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## THE INTERNATIONAL SOCIETY OF HYPNOSIS



# NEWSLETTER

ISSUE ONE – 2004

VOLUME 28





## THE INTERNATIONAL SOCIETY OF HYPNOSIS

*'BUILDING BRIDGES OF UNDERSTANDING'*

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## ISH INTERNAL NEWS

### FROM THE NEWSLETTER EDITOR



This first issue of the ISH Newsletter for 2004, (it was to have been the second issue in 2003), has been a tough one to produce. There are many reasons for this, not in the least, with the loss of our Administrative Assistant Susan Hearn at the ISH Central Office in Melbourne. As Editor I felt this loss keenly and it has reflected in the delay of production. Fortunately I have had the assistance from others, and Susana Kavadias our graphic artist, to finally get this issue out to you. On behalf of ISH, I apologise to any members disappointed in not receiving a second issue in 2003 and ask for your understanding.

I am very pleased to inform our members that once again Graham Burrows has kindly presented ISH with a much needed financial contribution. On behalf of the Board we extend him our thanks and gratitude for this much needed assistance! Furthermore, until the results of up coming elections are determined, Graham continues his role as ISH's interim Secretary-Treasurer. Again, we thank him for his ongoing help in this important role.

#### 16th Triennial Congress of Hypnosis – Singapore 2004

Many of us looked forward to attending 'Singapore in 2003', to celebrate another three years of hypnosis in ISH. Unfortunately hopes were dashed by its sudden postponement due to political instability of the region at the time, (including bombings in some favorite tourist spots) and the threat of the SARS virus, these obviously negatively influenced attendance rates, hence things were 'put on hold'... but all is not lost!

Once again, I'm glad to bring good news – that 'ISH Singapore' has been rescheduled! You can read the details in the center pages of this newsletter with information on 'submission of abstracts', which will be processed prior to the meeting. We hope that all members will consider partaking and not be put off by events of the past and that you look forward to this highly anticipated event with optimism and hope. See you all there!

#### ISH Management

Some of our members may not have been aware, but the postponement of the Congress created further 'headache' for the Board of Directors and Executive Officers, as the 'Presidency' of Éva Bányaí could not be transferred and no new Board elected. Fortunately the Presidency issue was resolved via an agreement between Karen Olness and Éva Bányaí. Karen is officially President of ISH since the January 1, 2004. I am sure all of you will welcome Karen aboard and look forward to her term as the President of ISH.

To our outgoing President Éva Bányaí, the Society owes a great debt of gratitude for her sound work as President since Munich in 2000 and extend to Éva their thanks for all her efforts and contributions to ISH until now, and wish her continued success into the future.

The election process for the ISH Board has started and even though Éva is the immediate Past-President, Walter Bongartz will continue to oversee and supervise the election of the Board, (Éva will oversee the elections in 2006). Also, due to the fact that a number of Societies have not paid up their memberships, Walter has determined that only current paid-up representatives of those Societies who subscribed in 2003 can participate in the forthcoming election and nominate members for the President-Elect and Secretary-Treasurer positions.

16th Triennial Congress of Hypnosis, Singapore, Oct 17 – 22, 2004



Now to the contents in this issue of the Newsletter... my dear members of ISH – apologies, in this issue again there will be no ‘Mastermind Interview’. Other topics previously promised, such as ‘Hypnosis in Japan’ is postponed for another issue. Sadly in this issue, there is an ‘In Memoriam’ chapter with obituaries for Erika Fromm, PhD and Cam Perry, PhD, who both passed away in May of 2003 of whom we express our deep sympathy and pay tribute to their contributions in professional hypnosis. (There was a special commemorative Symposium held for Erika Fromm and Cam Perry at the annual meeting for SCEH in Chicago during their last conference in November 2003.) For information regarding this Symposium contact Helen Crawford, e-mail: [hjc@vt.edu](mailto:hjc@vt.edu).

There is no report from Arreed Barabasz the IJCEH Editor in this issue. We were also surprised to see that our ISH logo was dropped from the Journal’s cover recently. We do hope that this is a temporary ‘glitch’ and that it will soon be back on the cover, representing our ‘official’ sponsorship to IJCEH. However, I do encourage our Members to sponsor IJCEH by taking up subscriptions – there are exciting issues in the pipeline! Finally we wish Arreed ongoing success in the up keep of this high quality Journal.

Many thanks again, to all contributors – Constituent Societies, individual members – for their part in this issue, and please, continue to submit your articles and news on hypnosis!

Dear members of ISH, I just met up with Karen Olness at Schiphol Airport, on her way to Syria. I think with her as President, we can look forward with optimism for a new inspiring period at ISH. In the ‘News for and from Members’ chapter, you can read about our meeting and the ideas that we generated ‘over pizza and coffee’ ...enjoy!

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

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## LETTER FROM THE OUTGOING PRESIDENT ÉVA BÁNYAI, 2000–2003

**Dear Colleagues,**

This is my last Letter from the President, as my three-year term (2000–2003) has come to its end. I feel sorry that although I took over the presidential gavel from Walter Bongartz, the immediate Past President in person at a lively and successful conference in Munich, at the 15th International Congress of Hypnosis in October, 2000, I can hand over the presidency to Karen Olness, our President-Elect only via electronic communication. You may all know the reason: The 16th International Congress of Hypnosis and Hypnotherapy in Singapore had to be postponed to October 17–22, 2004. Since there is no opportunity for an official meeting this year, January 1, 2004 seems to be the best date for the inauguration of the new President.

Due to some unfortunate circumstances, the situation of ISH is not as easy as we all would like it to be. We have lost some of our members and our Constituent Societies, and as a consequence, much less membership dues have arrived than expected. This created a difficult financial situation and the budget had to be cut down dramatically. The most

painful consequence is that ISH has not been able to employ an Administrative Assistant in the Central Office since May, 2003, making communication between ISH and its members very difficult. Sometimes it created even misunderstandings. I am really sorry about that.

Nevertheless, this critical situation also uncovered that ISH has profound resources, as shown by many of its devoted members. I would like to express my gratitude to many of them individually: Graham Burrows undertook the difficult job of Interim Secretary-Treasurer when the need unexpectedly arose, and despite the financial problems he makes the Central Office run; Peter Bloom not only as Past President, but also as US Administrative Officer always gave wise advice and personal support – I cannot be grateful enough to him; I could always count on Walter Bongartz, immediate Past President, Robb Stanley, the former Secretary Treasurer, Eric Vermetten, the Newsletter Editor, Shaul Livnay, Chairman of the Council of Representatives, and all the members of the Board of Directors: Mary McKenna, Teresa Robles, Matthias Mende, and Elgan Baker. Not only the officers, but some of the regular members of ISH expressed their concern and offered their help and support when I met them personally at conferences. This rich resource gives rise to our optimism.

I am sure our new President’s, Karen’s high international prestige and long practice in managing unusual situations all over the world will help her find the ways that can make ISH even stronger. I would like to ask all of you to support her in her efforts, and let us continue to build the bridges of understanding throughout the world of hypnosis.

Cordially yours,

**Éva I. Bányaí, PhD**

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November 19, 2003



## LETTER FROM THE PRESIDENT KAREN OLNESS, 2004–2006

**Dear Colleagues in the ISH,**

I wish each of you pleasant work, opportunities to be creative, good health, and much personal happiness in 2004.

I have assumed the Presidency of the ISH as of January 1 after some e-mail discussions with Dr. Éva Bányaí, our immediate past President. My concern in taking over the ISH Presidency now was that, due to postponement of last year’s scheduled meeting, Dr. Bányaí had not yet had an ISH meeting. Therefore, it is my wish that Dr. Bányaí inaugurate and lead the Singapore meeting as President. I will do this for the Mexico meeting in 2006.

We have much work and many challenges for the ISH. I welcome each of you to let me know what the Board of Directors and I can do to insure that the ISH meets your needs. I also welcome each of you to volunteer for tasks that will improve the ISH and help us to achieve the goals and objectives as stated in our constitution. We are a volunteer organization. I stand on the shoulders of very generous colleagues who have donated years of time and creativity to the ISH. They have achieved much, and we need to continue the volunteer spirit and move forward for additional gains.



Some of the tasks which I see before us are as follows:

1. Spread the word to colleagues that we exist and invite them to become members and to attend our meetings;
2. Reactivate all plans and programs for the Singapore meeting and insure that it will be a high quality meeting;
3. Nominate and elect new officers within the next year;
4. Pursue an effort to develop Cochrane reviews for applications of hypnosis in specific areas such as back pain, migraine, depression, habit disorders;
5. Reach out to colleagues in developing countries and make it easier for them to take basic hypnosis workshops.

With respect to the last task, I am sharing with you an example of how this can evolve. I have had three behavioral developmental fellows from Thailand over the past 6-8 years. Each completed a basic hypnosis workshop. In addition, a nurse from Thailand who obtained her PhD at our University also took a basic hypnosis workshop. She became particularly interested in teaching hypnosis to children with chronic illnesses such as cancer, especially those children who had repeated painful procedures. At Khon Kaen University, in north-eastern Thailand, there were inadequate resources to provide pharmacological pain management for children and adolescents. I go to Laos once or twice a year to do volunteer work and often visit Khon Kaen, a 3 hour drive from the Lao border. Two years ago I was asked to do a workshop on non pharmacological pain management with children in Khon Kaen collaboration with my former students. This workshop was repeated this past August. These workshops were well attended by paediatricians including the two paediatric oncologists, residents, and graduate nurses who work with children with cancer. The Department of Paediatrics and the nursing school have collaborated to form teams which offer hypnosis training to each newly diagnosed child with cancer. They have an average of two such children each week. They are planning to write a clinical paper on their results for the Singapore meeting.

I find an appalling lack of pain management for children and adolescents and adults in developing countries. I believe that training in hypnosis will be welcomed and used by health professionals in these countries to assist in non pharmacological pain control and to increase comfort for families with members in pain. Health professionals from Africa, India, Turkey and Thailand told me that they wish to take basic workshops at the Singapore ISH meeting. I hope that this will be possible.

For those of you who had Abstracts accepted for the August 2003 meeting, they are also accepted for the October 2004 meeting in Singapore. For those of you who did not submit Abstracts last year, please consider doing so for the October meeting. Instructions are in the center of this Newsletter.

I welcome your suggestions to improve the ISH Newsletter and your offers of help.

Yours sincerely,

**Karen Olness, MD FAAP – President, ISH**

January 2004

## VERABSCHIEDSBRIEF DER PRÄSIDENTIN ÉVA BÁNYAI, 2000–2003

### Sehr geehrte Kolleginnen und Kollegen,

Dies ist mein letzter Brief als Präsidentin, denn meine drei Amtsjahre sind nun vorüber. Ich konnte das Amt persönlich von Walter Bogantz übernehmen am Anlass unseres lebhaften und erfolgreichen 15. Kongresses in München, kann dies aber leider nur elektronisch tun für die neuerwählte Präsidentin, Karen Olness. Der Grund dafür ist ja gut bekannt: der 16. Internationale Hypnose und Hypnotherapie Kongress in Singapur musste auf den 17. Oktober 2004 verschoben werden. Ein offizielles Treffen wurde deshalb dieses Jahr nicht möglich, sodass sich der 1. Januar 2004 als das beste Datum für den Antritt der neuen Präsidentin erwies.

Als Resultat unvorteilhafter Umstände ist unsere Gesellschaft finanziell in einer ungünstigen Situation. Wir litten an Verlust von Mitgliedern und Mitgliedergesellschaften. Das Resultat war ein unerwartet reduziertes Beitragstotal. Das machte unsere finanzielle Situation schwierig, und unser Kostenvoranschlag musste drastisch reduziert werden. Das grösste Problem war, dass wir es uns seit Mai 2003 nicht mehr leisten konnten, einen administrativen Assistenten im Zentralbüro anzustellen. Das machte den Verkehr zwischen Mitgliedern und der Gesellschaft schwierig und verursachte sogar einige Missverständnisse, was ich natürlich zutiefst bedaure.

