



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding
2024, Volume 48, No. 2

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JULY 2024

A LETTER FROM THE PRESIDENT



MARK JENSEN

To everyone who has contributed to the success of our society: Thank you
Mark P. Jensen, PhD

This is my last ISH Newsletter letter as president of the International Society of Hypnosis. I am writing with a sense of deep gratitude to everyone in our society who has helped to move us, and the field of hypnosis, forward during my tenure as president. This includes our Board of Directors, USA Administrator, ISH committee members and chairs, our administrative staff, and you, dear member. I would like to take the time to thank each of you for your important contributions.

ISH Board of Director members

During the last three years, the eleven board members of our board of directors have met regularly to discuss, make decisions about, and take actions towards goals that move our society's mission forward. I have appreciated each member's commitment to the advancement of hypnosis worldwide, as well as their significant contributions to our goals. We have made significant progress while maintaining a sense of deep respect for each other and a warm and friendly atmosphere. Each BOD member has contributed to this process.

In the last three years, **Bernhard Trenkle** served ISH as the Immediate Past President, Chair of the Membership Committee, Co-Chair of the Credentials Committee, and a member of both the Education and Training Committee and the ISH 50th Anniversary Celebration Committee. He carries a wealth of knowledge about hypnosis gained from decades of work in the field. He is very social, with significant connections with leading hypnosis practitioners and scientists worldwide. The WhoISHWho initiative is his brainchild. Please visit www.whoishwho.com and consider registering to facilitate your connections with like-minded people worldwide. Bernhard is someone with a great deal of common sense (a trait that is not as common as one might think) and a delightful sense of humor. I am privileged and lucky to know him and to have had a chance to collaborate with him so closely over the years.

Kris Klajs served as ISH's President-Elect and has worked diligently with his team to organize the 2021 ISH International Hypnosis Congress (which had to be postponed due to COVID) and the 2022 ISH Virtual Event. Most recently, he and his team have been working hard to organize the upcoming 2024 ISH International Hypnosis Congress in Kraków. Any-



one ever involved in organizing a successful congress knows the incredible devotion and effort this takes. He and his team have planned a congress that will allow us to sharpen our clinical skills, learn about the newest scientific advances, and feel inspired to continue our work. Kris has contributed a rock-solid foundation of gentle calmness to our events and meetings, which helped to create an environment conducive to ISH's high level of productivity over the past three years.

In his role as Secretary-Treasurer, **Enayat Shahidi** has maintained and built on our society's fiscal health. In his role as Chair of the Education and Training Committee, Enayat and his committee initiated and then organized the monthly Master Class webinars. These events provide our members (at a special member-only deeply discounted price) and international hypnosis community access to some of the most experienced hypnosis practitioners in the world. They also provide our society with an additional source of income, contributing to our overall fiscal stability. I greatly appreciate Enayat's warm energy, thoughtfulness, and keen intelligence.

Woltemade Hartman has served as the Council of Representatives Chairperson and Chair of the Standards Committee. He has worked diligently to ensure our members have a voice in our BOD's discussions and decisions. He also completed the incredibly complicated task of developing guidelines for training in clinical hypnosis for the world community, guidelines that can be seen on our website. These guidelines take into account the marked differences in the applications of clinical hypnosis in each country and culture: a complicated task. His deep knowledge of these issues – developed through years of teaching clinical hypnosis skills all over the world – helped to make the guidelines applicable worldwide. I always look forward to hearing what Wollie has to say; he really knows how to tell a story in a way that brings delight and inspires insight.

During the past three years, **Callie Hattingh** has served as the Council of Representatives Vice-Chairperson, the Co-Chair of the joint European Society of Hypnosis and International Society of Hypnosis Crisis Intervention Committee, and a member of both the Education and Training Committee and the Standards Committee. Although Callie contributed his many insights and significant organization skills to our Board of Directors meetings, I especially appreciate the work he did with Kathleen Long, the other Co-Chair of the Crisis Intervention Committee, in pulling together hypnosis-related resources for those experiencing human-made and natural disasters in the world, as well as their work organizing clinical hypnosis training for clinicians who serve these individuals. Callie is someone who sees the good in people and who can effectively help them build on their strengths. One is just a better person when one spends time with Callie.

Brian Allen has been the Council of Representatives Secretary, and serves as a member of the Education and Training Committee and the Credentials Committee. Brian has served on the ISH BOD for many years and carries a knowledge of ISH's history with him. He is particularly committed to supporting the growth of hypnosis in parts of the world where clinical hypnosis has yet to take a foothold. He is someone who cares deeply about others. In the Board of Directors' meetings, I have enjoyed his playful way of presenting important and useful ideas. And speaking of playful, over the years, I have been particularly appreciative of his wonderful singing voice. He brings lightness, ease, and joy to any gathering, whether a business meeting or a social event.

Cecilia Fabre has served as a Board Member At-Large and Chair of the Social Media Committee. She also serves as a member of the Education and Training Committee and served as a member of the ISH 50th Anniversary Celebration Committee. Under her strong leadership and advocacy, ISH has moved into the 21st Century with respect to social media; with her steady advocacy, our social media footprint and impact continue to



increase. In our board meetings and gatherings, she notices and then facilitates strong connections between people for the greater good and efficacy of the group process.

Giuseppe De Benedittis served as a Board Member At-Large, Chair of the World Health Organization (WHO) Taskforce, Chair of the Research Committee, Chair of the Publications Committee, and Member of the Education and Training Committee. His many contributions and service to ISH have strengthened our society over the years. Most recently, he has led the initiative for WHO to recognize clinical hypnosis as a recommended treatment for pain, a first step towards recognition of clinical hypnosis as a recommended treatment for other conditions. Giuseppe is a contemporary Renaissance Man, skilled as both a clinician and scientist. His patients are lucky to receive his care, and the world is fortunate to have access to the findings from his research studies, review articles, and theoretical papers.

Anita Jung has been a Board Member At-Large, and served as chair of the ISH 50th Anniversary Celebration Committee as well as a member of the Education and Training Committee and the Standards Committee. As a new member of the Board of Directors, she brought a fresh perspective to our discussions. In her work as chair of the 50th Anniversary Celebration Committee, she organized several events in 2023 to mark the 50th anniversary of ISH's founding. Anita's positive approach and strong leadership skills will serve ISH and the international hypnosis community well in the years ahead.

Katalin Varga has served on the Board of Directors for many years and will be ISH's President-Elect for the next three years. Her devotion to ISH and ISH's mission is evidenced by her service. During the past three years, she has served as a Board Member At-Large, Chair of the Newsletter Committee, and a member of the Research Committee, the Ethical Practice Committee, and the Publications Committee, and as the ISH Newsletter Editor. Her significant contributions to the Board's discussion and decisions and her many committees have helped move ISH forward. Her work as the ISH's Newsletter Editor has been vital to our community. The newsletters have been uniformly excellent, providing updates regarding ISH's events, and information valuable to our members. As a leading hypnosis scientist, researcher, event organizer, educator, and skilled clinician, Kata's contributions to the field have been enormous. As an individual with a deep commitment to the field who is knowledgeable, thoughtful, and personable, her future tenure as president will help ensure that ISH plays a leading role in advancing hypnosis throughout the world.

USA Administrator(s)

ISH is registered as a non-profit organization in the USA. In order to ensure that we maintain this status, someone needs to work with our accountants in the USA ensuring that our accounts are audited and annual tax returns are filed. Someone also needs to interact with our society's lawyer when critical legal issues must be addressed. **Julie Linden** served as the USA Administrator for many years, including the past three years during my tenure as president. Her incredible attention to detail and ability to keep on top of the many complicated issues related to keeping our society's paperwork up-to-date and accurate have been essential to our society's health. Julie is someone you can count on; I would trust her with my life. Julie has also served as Co-Chair of the Website Committee, and Member of the Newsletter Committee. In these roles she has shaped and facilitated communication between ISH and both our members and the outside world.

Julie will be stepping down as the USA administrator as of June 2024. **Lawrence Sugarman** (another person I would trust with my life) will be taking on this essential role for the society. Laurence has also served as a member of ISH's Credentials Committee, which is necessary for us to en-



sure that individuals who apply for ISH membership meet ISH's training and education requirements.

Additional ISH Committee Chairpersons and Committee Members

As noted above, a number of our BOD members and our current USA Administrator are chairpersons and/or members of ISH's committees. These committees do the critical work required to achieve our society's goals. All of us can feel grateful for the work they have done.

Therefore, a huge and heartfelt THANK YOU to **Camillo Loriedo**, Chair of the Awards Committee, which completed the challenging but essential task of selecting the 2024 ISH awardees. The awards will be announced at the 2024 Congress in Kraków and hosting the in-person BoD meeting in Bologna

I would also like to express my deep appreciation to **Éva Bányai**, Chair of the History Committee, who not only maintains a deep knowledge of our society's history (reminding us of this history at the ESH meeting in Antalya, Türkiye), but is also as a scientist who makes significant contributions to our knowledge of the beneficial effects of clinical hypnosis, and to our understanding of the mechanisms underlying those effects.

I also appreciate the work that **Paola Brugnoli** has done for us as Chair of the Ethical Practice Committee, advising the BOD on questions regarding ethics. **Susanna Carolusson** served (with Bernhard Trenkle) as Co-Chair of the Credentials Committee, bringing her depth of knowledge about clinical hypnosis to bear when making decisions regarding whether a member applicant meets our criteria for membership. **Nicole Ruyschaert** has served and continues to serve in many roles for ISH over the years. In the past three years, this has included Co-Chair of the Website Committee and a member of the Awards Committee, the WHO-Taskforce Committee, the Research Committee, the Education and Training Committee, the Publications Committee, and the ISH 50th Anniversary Celebration Committee (whew!). Her significant contributions help boost the appropriate practice and dissemination of knowledge about clinical hypnosis worldwide.

Special appreciation also goes to **Kathleen Long**, who had the brilliant idea to create the ESH/ISH joint Crisis Response Committee and serves as the committee's co-chair (with Callie Hattingh). As noted above, the committee has accomplished a great deal under her and Callie's leadership. It will continue to provide critical support for millions facing human-made and natural disasters in the years ahead. **Nadine De Cal, Kaltrina Gashi, Olivia Huan Hu, Zoltán Kekecs, Raphael Kolic, Joshua Rhodes, Shady Tonn, and Banafsheh Yaloodbardan**, are Co-Chairs and members of the Youth Committee, which had been formed under Claude Virost's leadership during his tenure as president of ISH from 2015 to 2018.

All of the important work of ISH's many committees – the work that keeps our society vibrant, healthy, and impactful, could not be completed without the efforts of the additional committee members, including **Teresa Robles**, an additional member of the Education and Training Committee, **Consuelo Casula**, an additional member of the Education and Training Committee and Ethical Practice Committee, and **Dan Short**, an additional member of the Education and Training Committee.

ISH Administrative Staff

The broad-ranging work of the ISH Board of Directors and ISH's committees could not have been accomplished without the help of our administrative staff, who serve under the able leadership of **Shady Tonn**, ISH's primary administrator. Her steady, dependable, and patient efforts ensure we stay on track. She is doing an excellent job. **Mahta Shahidi** manages all administration aspects of the monthly Masterclass webinars and Coffee with the President monthly meetings. She also serves as a backup for Shady to respond to ISH-related emails and membership issues when



Shady is busy with other tasks. In addition, **Judit-Osvat** produces the layout for our quarterly Newsletter. **Paloma Valencia** provides social media marketing and the layouts for Masterclass banners, editing the content of interviews conducted to market ISH events. Finally, **Manfred "Manni" Henke** helps us address any technical emergencies (such as when our website has been hacked) with great skill.

You, valued ISH member

And who is working day-in and day-out to use clinical hypnosis to bring comfort to people who could benefit? Who is also conducting rigorous research to evaluate the efficacy and mechanisms underlying clinical hypnosis, studying how hypnosis can be used to understand the human condition better? It is, of course, you, our valued clinician and scientist ISH members. We are a community of individuals committed to building bridges that bring the world together, providing care to those in need, and studying hypnosis to make it more effective and valuable. The work that you do is the most important work of all. Supporting you in this work is, in my view, the most crucial goal of our society.

Thank you, each and every one of you, for your work and your ongoing support of ISH and the world of hypnosis.

The screenshot shows the 'whoISHwho' website interface. At the top, there are navigation links: 'worldwide professionals', 'about', 'my whoISHwho', and a search bar. The main content is a world map with colored markers and numbers indicating the count of hypnosis professionals in various countries. The markers are as follows:

- USA: 15 (yellow)
- Canada: 12 (yellow)
- Mexico: 6 (blue)
- USA (East Coast): 5 (blue)
- Spain: 122 (red)
- UK: 7 (blue)
- France: 1 (red)
- Germany: 1 (red)
- Italy: 1 (red)
- India: 4 (blue)
- China: 6 (blue)
- Japan: 1 (red)
- South Korea: 1 (red)
- Thailand: 1 (red)
- Indonesia: 1 (red)
- Papua New Guinea: 1 (red)
- Australia: 2 (blue)
- Uy-Zélar: 2 (blue)
- South Africa: 3 (blue)
- Argentina: 1 (red)

At the bottom of the screenshot, there is a teal banner with the text: **HYPNOSIS PROFESSIONALS AROUND THE WORLD: VISIT: WWW.WHOISHWHO.COM**



EIN BRIEF DES PRÄSIDENTEN

ÜBERSETZT VON SHADY TONN

An alle, die zum Erfolg unserer Gesellschaft beigetragen haben: Dankeschön

Mark P. Jensen, PhD

Dies ist mein letzter ISH-Newsletter als Präsident der Internationalen Gesellschaft für Hypnose. Ich schreibe mit einem Gefühl tiefer Dankbarkeit an alle in unserer Gesellschaft, die dazu beigetragen haben, uns und das Feld der Hypnose während meiner Amtszeit als Präsident voranzubringen. Dazu gehören unser Vorstand, der USA-Administrator, die Mitglieder und Vorsitzenden der ISH-Komitees, unser Verwaltungspersonal und Sie, liebe Mitglieder. Ich möchte mich an dieser Stelle bei jedem von Ihnen für Ihren wichtigen Beitrag bedanken.

