

ISH NEWSLETTER

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IN THIS ISSUE

- Letter from the President
- Notes from the President-Elect
- Letter from the Editor
- News from Umbrella Societies:
 - The Milton H. Erickson Foundation*
 - The Ericksonian Centre of Mexico*
 - News from Brazil*
 - News from Australia*
- News from the Committees:
 - History*
 - Policies and Procedures*
 - Research*
- Books
- Congress announcements
- Consuelo Casula interviews...
- Views of ISH Members
- Future Events
- Breaking News

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LETTER FROM THE ISH PRESIDENT

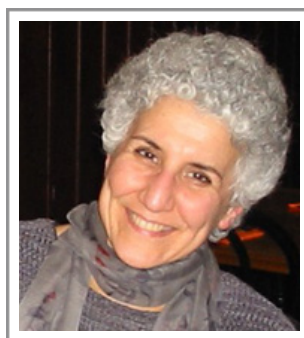


Camillo Loredio, MD, PhD

Despite a world-wide financial crisis, ISH can look forward the incoming year with substantial positive expectations, thanks to its old and new Constituent Societies and to its old and new individual Members. A considerable number of young people is approaching in the present time the field of hypnosis with interest and enthusiasm, and this is certainly a

continue on page 2

LETTER FROM THE ISH PRESIDENT-ELECT



Julie H. Linden, PhD

It is with great anticipation that I look forward to our 19th ISH Triennial Congress to be held in Bremen, Germany. Dr. Bernhard Trenkle is creating what promises to be a successful and highly memorable gathering of

continue on page 2

ISH NEWSLETTER

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continued from page 1

LETTER FROM THE ISH PRESIDENT

demonstration of great vitality and of solid potentials.

We can also expect that the next congress in Bremen that before the end of the year, has gone already abundantly over the threshold of 1000 participants, being one of the largest (if not the largest) ISH Congress ever.

Let me take the opportunity to wish to the extended ISH family a fantastic New Year, enriched by the opportunity of strengthening the existing binds and establishing new ones.

Camillo Lorio

continued from page 1

LETTER FROM THE ISH PRESIDENT-ELECT

world recognized clinicians and researchers from the field of hypnosis. ISH is stronger than ever under the steady and thoughtful leadership of Dr. Camillo Lorio. We are fiscally stable, our membership is growing, and we are already organizing the 20th congress which will return in 2015 to the roots of ISH—Paris, France.

It is daunting and exciting at the same time to assume the responsibility of being at the helm of this great society. Our effectiveness rests firmly on a Board of Directors who are committed to seeing the society maintain its place as an international force in hypnosis. Each has made major contributions to ISH during his/her term. Our secretary-treasurer, Dr. Consuelo Casula, has done double duty and acted as newsletter editor restoring the tradition of sharing news from around the world. Our chair of research, Dr. Giuseppe De Benedittis, is busy compiling his survey of scientific contributions to hypnosis from experts from each continent. The Board has met regularly by skype and in person, meeting at conferences so that we did not incur costs to ISH, to manage the smooth running of the society. In addition, the role of the Council of Representatives ensures that ISH and its constituent societies maintain an active dialogue to facilitate each other's missions. We were able to have an informal meeting with COR representatives during the ESH congress in Istanbul and learn of the activities and events going on in our constituent societies. As you will note elsewhere in the newsletter, ISH now has a procedure to provide nominal cosponsorship to educational events of our Constituent Societies. As I ready to step into the presidential role, I welcome your suggestions, feedback and any and all creative energy you have to offer to ISH. At the heart of any successful volunteer organization one can hear and feel the rhythmic beating of effort and care. It is growing louder each day as we approach Bremen, a fitting tribute to the famous musicians of Bremen, who like ISH, worked best as a family.

Julie H. Linden

LETTER FROM THE EDITOR



Thanks to the collaboration of each colleague and friend we were able to complete the 3rd issue of the ISH Newsletter during 2011, respecting our promise to

have 2 issues a year. With the friendly help of the contributors of this ISHNL I was able to create such an interesting result.

During 2011 the current ISH Board dedicated its efforts to giving ISH new energy and new strength to be ready for the change that will occur during the ISH congress in Bremen, next October. The incoming year 2012 will be dedicated to consolidating what we have accomplished thus far, the preparation of a great congress and the election of the new Board of Directors.

I wish each friend, colleague, contributor and reader a wonderful 2012, a year where all your dreams come true.

Consuelo Casula

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NEWS FROM UMBRELLA SOCIETIES



THE MILTON ERICKSON FOUNDATION

By Jeff Zeig

The 11th International Congress on Ericksonian Approaches to Psychotherapy was held December 8-11, 2011, in Phoenix Arizona, which has been the location for all Erickson Congress since the initial Congress in 1980. The Erickson Congress is held by tradition in December because the first Congress was designed to celebrate Milton Erickson's 79th birthday, December 5, 1980.

The attendance counting guests, volunteers, faculty, and attendees was almost 1000. Registrants came from 20 countries and every state in the United States.

The Congress included a pre-congress day consisting of courses in law and ethics, Ericksonian approaches with children, strategic treatment of anxiety disorders, Ericksonian storytelling, and both introductory and advanced Ericksonian hypnosis. A post conference master classes in hypnotic psychotherapy featured Michael Yapko and Jeffrey Zeig. A fundamental hypnosis track was the most popular event at the conference: the faculty included: Brent Geary, Steven Gilligan, Michael Yapko, Dan Short, Jeffrey Zeig, Lilian Zeig, Bill O'Hanlon and Betty Alice Erickson. Keynote speeches were offered by Helen Erickson, Steven Gilligan, Ernest Rossi, and Jeffrey Zeig.

Attendees greatly appreciated wide variety of topics covered in 68 workshops and 34 short courses. The program also included demonstrations, panels, dialogues, and conversation hours.

There are more than 140 institutes affiliated with the Milton Erickson Foundation, and a special lunch was held in their honor. There was also a special breakfast for those who contributed to the Erickson Foundation New-

sletter.

There were two special events: The launch of the Erickson Foundation's capital campaign, and the launch of the Milton and Elizabeth Erickson Museum of Psychotherapy and Hypnosis. The Erickson Foundation recently purchased new offices and is seeking "angels" to help with tenant improvements and the maintenance of the Erickson Foundation Archives. Moreover, after the death of Mrs. Erickson, the Foundation purchased the Erickson residence at 1201 East Hayward. An intern from the history studies program at Arizona State University has been helping the Foundation to concretize plans for the Museum. If you are interested in helping us with any of these efforts please contact our new Executive Director, Susan Kavanaugh, at Susan@Erickson-Foundation.org

Audio and video recordings from the 11th Erickson Congress will soon be available. Please check www.Erickson-Foundation.org for more information.