Trotzdem aber entdeckte ich während dieser schwierigen Zeit, dass die ISH in ihren hingebungsvollen Mitgliedern starke Hilfsquellen hat. Ich möchte ihnen allen persönlich danken: Graham Burrows übernahm die schwierige Rolle eines Interimsekretärs und Kassenwirts, als es unerwartet notwendig wurde, und trotz des Geldmangels gelang es ihm, das Zentralbüro offen zu halten; Peter Bloom, nicht nur als früherer Präsident sondern auch als der amerikanische Administrationsbeamte, stand mir immer mit weisem Rat und persönlicher Unterstützung bei, wofür ich ihm nicht genug danken kann. Ich konnte auch immer auf Walter Bongartz, Alt-Präsident, zählen, wie auch auf den früheren Sekretär und Kassenwart Robb Stanley, den Redakteur unserer Fachschrift Eric Vermetten, Shaul Livnay, Präsident des Repräsentativrates, und alle Mitglieder des Direktionsrates: Mary McKenna, Teresa Robles, Matthias Mende und Elgan Baker. Dazu boten mir auch noch viele andere Mitglieder des ISH ihre Besorgnis, Hilfe und Beistand an, wenn immer ich sie an Konferenzen traf. Dieser Reichtum an Unterstützung half mir, optimistisch zu bleiben.

Ich bin überzeugt, dass Karen Olness, dank ihrem internationalen Ansehen und ihrer weitläufigen Erfahrung mit ungewöhnlichen Umständen, fähig sein wird, die ISH weider zu stärken und zu fördern, und ich fordere Sie alle auf, Karen dabei zu unterstützen.

Lasst uns immer mehr Brücken in der Welt der Hypnose bauen!

Mit freundlichen Grüßen,

**Éva Bányai, PhD**

eibanyai@axelero.hu

19. November 2003



## WILLKOMMEN VON KAREN OLNES, PRÄSIDENTIN 2004–2006

### Sehr geehrte Kolleginnen und Kollegen,

Ich wünsche jedem von Ihnen angenehme Arbeit, kreative Gelegenheiten, gute Gesundheit und viel persönliches Glück im 2004.

Ich habe den Vorsitz der Gesellschaft ab 1. Januar nach einigen e-mail Diskussionen mit unserer letzten Präsidentin Dr. Éva Bányaí, angenommen. Ich war besorgt, dass wegen des Aufschubs der geplanten Sitzung des letzten Jahres Dr. Bányaí noch nicht einer Sitzung vorgesessen hatte. Folglich ist es nun mein Wunsch, dass Dr. Bányaí den Singapur Kongress eröffne und als Präsidentin vorsitze. Ich werde dies dann für den Mexico Kongress im 2006 tun.

Wir haben viel Arbeit und viele Herausforderungen für die Gesellschaft. Ich lade Sie alle ein, mich wissen zu lassen, was die Direktion und ich tun können, um zu versichern, dass die Gesellschaft Ihren Bedürfnissen entgegenkommt. Auch wäre es sehr willkommen, wenn jeder von Ihnen sich als Freiwilliger anböte für Aufgaben, die die Funktion der ISH verbessern und uns helfen, die Ziele und Objektiv der Gesellschaft zu erreichen, im Sinne unserer Verfassung. Wir sind eine Organisation von Freiwilligen. Ich stütze mich auf die Schultern vieler sehr freigebigen Kollegen, die der ISH schon seit vielen Jahren ihre Zeit und Schöpfungskraft beige-steuert haben. Sie haben viel erreicht, aber wir müssen den Volun-täreist am Leben erhalten und weiteren Zielen anstreben.

Einige der Aufgaben, die vor uns liegen, sehe ich we folgt:

1. Lasst uns das Wort an alle unsere Kollegen verbreiten, dass wir existieren, dass sie zu unseren Treffen kommen sollen und dass sie Mitglieder werden sollen.
2. Die Programme, die für den Kongress letztes Jahr bereitgemacht wurden, müssen für den Singapur Kongress abgestaubt und wiederbelebt werden, und wir müssen uns auf die Qualität des Treffens konzentrieren.
3. Im 2004 müssen neue Kandidaten für die Gesellschaftsämter aufgestellt und gewählt werden.
4. Wir müssen eine Anstrengung machen, Cochrane Rezensionen über die Anwendung von Hypnose zu produzieren, in Spezialanwendungsgebieten wie Rückenschmerzen, Migräne, Depressionen und Suchtkrankheiten.
5. Wir müssen die Hand ausstrecken zu Kollegen in Entwicklungsländern, und es ihnen leichter machen, Instruktion in Hypnose zu erhalten.

Was den letzten Vorschlag betrifft, kann ich Ihnen ein Beispiel geben. Über die letzten 6-8 Jahre waren in meiner Universität drei Verhaltens und Entwicklungswissenschaftler von Thailand auf Besuch. Jeder von ihnen absolvierte einen Hypnosegrundkurs. Dazu hatten wir noch eine Krankenschwester von Thailand, die bei uns für ihr Doktorat studierte. Auch sie absolvierte einen Hypnosekurs. Sie hatte spezielles Interesse an der Idee, Kindern Hypnose zu lehren, speziell jenen die an Krebs leiden und sich öfters schmerzhaften Eingriffen unterziehen müssen. Die Khon Kaen Universität im Nordosten von Thailand hat ungenügende Mittel für die pharmakologische Behandlung von Schmerzen in Kindern und Jugendlichen. Ich reise ein- oder zweimal jährlich als Volun-tärin nach Laos und besuche die Khon Kaen Universität öfters (3 Autofahrtstunden von der Laotischen Grenze). Vor

zwei Jahren wurde ich eingeladen, zusammen mit meinen früheren Studenten einen Kurs abzuhalten zum Thema der nicht-pharmakologischen Behandlung von Schmerzzuständen in Kindern. Dieser Kurs wurden letzten August wiederholt. Er erweckte gutes Interesse und die Teilnehmer waren zwei paedriatische Onkologen, wie auch Spitalärzte und Krankenpflegerinnen, die alle krebsleidende Kinder behandeln. Die Paediatricabteilung und die Krankenpflegerschule taten sich zusammen und bildeten Interessengruppen, die jedem neudiagnostizierten krebsleidenden Kind Hypnoseausbildung anbieten. Die Gruppen arbeiten mit einem Durchschnitt von zwei Kindern pro Woche. Sie bereiten einen Bericht darüber, den sie im Oktober in Singapur vorlesen wollen.

Ich habe einen schrecklichen Mangel an Schmerzbehandlung für Kinder, Jugendliche und Erwachsene in Entwicklungsländern beobachtet. Ich glaube, dass unsere Fachkollegen in diesen Ländern gerne Hypnosekurse nehmen würden, zum Beistand zur nicht-pharmakologischen Behandlung von Schmerzen, und zur Unterstützung der Familien von Schmerzpatienten. Fachkollegen von Afrika, Indien, der Türkei und von Thailand haben mir alle den Wunsch ausgedrückt, am Singapur Kongress Hypnosekurse besuchen zu können. Ich hoffe, dass dies möglich werde.

Wenn Sie schon die Kurzfassung eines Berichts für den verschobenen 2003-Kongress unterbreitet haben, so ist dieser schon automatisch für Singapur angenommen. Alle anderen fordere ich auf, weitere Berichte zu unterbreiten. Die Instruktionen dafür sind in der Mitte dieses Journals publiziert.

Ihre Vorschläge für Verbesserungen unseres Journals sind mir willkommen, wie auch Angebote von freiwilliger Hilfe.

Mit besten Grüßen,

**Karen Olness, MD FAAP – President, ISH**

Januar 2004

## CARTA DE ADIOS DE LA PRESIDENTE ÉVA BÁNYAI, 2000–2003

### Estimados colegas,

Es esta mi última carta de presidente ya que se ha acabado mi presidencia de tres años. Como ya se han enterado Vds., el XVIº Congreso Internacional de Hipnosis e Hipnoterapia a Singapore fue pospuesto al 17 de octubre 2004. Por esta razón no era posible conducir una asamblea oficial antes de esta fecha, y entonces nos pareció que la mejor fecha para la inauguración de la nueva presidente era el 1º de enero 2004. Aunque yo tuve la oportunidad de recibir la presidencia del presidente previo, Walter Bongartz, durante el animado y exitoso XVº Congreso en octubre 2000 en München, lo siento que yo no pueda ofrecer la misma cortesía a la nueva presidente electa, Karen Olness, sino solamente por medio electrónico.

Por consecuencia de una serie de circunstancias desafortunadas, nuestra Sociedad se encuentra ahora en una posición bastante desventajosa. Hemos perdido a unos miembros y a Sociedades miembros y, en consecuencia, nuestros ingresos se han reducido. Esto ha creado una situación económica muy difícil, precisando una reducción dramática del presupuesto. La peor consecuencia era la de no poder emplear a un asistente administrativo en la oficina central desde el mayo del 2003. Esta circunstancia ha creado dificultades en las



comunicaciones, aún unos malentendidos entre la sociedad y sus miembros, lo que siento muchísimo.

No obstante, la situación crítica demostró que nuestra Sociedad tiene riquezas profundas, demostrado por muchos miembros dedicados: por ejemplo Graham Burrows quien actuó de secretario-tesorero en el interino y quien mantuvo la oficina central a pesar de las dificultades financieras; Peter Bloom, ex-presidente y oficial de administración en los USA, cuyo consejo sagaz y apoyo personal agradezco mucho; siempre podía confiar en mi antecesor Walter Bongartz; Rob Stanley, el previo secretario-tesorero; Eric Vermetten, el editor de nuestra publicación; Shaul Livnay, presidente del consejo de representantes y todos los miembros de la mesa directiva: Mary McKenna, Teresa Robles, Mathias Mende y Elgan Baker. Además de los oficiales, muchos miembros de la ISH ofrecieron su apoyo y ayuda personalmente durante las conferencias. La generosidad de todos ellos mantenía mi optimismo.

Estoy cierta que el gran prestigio internacional de Karen Olness y su conocido talento de resolver situaciones difíciles en todo el mundo le ayudará encontrar medios de fortalecer la ISH. Les pido a todos Vds. que apoyen los esfuerzos de ella, y que continúen construyendo puentes de entendimiento en el mundo de la hipnosis.

Les saluda cordialmente,

**Éva Bányai, PhD**

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19. de Noviembre 2003

## CARTA DE LA NUEVA PRESIDENTE KAREN OLNESS, 2004–2006

**Muy estimados colegas,**

**L**es deseo que su trabajo les agrade, que encuentren oportunidades para ser creativos, y que disfruten de buena salud y mucha felicidad en el 2004.

Comencé la presidencia del ISH a partir del 1<sup>er</sup> de enero, siguiendo discusiones por e-mail con mi antecesora, la Dra. Éva Bányai. Estuve preocupada con el hecho de que la asamblea del año pasado fue pospuesta así que la Dra. Bányai nunca tuvo la oportunidad de presidir. Por esta razón es mi deseo que ella dirija el Congreso de Singapur, y yo encabezaré el Congreso de México en 2006.

Mucho trabajo nos espera en nuestra Sociedad. Me gustaría que cada uno de Uds. me avise a mí y a la mesa directiva de sus expectativas: ¿qué es lo que nuestra Sociedad puede hacer para Vd.? Además, les invito a ofrecerse de voluntarios para las tareas que nos ayuden a alcanzar las metas de la ISH., detalladas en la constitución. Somos una Sociedad de voluntarios. Durante muchos años muchos colegas generosos han prestado su tiempo y su creatividad a la ISH. Se ha alcanzado mucho, pero falta que continuemos con éste espíritu y logremos aun más.

Esto es una lista de tareas que me parecen importantes y urgentes:

1. Que todos diseminemos información de nuestra Sociedad a nuestros colegas profesionales e invitámoslos a participar en nuestras reuniones y de afiliarse con nosotros.
2. Tenemos que revisar y reactivar los proyectos y programas para el congreso de Singapur y asegurarnos de su buena calidad.

3. Durante este año tenemos que nominar y elegir nuevos oficiales.
4. Tenemos que progresar las revistas Cochrane en que concierne la utilización de la hipnosis en áreas específicas, como por ejemplo el dolor de espalda, la migraña, las depresiones, y enfermedades de problemas adictivos.
5. Falta que contactemos colegas en países en desarrollo para facilitar cursos y talleres para la enseñanza de la hipnosis.