ISH-Vorstandsmitglieder

In den letzten drei Jahren sind die elf Mitglieder unseres Vorstands regelmäßig zusammengekommen, um über Ziele zu diskutieren, Entscheidungen zu treffen und Maßnahmen zu ergreifen, die den Auftrag unserer Gesellschaft voranbringen. Ich habe das Engagement jedes einzelnen Mitglieds für die weltweite Förderung der Hypnose sowie ihre bedeutenden Beiträge zu unseren Zielen sehr geschätzt. Wir haben beträchtliche Fortschritte erzielt und dabei ein Gefühl des tiefen Respekts füreinander und eine warme und freundliche Atmosphäre bewahrt. Jedes BOD-Mitglied hat zu diesem Prozess beigetragen.

In den letzten drei Jahren diente **Bernhard Trenkle** der ISH als Immediate Past President, Vorsitzender des Membership Committee, Co-Vorsitzender des Credentials Committee und Mitglied sowohl des Education and Training Committee als auch des ISH 50th Anniversary Celebration Committee. Er verfügt über eine Fülle von Kenntnissen über Hypnose, die er in jahrzehntelanger Arbeit in diesem Bereich erworben hat. Er ist sehr kontaktfreudig und verfügt über bedeutende Verbindungen zu führenden Hypnosepraktikern und Wissenschaftlern weltweit. Die WhoISHWho-Initiative ist sein Geistesprodukt. Bitte besuchen Sie www.whoishwho.com und denken Sie darüber nach, sich zu registrieren, um Ihre Verbindungen mit Gleichgesinnten weltweit zu erleichtern. Bernhard ist jemand mit viel gesundem Menschenverstand (eine Eigenschaft, die nicht so häufig vorkommt, wie man vielleicht denken könnte) und einem herrlichen Sinn für Humor. Ich habe das Privileg und das Glück, ihn zu kennen und im Laufe der Jahre so eng mit ihm zusammenarbeiten zu dürfen.

Kris Klajs war der designierte Präsident der ISH und hat mit seinem Team fleißig an der Organisation des Internationalen Hypnosekongresses 2021 (der wegen COVID verschoben werden musste) und des ISH Virtual Events 2022 gearbeitet. In jüngster Zeit haben er und sein Team hart an der Organisation des ISH International Hypnosis Congress 2024 in Krakau gearbeitet. Jeder, der jemals an der Organisation eines erfolgreichen Kongresses beteiligt war, weiß, welche unglaubliche Hingabe und Mühe dies erfordert. Er und sein Team haben einen Kongress geplant, der es uns ermöglicht, unsere klinischen Fähigkeiten zu schärfen, uns über die neuesten wissenschaftlichen Fortschritte zu informieren und uns zu inspirieren, unsere Arbeit fortzusetzen. Kris hat unseren Veranstaltungen und Tagungen ein felsenfestes Fundament aus sanfter Gelassenheit verliehen, das dazu beigetragen hat, ein Umfeld zu schaffen, das der hohen Produktivität der ISH in den letzten drei Jahren förderlich war.

In seiner Rolle als Schatzmeister hat **Enayat Shahidi** die finanzielle Gesundheit unserer Gesellschaft erhalten und ausgebaut. In seiner Funktion als Vorsitzender des Aus- und Weiterbildungskomitees haben Enayat



und sein Ausschuss die monatlichen Masterclass Webinare initiiert und organisiert. Diese Veranstaltungen bieten unseren Mitgliedern (zu einem speziellen, stark ermäßigten Preis nur für Mitglieder) und der internationalen Hypnose-Community Zugang zu einigen der erfahrensten Hypnosepraktiker der Welt. Außerdem bieten sie unserer Gesellschaft eine zusätzliche Einnahmequelle und tragen so zu unserer allgemeinen finanziellen Stabilität bei. Ich schätze Enayats warme Energie, seine Nachdenklichkeit und seinen scharfen Verstand sehr.

Woltemade Hartman war Vorsitzende des Rates der Repräsentanten (COR) und Vorsitzende des Standardkommittees. Er hat fleißig daran gearbeitet, dass unsere Mitglieder bei den Diskussionen und Entscheidungen unseres Vorstandes eine Stimme haben. Er hat auch die unglaublich komplizierte Aufgabe bewältigt, Richtlinien für die Ausbildung in klinischer Hypnose für die Weltgemeinschaft zu entwickeln, Richtlinien, die auf unserer Website eingesehen werden können. Diese Richtlinien berücksichtigen die deutlichen Unterschiede in der Anwendung der klinischen Hypnose in jedem Land und jeder Kultur: eine komplizierte Aufgabe. Sein profundes Wissen über diese Fragen - das er durch jahrelanges Unterrichten klinischer Hypnose in der ganzen Welt erworben hat - hat dazu beigetragen, dass die Leitlinien weltweit anwendbar sind. Ich freue mich immer darauf zu hören, was Wollie zu sagen hat; er versteht es wirklich, eine Geschichte so zu erzählen, dass sie Freude macht und zu Einsichten anregt.

In den letzten drei Jahren war **Callie Hattingh** stellvertretender Vorsitzender des Repräsentantenrats (COR), Ko-Vorsitzender des gemeinsamen Krisenerfindungsausschusses der European Society of Hypnosis und der International Society of Hypnosis und Mitglied des Aus- und Weiterbildungskomitee sowie des Standardkommittees. Obwohl Callie seine vielen Einsichten und sein bedeutendes Organisationstalent in unsere Vorstandssitzungen eingebracht hat, schätze ich besonders die Arbeit, die er mit Kathleen Long geleistet hat, der anderen Ko-Vorsitzenden des Kriseninterventionkomitees, bei der Zusammenstellung von Hypnose-Ressourcen für Menschen, die von Menschen verursachte und natürliche Katastrophen in der Welt erleben, sowie bei der Organisation von klinischen Hypnose-Schulungen für Kliniker, die diese Menschen betreuen. Callie ist jemand, der das Gute in den Menschen sieht und ihnen effektiv helfen kann, ihre Stärken auszubauen. Man ist einfach ein besserer Mensch, wenn man Zeit mit Callie verbringt.

Brian Allen war Sekretär des Repräsentantenrats (COR) und ist Mitglied des Ausschusses für Aus- und Weiterbildung sowie des Mandatsprüfungsausschusses. Brian ist seit vielen Jahren Mitglied des ISH-BOD und kennt die Geschichte der ISH sehr gut. Er engagiert sich besonders für das Wachstum der Hypnose in Teilen der Welt, in denen die klinische Hypnose noch nicht Fuß gefasst hat. Er ist jemand, der sich sehr für andere einsetzt. In den Vorstandssitzungen habe ich seine spielerische Art, wichtige und nützliche Ideen zu präsentieren, genossen. Apropos spielerisch: Im Laufe der Jahre habe ich seine wunderbare Gesangsstimme besonders zu schätzen gelernt. Er bringt Leichtigkeit, Unbeschwertheit und Freude in jede Zusammenkunft, sei es eine geschäftliche Besprechung oder eine gesellschaftliche Veranstaltung.

Cecilia Fabre war Mitglied des erweiterten Vorstands und Vorsitzende des Komitees für die soziale Medien. Sie ist auch Mitglied des Aus- und Weiterbildungskomitees und war Mitglied des ISH-Komitees zur Feier des 50-jährigen Bestehens. Unter ihrer starken Führung und Fürsprache ist die ISH in Bezug auf soziale Medien ins 21. Jahrhundert aufgestiegen; dank ihrer stetigen Fürsprache werden unsere Präsenz und unser Einfluss in den sozialen Medien immer größer. In unseren Vorstandssitzungen und Versammlungen bemerkt sie starke Verbindungen zwischen den Menschen und fördert diese zum Wohle und zur Effizienz des Gruppenprozesses.



Giuseppe De Benedittis war stellvertretendes Vorstandsmitglied, Vorsitzender der Taskforce der Weltgesundheitsorganisation (WHO), Vorsitzender des Forschungskomitees, Vorsitzender des Komitees für Veröffentlichungen und Mitglied des Komitees für Aus- und Weiterbildung. Seine zahlreichen Beiträge und Dienste für die ISH haben unsere Gesellschaft über die Jahre hinweg gestärkt. In jüngster Zeit hat er die Initiative für die Anerkennung der klinischen Hypnose durch die WHO als empfohlene Behandlung für Schmerzen geleitet, ein erster Schritt zur Anerkennung der klinischen Hypnose als empfohlene Behandlung für andere Erkrankungen. Giuseppe ist ein moderner Renaissance-Mensch, der sowohl als Kliniker als auch als Wissenschaftler qualifiziert ist. Seine Patienten können sich glücklich schätzen, von ihm behandelt zu werden, und die Welt kann sich glücklich schätzen, Zugang zu den Ergebnissen seiner Forschungsstudien, Übersichtsartikel und theoretischen Arbeiten zu haben.

Anita Jung war bisher erweitertes Vorstandsmitglied und Vorsitzende des ISH-Komitees zur Feier des 50-jährigen Bestehens sowie Mitglied des Komitees für Aus- und Fortbildung und des Standardkomitees. Als neues Mitglied des Vorstandes brachte sie eine neue Perspektive in unsere Diskussionen ein. In ihrer Arbeit als Vorsitzende des Komitees für die 50-Jahr-Feier organisierte sie mehrere Veranstaltungen im Jahr 2023 anlässlich des 50-jährigen Bestehens der ISH. Anitas positiver Ansatz und ihre starken Führungsqualitäten werden der ISH und der internationalen Hypnosegemeinschaft in den kommenden Jahren von großem Nutzen sein.

Katalin Varga ist seit vielen Jahren Mitglied des Vorstands und wird in den nächsten drei Jahren die designierte Präsidentin der ISH sein. Ihre Hingabe an die ISH und ihre Mission ist ein Beweis für ihre Arbeit. In den letzten drei Jahren war sie Mitglied des Vorstands, Vorsitzende des Newsletter-Komitees, Mitglied des Forschungskomitees, des Komitees für ethische Praktiken, des Publikationskomitees und Redakteurin des ISH-Newsletters. Ihre bedeutenden Beiträge zu den Diskussionen und Entscheidungen des Vorstands und ihrer zahlreichen Ausschüsse haben die ISH vorangebracht. Ihre Arbeit als Herausgeberin des ISH-Newsletters war für unsere Gemeinschaft von entscheidender Bedeutung. Die Newsletter waren durchweg hervorragend und enthielten aktuelle Informationen über die Veranstaltungen der ISH und wertvolle Informationen für unsere Mitglieder. Als führende Hypnosewissenschaftlerin, Forscherin, Organisatorin von Veranstaltungen, Ausbilderin und erfahrene Klinikerin hat Kata einen enormen Beitrag zu unserem Fachgebiet geleistet. Als eine Person mit großem Engagement für das Fachgebiet, die sachkundig, nachdenklich und sympathisch ist, wird ihre zukünftige Amtszeit als Präsidentin dazu beitragen, dass die ISH eine führende Rolle bei der Förderung der Hypnose in der ganzen Welt spielt.

USA-Verwaltung(en)

Die ISH ist in den USA als gemeinnützige Organisation registriert. Um sicherzustellen, dass wir diesen Status beibehalten, muss jemand mit unseren Buchhaltern in den USA zusammenarbeiten und dafür sorgen, dass unsere Konten geprüft und die jährlichen Steuererklärungen eingereicht werden. Jemand muss auch mit dem Anwalt unserer Gesellschaft zusammenarbeiten, wenn kritische rechtliche Fragen zu klären sind. **Julie Linden** war viele Jahre lang die Verwalterin der USA, darunter auch die letzten drei Jahre während meiner Amtszeit als Präsidentin. Ihre unglaubliche Liebe zum Detail und ihre Fähigkeit, die vielen komplizierten Fragen im Zusammenhang mit der Aktualität und Genauigkeit der Unterlagen unserer Gesellschaft im Griff zu behalten, waren für das Wohlergehen unserer Gesellschaft von wesentlicher Bedeutung. Julie ist jemand, auf den man sich verlassen kann; ich würde ihr mein Leben anvertrauen. Julie war auch Ko-Vorsitzende des Website-Ausschusses und Mitglied des Newsletter-Ausschusses. In diesen Funktionen hat sie die Kommunikation zwischen der ISH und unseren Mitgliedern sowie der Außenwelt gestaltet und erleichtert.



Julie wird im Juni 2024 von ihrem Amt als Verwalterin der USA zurücktreten. **Lawrence Sugarman** (eine weitere Person, der ich mein Leben anvertrauen würde) wird diese wichtige Aufgabe für die Gesellschaft übernehmen. Lawrence war auch Mitglied des Beglaubigungsausschusses der ISH, der dafür sorgen muss, dass einzelne Mitglieder der ISH in die Gesellschaft aufgenommen werden.

Weitere ISH-Komiteevorsitzende und Komiteemitglieder

Wie bereits erwähnt, sind eine Reihe unserer Vorstandsmitglieder und unserer derzeitiger USA-Administrator Vorsitzende und/oder Mitglieder der ISH-Ausschüsse. Diese Komitees leisten die entscheidende Arbeit, um die Ziele unserer Gesellschaft zu erreichen. Wir alle können dankbar sein für die von ihnen geleistete Arbeit.

Daher ein großes und herzliches DANKESCHÖN an **Camillo Loriedo**, den Vorsitzenden des Preisverleihungskomitees, das die schwierige, aber wichtige Aufgabe der Auswahl der ISH-Preisträger 2024 bewältigt hat. Die Preise werden auf dem Kongress 2024 in Krakau und bei der persönlichen Sitzung des Verwaltungsrats in Bologna bekannt gegeben.

Ich möchte auch **Éva Bányai**, der Vorsitzenden des Geschichtskomitees, meine tiefe Anerkennung aussprechen. Sie ist nicht nur eine profunde Kennerin der Geschichte unserer Gesellschaft (die uns auf der ISH-Tagung in Antalya, Türkei, an diese Geschichte erinnerte), sondern auch eine Wissenschaftlerin, die bedeutende Beiträge zu unserem Wissen über die positiven Wirkungen der klinischen Hypnose und zu unserem Verständnis der diesen Wirkungen zugrunde liegenden Mechanismen leistet.