ERICKSONIAN CENTRE OF MEXICO

By Teresa Robles

We have been pretty active this year. As I wrote in the previous edition, during 2010 and 2011, we were engaged in a very important project along with the organism providing health care to all the employees of the Mexican Government, the ISSSTE. The ISSSTE provides medical care to all the employees of all Ministries and other governmental organizations in México. The

ISSSTE itself has 70,000 employees: physicians, nurses, dentists, social workers and management staff.

We have kept on training their health professionals in 100-440 hours-long courses of Ericksonian hypnosis. One of the problems we have found regularly is the work overload of people going to training. In addition, as soon as they started applying the concepts learned to their clients and personnel, the demand for attention grew even more.

A member of the board of directors of this institution suggested us to train retired health professionals. Most of them are enthusiastic about the idea of training and maybe even return to work voluntarily. One thousand retired professionals will begin their training next March.

Mexico is a large country, with more than 2,000,000 square kilometers and over a hundred million people living in it. Almost one third of the population is located in Mexico City, and another third in villages lost in the mountains and deserts. In many of these, there can still be located indigenous peoples who are still speaking their native languages.

In order to help ISSSTE in their work attending the needs of all of them, we are considering, along with the Health Department of Mexico, how some of the Ericksonian elements of work could be used to train a wider range of people who would not use hypnosis or psychotherapy, but that could probably apply some of Dr. Erickson's strategies and elements of his language of change.

Please, reader, any suggestion about this is more than welcome. It is hugely important for us.

A year ago we started working with Indigenous groups that speak Spanish in order to help them keep their traditions, but at the same time, feel free to grasp anything that can be useful from our culture and technology.

We worked with the Mayo de Sonora Indians and three groups of Mazahuas in the central part of the country. However, we can work only with the ones who speak Spanish.

That is why back in August, along with Milton H. Erickson Institute of Chihuahua, we started the training of a small group of health professionals of Indian origin (tarahumara), who are bilingual, in order to work within their communities in their own language. Teachers are currently working voluntarily and without payment, and we are trying to get the graduate students of this course a place in the Chihuahua's government paysheet, so they can do this job within their communities with remuneration. The Tarahumara is located in the north of Mexico, surrounding the Barranca del Cobre.

In Latin America, our alliance with Brazil's Milton H. Erickson Institute of Petropolis is still in place, training Ericksonian hypnosis within the 'Hospital la Santa Casa de Misericordia', in Rio de Janeiro.

Next March 2012 we will begin a psychotherapy and hypnosis training in Colombia, in alliance with Centro Luminoso, a nonprofit and nongovernmental institution; a group from Venezuela will also join this program.

This year, students from Brazil, Ecuador and Japan have graduated from our Masters degree in Ericksonian psychotherapy.

I am also proud to mention that articles from Latin American authors are being received in the Hypnose

Magazine, official member of the French Confederation of Institutes and Centers of Hypnosis and Brief Therapy.

NEWS FROM BRAZIL

By Teresa Robles

In this country, interest regarding hypnosis is growing. The Center is visited for teaching purposes by international professionals such as Consuelo Casula from Italy, Teresa Robles from Mexico, Jeffrey K. Zeig and Betty Alice from the United States, among many others.

Regarding hypnosis, there is a continual growth. Even though there are some groups who come, teach some courses and then leave or stay inactive, many other Ericksonian institutes have achieved a continual presence, sustaining the development of hypnosis in Brazil. Amongst them are the Milton H. Erickson Institute of Rio de Janeiro, Belo Horizonte, Maceió, Rio Grande do Sul, Petrópolis and a German organization, Metaforum, which establishes an intensive one-week stage each year, in the vicinity of Rio de Janeiro.

The Milton H. Erickson Institute of Petrópolis has an important role, making alliances with institutes that invite foreign teachers to help them in the dissemination.

This Institute is still giving courses of hypnosis and Ericksonian psychotherapy in alliance with the 'Hospital Santa Casa de Misericordia' of Rio de Janeiro and the Ericksonian Center of Mexico. Back in November 2011, the fourth generation graduated. This course is taught by directors and members of the different Milton H. Erickson Institutes around the country, which generates a very interesting exchange network.

NEWS FROM AUSTRALIA

By Brian Allen

It has been an exciting year for The Australian Society of Hypnosis Ltd (ASH)

In September we held our Annual Congress in Adelaide where delegates came from around the country to enjoy a world class program of workshops and scientific papers. This year for the first time we had 3 international speakers presenting as well as a number of local presenters. Our international panel of Michael Yapko, Steven Lynn and Lynn Lyons provided a wonderful program which was endorsed by those present as one of the best ever.

At the AGM the president Brian Allen delivered his report on the activities of ASH Ltd for the previous year and then handed the Chair over to the incoming President Gayre Christie who then briefed the meeting on his vision for the next two years.

Next year's Congress is to be held on Daydream island and we invite all our overseas friend to come "down under" and experience the beauty of this great barrier reef island as well as enjoying some of our famous Aussie hos-



NEWS FROM COMMITTEES

HISTORY COMMITTEE

Julie H. Linden, PhD

In the process of gathering information about the history of various hypnosis societies in Europe, we discovered a wonderful reference: *Hypnosis in Europe, 1998*, edited by Peter Hawkins and Michael Heap, from Whurr Publishers, England. It is still available from Amazon.com. For the serious history student you will find this a useful resource to trace the development of hypnosis and national societies throughout Europe.

POLICIES AND PROCEDURES

Julie H. Linden, PhD

The committee presented a proposal to the Board of Directors to create criteria for nominal (in name only) sponsorship by ISH of educational events by our constituent societies. The policy was accepted by the board. This is presented here for information to our constituent societies.

ISH Nominal Co-sponsorship

ISH Constituent Societies (CS) or individual members that are current with the central office in their membership obligations (i.e., dues; list of members; translated bylaws; representatives to the Council of Representatives, etc.) may apply to ISH for nominal co-sponsorship (lending the ISH name only) for educational events.

The process for making such an application is as follows.