En lo que concierne la última tarea, lo que sigue es un ejemplo de cómo se podría acabarla: Tres miembros de nuestra Sociedad, de Tailandia, profesionales del comportamiento y desarrollo, atendieron a nuestra universidad durante los 6-8 años pasados. Cada uno de ellos completó un curso básico de hipnosis. Una enfermera de Tailandia quien completó su doctorado en nuestra universidad, demostró un interés especial en la posibilidad de enseñar la hipnosis a niños sufriendo de enfermedades crónicas, como por ejemplo el cáncer, particularmente si precisaron operaciones dolorosas. En la universidad de Khon Kaen, en el noreste de Tailandia, no existen recursos farmacológicos adecuados para el tratamiento del dolor en niños y jóvenes. Cada año visito a Laos como voluntaria, y frecuentemente visito Khon Kaen (a unas 3 horas en automóvil de la frontera de Laos). Hace dos años fui invitada de encabezar un taller con el tema de tratar el dolor sin agentes farmacológicos en pacientes jóvenes en Khon Kaen, en colaboración con mis previos estudiantes. El taller se repitió el agosto pasado. Las audiencias demostraron interés animado e incluyeron a especialistas en pediatría, oncológica pediátrica y a enfermeras trabajando con niños que sufren de cáncer. El departamento de pediátrica y la escuela de enfermeras colaboran ofreciendo entrenamiento en la hipnosis a cada nuevo paciente juvenil con una diagnosis de cáncer. Por promedio, están participando dos niños por semana. Este grupo presentará un informe durante el Congreso de Singapur.

He observado una espantosa escasez de ayuda y tratamiento del dolor en niños, jóvenes y adultos en países en desarrollo. Creo que la enseñanza de hipnosis será bienvenido y utilizado por profesionales en aquellos países para ayudar en el control de dolor sin medicina farmacológica, y para aliviar el sufrimiento de las familias de los pacientes. Profesionales médicos de África, India, Turquía y Tailandia me han avisados que desean atender talleres en hipnosis durante el Congreso de Singapur. ¡Espero que esto sea posible!

Sumisiones de artículos: si su artículo fue aceptado para la conferencia del agosto 2003, su aceptación queda automática para el Congreso de Singapur en octubre 2004. Si aún no ha sometido un artículo, hágalo pronto (fijese en las instrucciones en el centro de esta publicación).

Otra vez, invito a ofertas de ayuda y a sus sugerencias como para mejorar nuestra Sociedad. Cordialmente,

**Karen Olness, MD FAAP – President, ISH**

Enero 2004



## LETTRE D'ADIEU DE LA PRÉSIDENTE, ÉVA BANYÁI, 2000-2003

**Chères consœurs et chers confrères,**

J'ai donc complété les trois ans de mon mandat. Voici ma dernière lettre présidentielle. J'avais l'opportunité de recevoir la présidence personnellement de Walter Bongartz à Munich, à l'occasion de l'animé et tant réussi XV<sup>ième</sup> Congrès. Je regret donc de ne pas avoir pu en faire autant pour Karen Olness, notre présidente élue: ce geste devait être accompli par voie électronique. Vous en savez bien la raison: le XVI<sup>ème</sup> Congrès fût remis au mois d'octobre 2003. Ainsi, une réunion formelle n'était pas possible jusqu'à lors, et le 1<sup>er</sup> janvier 2004 fût choisi pour l'inauguration de ma présidence.

Malheureusement, à cause d'une série de circonstances défavorables, la situation financière de l'ISH a devenu difficile. Nous avons perdu des membres individuels ainsi que des Sociétés membres, et par conséquent notre revenue était bien réduite, et notre budget devait être tronqué. La conséquence la plus pénible a été l'impossibilité pour l'ISH d'engager un employé administratif dans notre bureau central, depuis mai 2003. Ainsi, les communications entre membres et la Société étaient difficiles et il y avait même quelques malentendus, ce que je regrette fortement.

Néanmoins, pendant cette période troublée, j'ai constaté que beaucoup de nos membres dévoués démontrèrent des ressources profondes. Mes remerciements à tous d'eux: à Graham Burrows, qui accepta le rôle difficile de secrétaire trésorier par l'intérim quand c'était soudainement nécessaire, et maintenait en marche le bureau central en dépit de la manque de fonds; à Peter Bloom, ancien président et conseiller administratif aux États-Unis, qui m'a toujours soutenue avec son sage conseil. Aussi, je pourrait toujours compter sur Walter Bongartz, l'ancien président, sur Robb Stanley, ancien secrétaire trésorier, sur Eric Vermetten, l'éditeur de notre publication, sur Shaul Livnay, le président du Conseil des Députés, et sur chacun des membres du Conseil de Direction: Mary McKenna, Teresa Robles, Matthias Mende et Elgan Baker. Non seulement ces officiers, mais aussi quelques de nos membres exprimaient leur inquiétude et m'offrirent leur soutiens quand je les rencontrais en personne à l'occasion d'une conférence. C'est grâce à leur soutien que j'ai su conserver mon optimisme.

Je suis certain que Karen Olness, grâce à son excellente réputation internationale et à son expérience dans la gestion de situations difficiles aux quatre coins du monde, trouvera les moyens d'encore renforcer notre Société. Je vous supplie de supporter ses efforts et de continuer les vôtres pour resserrer les liens professionnels et amicaux parmi les professionnels du monde de l'hypnose.

**Eva Banjai, PhD**

eibanyai@axelero.hu

*Novembre 19, 2003*

## LETTRE D'ACCUEIL DE KAREN OLNESS, PRÉSIDENTE 2004-2006

**Chers collègues,**

Je vous souhaite du travail satisfaisant, des opportunités pour être créatifs, bonne santé, et une très heureuse 2004!

Je commençais ma présidence dès le 1<sup>er</sup> janvier après quelques discussions avec Dr. Éva Banyai par e-mail. À cause de l'ajournement de la conférence proposée pour l'année passé, je craignais que Dr. Banyai n'aurait jamais eu l'opportunité de conduire un assemblé international. C'est pourquoi je désire que Dr. Banyai soit la présidente du Congrès à Singapour. Moi, à mon tour, je mènerais la conférence à Mexico, en 2006.

Beaucoup de travail et de tâches provocants nous attendent. J'invite des commentaires et suggestions de tous sur comment le conseil de direction peut répondre à vos besoins. J'aimerais aussi que chacun de vous s'offre de volontaire pour nous assister avec les travaux nécessaires pour améliorer notre Société, et pour atteindre les objectifs déterminés dans notre constitution. Nous sommes une association de volontaires. Je suis redevable de collègues généreux qui ont employé leur créativité et nous ont donné de leur temps. Ils ont accompli beaucoup mais il est nécessaire de continuer dans cet esprit de volontaires et d'encore aspirer à des gains additionnels.

Voici quelques tâches pour le futur immédiat:

1. Communiquer avec tous nos collègues professionnels pour qu'ils prennent connaissance de notre société et de les inviter à assister à nos réunions et de nos joindre comme membres.
2. Réactiver tous les plans et programmes pour le Congrès de Singapour et assurer leur qualité.
3. Proposer et élire les nouveaux officiers dans l'année courante.
4. Développer des revues Cochrane pour l'utilisation de l'hypnose dans des domaines particulières, par exemple les douleurs du dos, la migraine, la dépression, les maladies de comportements répétitifs.
5. Atteindre aux collègues dans les pays en développement pour faciliter l'enseignement des éléments rudimentaires de l'hypnose.

En ce qui concerne la dernière tâche, voici un exemple: pendant les 6-8 ans passés, trois collègues de Thaïlande, professionnels dans les réseaux du développement et du comportement, visitaient mon département à l'Université. Chacun compléta un cours basique d'hypnose. Une infirmière de Thaïlande, qui étudiait à mon Université pour compléter son doctorat, fit la même chose. Elle démontrait un intérêt particulier dans l'idée d'enseigner l'hypnose à des enfants qui souffrent des maladies chroniques, comme le cancer, particulièrement ceux qui nécessitent des fréquentes opérations et examens douloureux. L'université de Khon Kaen au nord-est de Thaïlande ne possède pas les ressources suffisantes pour offrir du traitement pharmacologique de la douleur des enfants et des juvéniles. Je visite Laos une ou deux fois chaque an pour travailler de volontaire et je visite Khon Kaen fréquemment (à trois heures en voiture de la frontière de Laos). Il y a deux ans on me demandait d'organiser une formation pratique sur le thème du maniement non pharmacologique de la douleur d'enfants, en collaboration avec mes anciens étudiants. Cette formation atelier fut répétée en août de l'année passée. En toute occasion nous avions



beaucoup d'intérêt de deux oncologistes pédiatriques, quelque internes, et des infirmières qui soignent aux enfants qui souffrent du cancer. Le département de pédiatrie et l'école des infirmières ont assemblé des équipes qui offrent l'enseignement de l'hypnose à chaque nouvel enfant avec une diagnose de cancer. Ils aident à un moyen de deux enfants par semaine. Ils sont en train de préparer un article qu'ils présenteront pendant le congrès à Singapour.

J'ai observé une absence épatante de maniement de la douleur d'enfants et d'adolescents dans les pays en développement. Je croie que l'entraînement de l'hypnose sera bienvenu par les professionnels de la santé dans ces pays, et qu'il les assistera dans leurs efforts de traiter la douleur sans agents pharmacologiques, et qu'il augmentera le confort de familles des patients. Des membres des professions de la santé de l'Afrique, de l'Inde, de la Turquie et de la Thaïlande m'ont dit qu'ils aimeraient prendre des cours basiques d'hypnose pendant le Congrès de Singapour. J'espère bien que cela sera possible.

Si vous aviez déjà soumis un précis pour le Congrès prévu pour l'année passée, il sera automatiquement accepté pour le Congrès à Singapour. Si non, je vous invite de soumettre un article pour la réunion en octobre. Vous en trouverez les instructions dans le centre de cette publication.

J'invite vos suggestions pour une meilleure revue, ainsi que vos offres d'assistance.

**Karen Olness, MD FAAP – President, ISH**

*Janvier 2004*

## LETTERA DAL PRESIDENTE USCENTE ÉVA BÁNYAI, 2000–2003

**Cari colleghi,**

Questa è la mia ultima lettera come Presidente in quanto il mio mandato (2000 – 2003) è giunto a termine.

Sono spiacente del fatto che malgrado io abbia ereditato il manto presidenziale in persona dal nostro precedente Presidente, Walter Borgartz durante una vivace e coronata da successo conferenza in Monaco in occasione del 15° Congresso Internazionale di ipnosi dell'ottobre 2000, io possa consegnare la Presidenza a Karen Olness solo per via elettronica. Forse la ragione vi è nota. Il 16° Congresso Internazionale di Ipnosi ed Ipnoterapiadi Singapore dovette essere spostato al 17 ottobre 2004. Dal momento che non esistono prospettive per un convegno ufficiale per l'anno in corso, ritengo il 1° gennaio 2004 sia la migliore data per l'insediamento del nuovo Presidente.

A causa di infelici circostanze, la situazione economica dell'ISH non è rosea come si vorrebbe. Abbiamo perso un numero di iscritti e le nostre società costituenti e a conseguenza di ciò, c'è stato un calo di introiti di tassa di iscrizione. Questo fatto ha creato una situazione finanziaria critica e il bilancio ha dovuto essere decurtato drasticamente. La conseguenza più dolorosa è che per l'ISH non è stato possibile impiegare un assistente amministrativo all'ufficio centrale dal maggio 2003, la qual cosa ha reso le comunicazioni tra l'ISH ed iscritti piuttosto difficile. A volte, questo stato di cose ha generato persino delle incomprensioni e di tanto mi rammarico.

Purtuttavia, questa situazione critica ha messo in evidenza che l'ISH possiede vaste risorse umane come è evidenziato dai numerosi soci fedeli. Vorrei esprimere la mia personale gratitudine a molti di loro individualmente: Graham Burrows si sobbarcò l'impegno gravoso di Segretario Tesoriere "ad interim" allorché il bisogno si manifestò

improvvisamente, e malgrado le difficoltà insite in quella posizione, il lavoro procede regolarmente. A Peter Bloom, non solo quale ex Presidente ma anche come funzionario dell'Amministrazione degli Stati Uniti per i saggi consigli forniti qualvolta richiedi nonché per il suo supporto personale, non sarò mai grata a sufficienza.

Ho sempre saputo di poter contare su Walter Bongartz, il nostro Presidente uscente, su Robb Stanley, l'ex Tesoriere, Eric Vermetten, il redattore della Newsletter, Shaul Livnay, Presidente del Consiglio di Rappresentanza e tutti i componenti del Consiglio di Amministrazione: Mary McKenna, Teresa Robles, Matthias Mende e Elgan Baker. Non soltanto i funzionari, ma membri ordinari dell'ISH hanno offerto il loro aiuto ed assistenza ogni qualvolta li incontravo alle varie conferenze. Questa ricchezza di risorse umane dà adito ad ottimismo.