Ich schätze auch die Arbeit, die **Paola Brugnoli** für uns als Vorsitzende des Ausschusses für ethische Praxis geleistet hat, der den Vorstand in ethischen Fragen berät. **Susanna Carolusson** war (zusammen mit Bernhard Trenkle) Ko-Vorsitzende des Credentials Committee und brachte ihr umfassendes Wissen über klinische Hypnose ein, wenn es darum ging, zu entscheiden, ob ein Bewerber unsere Kriterien für die Mitgliedschaft erfüllt. **Nicole Ruyschaert** hat im Laufe der Jahre viele Funktionen für die ISH ausgeübt und wird dies auch weiterhin tun. In den letzten drei Jahren war sie u. a. Ko-Vorsitzende des Website-Komitees und Mitglied des Preiskomitees, des WHO-Taskforce-Komitees, des Forschungskomitees, des Ausbildungs- und Trainingskomitees, des Publikationskomitees und des Komitees zur Feier des 50-jährigen Bestehens der ISH (puh!). Ihre bedeutenden Beiträge tragen dazu bei, die angemessene Praxis und die Verbreitung von Wissen über klinische Hypnose weltweit zu fördern.

Besondere Anerkennung gebührt auch **Kathleen Long**, die die brillante Idee hatte, das gemeinsame Krisenreaktionskomitee von ESH und ISH ins Leben zu rufen, und die gemeinsam mit Callie Hattingh den Vorsitz des Komitees innehat. Wie bereits erwähnt, hat der Ausschuss unter ihrer und Callies Leitung eine Menge erreicht. Er wird auch in den kommenden Jahren Millionen von Menschen, die von Naturkatastrophen betroffen sind, wichtige Unterstützung leisten. **Nadine De Cal, Kaltrina Gashi, Olivia Huan Hu, Zoltán Kekecs, Raphael Kolic, Joshua Rhodes, Shady Tonn** und **Banafsheh Yaloodbardan** sind Ko-Vorsitzende und Mitglieder des Jugendausschusses, der unter der Leitung von Claude Viot während seiner Amtszeit als Präsident der ISH von 2015 bis 2018 gegründet wurde.

Die wichtige Arbeit der vielen ISH-Ausschüsse - die Arbeit, die unsere Gesellschaft lebendig, gesund und wirkungsvoll hält - könnte ohne die Bemühungen der zusätzlichen Ausschussmitglieder nicht vollendet werden, darunter **Teresa Robles**, ein zusätzliches Mitglied des Ausschusses für Aus- und Fortbildung, **Consuelo Casula**, ein zusätzliches Mitglied des Ausschusses für Aus- und Fortbildung und des Ausschusses für ethische Praxis, und **Dan Short**, ein zusätzliches Mitglied des Ausschusses für Aus- und Fortbildung.



ISH-Verwaltungspersonal

Die umfangreiche Arbeit des ISH-Vorstands und der ISH-Ausschüsse wäre ohne die Hilfe unseres Verwaltungspersonals, das unter der kompetenten Leitung von **Shady Tonn**, der Hauptverwaltungsleiterin der ISH, steht, nicht möglich gewesen. Ihre stetigen, zuverlässigen und geduldigen Bemühungen sorgen dafür, dass wir auf Kurs bleiben. Sie leistet eine hervorragende Arbeit. **Mahta Shahidi** kümmert sich um alle administrativen Aspekte der monatlichen Masterclass-Webinare und der monatlichen Coffee with the President-Treffen. Außerdem unterstützt sie Shady bei der Beantwortung von ISH-bezogenen E-Mails und Mitgliederfragen, wenn diese mit anderen Aufgaben beschäftigt ist. Darüber hinaus erstellt **Judit Osvat** das Layout für unseren vierteljährlichen Newsletter. **Paloma Valencia** kümmert sich um das Marketing in den sozialen Medien und die Layouts für die Masterclass-Banner und redigiert die Inhalte der Interviews, die zur Vermarktung der ISH-Veranstaltungen geführt werden. **Manfred "Manni" Henke** schließlich hilft uns mit großem Geschick bei technischen Notfällen (z. B. wenn unsere Website gehackt wurde).

Sie, geschätztes ISH-Mitglied

Und wer arbeitet tagtäglich daran, klinische Hypnose einzusetzen, um Menschen, die davon profitieren könnten, Trost zu spenden? Wer führt außerdem strenge Forschungsarbeiten durch, um die Wirksamkeit und die der klinischen Hypnose zugrunde liegenden Mechanismen zu bewerten und zu untersuchen, wie die Hypnose eingesetzt werden kann, um den Zustand des Menschen besser zu verstehen? Das sind natürlich Sie, unsere geschätzten klinischen und wissenschaftlichen ISH-Mitglieder. Wir sind eine Gemeinschaft von Menschen, die sich dafür einsetzen, Brücken zu bauen, die die Welt zusammenbringen, Menschen in Not zu helfen und die Hypnose zu erforschen, um sie noch wirksamer und wertvoller zu machen. Die Arbeit, die Sie leisten, ist die wichtigste Arbeit von allen. Sie bei dieser Arbeit zu unterstützen, ist meiner Meinung nach das wichtigste Ziel unserer Gesellschaft.

Ich danke Ihnen, jedem Einzelnen von Ihnen, für Ihre Arbeit und Ihre kontinuierliche Unterstützung der ISH und der Welt der Hypnose.



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LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

A tous ceux qui ont contribué au succès de notre société : Merci

Mark P. Jensen, PhD

Ceci est ma dernière lettre de l'ISH Newsletter en tant que président de la Société Internationale d'Hypnose. Je vous écris avec un sentiment de profonde gratitude envers tous ceux qui, au sein de notre société, ont contribué à nous faire avancer, ainsi que le domaine de l'hypnose, pendant mon mandat de président. Cela inclut notre conseil d'administration, l'administrateur des Etats-Unis, les membres et les présidents des comités de l'ISH, notre personnel administratif et vous, cher membre. J'aimerais prendre le temps de remercier chacun d'entre vous pour vos contributions importantes.

Membres du conseil d'administration de l'ISH

Au cours des trois dernières années, les onze membres de notre conseil d'administration se sont réunis régulièrement pour discuter, prendre des décisions et agir pour atteindre des objectifs qui font progresser la mission de notre société. J'ai apprécié l'engagement de chaque membre pour l'avancement de l'hypnose dans le monde, ainsi que leurs contributions significatives à nos objectifs. Nous avons réalisé des progrès significatifs tout en conservant un profond respect mutuel et une atmosphère chaleureuse et amicale. Chaque membre du CA a contribué à ce processus.

Au cours des trois dernières années, **Bernhard Trenkle** a servi l'ISH en tant que président sortant, président du comité des membres, coprésident du comité des accréditations et membre du comité de l'éducation et de la formation et du comité de célébration du 50e anniversaire de l'ISH. Il a une grande connaissance de l'hypnose, acquise au cours de plusieurs décennies de travail dans ce domaine. Il est très sociable et entretient des liens étroits avec les principaux praticiens et scientifiques de l'hypnose dans le monde entier. L'initiative WhoISHWho est son idée originale. Visitez le site www.whoishwho.com et envisagez de vous inscrire pour faciliter vos connexions avec des personnes partageant les mêmes idées dans le monde entier. Bernhard est une personne dotée d'un grand sens commun (un trait de caractère qui n'est pas aussi courant qu'on pourrait le croire) et d'un charmant sens de l'humour. J'ai le privilège et la chance de le connaître et d'avoir pu collaborer si étroitement avec lui au fil des ans.

Kris Klajs a été le président élu de l'ISH et a travaillé avec diligence avec son équipe pour organiser le Congrès international d'hypnose de l'ISH de 2021 (qui a dû être reporté en raison du COVID) et l'événement virtuel de l'ISH de 2022. Plus récemment, lui et son équipe ont travaillé dur pour organiser le prochain congrès international d'hypnose ISH de 2024 à Cracovie. Chaque personne ayant contribué à l'organisation d'un congrès réussi connaît l'incroyable dévouement et les efforts que cela demande. Kris et son équipe ont planifié un congrès qui nous permettra d'affiner nos compétences cliniques, de découvrir les dernières avancées scientifiques et de nous sentir inspirés pour poursuivre notre travail. Kris a apporté à nos événements et à nos réunions une base solide de calme et de douceur, ce qui a contribué à créer un environnement propice au haut niveau de productivité de l'ISH au cours des trois dernières années.

Dans son rôle de secrétaire-trésorier, **Enayat Shahidi** a maintenu et développé la santé fiscale de notre société. En tant que président de la commission de l'éducation et de la formation, Enayat et sa commission ont lancé puis organisé les webinaires mensuels "Master Class". Ces événements permettent à nos membres (à un prix très réduit réservé aux membres) et à la communauté internationale de l'hypnose d'accéder à plusieurs praticiens de l'hypnose les plus expérimentés au monde. Ils four-



nissent également à notre association une source de revenus supplémentaire, contribuant ainsi à notre stabilité fiscale globale. J'apprécie énormément l'énergie chaleureuse, le sérieux de réflexion et l'intelligence aiguë d'Enayat.

Woltemade Hartman a été président du Conseil des représentants et président du Comité des standards de formation. Il a travaillé avec diligence pour s'assurer que nos membres aient une voix dans les discussions et les décisions de notre Conseil d'administration. Il a également accompli la tâche incroyablement compliquée de développer des directives pour la formation en hypnose clinique pour la communauté mondiale, directives qui peuvent être consultées sur notre site web. Ces directives prennent en compte les différences marquées dans les applications de l'hypnose clinique dans chaque pays et chaque culture : une tâche compliquée. Sa connaissance approfondie de ces questions - développée au cours d'années d'enseignement de l'hypnose clinique dans le monde entier - a permis de rendre ces directives applicables dans le monde entier. Je suis toujours plein d'intérêt d'entendre ce que Wollie a à dire ; il sait vraiment comment raconter une histoire d'une manière qui ravit et inspire la perspicacité.

Au cours des trois dernières années, **Callie Hattingh** a été vice-président du Conseil des représentants, coprésident du comité conjoint de la Société européenne d'hypnose et de la Société internationale d'hypnose sur l'intervention de la crise, et membre du comité de l'éducation et de la formation et du comité des standards de formation. Bien que Callie ait apporté ses nombreuses idées et ses compétences organisationnelles significatives aux réunions de notre conseil d'administration, j'apprécie tout particulièrement le travail qu'il a accompli avec Kathleen Long, l'autre co-présidente du comité d'intervention de crise (qui s'appelle désormais comité d'hypnose sans frontières), en rassemblant des ressources liées à l'hypnose pour ceux qui subissent des catastrophes naturelles ou d'origine humaine dans le monde, ainsi que leur travail d'organisation de la formation à l'hypnose clinique pour les cliniciens qui s'occupent de ces personnes. Callie est quelqu'un qui voit le bon côté des gens et qui peut les aider efficacement à développer leurs points forts. On est tout simplement une meilleure personne lorsqu'on passe du temps avec Callie.

Brian Allen est secrétaire du Conseil des représentants et membre du Comité de l'éducation et de la formation et du Comité des accréditations. Brian a servi au conseil d'administration de l'ISH pendant de nombreuses années et possède une connaissance de l'histoire de l'ISH. Il s'est particulièrement engagé à soutenir la croissance de l'hypnose dans les régions du monde où l'hypnose clinique n'a pas encore pris pied. C'est quelqu'un qui se soucie profondément des autres. Lors des réunions du conseil d'administration, j'ai apprécié sa façon ludique de présenter des idées importantes et utiles. Et en parlant d'enjouement, au fil des ans, j'ai particulièrement apprécié sa merveilleuse voix chantée. Il apporte de la légèreté, de l'aisance et de la joie à toute réunion, qu'il s'agisse d'une réunion d'affaires ou d'un événement social.

Cecilia Fabre a été membre du conseil d'administration et présidente du comité des médias sociaux. Elle est également membre du comité d'éducation et de formation et a fait partie du comité de célébration du 50ième anniversaire de l'ISH. Grâce à son leadership et à son action, l'ISH est entré dans le 21ième siècle en ce qui concerne les médias sociaux ; grâce à son action constante, notre empreinte et notre impact sur les médias sociaux continuent de s'accroître. Lors de nos réunions du conseil d'administration et de nos rassemblements, elle remarque et facilite ensuite l'établissement de liens solides entre les personnes, pour le plus grand bien et l'efficacité du processus de groupe.

Giuseppe De Benedittis a été membre du conseil d'administration, président du groupe de travail sur l'Organisation mondiale de la santé (OMS),



président du comité de recherche, président du comité des publications et membre du comité de l'éducation et de la formation. Ses nombreuses contributions et services à l'ISH ont renforcé notre société au fil des ans. Plus récemment, il a mené l'initiative pour que l'OMS reconnaisse l'hypnose clinique comme un traitement recommandé pour la douleur, une première étape vers la reconnaissance de l'hypnose clinique comme un traitement recommandé pour d'autres conditions. Giuseppe est un homme de la Renaissance contemporain, à la fois clinicien et scientifique. Ses patients ont la chance de recevoir ses soins, et le monde a la chance d'avoir accès aux résultats de ses études de recherche, de ses articles de synthèse et de ses documents théoriques.

Anita Jung a été membre du conseil d'administration, présidente du comité de célébration du 50^{ième} anniversaire de l'ISH et membre du comité de l'éducation et de la formation et du comité des normes. En tant que nouveau membre du conseil d'administration, elle a apporté une perspective nouvelle à nos discussions. En tant que présidente du comité de célébration du 50^{ième} anniversaire, elle a organisé plusieurs événements en 2023 pour marquer le 50^{ième} anniversaire de la fondation de l'ISH. L'approche positive d'Anita et ses solides compétences en matière de leadership seront très utiles à l'ISH et à la communauté internationale de l'hypnose dans les années à venir.