- ★ The request for nominal co sponsorship must be in writing. The request should describe:
 - The location of the event
 - Proposed date and duration of the event
 - Proposed speakers, including qualifications and hypnosis affiliations
 - Proposed audience
 - Proposed marketing activities and the ways in which the ISH Co-sponsorship will be promoted. (Please provide copies of materials as they become available.)
 - Proposed participant registration fees
 - ISH may request other information as determined to be appropriate following receipt of the application.
- ★ Requests from individual members will require ISH to request from the CS of which they are a member a reference and support for the proposed educational event.
- ★ The educational event for which the nominal co-sponsorship is requested must meet the acceptable standards of hypnosis training, research or education and be in accordance with the goals and mission of the ISH.
- ★ Adjudication of co-sponsorship requests will be undertaken by the Board of Directors. A standard written con-

tract specifying the ways the name of ISH may be used must be signed by ISH and the requester.

- ★ ISH will charge a fee for the privilege of nominal co-sponsorship. The fee will be determined by the Board and, under special conditions, it can be waived. In return:
 - ISH will provide material about ISH and how to become an individual member, that will be included in material distributed to all participants.
 - When a mailing list of the registered participants for the event is provided, these persons will be invited to the next ISH congress.
 - The CS or individual members will invite a member of the ISH Board of Directors to represent ISH at the educational event.
- ★ The ISH Board of Directors will remain the final arbiters of any disputes which may arise regarding the use of their name.

RESEARCH COMMITTEE

Giuseppe De Benedittis, MD, PhD

The structure of the ISH Research Committee has been eventually completed and is fully operative. Giuseppe De Benedittis (Milano, Italy) is the Chairman, with the collaboration of Giancarlo Carli (Siena, Italy) and John Gruzelier (London, UK).

The first priority of the Committee was the draw a map of research in hypnosis.

The Questionnaire on the State of Art of Research in Hypnosis (QSARH) has been set up by Giuseppe De Benedittis (Milano) and Giancarlo Carli (Siena) (Italy), with the collaboration of John Gruzelier (London, UK).

The Questionnaire has been sent to approx. 90 centers/researchers/clinicians worldwide as well as to the representatives of the ISH constituent societies.

The Questionnaire is focused upon the following major issues: a) active practice of research (basic/clinical) in hypnosis; b) structure and functions of staff/clinic; c) main areas of interest; d) opinions and suggestions about relevant areas of research and top priorities in the hypnosis field; e) integration of hypnosis with related disciplines; f) what can be done for improving the quality of research in hypnosis.

We are confident to get a significant feedback from the respondents in order to draw an accurate map of what's going on in hypnosis research in the world.

We'll be glad to share this research questionnaire with researchers/clinicians all over the world. If you are interested, please apply to my email address (giuseppe.debeneditis@unimi.it) to get a free copy of the questionnaire to be fulfilled.



BOOKS

AUTHORS & EDITORS

BOOK REVIEW AND INTERVIEW WITH THE EDITOR

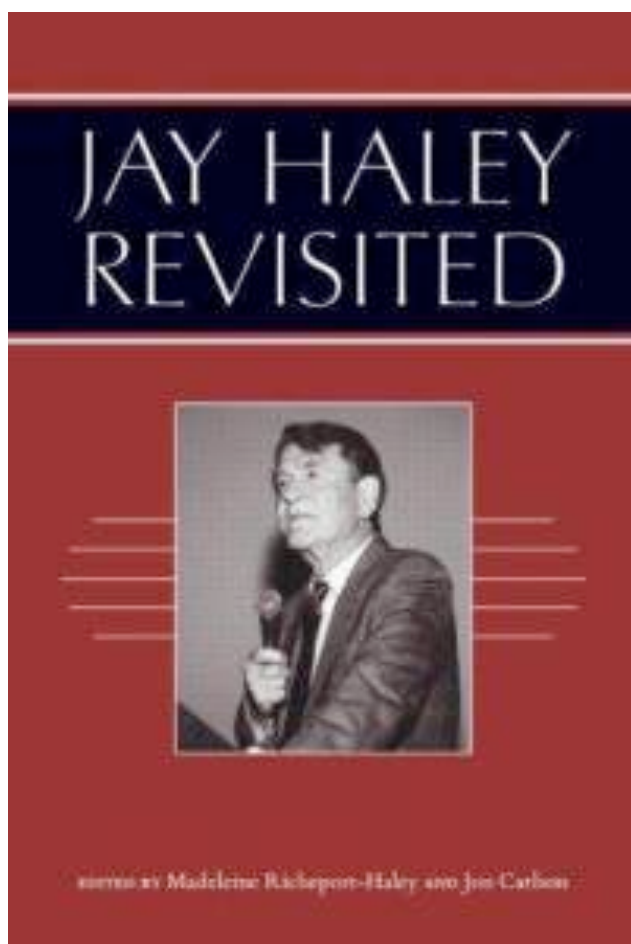
By Consuelo Casula

JAY HALEY REVISITED

Edited by Madeleine Richeport-Haley and Jon Carlson

Routledge, Taylor & Francis Group

ISBN: 978-0-415-80531-5 (Hardback) 978-0-415-80533-9 (Paperback)



Reading this book helps the reader to have a public and private picture of the Renaissance man Jay Haley (1923 – 2007), a pioneer in family therapy and a chief architect of the brief strategic approach to therapy. This book offers a journey through 50 years of changes both in the world of psychotherapy and inside the private relationship Haley had with some of his students, supervisees, colleagues, and friends invited to introduce his articles in this book.

The journey is guided by the muse Madeleine Richeport-Haley, his beloved wife, and Jon Carlson, who generously opened his archives to the public to let Jay Haley's innovative contributions and creative hypothesis proposing his original model of family, strategic and brief therapy be known. This book helps scholars to better understand the Copernican revolution Haley made in putting the patient - with his/her symptoms, resistance and needs - at the center of the world of psychotherapy, instead of the therapist and his/her protective and dogmatic theories or reassuring interpretations.

The two editors, Madeleine Richeport-Haley and Jon Carlson, selected 20 published and unpublished articles written by Haley, and 19 colleagues to introduce them: only Judith Mazza wrote two introductions on "On the right to choose one's own grandchildren", and "How should a gentleman talk to a feminist family therapist?"

Haley didn't follow the rule of journalism that suggests avoiding irony because it is too difficult to be understood by naïve or distracted readers. He was not afraid of being misunderstood, he preferred to provoke his readers with his sardonic piercing, forcing them to catch the puzzling paradox of the different levels of meaning and reflect on issues that are usually taken for granted.

Haley wrote many articles showing his rebellious stance in contrast with the dogmatic perspective of his days, when only four approaches, - psychoanalysis, behavior therapy, Adlerian and Rogerian-were contemplated. He warned against a risk that has now become a reality: there is no orthodoxy and who considers themselves able to invent some technique opens his/her school, sure to find followers. I wonder what he would say today, since we have so many approaches presented with acronyms such as ACT,

CBT, EAP, AAT, MRI, SFT, ST, SF, SBT, TR, VCR, RBT, EFT, CBBT, IFT.