Sono fiduciosa che l'alto prestigio internazionale e la lunga esperienza acquisita nel gestire situazioni inusitate, doti presenti nel nostro nuovo Presidente, saranno di ausilio a Karen nella ricerca del modo con cui rendere l'ISH sempre più forte. Chiedo a tutti voi di sostenere i suoi sforzi e anche un augurio a tutti voi acciocché si continui a costruire quei ponti che uniscono la comprensione nel mondo dell'ipnosi.

Cordiali saluti,

**Éva Bányai, PhD**

[eibanyai@axelero.hu](mailto:eibanyai@axelero.hu)

*Novembre 19, 2003*

## LETTERA DAL PRESIDENTE KAREN OLNESS, 2004–2006

**Cari colleghi dell'ISH,**

Auguro a tutti voi un lavoro piacevole, molte occasioni per essere creativi, una buona salute e tanta felicità per il 2004.

Dal 1° gennaio ho assunto la Presidenza dell'ISH a seguito di alcune scambi di idee e discussioni via e-mail avuti con l'ultimo presidente dott. Éva Bányai. La mia preoccupazione nell'assumere la Presidenza stava nel fatto che a causa del rinvio della riunione prevista per l'anno scorso, il dott. Bányai non ha mai presieduto una riunione dell'ISH. Pertanto è mio desiderio che il dott. Bányai inauguri e presieda il convegno di Singapore. Da parte mia, presiederò il convegno del Messico nel 2006.

Nell'ambito dell'ISH, c'è ancora molto lavoro da fare, così come vi esistono anche molte sfide. Esorto tutti voi a segnalare cosa io, ovvero il consiglio di Amministrazione, possiamo fare acciocché l'ISH venga incontro ai vostri bisogni. Inoltre sprono ognuno di voi ad offrirsi come volontario per compiti atti a migliorare l'ISH e sostenere tutti noi nel conseguimento degli obiettivi sanciti nella nostra Costituzione. Noi siamo una organizzazione di volontari. Mi reputo di essere in una posizione privilegiata perché mi avvalgo dell'opera svolta precedentemente da colleghi generosi i quali si sono prestati in anni di lavoro creativo all'ISH. Molto è stato fatto da loro, invero abbiamo bisogno che questo spirito di volontariato venga mantenuto e che avanzi al fine di ottenere ulteriori risultati.

Ecco qui di seguito alcune incombenze ancora inattese:

1. Rendere consapevole i nostri colleghi della nostra presenza e attività ed invitarli a partecipare alle riunioni.



2. Riattivare tutti i piani e programmi per il convegno di Singapore ed adoperarsi acciòché diventi un convegno ad alto livello.
3. Nominare ed eleggere nuovi dirigenti entro l'anno prossimo.
4. Perseverare ed adoperarsi per lo sviluppo delle 'Cochrane Reviews', e per l'applicazione dell'ipnosi in aree specifiche quali dolori dorsali, emicranee, depressione, disfunzioni abitudinali.
5. Estendere l'assistenza a colleghi di Paesi emergenti al fine di rendere più agevole per loro la partecipazione a seminari di lavoro di ipnosi, al cui proposito sono lieta di condividere con voi un esempio qui di seguito come esso può realizzarsi.

Durante gli ultimi 6 - 8 anni, ho avuto la visita di tre ricercatori scientifici provenienti dalla Thailandia dediti allo sviluppo comportamentale. Ognuno di loro ha frequentato e completato un seminario di lavoro basilare di ipnosi. In aggiunta, una infermiera della Thailandia che ha conseguito un Dottorato di Ricerca presso la nostra università ha essa stessa frequentato un seminario di lavoro basilare di ipnosi. Essa si interessò particolarmente allo studio dell'ipnosi su bambini affetti da malattie croniche come cancro, ed in particolare, quei bambini sottoposti a procedimenti dolorosi. L'università di Khon Kaen nella Thailandia nord orientale non è dotata di risorse e farmaci adeguati per la gestione del dolore nei bambini ed adolescenti. Mi reco nel Laos una o due volte all'anno per espletare lavori di volontariato e sovente visito Khon Kaen che dista tre ore di macchina dalla frontiera con il Laos. Due anni fa, mi fu chiesto di tenere un seminario di lavoro sulla gestione non farmacologica del dolore sui bambini di Khon Kaen in collaborazione con alcuni miei vecchi studenti. Questo seminario di lavoro è stato ripetuto l'agosto scorso. Questi seminari di lavoro hanno avuto una buona affluenza di pediatri oncologi, residenti e infermieri diplomati che lavorano con bambini affetti da cancro. Il Dipartimento di Pediatria e la scuola infermieri hanno collaborato tra loro dando vita a delle squadre che sono in grado di offrire un tirocinio a base di ipnosi appena un bambino viene diagnosticato affetto da cancro. In media si riscontrano due casi alla settimana. Nei loro piani c'è la preparazione di uno studio clinico dei loro risultati da presentarsi al convegno di Singapore.

Trovo che nei paesi emergenti c'è una carenza spaventosa della gestione del dolore nei bambini e negli adolescenti. Sono dell'avviso che in questi Paesi corsi sull'ipnosi sarebbero ben accolti ed implementati da professionisti interessati a gestire ed alleviare il dolore con mezzi non farmacologici e al contempo fornire un sollievo ai famigliari che hanno un loro membro affetto dal dolore. Professionisti del sistema sanitario provenienti dall'Africa, India, Turchia e Thailandia mi hanno fatto presente la loro intenzione di partecipare a seminari di lavoro al convegno dell'ISH di Singapore. Mi auguro che ciò sarà possibile.

Tutti coloro che hanno avuto i loro compendi di studio già accettati per il convegno del 2003, i compendi stessi sono da ritenersi validi per il convegno di Singapore del 2004. Si prega tutti coloro i quali non hanno presentato un compendio l'anno scorso, di considerare di farlo per il convegno di ottobre. Le istruzioni si possono trovare all'interno di questa Newsletter. Incoraggio ogni suggerimento che ha come scopo il miglioramento di ISH e qualsiasi offerta di aiuto.

Distinti saluti,

**Karen Olness, MD FAAP – President, ISH**

Gennaio 2004



## FROM THE INTERIM SECRETARY-TREASURER

Best wishes and regards for the New Year. I hope that 2004 brings us all good health, prosperity and most importantly peace.

You will find enclosed with this Newsletter your Membership Dues bill for 2004. We ask you to pay this promptly preferably by Credit Card or if by cheque it must be paid in \$US. As the Society's accounts operate in American dollars and due to the substantial fall in the value of the American Dollar (40%) the Membership Dues have been increased by the Board of Directors to \$USD72 (Approx. 55 or £GB 39). For those that pay by Credit Card the amount will be converted to Australian Dollars on the day of deposit.

As I noted in the last Newsletter that world events (SARS, wars and terrorism) had conspired against us in the planning of the 16th International Congress of Hypnosis. The Organizing Committee of the 16th International Congress on 'Hypnosis and Hypnotherapy', and the Executive Officers of the International Society of Hypnosis, postponed the meeting in Singapore until 17th to 22nd October 2004. These dates were determined by the availability of the venue to whom we had paid substantial deposits. The structure of the program remains the same, three days of workshops and two days of scientific meetings. Refunds of registrations were naturally paid to those who indicated they were unable to attend or requested them. Given the amount of money already spent in deposits, printing and mail-out, this additional expenditure drained the reserves of the Society. With the approval of the Board of Directors I have loaned the Society funds (to be paid back over the next two financial years) to ensure it's ongoing functioning. We did this previously in 1985 at the time the Central Office moved to Australia as the Society required funds to operate.

We all hope the Singapore meeting will be a success and I urge you all to consider coming. Singapore is considered one of the safest places in Asia so join us there later this year. For up to date information on the Congress program please consult the website at

[www.icms.com.au/16ish](http://www.icms.com.au/16ish)

We have cancelled the satellite meeting in Phuket as the southern Thailand is still considered not safe enough to hold the meeting there.

I also noted in the last Newsletter that the administrative Assistant Susan Hearn left us at the end of April 2003. We, in the Department of Psychiatry have kept the functions of the ISH Central Office going, including the financial records, the membership database and the auditing of the Society's accounts by PriceWaterhouseCoopers.

**Graham Burrows, AO KCSJ MD**

16th International Congress Chairman and Interim Secretary-Treasurer ISH

## FROM THE CENTRAL OFFICE

The Central Office which is under the direction of the interim Secretary-Treasurer Professor Graham Burrows AO KCSJ has continued to function since the departure of Susan Hearn, the previous Administrative Assistant of the International Society. A new (part-time) Administrative Assistant is expected to be appointed soon.



**Contact details for the Central Office are as follows:**

**Fax:** +61 3 94964107 & **E-mail:** ish-central@unimelb.com.au

**Contact Graham Burrows, E-mail:** gdb@austin.org.au .

Included with this Newsletter are your membership dues. Please ensure you fill this in completely and clearly (please print) and return promptly to the Central Office.

The elections of President-Elect and Secretary-Treasurer of the International Society of Hypnosis (serving from 2004 – 2006) are now in progress. Ballots will be sent to members in the next few months. The ballot process requires that each ballot 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. Please note, to be included in the voting, you must pay your membership dues for this year.

This Newsletter continues to be prepared by Eric Vermetten, our Newsletter Editor. Thanks too, to Constituent Society administrators and secretaries who have responded with news from their societies. Thanks also to Susana Kavadias for the Newsletter artwork.

**Central Office 2004****FROM THE GRAPHIC ARTIST'S DESKTOP**

Firstly I would like to thank Karen Olness and Eric Vermetten for inviting me to make a contribution to this issue of the ISH Newsletter. Though I'm not qualified to speak about hypnosis like you, I do have a voice about newsletters and the creation of them.

I have had the pleasure of working on this Newsletter since 2000, and was allowed to rework its design and layout, which, I hope all readers find contemporary in style and easy to read.

I enjoy my working partnership with ISH's Editor Eric, (and with all the previous staff at the administration office in Melbourne, where I live). The other thing I find remarkable about working on this Newsletter, is in spite the distance between Australia and The Netherlands the use of the Web, has allowed us easy and regular communication, so that the work flow is rarely interrupted. The World Wide Web truly is a global network.

However, design and artwork aside, the really important thing I wish to discuss are the concerns expressed by both Eric and Karen in their letters. The future of this publication relies on the strength of ISH's membership and it is worrying to see things fraying at the seams.

I therefore wish to encourage all involved in managing ISH to constructively discuss the future potential of this Newsletter, which is the Society's 'voice' to its members. Also, the ideas raised by Eric, such as further development of the ISH website as an adjunct to the Newsletter and as an on-line resource tool for ISH members, should be considered.

The ISH community is one that spans the globe and this publication is another opportunity for your collective voices to be heard. So, I do hope all of you shall band together and express your enthusiasm for ISH and this Newsletter, which will ultimately ensure the continuation of *building bridges of understanding* in hypnosis.

*Susana Kavadias*

**ERIKA FROMM, PhD, (1909 – 2003)**

Erika Fromm (born Oppenheimer) is for many in the world of hypnosis a phenomenon. This 'grand old lady of hypnosis' was born in 1909 in Germany. Her father was a physician and as daughter of a large orthodox Jewish family she grew up in Frankfurt.

Her young years were not all fortunate. After high school Erika started to study psychology. She was ambitious and was a bright student.

One example is the research she performed to feeling that people have that have creative ideas. She wrote letters to Einstein and Freud asking them what they experienced, felt and thought while they elaborated on new ideas. She kept the responses of both researchers (however, they had fallen behind a closet in her study room). Reading her letters to Einstein and Freud it is remarkable how well this young lady had organized this all. It is also interesting to read the responses of both Einstein and Freud to her.

Beginning of the thirties the black cloud with the fascism and the discrimination that went along and the hunting for the Jews was covering Germany.

In 1933, after first professors and students were expelled from university, Erika had been able to organise that she could get her doctorate quicker. She has been able to accomplish this. After the Crystal night in 1933 it became clear for her that her future would not be in Germany. She left for the Netherlands. The period she passed in the Netherlands was one of the best in her life. She worked and studied in Amsterdam and lived there, after near starvation, in with a Dutch family with whom she kept in close contact throughout her life.

Thereafter she worked in the Jewish Psychiatric Hospital in Amersfoort. In 1938 the black cloud of Nazism drove further over Europe and this drove her to flee to the United States. She kept very good memories to her stay in the Netherlands, good memories and until the day she passed away she was still able to speak Dutch in a way very few non natives do.

In 1938 she left for Chicago where she was quickly introduced into the world of academia. This did not imply that she was accepted – as a woman. The struggle she had to endure to be acknowledged as a professor of psychology is a story in itself. In any case it is clear that she did not let others pull her a leg!