Katalin Varga a siégé au conseil d'administration pendant de nombreuses années et sera la présidente élue de l'ISH pour les trois prochaines années. Son dévouement à l'ISH et à la mission de l'ISH est démontré par son service. Au cours des trois dernières années, elle a été membre du conseil d'administration, présidente du comité de la newsletter, membre du comité de la recherche, du comité de la pratique éthique et du comité des publications, et rédactrice en chef de la newsletter de l'ISH. Ses contributions significatives aux discussions et décisions du conseil d'administration et de ses nombreux comités ont aidé l'ISH à faire du progrès. Son travail en tant qu'éditrice de la newsletter de l'ISH a été vital pour notre communauté. Les newsletters ont été uniformément excellentes, fournissant des mises à jour sur les événements de l'ISH et des informations précieuses pour nos membres. En tant que scientifique, chercheur, organisateur d'événements, éducateur et clinicien qualifié, Kata a apporté une contribution énorme au domaine de l'hypnose. En tant que personne profondément engagée dans le domaine, bien informée, capable et charmante, son futur mandat de présidente contribuera à garantir que l'ISH joue un rôle de premier plan dans l'avancement de l'hypnose dans le monde.

Administrateur(s) des États-Unis

L'ISH est enregistrée en tant qu'organisation à but non lucratif aux États-Unis. Afin de s'assurer que nous conservons ce statut, quelqu'un doit travailler avec nos comptables aux États-Unis pour s'assurer que nos comptes sont audités et que les déclarations d'impôts annuelles sont déposées. Quelqu'un doit également interagir avec l'avocat de notre société lorsque des questions juridiques cruciales doivent être abordées. **Julie Linden** a été l'administratrice des États-Unis pendant de nombreuses années, y compris les trois dernières années pendant mon mandat de président. Son incroyable souci du détail et sa capacité à maîtriser les nombreuses questions complexes liées à la mise à jour et à l'exactitude des documents administratifs de notre société ont été essentiels à la santé de notre société. Julie est une personne sur laquelle on peut compter ; je lui confierais ma vie. Julie a également été coprésidente de la commission du site web et membre de la commission du bulletin d'information. Dans ces fonctions, elle a façonné et facilité la communication entre l'ISH, ses membres et le monde extérieur.

Julie quittera ses fonctions d'administratrice des États-Unis en juin 2024. **Lawrence Sugarman** (une autre personne à qui je confierais ma vie) assumera ce rôle essentiel pour la société. Laurence a également été membre du comité d'accréditation de l'ISH, ce qui est nécessaire pour s'assurer



que les membres individuels de l'ISH sont en mesure de s'acquitter de leurs obligations en matière d'accréditation.

Autres présidents et membres de comités de l'ISH

Comme indiqué ci-dessus, un certain nombre de membres de notre conseil d'administration et notre administrateur actuel pour les États-Unis sont présidents et/ou membres des comités de l'ISH. Ces comités effectuent le travail critique nécessaire pour atteindre les objectifs de notre société. Nous pouvons tous leur être reconnaissants pour le travail qu'ils ont accompli.

Par conséquent, un immense et sincère MERCI à **Camillo Loriedo**, président du comité des prix, qui a accompli la tâche difficile mais essentielle de sélectionner les lauréats des prix de l'ISH 2024. Les prix seront annoncés lors du Congrès 2024 à Cracovie et lors de la réunion du Conseil d'administration à Bologne.

J'aimerais également exprimer ma profonde reconnaissance à **Éva Bányai**, présidente du Comité d'histoire, qui non seulement maintient une connaissance approfondie de l'histoire de notre société (nous rappelant cette histoire lors de la réunion de l'ESH à Antalya, Türkiye), mais est également une personne scientifique qui apporte des contributions significatives à notre connaissance des effets bénéfiques de l'hypnose clinique, et à notre compréhension des mécanismes sous-jacents à ces effets.

J'apprécie également le travail que **Paola Brugnoli** a accompli pour nous en tant que présidente du comité de pratique éthique, conseillant le CA sur les questions d'éthique. **Susanna Carolusson** a servi (avec Bernhard Trenkle) en tant que co-présidente du Comité d'accréditation, apportant ses connaissances approfondies sur l'hypnose clinique pour prendre des décisions sur la question de savoir si un candidat membre répond à nos critères d'adhésion. **Nicole Ruyschaert** a occupé et continue d'occuper de nombreuses fonctions au sein de l'ISH au fil des ans. Au cours des trois dernières années, elle a notamment été co-présidente du Comité du site web et membre du Comité des prix, du Comité du groupe de travail de l'OMS, du Comité de la recherche, du Comité de l'éducation et de la formation, du Comité des publications et du Comité de célébration du 50e anniversaire de l'ISH (waw !). Ses contributions significatives aident à stimuler la pratique appropriée et la diffusion des connaissances sur l'hypnose clinique dans le monde entier.

Nous remercions également **Kathleen Long**, qui a eu la brillante idée de créer le comité conjoint ESH/ISH de réponse aux crises et qui en est la coprésidente (avec Callie Hattingh). Comme indiqué plus haut, le comité a accompli beaucoup de choses sous sa direction et celle de Callie. Il continuera à apporter un soutien essentiel aux millions de personnes confrontées à des catastrophes naturelles ou d'origine humaine dans les années à venir. **Nadine De Cal, Kaltrina Gashi, Olivia Huan Hu, Zoltán Kekecs, Raphael Kolic, Joshua Rhodes, Shady Tonn, et Banafsheh Yaloodbardan**, sont coprésidents et membres du Comité des jeunes, qui avait été formé sous la direction de Claude Virot pendant son mandat de président de l'ISH de 2015 à 2018.

Tout le travail important des nombreux comités de l'ISH - le travail qui permet à notre société de rester dynamique, saine et influente - ne pourrait être mené à bien sans les efforts des membres des comités supplémentaires, notamment **Teresa Robles**, membre supplémentaire du comité d'éducation et de formation, **Consuelo Casula**, membre supplémentaire du comité d'éducation et de formation et du comité de pratique éthique, et **Dan Short**, membre supplémentaire du comité d'éducation et de formation.

Personnel administratif de l'ISH

Le vaste travail du conseil d'administration et des comités d'ISH n'aurait



pas pu être accompli sans l'aide de notre personnel administratif, qui travaille sous la direction compétente de **Shady Tonn**, l'administratrice principale d'ISH. Ses efforts constants, fiables et patients nous permettent de rester sur la bonne voie. Elle fait un excellent travail. **Mahta Shahidi** gère tous les aspects administratifs des webinaires mensuels Masterclass et des réunions mensuelles Coffee with the President. Elle sert également de remplaçante à Shady pour répondre aux courriels liés à l'ISH et aux questions des membres lorsque Shady est occupée à d'autres tâches. En outre, **Judit Osvat** réalise la mise en page de notre newsletter trimestrielle. **Paloma Valencia** s'occupe du marketing des médias sociaux et de la mise en page des bannières des Masterclass, en éditant le contenu des interviews réalisées pour promouvoir les événements de l'ISH. Enfin, **Manfred "Manni" Henke** nous aide à faire face aux urgences techniques (comme lorsque notre site web a été piraté) avec beaucoup de compétence.

Vous, membre estimé de l'ISH

Et qui travaille jour après jour à l'utilisation de l'hypnose clinique pour apporter du réconfort aux personnes qui pourraient en bénéficier ? Qui mène également des recherches rigoureuses pour évaluer l'efficacité et les mécanismes sous-jacents à l'hypnose clinique, en étudiant comment l'hypnose peut être utilisée pour mieux comprendre la condition humaine ? C'est, bien sûr, vous, nos précieux membres cliniciens et scientifiques de l'ISH. Nous sommes une communauté d'individus engagés à construire des ponts qui rapprochent le monde, à fournir des soins à ceux qui en ont besoin et à étudier l'hypnose pour la rendre plus efficace et plus précieuse. Le travail que vous faites est le plus important de tous. Vous soutenir dans ce travail est, à mon avis, l'objectif le plus crucial de notre société.

Merci à chacun d'entre vous pour votre travail et votre soutien continu à l'ISH et au monde de l'hypnose.



LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

A tutti coloro che hanno contribuito al successo della nostra società: Grazie

Mark P. Jensen, PhD

Questa è la mia ultima lettera per la ISH Newsletter come presidente della Società Internazionale di Ipnosi. Scrivo con un senso di profonda gratitudine nei confronti di tutti coloro che nella nostra società hanno contribuito a far progredire noi e il campo dell'ipnosi durante il mio mandato di presidente. Questo include il nostro Consiglio di Amministrazione, l'Amministratore USA, i membri e i presidenti dei comitati ISH, il nostro staff amministrativo e voi, cari soci. Desidero ringraziare ciascuno di voi per il vostro importante contributo.

Membri del Consiglio di amministrazione di ISH

Negli ultimi tre anni, gli undici membri del nostro Consiglio di amministrazione si sono incontrati regolarmente per discutere, prendere decisioni e intraprendere azioni per raggiungere gli obiettivi che portano avanti la missione della nostra società. Ho apprezzato l'impegno di ciascun membro per il progresso dell'ipnosi in tutto il mondo e i loro contributi significativi ai nostri obiettivi. Abbiamo compiuto progressi significativi mantenendo un senso di profondo rispetto reciproco e un'atmosfera calda e amichevole. Ogni membro del Consiglio direttivo ha contribuito a questo processo.

Negli ultimi tre anni, **Bernhard Trenkle** ha servito l'ISH in qualità di Immediato Past Presidente, Presidente del Comitato Soci, Co-Presidente del Comitato Credenziali e membro del Comitato per l'Istruzione e la Formazione e del Comitato per la Celebrazione del 50° Anniversario dell'ISH. Porta con sé un bagaglio di conoscenze sull'ipnosi acquisito in decenni di lavoro sul campo. È molto socievole e ha legami significativi con i principali professionisti e scienziati dell'ipnosi in tutto il mondo. L'iniziativa WhoISHWho è nata da una sua idea. Visitate il sito www.whoishwho.com e prendete in considerazione la possibilità di registrarvi per facilitare le vostre connessioni con persone che la pensano allo stesso modo in tutto il mondo. Bernhard è una persona dotata di grande buon senso (una caratteristica che non è così comune come si potrebbe pensare) e di un delizioso senso dell'umorismo. Sono privilegiato e fortunato a conoscerlo e ad aver avuto la possibilità di collaborare con lui così da vicino nel corso degli anni.

Kris Klajs è stato Presidente eletto dell'ISH e ha lavorato diligentemente con il suo team per organizzare il Congresso Internazionale di Ipnosi ISH del 2021 (che ha dovuto essere rinviato a causa del COVID) e l'Evento Virtuale ISH del 2022. Più recentemente, lui e il suo team hanno lavorato duramente per organizzare il Congresso Internazionale di Ipnosi ISH del 2024 a Cracovia. Chiunque sia stato coinvolto nell'organizzazione di un congresso di successo conosce l'incredibile dedizione e lo sforzo che questo richiede. Lui e il suo team hanno progettato un congresso che ci ha permesso di affinare le nostre competenze cliniche, di conoscere i più recenti progressi scientifici e di sentirci ispirati a continuare il nostro lavoro. Kris ha contribuito a creare una solida base di calma gentile ai nostri eventi e riunioni e un ambiente favorevole all'alto livello di produttività dell'ISH negli ultimi tre anni.

Nel suo ruolo di Segretario-Tesoriere, **Enayat Shahidi** ha mantenuto e costruito la salute fiscale della nostra società. Nel suo ruolo di presidente del Comitato per l'istruzione e la formazione, Enayat e il suo comitato hanno avviato e poi organizzato i webinar mensili Master Class. Questi eventi offrono ai nostri membri (a un prezzo speciale e profondamente



scontato per i soli membri) e alla comunità internazionale dell'ipnosi l'accesso ad alcuni dei professionisti dell'ipnosi più esperti al mondo. Inoltre, forniscono alla nostra associazione un'ulteriore fonte di reddito, contribuendo alla nostra stabilità fiscale complessiva. Apprezzo molto l'energia calorosa di Enayat, la sua premura e la sua acuta intelligenza.

Woltemade Hartman è stato Presidente del Consiglio dei Rappresentanti e Presidente del Comitato per gli Standard. Ha lavorato diligentemente per garantire che i nostri membri abbiano voce in capitolo nelle discussioni e nelle decisioni del nostro Consiglio direttivo. Ha anche portato a termine il compito incredibilmente complicato di sviluppare le linee guida per la formazione in ipnosi clinica per la comunità mondiale, linee guida che possono essere consultate sul nostro sito web. Queste linee guida tengono conto delle marcate differenze nelle applicazioni dell'ipnosi clinica in ogni paese e cultura: un compito complicato. La sua profonda conoscenza di questi temi - sviluppata in anni di insegnamento dell'ipnosi clinica in tutto il mondo - ha contribuito a rendere le linee guida applicabili in tutto il mondo. Sono sempre ansioso di ascoltare ciò che Wollie ha da dire; sa davvero come raccontare una storia in un modo che porta piacere e ispira comprensione.

Negli ultimi tre anni, **Callie Hattingh** è stato vicepresidente del Consiglio dei Rappresentanti, copresidente del Comitato per l'Intervento della Crisi della Società Europea di Ipnosi e della Società Internazionale di Ipnosi, nonché membro del Comitato per l'Istruzione e la Formazione e del Comitato per gli Standard. Sebbene Callie abbia contribuito con le sue numerose intuizioni e le sue significative capacità organizzative alle riunioni del nostro Consiglio di Amministrazione, apprezzo in modo particolare il lavoro che ha svolto con Kathleen Long, l'altro co-presidente del Comitato per l'intervento in caso di crisi, nel riunire le risorse legate all'ipnosi per coloro che subiscono disastri naturali o causati dall'uomo nel mondo, nonché nel lavoro di organizzazione della formazione sull'ipnosi clinica per i clinici che si occupano di queste persone. Callie è una persona che vede il buono nelle persone e che può aiutarle efficacemente a costruire sui loro punti di forza. Quando si passa del tempo con Callie si è semplicemente una persona migliore.

Brian Allen è stato segretario del Consiglio dei rappresentanti e fa parte del Comitato per l'istruzione e la formazione e del Comitato per le credenziali. Brian ha fatto parte del Consiglio direttivo dell'ISH per molti anni e porta con sé la conoscenza della storia dell'ISH. È particolarmente impegnato a sostenere la crescita dell'ipnosi nelle parti del mondo in cui l'ipnosi clinica non ha ancora preso piede. È una persona che si preoccupa profondamente degli altri. Nelle riunioni del Consiglio di Amministrazione ho apprezzato il suo modo scherzoso di presentare idee importanti e utili. E a proposito di gioco, nel corso degli anni ho apprezzato particolarmente la sua splendida voce. Porta leggerezza, disinvoltura e gioia a qualsiasi incontro, sia esso di lavoro o sociale.