Some articles more than others give a glimpse of Haley's enigmatic wit, visionary perspective and blistering critique to the establishment. For instance, in "The art of being a failure as a therapist", introduced by Len Sperry, Haley with his mocking style suggests 12 paradoxical steps for failure. If you want to fail, he suggests to be passive, inactive, reflective, silent; if you want to make mistakes, he adds, put emphasis on a single approach, no matter how diverse the problem is, focus on the past, attend to early experiences, refuse to define the goals of therapy and avoid evaluating the results of therapy.

Also in the article "How to have a awful marriage", introduced by Michele Weiner-Davis, Haley uses his tongue in cheek style in giving the opposite rules, reminding the reader of the importance of seeing a marriage as a living, breathing organism that goes through predictable developmental stages, where each stage offers new challenges and opportunities for relationship breakdown. According to Haley, many neurotic problems arise during the transition of the natural life cycles of the individual or family, and when the cycle has completed its course, neurotic disorder can no longer have a reason to stay. It disappears. Knowing that a marriage has natural ebbs and flows and faces problems related to sexual desire, aging, illness and death, in order to have the opposite of a awful marriage, Haley suggests putting the marriage first, even when children arrive, and listening to and understanding the partner rather than claiming being listened to and understood.

Also in the article "A quiz for young therapists", introduced by Kenneth V. Hardy, Haley is irreverent and iconoclast asking questions that are still relevant today, such as "Should a therapist think of himself or herself as a skillful technician or as a humanistic philosopher?" or "Will a therapist be more successful if he is curious about life's complexity or if he is single-minded in his focus upon his goals?" With these kinds of questions, he invites a critical reflection about being a therapist dealing with conscious and unconscious involved in the process of change, and challenges the reader to see the unseen, and go beyond his paradoxical questions.

In the article "Fourteen ways to fail as a teacher of family therapy", introduced by Michael Nichols, Haley's sarcasm is used to warn about the dangers of unfocused eclecticism in order to catch the opposite suggestion that in order to succeed it is important being brief, present focused, directive, problem solving oriented and aligned with the pa-

tient's present complaint. Haley underlines the importance of teaching strategies for the solution of the symptoms that are steeped in ethics and self-discipline.

In the article written with his mischievous style, "How to be a therapy supervisor without knowing how to change anyone", introduced by Michael Yapko, Haley comments about changes in supervision over the years: at the beginning, supervisors conducted a reflective conversation focused on the therapist's emotional problems and now supervisors have a set of techniques for different problems, place emphasis on brevity and effectiveness of interventions and consider the diagnostic system irrelevant and even a handicap to change people.

In the article "The brief therapy of Milton Erickson" introduced by Jeff Zeig, Haley reminds those who have chosen to deal with short-term therapy, more than any other, must take responsibility to intervene in the life of a patient and guide them in the direction of healthy life with a strategic approach. According to Haley, taking responsibility involves ethics, self-discipline, and awareness of the most effective strategy for that particular patient and for that specific problem.

In the article "Zen and the art of therapy, introduced by George Burns, Haley presents what the two disciplines have in common, the similarities between therapeutic change and enlightenment that occur through the special relationship developed between the teacher/therapist and the student/patient. Both the Zen masters and Milton Erickson stimulate change/enlightenment, tell stories to their patients/students, give prescriptions, absurd tasks, ordeals, propose riddles, stimulate the creative imagination, focus on the present and not on the past.

The last article of the book edited by Madeleine Richeport-Haley and Jon Carlson is the keynote Haley gave during the 20th Anniversary Celebration of Milton H. Erickson Foundation for receiving a tribute for his paradigm changing contribution to the field of Psychotherapy, December 1999, entitled "The loyal opposition", introduced by Neil Schiff. In this article Haley first tributes all the colleagues and also the opponents who forced him to clarify his ideas and tasks, then with his hilarious style he reflects on changes which occurred during the last 50 years that he could not have predicted.

Haley's innovative voice is still heard and many followers thank him for taking such a rebellious stance against what is not helping patients to change. His loyalty was towards everything that might help patients better in the fastest way possible.

Even though the book presents some disharmony, both in the selection of Haley's articles and in the contribution of some commentators, some of them wrote more a paean than a proper introduction, the book is fundamental to read to better know the history of the last 50 years made by one of the founders of family, strategic, and brief therapy.

INTERVIEW WITH MADELEINE RICHEPORT-HALEY

CC. *Can you tell the reader the origin of this book?*

MRH. Jay wrote more than 100 papers, some of them are unpublished, and he wanted to publish some of them under the title "Papers pleasant and unpleasant". He knew that his provocative style might be misunderstood from some straight and traditional people, but he liked being provocative in order to stimulate new ways of seeing things, new ways of thinking. Although Jay was very capable of being direct, he preferred to be paradoxical, satiric, and witty to provoke curiosity towards new vision and doubts on the eternal validity of old habits. Above all, he enjoyed making people laugh. When I proposed the publication of Jay's articles to George Zimmar, director of Behavioral Sciences at Routledge, he suggested to add introductions by several experts who had the privilege of working with Jay as a colleague or trainee or supervisee. Together with Jon Carlson we selected the many contributors.

CC. *Since you published only twenty articles so far, you still have many others to present in addition to these?*

MRH. Jay liked writing, he wrote his first article in 1947 published in the New Yorker magazine, and wrote until he died. The editor hopes there will be volume two, but we don't know as yet the structure nor which articles to select.

CC. *Where all these unpublished articles are now?*

MRH. Jay's papers are now at the Stanford University Libraries, Department of Special Collections. I am glad that Stanford has accepted them, because this was what Jay wanted, and Stanford was his first choice for his archive.

CC. *Jay Haley WAS the first to receive the Lifetime Achievement Award of the Erickson Foundation and in 2009 ISH has created an award dedicated to him. It is the "Jay Haley Early Career Award for Innovative Contributions" to awardees early in their career whose writing, teaching, leadership and clinical/scientific work have shown substantive advances in the understanding and practice of hypnosis. What do you think of this ISH award?*

MRH. Of course I am very happy because it is a way of encouraging young scholars to be creative, open and innovative in new ways of thinking and working. This award also highlights Jay's contribution to hypnosis and I hope his early papers and unpublished ones in hypnosis will be republished one day. For example, we did a lot of cross-cultural work on trance in Bali revisiting Margaret Mead and Gregory Bateson's work there. I am also happy that the first awards went to Woltemade Hartman, from South Africa

and to Claude Viro, from France, in 2009. I am curious who will be the next recipient of the Jay Haley award. I know Jay would have been so pleased about this award.