In 1939 she succeeded in getting her husband join her from Germany. This was made possible by paying a huge sum of money to the Germans. To be able to stay in the USA they had to marry within two weeks after he arrived. Which happened. Her husband was a wine trader and patron of unknown composers. He passed away in the mid eighties. One daughter was born, Joan, who died in 1996 due to a tragic fire.

Her research career is impressive and broad. If you perform a search in [www.google.com](http://www.google.com) on Erika Fromm, you will be amazed to find a large number of books and original papers. Her original research, as many psychologists from that period, stemmed from the psychodynamic tradition. Besides that she was interested in other concepts and she was drawn to research. It was always interesting to be close to her and to be able to be part of



her Wednesday evening circle. Many young promising students would come and older Professors came together to discuss problems and interesting ideas and concepts. In short: in the house of Erika, besides good music, academia had a prominent position.

Her stories about many writers and artists from Jewish families, like Bernard Malamud, Nobel prize winner Saul Bellow, and Igor Strawinsky, whom she knew personally were remarkable. For example about Bellow's book 'Dubins life's' she said: "Oh yeah, he wrote that when he had so many relationship problems" (the book is about a middle aged man that tries in a humorous way to keep his younger lover). But she could also be sharp and edgy. For example to the known child psychologist Bettelheim whom she also knew personally, that he was hard and not gentile to his own children.

In 1982 Erika entered the Dutch world of hypnosis by participating in the conference of the 50th anniversary of this Society. As a matter of fact, she never left! By participating in many workshops, symposia etc, she participated even until high age in the world. She was able to demonstrate her brilliant clinical in sights and her theoretical knowledge. It is in this respect that a whole generation of clinicians has been trained by her.

What made Erika so remarkable? Most probably it is her personality, which is her interest and ability to not only talk about intellectual topics, but also to communicate on an emotional level. Another aspect was her passion. Writing, especially reviewing and editing papers was her great hobby. She performed this at most strange moments. Because she had sleeping difficulties after the death of her daughter she kept working in the early morning hours, which led to the fact that her personal caretakers Cora and Libby, started to complain of lack of sleep.

After her daughter passed away, Erika went through a difficult time. In the last couple of years her health gradually declined. In December this first crisis occurred with accumulating lung problems. Towards the end she lived with the assistance of continuous artificial ventilation.

On Tuesday 24th of May, 2003, Erika Fromm passed away at home due to the complications. We will miss her in many aspects.

**Prof dr Eric Hoencamp and Judith Haffmans**

e.hoencamp@parnassia.nl



### CAMPBELL 'CAM' PERRY, PhD

Campbell Perry passed away in his own house due to the consequences of a tragic accident on May 15th 2003. Dr Perry was affiliated at the Department of Psychology, Concordia University, Canada, during the last 30 years. He was emeritus since 1996. He was born in Australia.

Dr Perry was a well known authority on the effects of hypnosis on memory and the use of hypnosis in a forensic context. He was always present at hypnosis conferences. He came to world fame because of his views and opinions about 'recovered lost memories'. His last paper was published in 2002 titled 'The Franklin Commission Report, in light of past and present understandings of hypnosis', in co-authorship with Kevin McConkey. He wrote over 50 papers, of which he leaves behind a wealth of material.

Info: [http://pr.concordia.ca/ctr/2002-03/June\\_5/12-inMemoriam/index.shtml](http://pr.concordia.ca/ctr/2002-03/June_5/12-inMemoriam/index.shtml)

## LONG TERM BENEFITS OF HYPNOTHERAPY FOR IRRITABLE BOWEL SYNDROME

*W.M. Gonsalkorale PhD; V. Miller MSc; A. Afzal MB, ChB; P.J. Whorwell, MD, FRCP*

Irritable bowel syndrome (IBS) is a common condition that is estimated to affect around 15% of the general adult population at any one time and affecting more females than males. Although the majority of sufferers do not seek medical help, those who do account for up to half of the gastroenterologist's workload. Its main symptoms are abdominal pain, distension and altered bowel habit (constipation and/or diarrhoea) and patients also commonly complain of a number of associated extra-colonic symptoms, such as nausea, lethargy and backache.

IBS is classified as a functional bowel disorder and its cause is probably multifactorial in origin, and it has been proposed that IBS is best conceptualised within a biopsychosocial framework, with a combination of factors, physical and/or psychological probably operating within any one individual which influence the development or expression of symptoms. Possible underlying physiological mechanisms include abnormal motility (muscle movements) and visceral hypersensitivity (increased sensitivity of the gut lining) in the gut. There is also some evidence to suggest that patients with IBS have altered CNS processing of incoming sensory information from the gut.

For some individuals, symptoms can be sufficiently severe and troublesome in some individuals as to impair their quality of life and may affect the ability to cope with work. It is not uncommon for patients to have repeated consultations and investigations and patients tend to consult their own general practitioner for other minor ailments more frequently than other people. The socioeconomic impact of IBS is therefore considerable and patients represent a significant drain on healthcare resources. Treatment of IBS by conventional means is often unsatisfactory, with symptoms failing to respond to an array of currently available medications.

Gut-directed hypnotherapy has been shown in several studies conducted within this and other centres to be extremely effective in reducing symptoms, and improving quality of life and psychological well-being [1-4]. This therapy comprises a course of up to 12 weekly sessions, each consisting of induction of the hypnotic state, followed by suggestions and interventions, such as inducing warmth in the abdomen using the hands and imagery, directed towards controlling and normalising gut function, accompanied by 'ego-strengthening' relevant to the individual. This work led to the establishment of the first hypnotherapy unit in the National Health Service in the UK devoted to the treatment of IBS patients. A recent audit published on the first 250 patients treated at this unit confirmed the beneficial effects of hypnotherapy in a large number of patients [5]. However, outcome was measured immediately after completing the course of therapy and there is little in the way of long-term data, information which is essential before the technique can be widely recommended. Our present study, therefore, was undertaken to establish the longer term effects of therapy, in terms of symptom improvement, consultation rates and use of medication.

We asked 273 patients who had completed a course of gut-directed hypnotherapy (HT) at least 1 year previously to complete and return the following questionnaires: a validated IBS questionnaire, rating IBS and extra-colonic symptoms and quality of life measures



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SINGAPORE OCTOBER 17-22, 2004



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You are now invited to submit abstracts for consideration by the organising committee for presentation at the 16th International Congress on Hypnosis and Hypnotherapy. Abstracts must be submitted no later than June 1, 2004 and must follow precisely the instructions for preparation as outlined in the guidelines for abstract submission.

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by visual analogue scale, and the Hospital Anxiety and Depression (HAD) Scale, both of which had been completed both before and immediately after the course of HT. Thus, data were available for comparison between these three different time-points, i.e. pre-HT, post-HT and follow-up. Patients also retrospectively rated the effects of HT on symptoms, consultation rates and use of medication using Likert-type responses in a subjective assessment questionnaire (SAQ).

204 questionnaires were returned, representing a 75% return rate, and time since completing treatment varied between 1 and more than 5 years. Comparing pre- and post-HT questionnaires in all patients revealed that there was no difference either in symptom severity and other scores and in initial improvement immediately after therapy between patients who did or did not return the follow-up questionnaires, confirming that patients who returned these questionnaires were representative of the patient group as a whole.

71% of patients initially responded to HT, rated on the SAQ, with 52% reporting their symptoms are 'very much better' and 19% as 'moderately better' immediately after treatment, and these were defined as 'responders'. The remaining patients who reported only slight improvement or no change in symptoms were 'non-responders', and proportionately more males (43%) than females (25%) were non-responders. 81% of responders maintained the improvement gained through the follow-up period, with the majority stating that their symptoms had improved even further than at the end of treatment. The remaining responders (19%) had experienced mostly slight deterioration in symptoms. These reports were supported by symptom scores from the IBS questionnaire at follow-up, which were still very much improved compared with pre-HT scores and showed little difference from scores immediately after HT. In addition, improvement did not appear to decline with time, since there was no association between the time since responders had completed treatment and differences between post-HT and follow-up scores, suggested that those with a longer gap since treatment had maintained improvement just as well as those who had finished more recently.

Extra-colonic symptoms, quality of life measures and HAD scores for anxiety and depression were significantly better than pre-HT scores, although there had been a little more deterioration compared with scores immediately after completing therapy.

Consultation rates and use of medication were also reduced, particularly in the responder group, which strongly suggests that these reductions were the consequence of the beneficial effects of HT. The majority of responders (>83%) compared with around half of non-responders stated they had seen their general practitioner or a hospital consultant less often about IBS symptoms since HT, and 61% of responders compared with 22% of non-responders had seen a doctor less often about other symptoms. A similar proportion of responders and non-responders (67%) were taking medication before HT, but fewer responders were on medication since HT (36% compared with 56% of non-responders). Of those continuing to take medication, 62% responders compared with 9% of non-responders reported they had taken it less often than before.

This study confirms that the beneficial effects of HT are long lasting, with continued improvement in symptoms thus giving patients better control over their condition, although it may be less useful for male patients. In addition, the ensuing reduction in use of medication and consultation rates can lead to lower health care costs in this group of patients which should make HT a more viable treatment option for health care providers.

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This paper was awarded the Roy M. Dorcus Award for Best Clinical Paper at the annual meeting by the Society for Clinical and Experimental Hypnosis, Chicago, November 2003.



## EPILEPSY – IDENTIFYING AUTHENTIC CASES

Dabney M. Ewin, MD

While we're talking Epilepsy, I think the most important clinical issue is the differential diagnosis between Pseudoepilepsy and the real McCoy.

Our dear departed colleague from the Cleveland Clinic, Meir Gross, edited an excellent book entitled "Pseudoepilepsy" in 1983. On page 83 he states: "Hypnosis may also be helpful in the differential diagnosis of seizures. Convulsions can be activated by hypnotic trance in either epileptic or hysterical patients, but only true epileptic patients will show EEG paroxysms. Moreover, hysterical patients can halt convulsions that were induced by hypnosis, and epileptic patients cannot. Unlike epileptic patients, hysterical patients under hypnosis seem apt to recall what happened during these seizures. As a group, hysterical patients tend to be more hypnotizable than epileptic patients." On page 82 he has a table of 24 clinical features that are useful in the differential diagnosis.

I have only treated one case, but it was my first case after taking the Basic Workshop. It was an 8 year old boy who was having seizures as often as twice a week in spite of being on Dilantin and Phenobarbital. They were about to remove him from school because of all the disturbance in class. He was the nephew of our family retainer who overheard me at home talking about the remarkable cures that had been discussed in the workshop, and she asked me to help. In a single visit he regressed back spontaneously to the death of his first cousin, who was also his closest and best friend. He had died of spinal meningitis while having a convulsion. That's when the seizures started, and in Cheek and LeCron's classification he was 'Identifying' with his cousin. I was on vacation at my grandfather's plantation, and this was a country boy who had plenty of experience with death from farm animals being killed and game being hunted. I can only paraphrase what I said that long ago, but it was something like "W.G., you know that you are a completely different person from you cousin, and he is dead and you are alive. Wouldn't you rather just keep your happy memories of the times you all were 'chunkin mud and rolling hoops' (repeating his words), and let him go on to Heaven while you stay here and live, and grow, and make a good life?" He said "Yes, that's what I want to do!" and came out of trance and jumped into my lap and hugged me. I have a 42 year follow-up, and though he has had some of the difficulties that accrue to a poor black country boy, he finished high school, and has never had another seizure. I can't think of any surgical procedure I've ever done that gave so much to a whole life, and after this dramatic first case success, I felt compelled to return to Intermediate and Advanced Workshops whenever they were available. And I'm still going 42 years later.

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## LUND UNIVERSITY – SWEDEN

"Soon to appoint northern Europe's first Professor in Psychology, including Parapsychology and Hypnology."

By the end of September the news reached us that Sweden's Lund University, one of the oldest seats of learning in Scandinavia, will appoint northern Europe's first professor of Psychology, including Parapsychology and Hypnology. Almost 30 candidates, applied for the post, which is financed by a donation.

The first Professor, to be appointed by Lund University Dean Goran Bexell, is expected to start work in 2004. Hypnology is the science of the phenomena of sleep and hypnosis. Despite decades of experimental research and television performances by people such as spoon bending psychic 'Uri Geller', there is still no proof that gifts such as telepathy and the ability to see the future exist, some mainstream scientists say.

