	www.sasch.co.za
SCEH – Society for Clinical and Experimental Hypnosis	http://sunsite.utk.edu/ijceh/scehframe.htm
IJCEH – International Society of Clinical and Experimental Hypnosis	http://sunsite.utk.edu/ijceh
ShypS – Swiss Society for Clinical Hypnosis	www.hypnos.ch
SII – Società Italiana di Ipnosi	www.hypnosis.it
SMSH – Swiss Medical Society of Hypnosis	www.smsh.ch
SSCEH – Swedish Society of Clinical and Experimental Hypnosis	www.hypnos-se.org
TH-VH – Finland Society for Scientific Hypnosis	www.hypnoosi.net
VHYP – Flemish Society of Scientific Hypnosis	www.vhyp.be

MEETINGS AND CONGRESSES IN 2003

July 17 – 20: Annual Conference of British Medical, Clinical, Dental and Experimental Hypnosis, (BSMDH).
Contact: Solitaire Morton, E-mail: hypnosis@RSM.ac.uk

September 12th – 14th 2003: Annual Meeting of the German Society for Dental Hypnosis (DGZH).
Steigenberger Hotel Berlin, Berlin, Germany.

For information contact: DGZH e.V., Esslinger Str. 40, D-70182 Stuttgart, Germany
Tel.: +49 711 2360618, Fax: +49 711 244032, E-mail: mail@dgzh.de

September 20 – 21: Annual meeting of Japanese Society of Hypnosis – JSH, will be held at Nihon Taiku University, Tokyo, Japan.

Contact: miyata@cc.ocha.ac.jp

October 29 – November 1: International Society for Traumatic Stress Studies, 'Fragmentation and Integration in the Wake of Psychological Trauma'. Annual Meeting, Chicago, USA.

For further information visit the Website: www.istss.org

October 30 – November 2: Swiss Medical Society of Hypnosis seminar in French in Lausanne, Switzerland.
Information and registration: René Rumley Dr.med.dent Rue de Cossonay 15 1008 Prilly. Tel: 021/624.81.14, Fax: 021/624.81.69, Website: http://smsh.ch/f/semi/fch_semi.html

November 2 – 4: International Society for the Study of Dissociation, 20th International Fall Conference 'The New Mainstream of Psychotherapy for the Dissociative Disorders: Theory, Research and Practice'. Chicago, USA.

For further information visit the Website: www.issd.org

November 6 – 8: Swiss Medical Society of Hypnosis Yearly Seminar and General Meeting in Balsthal in the Solothurner Jura/Switzerland.

Contact: SMSH Secretariat, Tel: +41(41) 281 17 45, Ffax: +41(41) 280 30 36, E-mail: smsh@access.ch or vrenigreising@csi.com, Website: <http://www.smsh.ch>

November 12 – 16: The 54th Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis will be held at the Millennium Knickerbocker Hotel in Chicago, Illinois USA.

Contact: Richard Horevitz, Ph.D. E-mail: horevitz@attbi.com

December 11 – 14: The Milton H. Erickson Foundation, Inc. BRIEF THERAPY by the BAY San Francisco Hilton & Towers, California, USA.

For questions or to register: Website: <http://www.erickson-foundation.org/brfther.htm>, E-mail: office@erickson-foundation.org

MEETINGS AND CONGRESSES IN 2004

March 12 – 16: Annual Meeting of American Society of Clinical Hypnosis ASCH in Anaheim, California, USA.
Further information: Website www.asch.net, E-mail info@asch.net

International Congress of Hypnosis in Singapore – date to be advised

Contact: ISH Central Office, Level 3, Centaur Building, A & RMC, Repatriation Campus,
300 Waterdale Road, Heidelberg Heights, VIC 3081, Australia. Fax: +61 (3) 9496 4107,
E-mail: ish-central.office@medicine.unimelb.edu.au, Website: <http://www.icms.com.au/16ish>

MEETINGS AND CONGRESSES IN 2005

10th European Society of Hypnosis – ESH, Jerusalem, Israel.

Contact: Shaul Livnay Ph/Fax: +972 2 567 2076; E-mail: livnashau@Netvision.net.il

MEETINGS AND CONGRESSES IN 2006

October: 17th International Congress of Hypnosis in Queretaro, Mexico.

For further information: E-mail: erickmex@hipnosis.com.mx, Website: www.hipnosis.com.mx

Hypnosis International Monographs (HIM)

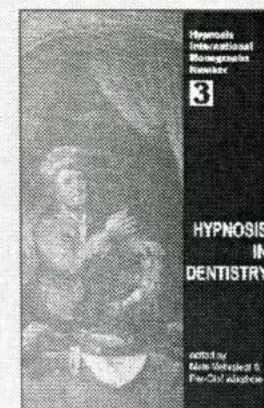


HIM 2, 1996: Munich Lectures on Hypnosis and Psychotherapy

Edited by Burkhard Peter, Bernhard Trenkle et al. (211p)

**Nr. 3, 1997:
Hypnosis in Dentistry**

Edited by Mats Mehrstedt &
Per-Olof Wilkström. (112p)

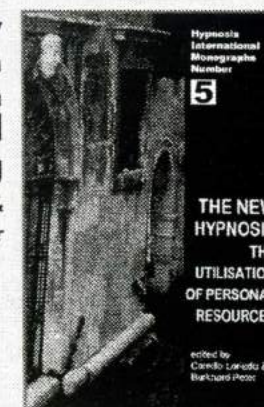


HIM 4, 2000: Suggestion and Suggestibility: Advances in Theory and Research

Edited by Vilfredo De Pascalis, Vladimir A. Gheorghiu, Peter W. Sheehan & Irving Kirsch (252p)

HIM 5, 2001: The New Hypnosis – The Utilization of Personal Resources in Ericksonian Practice and Training

Edited by Camillo Larioed & Burkhard Peter



HIM 6, 2002: Munich 2000. The 15th International Congress of Hypnosis

Edited by Burkhard Peter, Walter Bongartz, Dirk Revenstorf & Willi Butollo

Information and order: M.E.G.-Stiftung, Konradstr. 16, D-80801 Munich, Germany. www.MEG-Stiftung.de