CC. *Let's wait until the next ISH congress in Bremen. Thank you so much for giving such an interesting contribution.*

MRH. Thank you Consuelo

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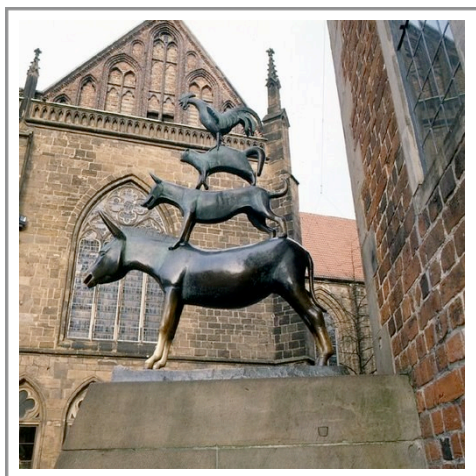
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CONGRESS ANNOUNCEMENTS



19th International Congress of Hypnosis of the International Society of Hypnosis (ISH)

October 17- 21, 2012 – Bremen, Germany

by Bernhard Trenkle

The 19th International Congress of Hypnosis in Bremen is now just 10 months away. In the mean time more than 1000 participants have registered not counting the faculty.

Here is a preview of the program. Psychotherapeutic applications of hypnosis will be the core along with scientific and research presentations.

- ★ Claude Virot, France, is planning a special symposium: “Hypnosis and Depression”. Claude has organized congresses about depression and is an expert in this field. Michael Yapko will be on the faculty of this part of the congress.
- ★ Combining hypnotic approaches and systemic family therapy, “Hypnosystemic” approaches, will be offered by Gunther Schmidt, Ben Furman, Camillo Loredio, Jane-Parsons-Fein, and many others.
- ★ Hypnosis in the Medicine. Elisabeth Faymonville, Ernil Hansen, Sebastian Schulz-Stuebner, Maximilian Muenke and many others will be teaching in Bremen.
- ★ Hypnosis and Pain Control will be taught by Dave Patterson and Mark Jensen.
- ★ Bernhard Trenkle worked in the field of Speech Pathology. The congress will bring together some of the leading colleagues in this field.
- ★ Hypnotherapy for children and adolescents is a fast growing field. In 2009 we had the Sixth Child Hypnosis Congress in Heidelberg Germany attended by 1800 colleagues. Daniel Kohen, Linda Thomsen, Lawrence Sugarmen, Siegfried Mrochen, Karl-Ludwig Holtz and Susy Signer-Fischer will present in Bremen congress.
- ★ The German Dental Hypnosis Society with 2000 members has trained thousands of dentists in the German speaking part of Europe. The founding president Albrecht Schmierer, and his colleagues are coordinating the Dental Hypnosis section for the Bremen congress and recently sent a list of 20 presenters representing the “Best of Dental Hypnosis.”

- ★ Ego State Therapy developed from the work of John and Helen Watkins. Leading Ego State therapists Woltemade Hartman, RSA, Maggie Phillips and Arreed Barabasz, USA as well as well known German experts (Luise Reddemann, Jochen Peichl, & Kai Fritzsche) will present. In South Africa Ego State Therapy is very influential. Leading experts of South Africa sent their proposals for Bremen.
- ★ Ms-Merism, a symposium addressing the important contributions of women to the theory and practice of hypnosis will be chaired by Julie Linden.
- ★ An integration of Philosophy, Spirituality and Hypnosis will be presented by Consuelo Casula
- ★ Kinetic Trances and Active Alert Hypnosis, such as being in trance during pedaling on a bike or Sufi Dance, will be discussed and demonstrated at the congress.

The congress promises to be truly international. We have already received submissions from more than 20 countries. Interesting proposals are coming from India, Russia, Iran and China. Some of the leading Chinese psychotherapists using hypnosis will be presenting in Bremen.

We also are asking the Constituent Societies to send their future “stars” from their respective countries. Our goal is to connect and bring together these young colleagues. If you have suggestions for this section of the congress you are most welcome to contact us.

We will have an excellent cultural program with good music and comedy. One spectacular group you can preview on You tube is “Mnozil Brass.” You also can check “Martin O.” a Swiss artist who won the highest award in Germany for his show. We also plan to have an exhibition with a collection of around 2000 cartoons and comics about hypnosis. The largest museum in Bremen was willing to assist us with this exhibition but because of legal issues getting the rights to display all these comics from different artists the museum finally gave up. Hans-Christian Kossak, who owns this collection and who is one of the most well-known hypnosis experts in Germany, will do a key-note and/or a workshop and show the most important part of his collection. Presenting the collection in the framework of a scientific presentation for educational purposes does not create copyright problems.

In front of the congress center on Friday the biggest feast of North Germany commences with its 975 year tradition. Just next to the congress center is one of the most beautiful parks in Germany, good for walking, biking, jogging, and rowing boats.

Bremen is a beautiful old city and a perfect location for the congress. It is a city-state with a long and rich history. Interesting sights are walking distance from the congress.

The call for papers and workshop is still open until January 15th. See: www.hypnosis-congress.com. Workshop faculty and primary faculty are free from registration fees. Faculty presenting a paper will pay only a reduced rate of 190,- Euros. Due to a Microsoft update if you send proposals via the webpage you may encounter problems with Internet Explorer. Using Firefox, Opera or other browsers works without difficulty. You also can contact us via: Mail@bernhard-trenkle.de

Finally: **Early bird price for registration is valid until January 15, 2012.**

CONSUELO CASULA INTERVIEWS...



BERNARD TRENKLE, Dipl. Psych.



CC: Right now it seems that the 19 ISH Congress that you are organizing in Bremen will be a great event with many professionals from all over the world. You have developed a certain skill that goes beyond the hypnotic competence as a therapist, or expert on speech and humor. Tell me what special abilities you consider important in organizing an event such as this?

BT: You certainly have to be crazy to organize such an event. In 1995 I organized the scientific program of the 2nd European Congress of Ericksonian Hypnosis and Psychotherapy at the University in Munich. We had over 200 speakers and 2000 participants and up to 28 parallel events. I have a Degree in Psychology and as well in Economics and Engineering, where I studied a combination of computer sciences and operational planning techniques. My special topic was planning techniques. I learned the techniques of how to organize the work of building a football stadium so it would be ready at the time

of World Championship. Such things I cannot do anymore in a mathematically exact way but it definitely influences the way I think in time structures to organize a congress. In economics I was especially interested in marketing strategies. That too was also helpful.

CC: When did you start event planning? What was your first event?