*Utrecht University in the Netherlands and Scotland's Edinburgh University also have had chairs in parapsychology. There is controversy over the fact whether verifying the existence of paranormal phenomena does seem to be a promising field of science, and to what extent hypnosis has anything to do with this. We invited Dr Etzel Cardeña for his opinion, since he started a discussion on the hypnosis listserv a few weeks ago. He agreed to put this in this Newsletter because it incorporates important points for our readership. We will follow this up in the next Newsletter with hopefully more commentaries on the link between hypnosis and parapsychology and the need for a special chair in this.*

Eric Vermetten, MD PhD

## PROFESSORSHIP IN HYPNOLOGY

Etzel Cardeña, PhD

Let me take the challenge, mentioned by my good friend Mel Gravit, to offer some 'empirically-supported' education regarding the issue of a possible link between hypnosis and parapsychology.

First, as both Helen Crawford and Kirke McVay imply in their postings, the University of Lund, as well as the scientific parapsychology community, define parapsychology as 'the scientific field that is concerned with interactions, both sensory and motor, that seem not to be mediated by any recognized physical mechanism or agency', (Edge et al., 1986). This definition leaves open ('that seem') what the ultimate nature of these reputed phenomena is. It has nothing to do with Yetis, horoscopes, and a long etc., nor with an 'occult', non-empirical consideration of evidence. Scientific parapsychologists use the scientific method, including controlled experiments, to evaluate data and are not responsible for the nonsense associated with the area (eg: astrology, for which actual studies have shown no evidence), the same way that scientists who use hypnosis are not responsible for the nonsense about ads promising that hypnotic techniques will allow a person to control others through sheer will.



Second, hypnosis and parapsychology (as defined above) are not necessarily linked. The vast majority of hypnosis research does not study possible PSI phenomena at all, the same way that the vast majority of parapsychology does not study any possible relationship between reputed PSI phenomena and hypnosis. Having said that, though, there are a number of studies that have evaluated a possible relationship between experiences construed as PSI (whether correctly or not) and hypnosis.

Third, the hypnosis literature has many instances of purported PSI phenomena related to hypnosis (clinical or research). For instance, Dingwall (1967) edited four volumes on 'abnormal hypnotic phenomena' that included many of them, and therapists have written about information about themselves or the clients in therapy that they could not explain through the normal senses or reasoned speculation. Granted, the majority of these reports can be criticized as anecdotal, lacking experimental controls, etc., but they nonetheless show, at the very least, a not uncommon relationship between some hypnotic experiences and purported (whether veridically or not) PSI phenomena.

Fourth, in the book I co-edited with Steve Lynn and Stan Krippner (2000), and positively reviewed by the most famous critic of the PSI hypothesis, Ray Hyman (2001), two comprehensive reviews of scientific studies, the chapters by Elisabeth Targ et al., and the one by Ron Pekala and I, show that such constructs as hypnotic susceptibility, absorption, and dissociation are positively, significantly, and consistently correlated with PSI-related experiences (whether veridical or not).

Fifth, let's discuss now the data for studies purporting to measure PSI-phenomena under controlled conditions and hypnosis (of course the evidence for PSI phenomena more generally has been offered in reputable scientific journals, they have been criticized, and these criticisms have been responded to. A review of the pros and cons are in the Targ et al. chapter mentioned above). There have been two meta-analyses on experimental studies done by parapsychologists to evaluate a possible relationship between the hypnotic context and possible PSI phenomena (Schechter, 1984; Stanford, 1992). I am not aware of any criticism showing a failure in the statistics or the soundness of the conclusions of the Stanford meta-analysis. To quote some conclusions:

- PSI scoring was higher in hypnosis than control conditions in 16 of 20 studies ( $p < .006$ , one tailed)
- the results in the hypnosis condition were significantly higher than MCE (mean chance expectation) in 9 studies, and non-significantly higher in 6 others, out of 19 studies
- Methodological flaws did not relate significantly to results.

Sixth, some critiques of the scientific literature on parapsychology (eg: Milton & Wiseman in *Psych. Bulletin*, 1999, on Ganzfeld studies) have shown to be less definitive than originally stated (see Carpenter, 1999), and there are other areas on scientific parapsychology that have evidence of replicability under tight experimental controls (Radin, 1997).

Seventh, as for the critique that PSI phenomena violate 'natural laws', let me state that, assuming that there is a PSI effect (and some of us who follow the specialized literature consider the matter, at the very least, open and worthy of continuing investigation), its final explanation remains very open. It could very well be explainable by a natural phenomenon that we have not understood fully or it might require a reconsideration of what we mean

by natural phenomena. The 'nature' of what natural phenomena are has suffered a drastic reinterpretation with the problematic view of quantum physics. It is being reconsidered again with string theory, which comes up with some explanations of reality that are far more bizarre (eg: multiple worlds being constantly created) than anything any scientific parapsychologist has come up with!

Thus, although not essential, there are a number of strands relating scientific parapsychology to hypnosis that are worthy of further investigation. Any discussion of this issue should adopt a scientific stance by thoroughly reviewing the actual evidence for/against parapsychological phenomena and/or experiences and hypnosis, rather than relying exclusively on personal opinions and biases.

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- Etzel Cardena, PhD  
Past President SCEH, Division 30  
Professor, Department of Psychology  
University of Texas



**'HERBERT SPIEGEL PROFESSORSHIP' AT COLUMBIA UNIVERSITY**

An announcement sent to Eric Vermetten from David Spiegel

*David Spiegel, MD*

I have the privilege of writing to you about my father, Dr. Herbert Spiegel. I am glad to report that he is now in his eighty-eighth year and is still seeing patients and teaching. Anyone familiar with clinical trends in Psychiatry and Psychology over the past half century is to certain to have become acquainted with his name, either as his student or through his writings on Hypnosis. Many consider themselves part of this extended family and heirs to his professional legacy. And an even greater number, encountering his methods as patients, were fortunate enough to benefit from his expertise as a Clinician and healer.

To perpetuate the tradition of Clinical Hypnosis investigated, developed and refined by my father and passed to generations of students, as well as to celebrate his accomplishments as a Physician and Scientist, Columbia University has declared its intention to name a 'Professorship' in his honor. The Chair will be occupied by a Psychiatrist whose dedication to the field and to the methods pioneered by my father mark that person as a worthy successor to his mantle. Our mission is to raise two million dollars to endow it, and we have already made significant progress toward reaching that goal.

Establishing the Herbert Spiegel Professorship in Psychiatry is not simply a matter of enshrining his name in the annals of medicine. It is acknowledgment of the importance of his life's work, an effort in which all of us who are aware of the intrinsic value of Hypnosis as a therapeutic technique have at stake. I invite you to join me in contributing to this undertaking, to honor a beloved friend, teacher and mentor.

Should you like to make a contribution at this time or receive further information, please feel free to contact Christine Fontenda in the development office at 212-304-7200. Please know that you may forward your contribution, payable to Columbia University, to:

Columbia University Health Sciences Development  
c/o Christine Fontenda, Assistant Director for Development  
100 Haven Avenue,  
Suite 29D,  
New York, NY 10032, USA

With best wishes and thanks for considering this request.

Sincerely,

David Spiegel, MD

**FLEMISH SOCIETY OF HYPNOSIS – VHYP**

(Vlaamse Wetenschappelijke Hypnose Vereniging)

On December 18 en 19 John Gruzlier gave a plenary and a workshop for the Flemish Society of Hypnosis. Prof Gruzlier is affiliated with Imperial College in London, has many appointments in the world of psychophysiology and since 2001 he is also editor of Contemporary Hypnosis.

His interests include neurophysiology, hypnotic susceptibility, self-hypnosis to improve health, immunity, and the adverse effects of stage-hypnosis. He has published over 250 scientific papers.

In the first part of the workshop he presented the results of English medical students. In this population self-hypnosis resulted in a significant improvement in immunological function (in particular number of NK en CD8-lymphocytes) and resulted in a sensation of having more energy in combination with a decrease of stress perception during a period of exams. Specific hypnotic suggestions to enhance immune functions led to a bigger and significant increase of immune functions, in comparison with relaxation and ego-strengthening suggestions. Self-hypnosis with visualization of a good immune system, as well as ego-strengthening instructions were also successful in reducing the frequency of recurrent herpes simplex-2 infections. It was remarkable that personality features could predict immune-competence. A study into German belly-dancers, the use of self-hypnosis was found to be successful in optimizing their artistic performance.

In the afternoon attention was given to a Japanese method Yohrei, in which the therapists points his hand to the patients while he imagines himself to send a healing light. In a double-blind study Yohrei appeared to lead to a reduction of cortisol. All participants were invited to experience and perform Yohrei.

Some of these studies are published in 'Contemporary hypnosis'.

Arine Vlieger, MD, Nieuwegein  
E-mail: arine@vlieger.nl

**BRITISH SOCIETY OF MEDICAL AND DENTAL HYPNOSIS – BSMDH**

This July saw a long awaited joint meeting of the five societies representing medical, dental and psychological professionals working with hypnosis. The British Society of Experimental and Clinical Hypnosis, British Society of Medical and Dental Hypnosis, British Society of Medical and Dental Hypnosis-Scotland, British Society of Medical and Dental Hypnosis-Metropolitan and the hosts, The Royal Society of Medicine (RSM) were at this historic meeting in London. This was the result of much hard work and negotiation by Martin Wall the President of the Section of Hypnosis and Psychosomatic Medicine of the RSM that brought this dream to reality. There were two days of scientific papers presented by members and guests from Greece and France along with addresses from Dr Graham Wagstaff and Dr Steven Lynn. At the weekend there was a two day workshop by Steven Lynn. Needless to say the social aspects of such a meeting were spectacular, which hopefully will lead to further working together.



This autumn saw the second national conference of the Cavendish Cancer Care Centre, under the auspices of the former President of BSMDH, David Simons, where there was a day of lectures and discussion into "What is integrated cancer care?"

The part-time diploma and master's courses in Applied Hypnosis continue at the UCL, details from Val Walters: v.walters@btinternet.com.

On the last weekend of April 2004 Ann Williamson is running a weekend examining Aspects of Consciousness with workshops in music, art and dance-movement. For details of this innovative way of exploring altered states contact Ann on: ann.williamson@zen.co.uk

In Scotland they have completed the first year of the post-graduate diploma in Clinical and Applied Hypnosis run by the BSMDH-Scotland at the Caledonian University in Glasgow. It has been well received, and the second intake is starting their diploma. Details from Dr Chris Roan at: bsmhdh@bsmdhscot.fsnet.co.uk, or Mr John Doyle, Department of Psychology, Glasgow Caledonian University, Glasgow, G4 0BA.

### Stop Press

The central office for the European Society of Hypnosis has moved to the UK.

Contact details: ESH Central Office,  
PO Box 3352,  
Sheffield, S20 6WY, UK.  
Ph: +44 11 247 4392; Fax: +44 11 247 4627  
E-mail: mail@esh-hypnosis.org

## ITALIAN CENTRE FOR CLINICAL & EXPERIMENTAL HYPNOSIS – CIICS

(Centro Italiano di Ipnosi Clinico-Sperimentale)

On 18th October 2003 in Turin, Italy, the Centro Italiano di Ipnosi Clinico-Sperimentale – CIICS has presented Doctor Betty Alice Erickson, a well-known therapist who has distinguished herself in the field of Hypnosis, the First International 'Franco Granone' Award in honour of her father Milton H. Erickson.

The award consists of an engraved Plate and a cheque of 2,500 Euros and is given out every two years to scientists who have contributed to the development and the improvement of the use of Hypnosis in the medical field.

With a great humanitarian spirit, B.A. Erickson has declared her intention to invest the amount of the award to travel to poor countries to introduce hypnotic techniques there.

The Ceremony, in memory of Professor Franco Granone, founder of CIICS, has taken place in front of a large and qualified audience that followed with interest the speech Doctor Betty A. Erickson has held on the topic 'Milton Erickson and Franco Granone: their legacy'.

### Hypnosis Courses

The Centro Italiano di Ipnosi Clinico-Sperimentale – CIICS is organising the Basic Hypnosis Course 2004, held in three training courses with two specialist courses directed at:

- Psychotherapists (inclusive of approved Psychologists and Physicians)
- Surgeons and Dentists (inclusive of Odontostomatologists and Anaesthesiologists)
- Clinicians (inclusive of all medical fields)

A special Session of the Basic Course is dedicated to professional health care operators.