Cecilia Fabre è stata membro del Consiglio di Amministrazione At-Large e presidente del Comitato per i social media. È anche membro del Comitato per l'istruzione e la formazione ed è stata membro del Comitato per la celebrazione del 50° anniversario della ISH. Grazie alla sua forte leadership e al suo impegno, l'ISH è entrata nel 21° secolo per quanto riguarda i social media; con il suo costante impegno, la nostra impronta e il nostro impatto sui social media continuano ad aumentare. Nelle riunioni e negli incontri del Consiglio di amministrazione, si accorge e facilita le connessioni tra le persone per il bene e l'efficacia del processo di gruppo.

Giuseppe De Benedittis è stato membro del Consiglio di Amministrazione At-Large, presidente della Task Force dell'Organizzazione Mondiale della Sanità (OMS), presidente del Comitato per la Ricerca, presidente del Comitato per le Pubblicazioni e membro del Comitato per l'Istruzione e la Formazione. I suoi numerosi contributi e servizi all'ISH hanno rafforzato la



nostra società nel corso degli anni. Più recentemente, ha guidato l'iniziativa dell'OMS di riconoscere l'ipnosi clinica come trattamento raccomandato per il dolore, un primo passo verso il riconoscimento dell'ipnosi clinica come trattamento raccomandato per altre patologie. Giuseppe è un uomo del Rinascimento contemporaneo, abile sia come clinico che come scienziato. I suoi pazienti sono fortunati a ricevere le sue cure e il mondo è fortunato ad avere accesso ai risultati dei suoi studi di ricerca, agli articoli di revisione e ai documenti teorici.

Anita Jung è stata membro del Consiglio di Amministrazione At-Large, ha presieduto il Comitato per la celebrazione del 50° anniversario della ISH ed è stata membro del Comitato per l'istruzione e la formazione e del Comitato per gli standard. In qualità di nuovo membro del Consiglio di amministrazione, ha apportato una nuova prospettiva alle nostre discussioni. Nel suo lavoro di presidente del Comitato per la celebrazione del 50° anniversario, ha organizzato diversi eventi nel 2023 per celebrare il 50° anniversario della fondazione dell'ISH. L'approccio positivo e le forti doti di leadership di Anita saranno utili all'ISH e alla comunità internazionale dell'ipnosi negli anni a venire.

Katalin Varga ha fatto parte del Consiglio di Amministrazione per molti anni ed è il Presidente eletto dell'ISH per i prossimi tre anni. La sua dedizione all'ISH e alla sua missione è testimoniata dal suo servizio. Negli ultimi tre anni, ha ricoperto il ruolo di membro del Consiglio di Amministrazione At-Large, di presidente del Comitato per le Newsletter, di membro del Comitato per la Ricerca, del Comitato per la Pratica Etica, del Comitato per le Pubblicazioni e di redattore della Newsletter ISH. I suoi contributi significativi alle discussioni e alle decisioni del Consiglio e dei suoi numerosi comitati hanno contribuito a far progredire l'ISH. Il suo lavoro come redattore della newsletter dell'ISH è stato fondamentale per la nostra comunità. Le newsletter sono state sempre eccellenti, fornendo aggiornamenti sugli eventi dell'ISH e informazioni preziose per i nostri membri. In qualità di scienziato, ricercatore, organizzatore di eventi, educatore e clinico esperto dell'ipnosi, i contributi di Kata nel campo sono stati enormi. In qualità di persona con un profondo impegno sul campo, competente, riflessiva e affabile, il suo futuro mandato di presidente contribuirà a garantire che l'ISH svolga un ruolo di primo piano nel promuovere l'ipnosi in tutto il mondo.

Amministratore/i USA

L'ISH è registrata come organizzazione no-profit negli Stati Uniti. Per garantire il mantenimento di questo status, è necessario che qualcuno collabori con i nostri commercialisti negli Stati Uniti, assicurandosi che i nostri conti vengano controllati e che vengano presentate le dichiarazioni dei redditi annuali. Qualcuno deve anche interagire con l'avvocato della nostra società quando devono essere affrontate questioni legali critiche.

Julie Linden è stata l'amministratrice degli Stati Uniti per molti anni, compresi gli ultimi tre durante il mio mandato di presidente. La sua incredibile attenzione ai dettagli e la sua capacità di tenere sotto controllo le numerose e complicate questioni legate al mantenimento di documenti aggiornati e accurati sono state essenziali per la salute della nostra società. Julie è una persona su cui si può contare; le affiderei la mia vita. Julie è stata anche co-presidente del Comitato per il sito web e membro del Comitato per la newsletter. In questi ruoli ha plasmato e facilitato la comunicazione tra ISH e i nostri membri e il mondo esterno.

Julie ha lasciato l'incarico di amministratore USA nel giugno 2024.

Lawrence Sugarman (un'altra persona a cui affiderei la mia vita) ha assunto questo ruolo essenziale per la società. Lawrence è stato anche membro del Comitato per le credenziali dell'ISH, che è necessario per garantire che i membri dell'ISH siano in grado di lavorare in modo efficiente.

Altri presidenti e membri dei comitati ISH

Come già detto, alcuni membri del nostro Consiglio direttivo e l'attuale



Amministratore USA sono presidenti e/o membri dei comitati dell'ISH. Questi comitati svolgono il lavoro critico necessario per raggiungere gli obiettivi della nostra società. Tutti noi possiamo sentirci gratificati dal loro lavoro.

Pertanto, un enorme e sentito GRAZIE a **Camillo Loriedo**, presidente del Comitato Premi, che ha portato a termine l'impegnativo ma essenziale compito di selezionare i premiati ISH 2024. I premi sono stati annunciati al Congresso 2024 di Cracovia e durante la riunione del Consiglio direttivo a Bologna.

Desidero inoltre esprimere il mio profondo apprezzamento a **Éva Bányai**, presidente del Comitato per la Storia, che non solo ha una profonda conoscenza della storia della nostra società (ricordandola in occasione dell'incontro ESH ad Antalya, in Turchia), ma è anche una scienziata che contribuisce in modo significativo alla conoscenza degli effetti benefici dell'ipnosi clinica e alla comprensione dei meccanismi alla base di tali effetti.

Apprezzo anche il lavoro che **Paola Brugnoli** ha svolto per noi come presidente del Comitato per le pratiche etiche, consigliando il Consiglio direttivo su questioni di etica. **Susanna Carolusson** ha ricoperto (insieme a Bernhard Trenkle) il ruolo di co-presidente del Comitato per le credenziali, mettendo a disposizione la sua profonda conoscenza dell'ipnosi clinica per decidere se un candidato membro soddisfa i nostri criteri di adesione. **Nicole Ruyschaert** ha ricoperto e continua a ricoprire molti ruoli per ISH nel corso degli anni. Negli ultimi tre anni, ha ricoperto il ruolo di co-presidente del Comitato per il sito web e di membro del Comitato per i premi, del Comitato per la task force dell'OMS, del Comitato per la ricerca, del Comitato per l'istruzione e la formazione, del Comitato per le pubblicazioni e del Comitato per la celebrazione del 50° anniversario dell'ISH. I suoi contributi significativi aiutano a promuovere la pratica appropriata e la diffusione delle conoscenze sull'ipnosi clinica in tutto il mondo.

Un apprezzamento speciale va anche a **Kathleen Long**, che ha avuto la brillante idea di creare il Comitato congiunto ESH/ISH per la risposta alle crisi e ne è co-presidente (insieme a Callie Hattingh). Come già detto, sotto la sua guida e quella di Callie, il comitato ha ottenuto grandi risultati. Nei prossimi anni continuerà a fornire un sostegno fondamentale a milioni di persone che devono affrontare disastri naturali o causati dall'uomo. **Nadine De Cal, Kaltrina Gashi, Olivia Huan Hu, Zoltán Kekecs, Raphael Kolic, Joshua Rhodes, Shady Tonn e Banafsheh Yaloodbardan** sono co-presidenti e membri del Comitato per i giovani, costituito sotto la guida di Claude Virost durante il suo mandato di presidente dell'ISH dal 2015 al 2018.

Tutto l'importante lavoro dei numerosi comitati dell'ISH - il lavoro che mantiene la nostra società vibrante, sana e d'impatto - non potrebbe essere portato a termine senza l'impegno dei membri aggiuntivi dei comitati, tra cui **Teresa Robles**, membro aggiuntivo del Comitato per l'istruzione e la formazione, **Consuelo Casula**, membro aggiuntivo del Comitato per l'istruzione e la formazione e del Comitato per la pratica etica, e **Dan Short**, membro aggiuntivo del Comitato per l'istruzione e la formazione.

Personale amministrativo dell'ISH

L'ampio lavoro del Consiglio di amministrazione e dei comitati dell'ISH non sarebbe stato possibile senza l'aiuto del nostro personale amministrativo, che opera sotto l'abile guida di **Shady Tonn**, l'amministratore principale dell'ISH. Il suo impegno costante, affidabile e paziente ci permette di rimanere in carreggiata. Sta facendo un lavoro eccellente. **Mahta Shahidi** gestisce tutti gli aspetti amministrativi dei webinar mensili della Masterclass e degli incontri mensili del Caffè con il Presidente. Serve



anche come supporto a Shady per rispondere alle e-mail relative a ISH e ai problemi dei soci quando Shady è impegnata in altri compiti. Inoltre, **Judit Osvat** si occupa dell'impaginazione della nostra newsletter trimestrale. **Paloma Valencia** si occupa del marketing sui social media e dell'impaginazione dei banner delle Masterclass, curando il contenuto delle interviste realizzate per pubblicizzare gli eventi ISH. Infine, **Manfred "Manni" Henke** ci aiuta ad affrontare con grande competenza qualsiasi emergenza tecnica (ad esempio quando il nostro sito web è stato violato).

Tu, prezioso membro di ISH

E chi lavora giorno per giorno per utilizzare l'ipnosi clinica per portare conforto alle persone che potrebbero trarne beneficio? E chi sta anche conducendo una ricerca rigorosa per valutare l'efficacia e i meccanismi alla base dell'ipnosi clinica, studiando come l'ipnosi possa essere utilizzata per comprendere meglio la condizione umana? Naturalmente siete voi, i nostri stimati membri clinici e scienziati dell'ISH. Siamo una comunità di persone impegnate a costruire ponti che uniscono il mondo, a fornire assistenza a chi ne ha bisogno e a studiare l'ipnosi per renderla più efficace e preziosa. Il lavoro che svolgete è il più importante di tutti. Sostenervi in questo lavoro è, a mio avviso, l'obiettivo più importante della nostra società.

Grazie a tutti e a ciascuno di voi per il vostro lavoro e per il vostro continuo sostegno all'ISH e al mondo dell'ipnosi.



CARTA DEL PRESIDENTE (ES)

TRADUCIDO POR TERESA ROBLES

A todos los que han contribuido al éxito de nuestra sociedad: Gracias

Mark P. Jensen, PhD

Esta es mi última carta del Boletín de la ISH como presidente de la Sociedad Internacional de Hipnosis. Escribo con un sentimiento de profunda gratitud a todos los que en nuestra sociedad nos han ayudado a avanzar, y al campo de la hipnosis, durante mi mandato como presidente. Esto incluye a nuestra Junta Directiva, al Administrador de EE.UU., a los miembros y presidentes de los comités de la ISH, a nuestro personal administrativo y a ti, querido miembro. Me gustaría tomarme el tiempo para agradecer a cada uno de ustedes por sus importantes contribuciones.

Miembros de la Junta Directiva de ISH

Durante los últimos tres años, los once miembros de nuestra Junta Directiva se han reunido periódicamente para debatir, tomar decisiones y emprender acciones para alcanzar los objetivos que hacen avanzar la misión de nuestra sociedad. He apreciado el compromiso de cada miembro con el avance de la hipnosis en todo el mundo, así como sus importantes contribuciones a nuestros objetivos. Hemos hecho progresos significativos manteniendo un profundo respeto mutuo y una atmósfera cálida y amistosa. Cada miembro de la Junta Directiva ha contribuido a este proceso.

En los últimos tres años, **Bernhard Trenkle** ha servido a la ISH como Ex Presidente Inmediato, Presidente del Comité de Miembros, Copresidente del Comité de Credenciales y miembro del Comité de Educación y Formación y del Comité de Celebración del 50° Aniversario de la ISH. Posee una gran cantidad de conocimientos sobre hipnosis adquiridos a lo largo de décadas de trabajo en este campo. Es una persona muy sociable, con importantes conexiones con destacados profesionales y científicos de la hipnosis de todo el mundo. La iniciativa WhoISHWho es obra suya. Visita www.whoishwho.com y considera la posibilidad de registrarte para facilitar tus conexiones con personas afines de todo el mundo. Bernhard es una persona con mucho sentido común (un rasgo que no es tan común como podría pensarse) y un delicioso sentido del humor. Me siento privilegiado y afortunado de conocerle y de haber tenido la oportunidad de colaborar con él tan estrechamente a lo largo de los años.

Kris Klajs fue Presidente Electo de la ISH y ha trabajado diligentemente con su equipo para organizar el Congreso Internacional de Hipnosis ISH 2021 (que tuvo que ser pospuesto debido a COVID) y el Evento Virtual ISH 2022. Más recientemente, él y su equipo han estado trabajando duro para organizar el Congreso Internacional de Hipnosis ISH 2024 en Cracovia. Cualquiera que haya participado alguna vez en la organización de un congreso de éxito sabe la increíble devoción y esfuerzo que esto requiere. Él y su equipo han planificado un congreso que nos permitirá perfeccionar nuestras habilidades clínicas, conocer los últimos avances científicos y sentirnos inspirados para continuar nuestro trabajo. Kris ha aportado a nuestros eventos y reuniones una base sólida como una roca, de suave calma, que ha contribuido a crear un entorno propicio para el alto nivel de productividad de la ISH en los últimos tres años.