BT: Actually I began in 1973. I was organizing for the youth organization of Christian-democratic party a congress for kindergarden teachers. We had over 500 registrations and could take only 330. Through this congress we were able to develop a better kindergarden system in the German Federal State of Baden-Wuerttemberg (Stuttgart, Freiburg, Heidelberg, etc.). Around 1986, together with Gunther Schmidt I organized two Annual Congresses of the German Milton Erickson Society. In 1989 together with Jeff Zeig I organized a Family Therapy Congress. In 1994 again with Jeff Zeig I organized the European Evolution of Psychotherapy with 6000 attendees.

CC: How did you realize that you had such a skill?

BT: It was at this very first congress 1973. We hoped for 40 registrations and we got over 500. It was in my home village with 4000 people. With the help of family members and friends I organized this in two weeks. We got the school for this congress. At 1 pm the school ended and at 2 pm the congress started with the key-note of a high politician. And we started on time at 2 pm and everybody had the name tag.

CC: I remember in 1986, during the international congress on hypnosis and family therapy in Rome, you were the subject of a wonderful hypnotic induction by Kay Thompson. What do you remember of that experience? What was it like for you to be hypnotized by the most admired woman in the field?

BT: Actually the hypnosis was so deep that I have absolutely no memory. If you have a recording of this I would love to hear it. In a long talk later with Kay Thompson, around 1992, she was complaining that the hypnosis field was too male-dominated.

Together we decided to organize a congress where only women were teaching. She would organize one in USA while I started the project in Germany. The main organizer in Germany was Liz Lorenz-Wallacher the most brilliant female hypnotherapist in Germany at that time. Since then she has been the Vice-President of MEG for the last 15 years. We had 200 registrations for this congress and it was the start for several women to make a career in the field of hypnosis. Sadly the American congress was cancelled at the last minute because the university administration was taking away the rooms for the American congress.

CC: Who do you consider your masters? Please tell me who influenced your work, who taught you something unforgettable.

BT: Definitely Helm Stierlin, the most important family therapist in Germany. While studying economics and engineering I found two articles of Stierlin's in the University Library. I started to read all I could find. After 17 years in USA he was coming back to Heidelberg in 1974. He was the reason I started studying psychology. In the field of hypnosis Jeffrey Zeig influenced me the most.

CC: Tell me about your background. How did you start studying hypnosis, and how come you were interested in Hypnosis? What were your expectations at the beginning of your practice?

BT: In 1975 Stierlin was teaching about the different schools of family therapy. One lesson was about Jay Haley and his teacher Milton Erickson. I was immediately fascinated and knew "THIS IS IMPORTANT". But first I was interested in paradoxes, storytelling, and reframing, resource and solution orientation and utilization techniques. Accidentally I heard in January 1979 that in Munich was a workshop with videos of Milton Erickson. It was the second workshop Jeff Zeig taught in Germany. In January 1980 we invited Jeff Zeig to Heidelberg and in December 7 colleagues from Heidelberg attended the first International Erickson Congress in Phoenix. From there I had a growing interest in the Hypnotic part of Erickson's work.

CC: You are member of the Milton H. Erickson Foundation, how did you become a board member? What your tasks and your role are on the MEF?

BT: I have been a member of the Board of Directors of the MEF since, 1999. Jeff Zeig and I developed a very real friendship in the years since 1980 when we co-organized two congresses together. As international BOD members Camillo

Loriedo and I are usually involved in offering our international expertise and knowledge. The normal everyday business is handled by the American BOD members and the staff of Milton Erickson Foundation. They take care of the everyday business without including us. If there are special problems we regularly are asked and we sometimes can offer an international perspective they couldn't see.

CC: How many awards have you received so far, and from which societies?

BT: In 1999 together with Peter Burkhard, the Founding President of MEG, we both got "the Life Time Achievement Award" from the Milton Erickson Foundation. They honored our contributions to the field and the fact that we both have been crucial in building up MEG to become an influential organization in Germany. I was additionally active in bringing Ericksonian philosophy and therapy to Eastern Europe. By 1988 I was already teaching in East Germany and Poland. The Hungarian Society gave me an honorary membership. A Romanian colleague told me that the Romanian Society did the same, but I never got a written document about it. I just got a letter that I will be the recipient of the Milton Erickson Award of the German Milton Erickson Society 2012.

CC: Which award is particularly meaningful to you?

BT: The life Time Achievement Award is very meaningful to me. It was completely unexpected. Jeff Zeig told Burkhard and me that we should sit somewhere in the front because he wanted to announce the 15th International Hypnosis Congress 2000 in Munich. I just wanted to come briefly from my hotel room to stand up so people could know who I was for the conference. I was not formally dressed at all, I even was wearing slippers. The first thought going through my head was, "Oh God, now I am old." I attended every International Ericksonian Congress since 1980 and I saw Jay Haley, Paul Watzlawick, etc. getting this prize. Burkhard and I were the first non-Americans to receive this prize. That impressed me a lot. I am still thankful for being honored in this way.

CC: You also have organized Hypnotic Training in Nepal and China as well as in Poland. What kind of training is offered? When did you get the idea to do this kind of training? What do you like best in organizing these meetings in countries with people so different from our old European continent?

BT: A part of my family wanted me to be a catholic priest. If I had been I most probably would have

ended as a missionary. So, now I am something like a missionary and only changed the content of the mission.

I started to Erickson-evangelize first the Germany speaking part of Europe. At least I did for 250 people during 2 and 3 days introductory seminars in German language. Then I began doing the same thing in Poland. In 1989 a German-Nepalese couple was doing hypnosis training at my institute. The man was part of one of the two most influential families in Nepal (Rana). He was a M.D. and he had already organized two little German-Nepalese Medical Doctor Meetings. So in 1990 we co-organized the next one. We also collaborated on organizing these German-Nepalese Medical Doctor and Psychologists Congresses in 2000, 2008, and in 2011. The last two had more than 300 registrations and also colleagues from USA, South Africa, India, China, etc. attended. These are very big congresses for this country and we have been the largest tourist groups in these years. In 2008 more than 250 colleagues from Western Countries came to Kathmandu and Pokhara. In 2008 I started hypnosis trainings in China. An Associate Professor of Beijing University is organizing this. A lot of the leading psychotherapists from all over China have been taking part and got certificates from Beijing University, MEG and German-Chinese Academy of Psychotherapy. The teachers of these trainings beside me have been Walter Bongartz, Woltemade Hartman, Ortwin Meiss and Stefan Junker.

CC: What kind of differences do you notice between EU hypnotists and professionals coming from other countries?