Dates of the Courses: 1st Training Period, February 5–7, 2004  
2nd Training Period, April 1–3, 2004  
3rd Training Period, May 20–22, 2004

Course Venue: Villa Gualino Turin (Italy)

CIICS, c/o Selenia Srl, Via Saachi 58, 10128 Torino, Italy.

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

## NETHERLANDS SOCIETY OF HYPNOSIS – NvvH

(Nederlandse Vereniging voor Hypnose)

The Dutch Society has had a busy last semester from a managerial point of view. We implemented our new curriculum with 7 days of training for part A; the second level training (B training) entails 16 workshop days, (usually in a two year period), and for the thirds part they are supervised (10 sessions) and a paper is written that completes full membership. New courses are starting. The Dutch Society is piloting with an electronic newsletter for members of the society. A small group started to express interest in hypnosis in children. We were filmed by a national TV company for a program ('klokhuis') for the purpose of educating children about hypnosis. Our annual research meeting will be on hypnosis and EMDR to better understand the overlapping and different aspects of these treatment strategies or utilities.

Eric Vermetten, MD, PhD – President NvvH





## REFLECTIONS OVER A CUP OF COFFEE – AND PIZZA

January 16, Hoofddorp, The Netherlands

It was August 25th, 2002 when Walter Bongartz and I met in Yokohama for a cup of coffee (see newsletter fall 2002). We drank coffee together just after a successful symposium at the XII World Conference on Psychiatry in Yokohama, Japan, on 'Hypnosis as a Psychotherapeutic Tool'.

This time I had another chance of meeting a President of ISH outside an ISH conference – one of these rare occasions. Karen Olness, our brand new President e-

mailed me she would be passing through the Netherlands and had a 12 hour stopover. Since our country is small and we can travel from north to south in just a few hours, so I visited her at her hotel.

Karen told me she and her husband Hagen Torjesen were going to Syria that week to teach 'disaster management training: with the focus on children'. She would talk about the psycho social effects of disasters on children.

Her Presidency was just over two weeks old. And (as you've read in her Presidential letter) Karen has put forward some ideas to gain new momentum as an 'organization'. One of the many things we discussed were the accumulation of small and large disasters that have hurt ISH: ISH Singapore postponed; the Administrative Assistant's position still remains vacant; and financial problems due to the decline in membership since the departure of staff in the Australian part to the Society's operations.

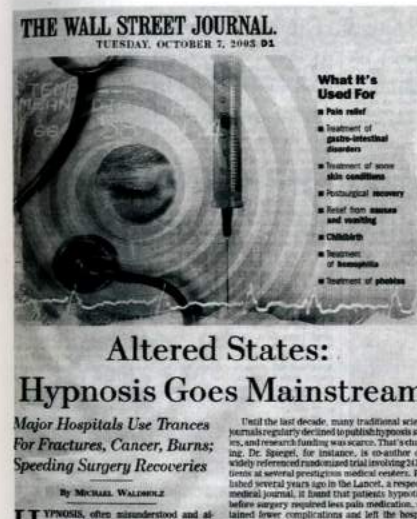
The impact of all these factors on the Society, has resulted in a kind of dormancy, (a survival tactic from a operational point of view – when you under attack). Now I think it is about time to turn the light back on (cf: Shaul's letter in this issue), and to put forward the following initiatives to the Board that we hope will be taken up and discussed:

1. As we already expressed in Rome 2002 the web should be our base. We need to be able to put much more on our home page as a starting point for our membership.
2. Also, we need to have a Newsletter four times a year, delivered electronically. We will start with the Singapore meeting.
3. The Newsletter should also be a source of abstracts for those that have no direct access to research papers. They may request papers from colleagues, the Administrative offices or start a journal subscription after having been informed this way.
4. We need to implement these initiatives in our Board before Singapore.

More ideas popped up as we enjoyed our pizza and coffee. If you would like to share ideas please do so by e-mailing to ISH or directly to me at: [e.vermetten@azu.nl](mailto:e.vermetten@azu.nl) I hope these new incentives will be felt by the membership with the Presidency of Karen.

When composing this text I read the 'cup of coffee' with Walter Bongartz that we wrote more that a year ago and felt: we need to get into action now. We wrote there: *The Newsletter could be seen as the current binding factor, 'the cement'. More cement to imply a stronger case for hypnosis would mean a more frequent Newsletter. I have already been promoting to increase the frequency of the Newsletter to four times a year.* So, this requires a commitment of our organization – both Karen and myself, we hope the cohesion within the membership will improve, and that it will bring new members to the Society.

Eric Vermetten and Karen Olness



## COMMENTARY ON THE WALL STREET JOURNAL ARTICLE

'Altered States: Hypnosis in Mainstream Medicine'

By Michael Waldholz

As we have been unable to reprint the full article featured in the WSJ on October 7th 2003, we have invited commentary about it from two members of Constituent Societies, Kees Venselaar and Mary McKenna

## FROM KEES VENSELAAR

Every self-respected journal, newspaper, or magazine writes about matters that are considered to be relevant or important for the readership. In July this was Scientific American

with a paper titled: 'The truth and the hype of hypnosis'. Last October this also was true for *The Wall Street Journal*, about the application of hypnosis in medical setting. In several research papers studies are cited that demonstrate that bodily processes can be altered in hypnosis, that daily treatments of burns are less painful using hypnosis – as Dabney Ewin and others have nicely demonstrated – and that bone fractures heal faster. Elvira Lang at Harvard University published in *Lancet* about a randomized clinical trial, in which she demonstrated that hypnotized patients have shortened postoperative recovery and that it is cost effective in reference to current treatment. Hypnosis has been acknowledged by the American Medical Association in 1958 as an additional tool in treatment. Still many therapists will refrain from using the word hypnosis, out of fear from not being taken serious by their colleagues. This paper in *The Wall Street Journal* talks about this paradoxical position of hypnosis: on the one hand the effect and efficacy are better understood, and it is one of few treatment strategies that refrains from being dichotomized by the mind body dichotomy, on the other hand treatment with hypnosis in a holistic vision is not what therapist and patient are waiting for.

Kees Venselaar  
E-mail: [k.venselaar@planet.nl](mailto:k.venselaar@planet.nl)



## FROM MARY McKENNA

It was one of the few articles I have read in 'the mainstream press' which showed an understanding of the trance/altered state of hypnosis, and was written in terms that could be easily understood by the general public. And it was refreshing in the balance it brought to it's subject, and also the breadth, covering the 'normality' of everyday trances, as well as the use in treatment.

It covered the breadth of uses of medical hypnosis as opposed to the usual emphasis on the stunts and gimmicks of stage hypnosis. It gave several examples of research, describing Helen Crawford's work using new imaging tools, as well as the well-known randomized trial published in the Lancet co-authored by David Spiegel. Then there was the review of the usage of hypnosis in treatment, including practical examples of medical hypnosis in the management of IBS, burns, childbirth and general healing at centres including Harvard Medical School. It is refreshing to read medical and psychological practitioners in research and practice quoted rather than showmen.

We need more such exposure in the mainstream journalism to let the public have a more balanced view of hypnosis, and in doing this open them to the possibility of using their own resources rather than prescribed medications to ameliorate their clinical symptoms.

My one reservation is the statement that hypnosis has only been used in one way or another for more than 200 years, I think it has probably been used as long as 'humanity' has been around.

Mhairi McKenna

E-mail: mlm@sheffield.ac.uk

## ISH, WHO TURNED OUT THE LIGHTS?

Shaul Livnay PhD

Yes I too am quite in the dark as to what has really been going on over the past year in ISH, even though I am on the Board of Directors. So have decided to share my bewilderment with the rest of the dwindling membership of ISH.

After we were all invited and urged to attend the 16th ISH Congress in Singapore in August of this year, silence befell the organization. No correspondences, no election processes begun (during the year towards the Triennial Congress), and then the announcement that the Congress would be put off for a year. Iraq, SARS? Or ??? As a result, many pre-registrants have been left 'holding the bag', having made arrangements. Who takes responsibility?

In Israel, one of the standard jokes when things really look grim is: *Will the last one leaving at least turn out the lights?* Somehow, that's the feeling I began to get as I began to inquire as to what was going on.

Then recently, we have been brought up-to-date as to the dwindling finances and membership, a need for a loan from Graham Burrows to keep moneys flowing. Our President, Éva Bányaí announcing that she will be stepping down in January to let Karen Olness belatedly to take office, and the new elections to be held Winter-Spring. Let us hope that this indicates some rejuvenation. No doubt that if we see the light at the end of the

tunnel, it will have been enabled in no small way through Graham Burrows relentless efforts!

It seems to me that the future of ISH lies in an active and involved membership. Let your representatives know how you feel about the situation and the developments. In Singapore, a new Board will be elected, which hopefully will be regularly consulted.

In the meantime, we have been very busy in Europe in revitalizing ESH. We have been busy with intra-European politics in vying for representation in the European Association of Psychotherapy with a lay Hypnotherapy Association which has many implications and repercussions as to the place of hypnosis as a scientifically based application and method. This will have international repercussions that will require ISH input as well.

In Israel, we toast by saying *leheim* – to life! That is my toast for ISH!

Shaul Livnay PhD, Chairperson, ISH C.O.R., President, ESH

E-mail: livnshau@netvision.net.il

## CROATIAN HYPNOSIS SOCIETY – EXTEND AN INVITATION

The Croatian Society of Hypnosis are having a one day 'Naturalistic Trance' the week following our Symposium in Abbazia (30th April–2nd May, 2004), at the National Park 'Velebit'. The Trance will be instructed by a leader on board a boat, anchored in the middle of the Fjord; the participants will find spots surrounding the Fjord, instructions are broadcasted to the participants with Dolby Surround Sound. This event will be filmed, (copies will be available for further use). Those interested in participating in this unique opportunity to unite psyche and nature of the unconsciousness, please e-mail: denisa.legac@gmx.net

Dr Med Denisa Legac, Vice President

CSMH – Croatian Society for Medical Hypnosis

## IRISH HYPNOSIS SOCIETY REFORMED

Irish Society of Clinical Hypnosis – ISCH

After several years of there being no Society specifically for doctors, dentists and professionals allied to medicine interested in and using Hypnosis, after the collapse of ISCH, one of the former founders of this Society has resurrected it.

Dr Pat Gamble organised the inaugural meeting in Dublin on the 18 – 19 October, 2003. There was interest from former members of the original Society, with several of them attending the intermediate course, which ran in tandem with the introductory course, all of which were quite well attended. The speakers were from the UK; Dr David Simons who has a special interest in complementary therapy in cancer care having set up The Cavendish Centre as a charity for this aim, and writing several reviews on this subject; Dr Sid Hoddes who has a special interest in stress management; and Dr Mary McKenna who has an interest in using Hypnosis with dermatological patients. During the weekend Dr Jack Gibson a surgeon who has been using Hypnosis for over sixty years was asked to be President of the new Society, 'The Irish Society of Clinical Hypnosis'; he accepted.

Contact details for the ISCH are: Pat Gamble 59a MacCurtain Street, Cork, Ireland,  
Ph: +353 21 4501306.



## SCEH CALL FOR PAPERS AND PROGRAMS

The Annual Workshops and Scientific Program Conference of the Society for Clinical and Experimental Hypnosis on Hypnosis, Health and Healing will be held in Santa Fe, New Mexico at the Hotel Santa Fe, <http://www.hotelsantafe.com> November 10-14, 2004. The conference runs from Wednesday evening through Sunday afternoon. The Scientific Program Co-Chair is Amir Raz, PhD. and the Workshop Program Co-Chair is Moshe Torem, MD.

If you are interested in presenting a paper or proposing a symposium on clinical and/or research issues for the Scientific Program, Friday evening to Sunday afternoon, please submit a proposal by April 30, 2004 to Dean Abbey at [sceh@mspp.edu](mailto:sceh@mspp.edu). A proposal for will be mailed out to you. Make sure to include the typed full name, degree, and institute affiliation of each author, as it should appear in the program if the paper is accepted. Submissions for a workshop are also welcomed. Your paper or abstract may be published in the IJCEH if accepted.

## NEW WEB SITE – CREATIVE RELAXATION EXERCISE

[www.crelearning.com](http://www.crelearning.com)

Brief training in 40 languages, is now freely available to aid workers on this new web site which may be of interest to our members. New contributions are welcome. Prepared mainly by UN volunteers, these basic language programs, using Hypnosis with text and audio, provide an opportunity for NGO and UN staff members on missions to developing countries, to feel more secure and more comfortable in working relationships, with local companies, governments, refugees and project staff. There are also some basic health programs, including one on age and happiness.