En su función de Secretario-Tesorero, **Enayat Shahidi** ha mantenido y reforzado la salud fiscal de nuestra sociedad. Como Presidente del Comité de Educación y Formación, Enayat y su comité iniciaron y organizaron los seminarios web mensuales Master Class. Estos eventos proporcionan a nuestros miembros (a un precio especial con un gran descuento) y a la comunidad internacional de hipnosis acceso a algunos de los profesionales de la hipnosis más experimentados del mundo. También proporcionan



a nuestra sociedad una fuente adicional de ingresos, contribuyendo a nuestra estabilidad financiera general. Aprecio enormemente la cálida energía de Enayat, su consideración y su aguda inteligencia.

Woltemade Hartman ha sido Presidente del Consejo de Representantes y Presidente del Comité de Normas. Ha trabajado con diligencia para garantizar que nuestros miembros tengan voz en los debates y decisiones de nuestra Junta Directiva. También completó la increíblemente complicada tarea de desarrollar directrices para la formación en hipnosis clínica para la comunidad mundial, directrices que pueden verse en nuestra página web. Estas directrices tienen en cuenta las marcadas diferencias en las aplicaciones de la hipnosis clínica en cada país y cultura: una tarea complicada. Su profundo conocimiento de estas cuestiones -desarrollado a lo largo de años de enseñanza de técnicas de hipnosis clínica en todo el mundo- contribuyó a que las directrices fueran aplicables en todo el mundo. Siempre estoy deseando escuchar lo que Wollie tiene que decir; realmente sabe cómo contar una historia de una manera que deleita e inspira perspicacia.

Durante los últimos tres años, **Callie Hattingh** ha sido Vicepresidenta del Consejo de Representantes, Copresidenta del Comité de Intervención de Crisis conjunto de la Sociedad Europea de Hipnosis y la Sociedad Internacional de Hipnosis, y miembro tanto del Comité de Educación y Formación como del Comité de Normas. Aunque Callie aportó sus muchas ideas y su importante capacidad de organización a las reuniones de nuestro Consejo de Representantes, aprecio especialmente el trabajo que realizó con Kathleen Long, la otra copresidenta del Comité de Intervención en Crisis, en la recopilación de recursos relacionados con la hipnosis para las personas que sufren catástrofes naturales y provocadas por el hombre en el mundo, así como en su trabajo de organización de la formación en hipnosis clínica para los clínicos que atienden a estas personas. Callie es alguien que ve lo bueno en las personas y que puede ayudarlas eficazmente a potenciar sus puntos fuertes. Uno es simplemente mejor persona cuando pasa tiempo con Callie.

Brian Allen ha sido Secretario del Consejo de Representantes y es miembro del Comité de Educación y Formación y del Comité de Credenciales. Brian ha formado parte de la Junta Directiva de la ISH durante muchos años y conoce muy bien la historia de la ISH. Está particularmente comprometido en apoyar el crecimiento de la hipnosis en partes del mundo donde la hipnosis clínica todavía no se ha afianzado. Es alguien que se preocupa profundamente por los demás. En las reuniones de la Junta Directiva, he disfrutado de su forma lúdica de presentar ideas importantes y útiles. Y hablando de diversión, a lo largo de los años he apreciado especialmente su maravillosa voz para cantar. Aporta ligereza, facilidad y alegría a cualquier reunión, ya sea de negocios o social.

Cecilia Fabre ha sido miembro de la Junta Directiva y Presidenta del Comité de Medios Sociales. También es miembro del Comité de Educación y Formación y del Comité de Celebración del 50° Aniversario de la ISH. Bajo su firme liderazgo y defensa, la ISH ha entrado en el siglo XXI con respecto a las redes sociales; con su constante defensa, nuestra huella en las redes sociales y nuestro impacto siguen aumentando. En nuestras reuniones y encuentros de la Junta Directiva, se da cuenta de que existen conexiones sólidas entre las personas para el bien común y la eficacia del proceso de grupo, y las facilita.

Giuseppe De Benedittis ha sido miembro de la Junta Directiva, Presidente del Grupo de Trabajo de la Organización Mundial de la Salud (OMS), Presidente del Comité de Investigación, Presidente del Comité de Publicaciones y Miembro del Comité de Educación y Formación. Sus numerosas contribuciones y servicios a la ISH han fortalecido nuestra sociedad a lo largo de los años. Más recientemente, ha liderado la iniciativa para que la OMS reconozca la hipnosis clínica como un tratamiento recomendado pa-



ra el dolor, un primer paso hacia el reconocimiento de la hipnosis clínica como un tratamiento recomendado para otras condiciones. Giuseppe es un hombre del Renacimiento contemporáneo, hábil como clínico y como científico. Sus pacientes tienen suerte de recibir sus cuidados, y el mundo tiene suerte de tener acceso a los resultados de sus estudios de investigación, artículos de revisión y documentos teóricos.

Anita Jung ha sido miembro de la Junta Directiva en funciones y ha presidido el Comité de Celebración del 50° Aniversario de la ISH, así como miembro del Comité de Educación y Formación y del Comité de Normas. Como nuevo miembro de la Junta Directiva, aportó una nueva perspectiva a nuestros debates. En su labor como presidenta del Comité de Celebración del 50° Aniversario, organizó varios eventos en 2023 para conmemorar el 50° aniversario de la fundación de la ISH. El enfoque positivo de Anita y sus fuertes habilidades de liderazgo servirán bien a la ISH y a la comunidad internacional de hipnosis en los próximos años.

Katalin Varga ha formado parte de la Junta Directiva durante muchos años y será la Presidenta Electa de la ISH durante los próximos tres años. Su devoción a la ISH y a la misión de la ISH se evidencia en su servicio. Durante los últimos tres años, ha sido miembro de la Junta Directiva, Presidenta del Comité del Boletín Informativo, miembro del Comité de Investigación, del Comité de Práctica Ética, del Comité de Publicaciones y Editora del Boletín Informativo de la ISH. Sus importantes contribuciones a los debates y decisiones de la Junta y sus numerosos comités han contribuido al avance de la ISH. Su trabajo como editora del Boletín de la ISH ha sido vital para nuestra comunidad. Los boletines han sido uniformemente excelentes, proporcionando actualizaciones sobre los eventos de la ISH, e información valiosa para nuestros miembros. Como científico líder en hipnosis, investigador, organizador de eventos, educador y clínico experto, las contribuciones de Kata al campo han sido enormes. Como una persona con un profundo compromiso con el campo que es conocedora, reflexiva y agradable, su futuro cargo como presidenta ayudará a asegurar que la ISH desempeñe un papel de liderazgo en el avance de la hipnosis en todo el mundo.

Administrador(es) de EE.UU.

La ISH está registrada como una organización sin ánimo de lucro en los Estados Unidos. Para asegurar que mantenemos este estatus, alguien necesita trabajar con nuestros contadores en los EE.UU. asegurando que nuestras cuentas son auditadas y que las declaraciones de impuestos anuales son presentadas. También es necesario que alguien interactúe con el abogado de nuestra sociedad cuando deban abordarse cuestiones jurídicas críticas. **Julie Linden** ha sido la administradora de EE.UU. durante muchos años, incluidos los tres últimos durante mi mandato como presidente. Su increíble atención al detalle y su capacidad para mantenerse al tanto de las numerosas y complicadas cuestiones relacionadas con el mantenimiento de la documentación de nuestra sociedad actualizada y precisa han sido esenciales para la salud de nuestra sociedad. Julie es alguien con quien se puede contar; le confiaría mi vida. Julie también ha sido copresidenta del Comité de la página web y miembro del Comité del boletín informativo. En estas funciones ha dado forma y facilitado la comunicación entre la ISH y nuestros miembros y el mundo exterior.

Julie dejará el cargo de administradora de EE.UU. a partir de junio de 2024. **Lawrence Sugarman** (otra persona a la que confiaría mi vida) asumirá esta función esencial para la sociedad. Lawrence también ha sido miembro del Comité de Credenciales de la ISH, lo cual es necesario para que podamos garantizar que los miembros individuales de la ISH puedan ejercer sus derechos.

Otros presidentes y miembros de comités de la ISH

Como se ha indicado anteriormente, varios miembros de nuestra Junta Directiva y nuestro actual Administrador de EE.UU. son presidentes y/o



miembros de los comités de la ISH. Estos comités realizan el trabajo crítico necesario para alcanzar los objetivos de nuestra sociedad. Todos nosotros podemos sentirnos agradecidos por el trabajo que han realizado.

Por lo tanto, un enorme y sincero AGRADECIMIENTO a **Camillo Loriedo**, Presidente del Comité de Premios, que completó la desafiante pero esencial tarea de seleccionar a los premiados de la ISH 2024. Los premios se anunciaron en el Congreso de 2024 en Cracovia y en la reunión presencial de la Junta Directiva en Bolonia.

También me gustaría expresar mi profundo agradecimiento a **Éva Bányai**, Presidenta del Comité de Historia, que no sólo mantiene un profundo conocimiento de la historia de nuestra sociedad (recordándonos esta historia en la reunión de la ESH en Antalya, Türkiye), sino también como científica que hace contribuciones significativas a nuestro conocimiento de los efectos beneficiosos de la hipnosis clínica, y a nuestra comprensión de los mecanismos subyacentes a esos efectos.

También aprecio el trabajo que **Paola Brugnoli** ha realizado para nosotros como Presidenta del Comité de Práctica Ética, asesorando al BOD en cuestiones relacionadas con la ética. **Susanna Carolusson** fue (junto con Bernhard Trenkle) Copresidenta del Comité de Credenciales, aportando sus profundos conocimientos sobre hipnosis clínica a la hora de tomar decisiones sobre si un candidato a miembro cumple nuestros criterios para serlo. **Nicole Ruyschaert** ha desempeñado y sigue desempeñando muchas funciones para la ISH a lo largo de los años. En los últimos tres años, ha sido Copresidenta del Comité de la Página Web y miembro del Comité de Premios, del Comité de la Fuerza de Trabajo de la OMS, del Comité de Investigación, del Comité de Educación y Formación, del Comité de Publicaciones y del Comité de Celebración del 50° Aniversario de la ISH. Sus importantes contribuciones ayudan a impulsar la práctica adecuada y la difusión de conocimientos sobre hipnosis clínica en todo el mundo.

También merecen un reconocimiento especial **Kathleen Long**, que tuvo la brillante idea de crear el Comité de Respuesta a las Crisis conjunto de la ESH y la ISH, y que ocupa el cargo de copresidenta del comité (con Callie Hattingh). Como se ha señalado anteriormente, el comité ha logrado mucho bajo su liderazgo y el de Callie. En los próximos años seguirá prestando un apoyo fundamental a millones de personas que se enfrentan a catástrofes naturales o provocadas por el hombre. **Nadine De Cal, Kaltrina Gashi, Olivia Huan Hu, Zoltán Kekecs, Raphael Kolic, Joshua Rhodes, Shady Tonn** y **Banafsheh Yaloodbardan**, son copresidentes y miembros del Comité de Jóvenes, que se había formado bajo el liderazgo de Claude Virot durante su mandato como presidente de ISH de 2015 a 2018.

Todo el importante trabajo de los numerosos comités de la ISH, el trabajo que mantiene a nuestra sociedad vibrante, saludable y con impacto, no podría llevarse a cabo sin los esfuerzos de los miembros adicionales de los comités, incluyendo a **Teresa Robles**, miembro adicional del Comité de Educación y Formación, **Consuelo Casula**, miembro adicional del Comité de Educación y Formación y del Comité de Práctica Ética, y **Dan Short**, miembro adicional del Comité de Educación y Formación.

Personal administrativo de la ISH

El amplio trabajo de la Junta Directiva de la ISH y sus comités no podría haberse llevado a cabo sin la ayuda de nuestro personal administrativo, que trabaja bajo la competente dirección de **Shady Tonn**, la principal administradora del ISH. Sus esfuerzos constantes, fiables y pacientes garantizan que nos mantengamos en el buen camino. Está haciendo un trabajo excelente. **Mahta Shahidi** gestiona todos los aspectos administrativos de los seminarios web mensuales Masterclass y las reuniones mensuales Café con el Presidente. También sirve de apoyo a Shady para responder a los correos electrónicos relacionados con la ISH y las cuestiones de afiliación



cuando Shady está ocupada con otras tareas. Además, **Judit Osvat** se encarga de la maquetación de nuestro boletín trimestral. **Paloma Valencia** se encarga del marketing en las redes sociales y de la maquetación de las pancartas de las Masterclass, así como de la edición del contenido de las entrevistas realizadas para promocionar los eventos de la ISH. Por último, **Manfred "Manni" Henke** nos ayuda a hacer frente a cualquier emergencia técnica (como cuando nuestro sitio web ha sido pirateado) con gran habilidad.

Tú, valioso miembro de la ISH

¿Y quién trabaja día tras día para utilizar la hipnosis clínica para reconfortar a las personas que podrían beneficiarse de ella? ¿Quién lleva a cabo también una investigación rigurosa para evaluar la eficacia y los mecanismos subyacentes a la hipnosis clínica, estudiando cómo puede utilizarse la hipnosis para comprender mejor la condición humana? Por supuesto, son ustedes, nuestros valiosos miembros clínicos y científicos de la ISH. Somos una comunidad de individuos comprometidos con la construcción de puentes que unen al mundo, proporcionando atención a los necesitados y estudiando la hipnosis para hacerla más eficaz y valiosa. El trabajo que hacen es el más importante de todos. Apoyarlos en este trabajo es, en mi opinión, el objetivo más crucial de nuestra sociedad.

Gracias, a todos y cada uno de vosotros, por vuestro trabajo y vuestro continuo apoyo a la ISH y al mundo de la hipnosis.



LETTER FROM THE EDITOR

In this issue we have an interview on an inspiring project: **Madeline Stein** and **Devin Terhune** speak about “Hypnopedia – Encyclopedia of Hypnosis and Suggestion”.

Ariella Anna Kovács summarizes the “Role of Hypnosis and Hypnotic Suggestions in Inflammation Treatment” in the column of “Building Bridges of Understanding”.



Katalin Varga is a professor at the Eötvös Loránd University (ELTE), the head of the Department of Affective Psychology, Past President of Hungarian Association of Hypnosis, BoD member of International Society of Hypnosis. Her research topic was the investigation of the subjective experiences connected to hypnosis and the role of suggestions in critical states. She got her degree of “Doctor of University” (ELTE) in 1991, and her PhD degree in 1997 on comparing the subjective and behavioral effects of hypnosis.