BT: China is a completely different culture despite a lot of modern problems like burn-out, sleeping disorders, depression and couple conflicts are remarkably similar. The Chinese have lived for thousands of years in a very hierarchic society. So they are asking for clear structures as well as how to, manuals. On the other side of that structure is the Ericksonian approach with utilization as a foundational premise, where tailoring treatment to individual peculiarities of the client is standard fare. How can you teach the necessary "free-style" creative thinking if participants are saying, "Tell how we have to do it step by step?" Thousands of years of not being too creative was not good for anyone's career could even could be dangerous for your life. The young generation are more free to use this style of thinking. The Chinese people like humorous and clever strategies and they are remarkable, playful especially in social events and during karaoke singing evenings. Also philosophy has a long tradition; they like to reflect things deeply. Trance states are

known via meditation and old shamanistic techniques.

CC: You wrote a joke book with jokes about hypnosis and psychotherapy which also is translated into Italian? How did this idea come to your mind?

BT: Actually I never planned to write a joke book. Already in school I was learning English by reading English jokes and I started to collect joke books. I am the Founding editor of the Newsletter of MEG. In 1985 I started a section where I defined terms like "Reframing", Catalepsy, Amnesia, and Direct Suggestion. I did this by using a glossary style and then I began collecting jokes to illustrate these terms. This was very popular and many people told me they always read the joke first. After about 10 years I collected all these "Chapters" and made a book. It was extremely successful. In the mean time this book sold close to 40.000 copies and is translated into Russian, English and Italian. Chinese and Polish translations are in process.

CC: What advice would you give to a young who is approaching the study of hypnosis?

BT: Just start to do and practice it. Read "Uncommon Therapy" by Jay Haley and realize modern hypnotherapy is much more than just hypnotizing somebody and giving suggestions. Be patient and take your time to learn more and more. Even now after 36 years of being fascinated I still have not practiced all what I heard and read off. The neuropsychological brain research additionally is bringing a lot of new insights and possibilities.

CC: To wrap up this interview, what will be for you the evidence of your success as the organizer for the next ISH Congress?

BT: If the attendees and faculty give us a positive feedback despite the fact that this year 2011 we could not work full time on the ISH congress. In May of 2011 we organized the Nepal Congress in Kathmandu and Pokhara. In September just two weeks ago we organized the Annual Congress of Germany Systemic Family Therapy Association with 1300 attendees. In November we have our own congress about Trauma Therapy, Ego State Therapy, etc. with at least 1300 participants as well. It is the 25 Anniversary of my Rottweil Milton Erickson Institute. This was already announced and work was already started when we jumped to organize the Bremen conference after Australia cancelled. Meanwhile we still have patients, and we are teaching workshops and going to concerts, sauna, cinema and playing with children. Besides we already have more than 1000 registrations and in January my team and I will be working fully on the ISH congress, so we have reason to be hopeful of a successful congress.



VIEWS OF ISH MEMBERS

What is special about ISH?

By John Lentz

Because something seemed different at ISH conferences, I was curious about how come. The difference I noticed was that people were even more open about sharing their innovative ideas, and there was an amazing sense of community that is developed and continues to develop. How could ISH somehow have developed such a positive community with all the positive aspects of competition, so that folks want to do their best? What magic formula or combination had ISH discovered? It did not make sense, so I began to consider how come.

When I looked closer things were even more mysterious. I met people whose list of accomplishments and genuine talent was absolutely amazing. I met people who when I checked later had received various high achievement awards, had written numerous articles, books and were celebrated as being innovators in their fields. These were people who were incredibly active, capable, and accomplished. What was even more impressive was the humility these people showed. They pointed to their colleagues, and mentioned their colleague's accomplishments, any time anyone attempted to notice out loud what they themselves had done. Many of these very accomplished people attended workshops of new people to ISH and focused on the things they could learn instead of all they already knew. These people did not do these things to be seen by others. The grace and genuine humility displayed was extraordinary. Oh, sometimes these accomplished folks did want someone to see them. They wanted the new presenter to recognize he/she was being accepted. Where did these people come from that treated one another with such kindness, demonstrated wisdom, humility and politeness?

Well of course they come from all over the world. Perhaps that is part of the specialness that folks coming from all over the world respecting each other's differences may be part of what makes the special formula. Actually, they come from where you are, because if you are reading this you are probably one of the wonderful folks who make up ISH. How come an organization would attract so many people who have such a high level of competency, and humility?

I wondered if some of the secret is that folks feel safe because they know people who attend ISH events are very much like themselves; in other words folks who are very dedicated, talented and creative, because they care deeply about the patients/clients they serve. Then I decided it could not be just caring, or being dedicated. People in all our professions that utilize Hypnosis are dedicated and caring. The difference had to be something more than just professionalism.

I believe that there are several things that bring about the profoundly positive community the ISH has developed. Part of the difference is that the constituent societies screen members and provide a sense of appropriate boundaries, so that being a member of ISH affords people the luxury of an organization that affords members an elite place where community and creativity abound. Secondly, a very special culture has developed around Hypnosis and especially in the International community where you are so profoundly accepted and welcomed that you want to do your best and you want to pass on the kindnesses that have been extended to you. I am not sure I know still how come ISH offers such a unique opportunity to all but it does.

*Psychotherapy with women experiencing unplanned pregnancies***By Maria Escalante de Smith**

Women who face unplanned pregnancies may experience a wide range of feelings and emotions and go through deep crises when they learn they are pregnant.

As an Ericksonian Psychotherapist I believe that we, as counselors, can give them the opportunity to explore their feelings and emotions, and make the best choice for them and their unborn baby. Ericksonian interventions can help them explore possibilities and cope with their crises during unplanned pregnancy.

Based on my own experience, as a volunteer at Birthright, an organization that provides help to any girl or woman regardless of age, race, creed, marital or economic status, who feels distressed by an unplanned pregnancy, I have learned that a crisis intervention done on time can help her make better choices.

At Birthright we can hear stories about, for example, a woman who had had abortion years before and what she responded when she was asked: What would it have taken for you to have your baby? And she responded ... That someone had told me to do so!

Parts work, for instance, can help them become familiar with the idea that we, as human beings, have different "parts". These parts can help us but sometimes one of them can cause us to have problems. They may feel that a part of them would like to have the baby while another one might be hesitating about having her or even about the future. It is also useful to help them realize that there may be two parts in conflict, one having an idea or thought while the other thinks or feels exactly the opposite. Thus one part can give us problems and the other one can help us. Consequently it is possible to combine parts work with hypnosis and work with one part and several parts simultaneously.