Source: Dr. Bob Boland (IUG) in Geneva, Dr Catherine d'Arcangues (WHO), Dr. Giles Boland (Harvard), Dr Shams Bathija (UNCTAD), Boston University and the Team.

E-mail contact: [robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr)

## HYPNOSIS ABSTRACTS

As we do not have an IJCEH Editor's update from Arreed Barabaz in this issue, we have made up a list of 'medline' indexed papers on Hypnosis' from the second half of 2003, which we hope will be of interest to our readers. As we do not have permission to reprint these abstracts in full, we have listed the titles of the papers only.

Betts, T. Use of aromatherapy (with or without hypnosis) in the treatment of intractable epilepsy-a two-year follow-up study. *Seizure*. 2003 Dec; 12(8):534-538.

Chitkara, D. and Talley, N. J. Hypnotherapy for functional dyspepsia: do the results add up? *Gastroenterology*. 2003 Aug; 125(2):636; author reply 637.

Fejerdy, L.; Gaspar, J.; Kaan, B.; Balint, M., and Fabian, T. K. [Time parameters of dental hypnosis]. *Fogorv Sz*. 2003 Aug; 96(4):161-4.

Gaspar, J.; Linninger, M.; Kaan, B.; Balint, M.; Fejerdy, L., and Fabian, T. K. [In Process Citation]. *Fogorv Sz*. 2003 Oct; 96(5):205-10.

Goldbeck, L. and Schmid, K. Effectiveness of autogenic relaxation training on children and adolescents with behavioral and emotional problems. *J Am Acad Child Adolesc Psychiatry*. 2003 Sep; 42(9):1046-54.

Graham, K. R.; Marra, L. C., and Rudski, J. M. Hypnotic susceptibility as a predictor of participation in student activities. *Am J Clin Hypn*. 2003 Oct; 46(2):139-45.

Green, J. P. Beliefs about hypnosis: popular beliefs, misconceptions, and the importance of experience. *Int J Clin Exp Hypn*. 2003 Oct; 51(4):369-81.

Green, J. P. Beliefs about hypnosis: popular beliefs, misconceptions, and the importance of experience. *Int J Clin Exp Hypn*. 2003 Oct; 51(4):369-81.

Holroyd, J. The science of meditation and the state of hypnosis. *Am J Clin Hypn*. 2003 Oct; 46(2):109-28.

Iglesias, A. Hypnosis as a vehicle for choice and self-agency in the treatment of children with Trichotillomania. *Am J Clin Hypn*. 2003 Oct; 46(2):129-37.

Koch, T.; Lang, E. V.; Hasiopoulou, O.; Anderson, B.; Berbaum, K., and Spiegel, D. Adverse short-term effects of attention-control treatment on hypnotizability: a challenge in designing controlled hypnosis trials. *Int J Clin Exp Hypn*. 2003 Oct; 51(4):357-68.

Kraft, T. Treatment options for snoring. *J R Soc Med*. 2003 Sep; 96(9):473.

Kurtz, R. M. and Strube, M. J. Hypnosis, attention, and time cognition. *Int J Clin Exp Hypn*. 2003 Oct; 51(4): 400-13.

Lee, J. S.; Lee, M. S.; Lee, J. Y.; Cornelissen, G.; Otsuka, K., and Halberg, F. Effects of diaphragmatic breathing on ambulatory blood pressure and heart rate. *Biomed Pharmacother*. 2003 Oct; 57 Suppl 1:87s-91s.

Lynn, S. J.; Knox, J.; Fassler, O., and Hallquist, M. An evaluation of Woodard's theory of perceptually oriented hypnosis. *Psychol Rep*. 2003 Aug; 93(1):87-90.

MacLeod, C. M. and Sheehan, P. W. Hypnotic control of attention in the Stroop task: a historical footnote. *Conscious Cogn*. 2003 Sep; 12(3):347-53.

Mantle, F. Eating disorders: the role of hypnosis. *Paediatr Nurs*. 2003 Sep; 15(7):42-5.

Marlow, S. P. and Stoller, J. K. Smoking cessation. *Respir Care*. 2003 Dec; 48(12):1238-56.

Otani, A. Eastern meditative techniques and hypnosis: a new synthesis. *Am J Clin Hypn*. 2003 Oct; 46(2):97-108.

Shu-Hsin, L. Effects of using a nursing crisis intervention program on psychosocial responses and coping strategies of infertile women during in vitro fertilization. *J Nurs Res*. 2003 Sep; 11(3):197-208.



HYPNOSIS ABSTRACTS *continued*...

Tschugguel, W. and Berga, S. L. Treatment of functional hypothalamic amenorrhea with hypnotherapy. *Fertil Steril*. 2003 Oct; 80(4):982-5.

Vase, L.; Robinson, M. E.; Verne, G. N., and Price, D. D. The contributions of suggestion, desire, and expectation to placebo effects in irritable bowel syndrome patients. An empirical investigation. *Pain*. 2003 Sep; 105(1-2):17-25.

Whorwell, P. J. Book review of 'International Handbook of Clinical Hypnosis'. edited by GD Burrows, RO Stanley and PB Bloom. Wiley 2001, hardback pound 80.00, 353 pages, ISBN: 0-471-97009-3. *J Psychosom Res*. 2003 Sep; 55(3):289-90.

## BOOKS BY MEMBERS

Kirsch, Irving (Editor); Capafons, Antonio (Editor); & Cardena-Buelna, Etzel (Editor) — *Clinical Hypnosis and Self-Regulation: Cognitive-Behavioral Perspectives*. APA 1998

Lankton, Stephen (2003) — *Assembling Ericksonian Therapy: The Selected Papers of Stephen Lankton*. Zeig, Tucker & Theisen, Inc.

Lynn, Steven J.; Irving, Kirsch; & Rhue, Judith W. (1996) — *Casebook of Clinical Hypnosis*. APA

Rhue, Judith W.; Lynn, Steven J.; & Kirsch, Irving (Editors) (1996) — *Handbook of Clinical Hypnosis*. APA

Spiegel, Herbert, & Spiegel, David; (Reprint 1991) — *Trance and Treatment, Clinical Uses of Hypnosis*. Barnes & Noble

Zeig, Jeffrey K. (2003) Presentation Video — *Ericksonian Hypnotherapy for an Impulse Problem*. Zeig, Tucker & Theisen, Inc.

Zeig, Jeffrey K. (Editor) (2000) — *The Evolution of Psychotherapy IV: A Meeting of the Minds*. Zeig, Tucker & Theisen, Inc.

## MEETINGS AND CONGRESSES IN 2004

March 12 — 16: 46th Annual Scientific Meeting and Workshops on Clinical Hypnosis. Anaheim, California, ASCH — American Society of Clinical Hypnosis. Contact Website: [www.asch.net](http://www.asch.net)

March 18 — 21: MEG — Milton Erickson Gesellschaft für Klinisches Hypnose. Themen: Hypnose, Trance und Gesundheit, Salutogenese, Prävention, Ressourcen, Lösungen, Selbstregulation und Selbstheilung. Programme and Registration PDF download, E-mail: [monika.kohl@meg-hypnose.de](mailto:monika.kohl@meg-hypnose.de)

April 30 — May 2: 1st International Symposium Croatia Society of Medical Hypnosis. Contact: Dr. Denisa Legac, E-mail: [denisa.legac@gmx.net](mailto:denisa.legac@gmx.net) Ph: +385 91 5057449 CRO; Ph: +43 676 585 34 02 A; Fax: +385 40 384 094 CRO;

May 20 — 23: BSECH — British Society of Experimental Clinical Hypnosis, Annual Conference. Falstaff Hotel, Leamington Spa. UK.

For further details and application forms: Ann Williamson (Hon Sec), Hollybank House, Lees Road, Mossley, Ashton-u-Lyne OL5 0PL; Ph/Fax: 01 457 839 363; E-mail: [honsec@bsech.com](mailto:honsec@bsech.com)

June 18 — 20: Annual Meeting — "The elderly people Autogenic Training and Hypnosis Psychotherapy in the Age." of German Society for Medical Hypnosis and Autogenic Training — DGHAT.

Contact: Dr. Med. W.R. Krause Chefarzt der Klinik für Psychiatrie und Psychotherapie mit Tagesklinik Harz-Klinikum Wernigerode. Blankenburg Thiestr. 7-10, D-38889 Blankenburg/Harz. Ph: 03944/962186; Fax: 03944/962350. Website: [www.dghat.de](http://www.dghat.de)

October 17 — 24: International Congress of Hypnosis in Singapore.

Contact: ISH Central Office, Level 3, Centaur Building, Austin Health (Repatriation Campus), 300 Waterdale Road, Heidelberg Heights, VIC 3081, Australia. Website: <http://www.icms.com.au/16ish>

December 1 — 5: The Ninth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy — The 25th Anniversary of The Milton H. Erickson Foundation. Phoenix, Arizona.

More information will be available the end of May! To place your name on a list to receive the brochure when available, please E-mail your name, degree and complete mailing address to: [mhevol@aol.com](mailto:mhevol@aol.com)

The call for Proposals is now open: The Erickson Foundation is calling for proposals for the 2004 Ninth International Congress, to submit go to: [www.erickson-foundation.org/callpprs3.pdf](http://www.erickson-foundation.org/callpprs3.pdf)

Those interested in presenting a Solicited Short Course on the topic of Ericksonian hypnosis and psychotherapy (or closely related area), please see the Presentation Cover Sheet with information on submission requirements. A Presentation Cover Sheet is available in the most recent issue of the Erickson Foundation Newsletter (Vol.23, #3), or by printing it from our web site: [www.erickson-foundation.org/whatnew.htm](http://www.erickson-foundation.org/whatnew.htm)

For further questions or information: The Milton H. Erickson Foundation, Inc. 3606 N. 24th Street, Phoenix, AZ 85016-6500; Ph: 602-956-6196; Fax: 602-956-0519; E-mail: [office@erickson-foundation.org](mailto:office@erickson-foundation.org); Web: [www.erickson-foundation.org](http://www.erickson-foundation.org)

## MEETINGS AND CONGRESSES IN 2005

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

Contact: Shaul Livnay Ph/Fax: +972 2 567 2076; E-mail: [livnshau@Netvision.net.il](mailto:livnshau@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](mailto:erickmex@hipnosis.com.mx), Website: [www.hipnosis.com.mx](http://www.hipnosis.com.mx)



## HYPNOSIS SOCIETY WEBSITES

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>
BSECH — British Society of Experimental Clinical Hypnosis	<a href="http://www.bsech.com/homepage.html">www.bsech.com/homepage.html</a>
BSMDH — British Society of Medical & 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 & 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>
DSH — Danish Society of Clinical Hypnosis	<a href="http://www.hypnoterapi.com">www.hypnoterapi.com</a>
IsSH — Israel Society of Hypnosis	<a href="http://www.hypno.co.il">www.hypno.co.il</a> or <a href="http://www.hypno.org.il">www.hypno.org.il</a>
MEG — Milton Erickson Society for Clinical Hypnosis	<a href="http://www.MEG-Hypnose.de">www.MEG-Hypnose.de</a>
Nvvh — Netherlands Society of Hypnosis	<a href="http://www.nvvh.com">www.nvvh.com</a>
SASCH — The South African Society of Clinical Hypnosis	<a href="http://www.sasch.co.za">www.sasch.co.za</a>
SCEH — Society for Clinical & Experimental Hypnosis	<a href="http://ijceh.educ.wsu.edu/sceh/scehframe.htm">http://ijceh.educ.wsu.edu/sceh/scehframe.htm</a>
IJCEH — International Society of Clinical & Experimental Hypnosis	<a href="http://ijceh.educ.wsu.edu/">http://ijceh.educ.wsu.edu/</a>
ShypS — Swiss Society for Clinical Hypnosis	<a href="http://www.hypnos.ch">www.hypnos.ch</a>
SII — Società Italiana di Ipnosi	<a href="http://www.hypnosis.it">www.hypnosis.it</a>
SMSh — Swiss Medical Society of Hypnosis	<a href="http://www.smsh.ch">www.smsh.ch</a>
SSCEH — Swedish Society of Clinical & Experimental Hypnosis	<a href="http://www.hypnos-se.org">www.hypnos-se.org</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>

# 16<sup>TH</sup> INTERNATIONAL CONGRESS ON HYPNOSIS AND HYPNOTHERAPY

SINGAPORE OCTOBER 17–22, 2004



AN INITIATIVE OF THE INTERNATIONAL SOCIETY OF HYPNOSIS



'BUILDING BRIDGES OF UNDERSTANDING'