As a member of the “Budapest Hypnosis Research Laboratory” she is investigating hypnosis in an interactional framework, in the multilevel approach she is focusing on the phenomenological data. She is also working in the medical field, using and teaching psychological support based on positive suggestions in various areas of medicine. Co-chair of the 1st international Conference on Hypnosis in Medicine, held in Budapest, 2013.

We can’t miss the latest news from the **International Journal of Clinical and Experimental Hypnosis**, provided by **Gary Elkins** and **Vanessa Muniz**.

We have some nice **photos from the ISH meeting in Kraków**. These will surely evoke nice memories for those who attended, and for those who couldn’t make it, they will definitely wish they had.

I started editing the Newsletter back in 2014. I edited 40 issues in ten years, which gave me an excellent opportunity to keep in touch with the membership, our journals, and authors.

It has been a particular pleasure to get to know some colleagues in depth during **interviews**, in many cases learning details about some of them that I had no idea about although we have known each other for decades.

I am particularly proud that, true to the ISH slogan, in many cases we have indeed **built bridges of understanding** – with the topic summaries prepared by students from our university, Eötvös Loránd University.

I also found the material from the editor-in-chief of the **International Journal of Clinical and Experimental Hypnosis**, Gary Elkins, always clockwork accurate, and informative. For me, this journal is an excellent example of what I personally strive to do, which is to balance the clinical and research aspects of hypnosis.

Of course, I am grateful to those who have helped me throughout these 10 years: **Nicole Ruyschaert**'s interviews. The eagle-eye of **Julie Linden** and **Anita Jung**, the language editors, the selfless work of the translators – **Tere Robles**, **Consuelo Casula**, **Shady Tonn**, and **Nicole Ruyschaert** – and above all the endless patience of **Judit Osvát**, who produced a beautifully crafted newsletter layout from the material I provided in many different formats.

Anita Jung will take over the editing of the newsletter. Anita's kind, even-tempered personality has been extremely endearing to me over the years as we have gotten to know each other as members of the Board of Directors of ISH. We will certainly continue to work together smoothly. Good luck, Anita!

Katalin Varga,
Dipl. Psych. Ph.D.



MAIN INTERVIEW

WITH MADELINE V. STEIN, AND DEVIN B. TERHUNE
INTERVIEW BY NICOLE RUYSSCHAERT



Madeline V. Stein, is a second-year doctoral student in the Department of Psychology at King's College London. Her dissertation research involves disentangling heterogeneity within nocebo responding with an eye toward individual differences and contextual factors. More broadly she is interested in the neurocognitive profiles of those who are highly responsive to verbal suggestions, and the taxonomy of suggestion.



Devin B. Terhune, PhD, is a Reader (Associate Professor) in the Department of Psychology in the Institute of Psychiatry, Psychology, & Neuroscience at King's College London. His research draws on methods and theories from cognitive neuroscience, experimental psychology, and psychiatry with an aim to characterize suggestion effects and variability in response to suggestion. He also has a longstanding interest in dissociation, dissociative disorders, and the modulation of awareness with pharmacological agents.

Dear Madeline and Devin
Thank you for your willingness to be interviewed.

We would like to introduce you, Madeline and Devin and your new project (Hypnopedia – Encyclopedia of hypnosis and suggestion) to our ISH community by an interview for ISH newsletter, a way to reach out to our members worldwide.

NR. How did you first come in contact with hypnosis?

Madeline: One of my favorite books growing up was *Molly Moon's Incredible Book of Hypnotism*. Although it's a media representation that often contributes to misunderstandings about hypnosis, it was a fantastic read when I was a kid.

Devin: I believe my first introduction involving seeing a forensic use of hypnosis in the 1968 film, "The Boston Strangler" as a child. Irrespective of the aesthetic merits of the film, to the best of my recollection, I think the depiction of hypnosis wasn't too fantastical.

NR. Which areas of research are you working on?

Madeline: I'm a second-year doctoral student at King's College London. Although my dissertation is focused on individual differences and contex-



tual factors that contribute to placebo responding, I am more broadly interested in the taxonomy of suggestion and the cognitive profile of highly hypnotizable people.

Devin: Our lab conducts research on a variety of features of awareness and perception in health and disease and how they can be modulated through different techniques including verbal suggestion. Within the field of experimental hypnosis research, my primary interests are neurocognitive mechanisms supporting response to suggestion and heterogeneity among highly suggestible individuals.

NR. How did you come up with the idea for the encyclopedia of hypnosis and suggestion (EHS)?

Devin: This emerged through a discussion with multiple people, including Mark Jensen, about the need for reliable, accessible information about hypnosis.

NR. What are your objectives with this project?

EHS aims to be a go-to resource for researchers, clinicians, and the general public, offering easy-to-understand, reliable, and research-backed information on topics related to hypnosis and suggestion.

NR. Who are the people you will work with?

Our Editorial Board is composed of professionals with diverse expertise and experience in clinical and experimental hypnosis, including Drs Etzel Cardeña, Graham Jamieson, Jessie Markovits, Barbara McCann, William McGeown, Bjoern Rasch, Barbara Schmidt, and Mia Van Manen.

NR. How can people contribute?

The EHS aims to provide concise, authoritative introductions to various research or clinical topics. Our articles are invited by one of our Editorial Board Members and reviewed by the Board. Members of ISH can contribute by visiting the EHS and promoting the EHS on social media and in other platforms.

NR. Where can ISH members find the encyclopedia?

It will be freely available for anyone to access on the ISH website.

NR. Is it similar to Hypnosis and Suggestion website: [Theories of Hypnosis | Hypnosis And Suggestion](#)

There are some parallels with that site, which is very good, but the EHS differs from it in that our content is curated by the Editorial Board and all EHS articles will be written by a recognized expert on the respective topic.

NR. How can research contribute to the spread and acknowledgment of hypnosis in the medical/psychotherapeutic practice?

Research can significantly contribute to the spread and acknowledgment of hypnosis in medical and psychotherapeutic practice by providing empirical evidence of its effectiveness. By conducting rigorous studies, researchers can demonstrate the benefits and potential applications of hypnosis. This helps build credibility and trust among healthcare professionals and the general public. Additionally, research can identify best practices, optimal techniques, and the conditions under which hypnosis is most effective, thereby enhancing its clinical efficacy. Ultimately, a strong evidence base can lead to wider acceptance and integration of hypnosis into mainstream medical and psychotherapeutic treatments.

Thank you very much!

Dr. Nicole Ruysschaert MD Psychiatrist.

On behalf of ISH and our ISH Newsletter committee



BUILDING BRIDGES OF UNDERSTANDING

CLINICAL RELEVANCE OF RESEARCH FINDINGS

In each section of the NL we introduce you to a summary of recent research with short and easy explanations of some research concepts. Scientific reports are more and more complex and complicated; only a small portion of hypnosis experts enjoy them. For the majority of professionals it can even be frightening or boring. The aim of these letters is to bring researchers and clinicians closer together, to highlight the clinical relevance of research findings of hypnosis in a very simple user-friendly way. Clinicians are also encouraged to propose questions to be studied, clinically relevant phenomena to analyze, and hypnotic processes to be understood. Let's build the bridges of understanding together...

My name is Ariella Anna Kovács. I am currently pursuing a Bachelor of Arts degree in Psychology at Eötvös Loránd University in Budapest, Hungary.

My goal for these three years was to observe as many fields and methods of psychology as I could. I spent this semester studying hypnosis and hypnotic suggestions, which gave me the opportunity to write a topic summary for the ISH Newsletter. In the future, I plan to further my studies in the field of clinical psychology.



THE ROLE OF HYPNOSIS AND HYPNOTIC SUGGESTIONS IN INFLAMMATION TREATMENT

ARIELLA ANNA KOVÁCS

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Methods with characteristics of hypnosis and suggestions have been a part of medicine throughout human history. Research by Medoza and colleagues (2009) indicates that medical and psychological interventions supplemented by hypnosis can increase the efficacy and/or efficiency of the interventions. The effectiveness of hypnosis has been shown in various medical conditions, including pain management, depression, post-traumatic stress disorder, obesity, asthma, smoking cessation, and sleep disorders (Mendoza & Capafons, 2009).

Inflammation was described as the succession of changes that occur in living tissue when it is injured, provided that the injury is not of such a degree as to immediately destroy its structure and vitality (Sanderson, 1873). Inflammation is commonly characterized by swelling, heat, redness, acute pain sensation, and healing of the tissue with scar formation (Schmid-Schönbein, 2006). Today we know that inflammation is much more complex than these classic symptoms. It is the response of the immune system to tissue damage and infection (although not all infections cause inflammation). We have gained more knowledge about the role of inflammation; for example, it provokes the response, facilitates healing, and restores the appearance of the tissue, but it can also lead to a chronic state of inflammation, that cannot be reversed (Punchard et al., 2004).



Cytokines are small protein or glycoprotein messenger molecules that facilitate cell-to-cell communication (Callard et al., 1999). The immune system produces cytokines and other humoral factors to protect the host from inflammatory agents, injuries, or microbial invasion. Typically, this system restores homeostasis; however, in some cases the overproduction of cytokines harms the host and leads to pathological consequences (Cerami, 1992). There are four types of cytokines: (1) proinflammatory cytokines, like IL-1 β , IL-6 and TNF- α , which play a crucial role in non-specific, inborn immunity; (2) T-helper-1 cytokines (eg. IL-2, IFN- γ) that induce cellular cytotoxic immunity; (3) Th2 cytokines (eg. IL-4, IL-10) with anti-inflammatory effects; and (4) immunosuppressive Th3 cytokines, including members of the transforming growth factor (TGF)- β family. The extent of neurological and psychiatric manifestations, and the neuroimmunological and neuroinflammatory responses are determined by the balance between proinflammatory and anti-inflammatory cytokines (Kim & Maes, 2003).

STRESS

The threat to the psychological and/or physiological integrity of an individual induces stress which in turn triggers an adaptive physiological, behavioral, emotional, and cognitive response. The magnitude of the stress response is influenced by various factors including the individual's psychobiological stress reactivity, subjective threat assessment, and evaluation of available coping resources (Heinrichs et al., 2015). Stress and immunity are interrelated, but understanding their relationship requires examination of two forms of stress: psychological and physicochemical stress. Physicochemical stress arises from factors such as food/nutrition, toxins, metabolic disorders, infections, and inflammation. Failure of the immune system to manage this stress can lead to diseases or fatal conditions. Long-term or chronic psychological stress elevates cortisol and corticosteroid levels persistently, leading to cortisol resistance and impaired anti-inflammatory effects on the immune system. Consequently, chronic infection, autoimmune inflammatory diseases, cancers, and other physiological disorders may ensue (Bae et al., 2019). Therefore, individuals who are more sensitive to stress, are predisposed to developing chronic inflammation (Pinhasov & Kirby, 2022).

Several studies have investigated the effects of hypnosis on cortisol level (Gruzelier et al., 2001; Johansson & Unestahl, 2006; Kendrick et al., 2015; Yubiliana et al., 2021). One such study, conducted by Yubiliana et al. (2021), examined the impact of dental hypnosis on dental anxiety by measuring salivary cortisol levels. Dental anxiety is a common concern which arises before and/or during dental treatment and can be addressed through both pharmacological methods, such as Dental Inhalation Conscious Sedation, and non-pharmacological therapies. Dental hypnosis is a non-pharmacological Behavior Medicine Intervention aimed at altering attitudes towards illness, disability, and adaptation to pain. During dental hypnosis the patient's mind enters into a subconscious state, while still being able to interact with the hypnotherapist. In Yubiliana et al.'s study, 46 patients with dental anxiety were divided into two groups: the control group received Dental Inhalation Conscious Sedation, while the experimental group underwent Dental Hypnosis-Hypnodontic Communication. The control group used Dental Inhalation Conscious Sedation, while the experimental group was treated with Dental Hypnosis-Hypnodontic Communication. Researchers analyzed the linguistic strategies employed during hypnodontic communication identifying three types of speech acts: assertions, directives and expressives. Assertion speech acts consist of declarative sentences used for stating, suggesting, boasting, complaining, and claiming. Directives - commands speech acts in the form of imperative sentences, aim to induce and deepen the hypnotic state with the goal of transforming anxiety fear perceptions into feelings of comfort. Lastly, command speech acts are also imperative sentences that solely state something without any other purpose. Dental Hypnosis-Hypnodontic Communication incorporates four language styles: climax style (gradually increas-



ing thought sequences), parallelism style (illustrating the resemblance of elements in a construct), antithesis style (containing contradicting ideas), and repetition style (repeating of words or group of words). The analysis of salivary cortisol level revealed a significant decrease in the experimental group, whereas the control group's cortisol hormone level didn't change significantly (Yubiliana et al., 2021).

I would like to elaborate on the relationship between cytokines and stress. Proinflammatory cytokines such as IL-1 β , IL-6, and TNF- α are produced in both the immune system and the brain. These cytokines signal inflammatory processes to the brain, eliciting a response from the central nervous system. This response involves the modulation of immune processes and autonomic reflexes, mediated by norepinephrine (Hosoi et al., 2002). Proinflammatory cytokines primarily facilitate communication between the central nervous system and the immune system, playing a crucial role in mounting the appropriate response to inflammatory diseases (Bierhaus et al., 2006). Psychosocial stress is closely linked to the activation of the proinflammatory transcription factor nuclear factor κ B (which connects stress to organ function), and the innate immune response and inflammation. Numerous studies have demonstrated that psychosocial stress increases the proinflammatory cytokine in plasma concentrations (Kiecolt-Glaser et al., 2003; Steptoe et al., 2001; Voorhees et al., 2013). Additionally, there is evidence that patients with posttraumatic stress disorder exhibit increased levels of IL-1 β and TNF- α and lower levels of IL-4 (von Känel et al., 2007).

Schoen et al. (2013) conducted a study on the impact of hypnosis on resilience and IL-6. Participants listened to a hypnosis stress reduction CD at least five times a week for 12 weeks. Before and after the hypnosis intervention, participants completed self-report measures, including the StressScan, which assesses psychological well-being, coping style/resilience, stress, and nutrition, and a blood test. After the 12-week period, participants reported improvement in resilience and coping and they exhibited decreased levels of IL-6 compared to baseline.