As therapists we can use metaphors as a sole intervention, in cases when we will see the client only once. The metaphor can be used during conversational trance and not necessarily using formal trance. A good example of how a metaphor can be used during conversational trance is the idea of what happens when horses wear "blind-ers". The blinders are a pair of small leather screens attached to a horse's bridle to prevent it from seeing sideways and behind.

During the conversational trance, we can explain that sometimes we as human beings live our lives as if we were wearing "invisible blinders" that keep us from seeing the large amount of choices we can have in our lives. This view of the world can be very limited. On the other hand we can allow ourselves to take off the blinders and explore what alternatives we could have if we did this. Metaphors can be utilized as an adjunct during therapy, too.

It may be necessary to address the emotional consequences of multiple abortions. In these cases, the client can benefit from following a ritual for coming to terms with these experiences. Some people find relief after writing a letter to the unborn/lost child. Usually this letter will not be read by anyone but hopefully will help the person find some relief.

Another issue that is important is hope. And maybe this is what we, as psychotherapists, counselors and family therapists, should do when treating women who face unplanned pregnancy. We should empower them and remind them that even in the most difficult situation there can be hope. With hope even in the hardest times she might decide to have that baby who could turn into an outstanding human being.



FUTURE EVENTS

February 4th - 5th

Scandinavian symposium in cooperation with The Danish Psychological Society for Clinical Hypnosis and Swedish Society of Clinical Hypnosis. Malmö, Sweden. SSCH Contact:

larz.jespersion@hypnosforeningen.se

March 9th - 10th

Workshop with Robert McNeilly, Australia. Copenhagen, "Innovations in treating anxiety - using solution oriented

Ericksonian hypnosis". Contact:

info@hypnoterapi.com

Practical Education in Clinical Hypnosis (diploma course) for health professionals

6 weekends spread over 1 year, 116 hours of training.

Next course starts April 2012 Contact: info@hypnoterapi.com

March 9th - 10th 2012

Workshop with Bukhard Peter, "hypnosis in the management of chronic pain", Milan, Amisi, amisi@virgilio.it

March 10th and 11th

Symposium Weekend - Hypnosis in Brain Trauma/ Damage

Presenting: Susanna Carolusson

Venue: Glynhill Hotel, Renfrew. Please visit the BSMDH (Scotland) website

www.bsmdhscotland.com for updates and an Application Form.

Closing date for Applications: 2nd March 2012

March 17th and 18th

Elisabeth Faymonville. Anaesthesiologist. Lund Sweden. Organization SSCH Contact:

larz.jespersion@hypnosforeningen.se

March 16th - 20th

54th Annual ASCH Scientific Meeting & Work-

shops

Charlotte, NC

Westin Charlotte

March 22th - 24th

Geneva: 6ème journée romande d'hypnose Suisse : « Formation de la trance ou transformation. Une ouverture sur le monde thérapeutique ». For further information: www.irhys.ch

March 22nd to 25th

MEG Annual Conference

March 24th and 25th

Richard Kluft, MD, Ph.D The Value of Clinical Hypnosis in treatment of traumatic dissociation (in English). Stockholm Sweden. Organization SSCH <http://www.hypnoterapi.nu/images/stories/kluft-an-nons.pdf> Contact: susanna@carolusson.se / anna@insidan.se

March 26th - April 5th

Annual Supervision Seminar in Gozo (Malta) www.dgzh-stuttgart.de/gozo.htm More Information: Sabine Hühnerbein, DGZH-Regionalstelle Stuttgart mail@dgzh-stuttgart.de

April 20th - 22th.

BSCAH Suggestion, Imagery and Metaphors. Applying the tools of hypnotic intervention. Chester.

<http://www.bscah.com>

April 27th - 29th

The couple Conference, attachment, differentiation, & neuroscience in couple therapy

San Mateo California, The Milton Erickson Foundation

May 17th - 19th

Hypnose et Douleur. Du bien-être aigu au confort chronique. Palais des Congrès de Quiberon.

<http://www.emergences-rennes.com/formations-hypnose/4e-congres-international-hypnose-et-douleur/>

June 7th - 8th

Hypnosis in the European Context. UC-Campus Kortenberg. (Belgium) With participation of all ESH Board of Directors. More information VHYPsecretariaat@skynet.be and vhyp@skynet.be

June 11th - 13th

Ghyps. In Berne: "The Practitioner's Sanctuary": Workshop with Prof Joseph Barber from Seattle For further information: [ghyps at www.hypnos.ch](http://www.hypnos.ch)

June 15th - 17th

ghyps & ief: "2. Hypnosystemische Tagung 2012" in Zurich. For further information: www.hypnosystemische-tagung.ch

September 7th - 9th

Annual Meeting of the German Society of Dental in Berlin
www.hypnose-kongress-berlin.de More information: Marion Jacob, Office Management DGZH e.V. mail@dgzh.de

October 17th - 21st

ISH Congress, Bremen, Germany.
<http://www.dhg-rottweil.de/ish/>



BREAKING NEWS FOR INDIVIDUAL MEMBERS

Julie Linden made a proposal that has been unanimously accepted by the Board of Directors to offer each person 6 options, for either A or B country.

A COUNTRIES SOCIETIES FOR ONE YEAR

Without the IJCEH journal: 65 € or 90 USD.

With the hardcopy IJCEH journal: 79 € or 110USD

With the on-line IJCEH journal: 69 € or 100 USD

B COUNTRIES SOCIETIES FOR ONE YEAR.

Without the IJCEH journal: 39€ or 60USD.

With the hardcopy IJCEH journal: 46€ or 70USD

With the on-line IJCEH journal: 36 € or 60USD

A COUNTRIES SOCIETIES FOR THREE YEARS

Without the IJCEH journal 195 € or 270 USD

With the hardcopy IJCEH journal 237 € or 330 USD

With the on-line IJCEH journal 207 € or 300 USD

B COUNTRIES SOCIETIES FOR THREE YEARS

Without the IJCEH journal 117 EUR or 180 USD

With the hardcopy IJCEH journal 138 EUR or 210 USD

With the on-line IJCEH journal 108 EUR or 180USD

IF YOU WANT TO CONTACT ISH



ISH CENTRAL OFFICE

go to <https://www.ish-hypnosis.org>
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This is the *third* issue of the ISHNEWSLETTER of the new ISH Board of Directors, and we would like to receive your comments, contributions, ideas, news and proposals. The aim of the newsletter is to *create bridges of understanding* between you and us, between each individual member and each constituent society and ISH. We wait for your collaboration. Please contact with your contribution at consuelocasula@gmail.com

LAYOUT AND DESIGN: Camillo Valerio