COVID-19

In late December 2019, an outbreak of pneumonia of unknown origin was reported in Wuhan. It was subsequently identified as a new betacoronavirus. COVID-19 typically presents with symptoms such as fever, dry cough, fatigue and may affect the respiratory, gastrointestinal, musculoskeletal, and nervous system. The severity of symptoms ranges from mild to severe (Çalica Utku et al., 2020).

Several studies have shown that proinflammatory cytokine levels are higher in severe COVID-19 patients compared to those with mild cases (Hu et al., 2021; Huang et al., 2020; Liu et al., 2020). These findings suggest that the magnitude of cytokine storm, a form of systemic inflammatory response, is associated with the severity of the disease. Therefore, early control of the COVID-19 cytokine storm is crucial.

Dr. Fredric Mau (2020) developed a guided imagery process intended to support and complement the medical treatment of COVID-19 patients. The aim is to provide relief and strengthen breathing. Creating relief is crucial in managing the cytokine storm, as stress can weaken the immune response.

The script spans three pages and features several recurring motifs. One prominent theme is the inherent wisdom of the body, with phrases like 'you can feel okay now just knowing your body knows exactly how to create this peace now' and 'trusting your body to take care of you now' recurring throughout. These phrases emphasize the body's ability to create peace and comfort, as well as its capacity for self-healing. Another returning motif is that of balance, which is symbolized by 'stacks of smooth round stones' and later referenced in analogies such as 'the right tool for



killing a fly.' The script delves into factual information about the human body and its natural healing processes. Dr. Mau explains concepts like the immune reaction and the cytokine storm for the patient and its effect on their health. The cytokine storm is „like a hammer to a fly”, while suggesting that 'all the virus deserves is a flyswatter.' According to the script achieving balance is essential, akin to finding the right tool to address a problem.

Given that COVID-19 patients often experience difficulty breathing, references to wind and breathing recur throughout the script. Phrases such as 'the flow of the air' and 'gentle rustle of the breeze flowing like breath perhaps unnoticed in the leaves of the trees, powerful, sunlight dappling through as your breath just flows, easily, comfortably, effortlessly' evoke imagery of calm and ease. Additionally, the script includes a sentence aimed at easing inflammation ('imagine any inflammation fading away as that soothing cool breeze blows through your body, extinguishing any inflammation as the immune system leaves your body tissues in peace, protecting you from outside invaders and mutant cells') reinforcing the idea of the body's natural ability to heal and protect itself from external threats.

INFLAMMATORY BOWEL DISEASES (IBD)

Inflammatory bowel diseases (IBD) primarily encompass ulcerative colitis (UC) and Chron's disease (CD). These conditions are characterized by cytokine-driven inflammation of the gut (Strober et al., 2007). Physiological component also significantly contributes to symptom flares in IBD. Patients experiencing active disease often present with comorbidities such as depression or anxiety (Moser, 2014).

A commonly utilized hypnotic technique for treating IBD is gut-directed hypnotherapy, which was developed by Peter Whorwell's group in 1984 (Whorwell et al., 1984). The suggestions are aimed at controlling and normalizing gastrointestinal function. Common suggestions focus on improving pain and bloating (e.g. "There will be no more pain, no more bloating and no more discomfort"), bowel habits (e.g. "Your bowel habits will continue to improve day by day, week by week and month by month"), and enhancing the patients' health over time (e.g. "You will continue to get better and better and better"). Gut-directed often utilizes metaphors to aid in visualization and relaxation. The most frequently used metaphors include the imagery of a river, symbolizing the flow of the gastrointestinal tract, and the warmth of a hand. During therapy, patients place their hands on their abdomen while visualizing calmness and control over their gastrointestinal tract. Lastly, patients visualize medication as a protective shield against pain, bloating, discomfort, and abnormal bowel habits, reinforcing its role in managing symptoms and promoting gastrointestinal health (Peters et al., 2015).

Various researchers studied the effect of hypnosis on IBD treatment (Keefer & Keshavarzian, 2007; Mawdsley et al., 2008; Moser, 2014). I want to introduce one of them. This particular study proposed that hypnosis might reduce inflammation, both systemically and in the rectum, in patients with UC. The study involved 25 participants, with 17 undergoing the hypnosis protocol and eight in the control protocol.

Participants underwent baseline blood tests, measurements of rectal mucosal blood flow (RMBF), and sigmoidoscopy, a procedure to examine the rectum and obtain a rectal biopsy. A single hypnotherapist conducted all hypnosis sessions, beginning with a 20-minute discussion to establish rapport. This was followed by Spiegel's test of hypnotizability and a 50-minute trance using standard relaxation induction and deepening techniques, focusing on gastrointestinal symptom relief. Additionally, a sensory prop (the warmth of their hand) was utilized to evoke relief from inflammation, bleeding, and pain.

During the session, patients' blood pressure and heart rate were monitored every 15 minutes with patients rating the depth of trance on a scale



from 0 to 10. The control group listened to relaxing music for 50 minutes. After the hypnosis or control session, a second blood sample was taken, and previous measurements were completed. A final blood test was conducted 30 minutes later. Results showed a reduced pulse rate during hypnosis, along with lower concentrations of IL-6, IL-13, and histamine, as well as reduced rectal mucosal blood flow post-hypnosis. In conclusion, a single hypnosis session appeared to reduce various inflammatory markers at both systemic and rectal mucosal levels in UC patients. Multiple sessions may further enhance this effect, potentially improving the condition of IBS patients (Mawdsley et al., 2008).

INFLAMMATORY RESPONSE TO THERMAL INJURY

Studying the effect of hypnosis on burned patients presents challenges in controlling variables. Several studies have addressed this issue (Hammond et al., 1983; Margolis et al., 1983) along with case studies (Ewin, 1983). Researchers gave hypnotic suggestions within the first two hours post-burn, aiming to maintain the burned area “cool and comfortable.” Patients often describe their pain as burning and accepting this suggestion can alleviate the sensation, potentially exerting an anti-inflammatory effect. Hammond et al. (1983) also used hypnotic analgesia. The findings aren’t unified. Some researchers found that hypnotic suggestions during the first two hours post-burn may reduce the inflammatory response (Ewin, 1983; Hammond et al., 1983) while others found a difference between the hypnotized and the control group after two days in their urine output measuring fluid retention (Margolis et al., 1983). Moore and Kaplan (1983) took a different approach by giving suggestions of warmth to increase the blood flow of a given area, a day after the injury rather than suggestions of ‘cool and comfortable’ at onset. This strategy led to moderately increased blood flow and accelerated wound healing in five patients with symmetrical hand or thigh burns. The patients experienced a trance state to achieve an increased blood flow on one side of the injury. Four patients experienced rapid healing on the side with enhanced blood flow. The fifth patient experienced rapid healing on both sides. These results are seemingly in conflict with Ewin’s study. The standard treatment for bruises and sprains is to apply cold right after the injury and on the day after apply heat. Therefore, there is no inherent conflict between Moore & Kaplan’s and Ewin’s study. However, the small sample sizes or single-patient studies conducted by these researchers underscore the need for larger studies with controlled variables to replicate and validate these promising results in burn treatment.

DISCUSSION

This paper aimed to investigate the effect of hypnosis or hypnotic suggestions in inflammation treatment. I examined the relationship between inflammation and stress, the inflammatory response in COVID-19, inflammatory bowel diseases (IBD), and the inflammatory response to thermal injury. Stress increases the chance to develop chronic inflammation and elevates proinflammatory cytokine levels. Hypnosis appears to have a reducing effect on stress hormones such as cortisol and IL-6 cytokine. Many studies examined the role of cytokine storm in the severity of COVID-19. I presented Dr. Mau’s guided imagery process, which aims to complement the disease’s treatment. Hypnosis has shown a positive effect on IBD patients. Hypnosis with relaxation induction seems to be efficient, but there are also gut-directed hypnosis protocols aimed at reducing symptoms. The effect of hypnosis on the inflammatory response of burn injuries is challenging to research. There aren’t too many studies that focus on this relationship. I think we can say that hypnosis tends to positively affect patients with burn injuries, but the outcomes are not always consistent. In summary, pairing medical treatment with hypnotherapy reduces symptoms and can improve patients’ well-being.

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IJCEH

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RECENT ISSUE: VOLUME 72, ISSUE 2

The most recent issue of the IJCEH features six articles that encompass research, theory, and practice of Clinical Hypnosis for the treatment of several conditions including oral surgery, depression, and insomnia. Our lead article featured a research study targeting psychological mechanisms associated with self-hypnosis for insomnia, and additional articles continued to highlight insights from clinical practice, address theory, and research on clinical hypnosis. To further assess variables associated with sleep improvement, this issue also includes a cross-sectional survey with over 240 respondents on the perceptions of self-hypnosis for sleep, willingness to use and accessibility. This issue also features two articles currently open-access at the IJCEH. These include a scoping review on the perceptions, knowledge, and attitudes of clinical hypnosis in healthcare professionals, and a case study of clinical hypnosis as stand-alone anesthesia in the oral surgery of a highly hypnotizable patient.

PREVIEW OF UPCOMING ISSUE: VOLUME 72, ISSUE 3

The July issue of the IJCEH will feature an in memoriam in honor of Dr. Steven Lynn, and five articles. The leading article of this issue is a randomized clinical trial of Clinical Hypnosis as an adjunct to Cognitive Behavioral Therapy for the treatment of major depressive disorder. This issue also includes a research study exploring the effectiveness of combined Mindful Self-Hypnosis (MSH) with resistance training (RT) for the reduction of perceived stress among female college students. Additional papers are a systematic and meta-analytic review of EEG correlates of suggestion-



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Editor-in-chief

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induced Stroop interference reduction in highly suggestible individuals, a comprehensive review of hypnotherapy for inflammatory bowel disease management, and French norms and psychometrics for a shortened online adaptation of the Harvard Group Scale of Hypnotic Susceptibility (HGSHS:A).

PREVIEW OF UPCOMING SPECIAL ISSUE:- EUROPEAN SOCIETY OF HYPNOSIS - VOLUME 72, ISSUE 4

Our last issue of 2024 will be a special issue featuring new articles from researchers and clinicians that presented at the past European Society of Hypnosis XVI Congress. The topic of the conference was “Hypnosis Food for Body and Mind: An Integrated Approach to Healing”. This special issue of the *International Journal of Clinical and Experimental Hypnosis* will include a guest editorial provided by the Congress leaders and six articles, including articles focused on advancing research, theory, and practice in a wide range of topics. Look for this special IJCEH issue this upcoming October!

TRANSITIONING TO ONLINE-ONLY PUBLISHING

We are excited to announce that starting January 2025, the *International Journal of Clinical and Experimental Psychology* will be transitioning to online-only publishing. This means that volume 72, Issue 4 will be our last print issue. In our commitment to innovation and accessibility, this transition aims to provide benefits to authors and readers alike by eliminating delays associated with print distribution. This transition will expedite the timeline from submission to publication and will allow us to provide faster access to the latest academic articles published at the IJCEH on a rolling basis, attract more high-quality articles and research, and increase the number of articles available per issue.

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Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).



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FROM THE ARTICLES PUBLISHED IN THE
MOST RECENT ISSUE OF THE
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ABSTRACTS FROM THE
JANUARY 2024 ISSUE – VOLUME 72 (1)

EXPLORING VARIABLES ASSOCIATED WITH THE EFFECTS OF A SELF-ADMINISTERED HYPNOSIS INTERVENTION FOR IMPROVING SLEEP QUALITY

Cameron T. Alldredge, Morgan Snyder, Samuel R. Stork, and Gary R. Elkins

About two thirds of college students rate their sleep as suboptimal which is associated with a variety of additional issues. Poor sleep is shown to follow certain pre-sleep cognitive activity that inhibits sleep onset and sleep quality. Preliminary evidence suggests that a self-administered hypnosis intervention is feasible in improving sleep within a college student population, and the current study explores potential correlating variables to inform future mechanistic research. Twenty-two college students who self-reported poor sleep quality utilized a three-week self-administered hypnosis intervention while completing baseline and endpoint measures of sleep quality, insomnia symptoms, and psychological factors. Results indicated that participants experienced significant improvement with large effects in sleep quality ($d = -1.21$) and significant decreases in insomnia symptoms ($d = 1.05$) from pre- to post-intervention. Significant improvements were also observed on measures of pre-sleep arousal and worry. The results suggest that a self-administered hypnosis intervention may modulate pre-sleep cognitive activity associated with poor sleep quality.

EXPLORING THE UNDERUTILIZED POTENTIAL OF CLINICAL HYPNOSIS: A SCOPING REVIEW OF HEALTHCARE PROFESSIONALS' PERCEPTIONS, KNOWLEDGE, AND ATTITUDES.

Malwina Szmaglinska, Lesley Andrew, Debbie Massey, and Deborah Kirk

The perceptions, knowledge, and attitudes of healthcare professionals (GPs, oncologists, nurses, midwives and obstetricians, anesthetists, men-



tal health professionals, and other professionals) towards hypnosis are explored in this scoping review. Despite proven effectiveness in various health conditions, the use of hypnosis in healthcare has stagnated, emphasizing a gap between research and practice. Data from 35 studies (1995-2023) were analyzed, revealing predominantly positive attitudes and interest in training. Professionals with more knowledge and experience had favorable attitudes toward hypnosis compared to those with limited exposure or understanding of the practice. The main obstacles were insufficient time and inadequate training. Considering the growing interest in complementary therapies, the need for education in hypnosis for healthcare professionals is highlighted. Barriers to integration require exploration for a focused research agenda supporting knowledge translation and implementation.

AGING ADULTS' WILLINGNESS, PREFERENCES, AND ACCESS TO SELF-HYPNOSIS FOR SLEEP: A CROSS-SECTIONAL SURVEY

Nathan Wofford, Carolyn R. Rausch, and Gary R. Elkins

Sleep disturbance is a public health problem among aging adults (age 45 and older). While aging adults are at an elevated risk for sleep disturbance, many also have high rates of mistrust towards psychological interventions, such as self-hypnosis, which may be beneficial for sleep. The purpose of the study was to assess factors that may impact utilization of self-hypnosis for sleep, including willingness, preferences, and access among informed aging adults. 244 aging adults were recruited. After reading an information sheet on self-hypnosis for sleep, participants completed questionnaires assessing sleep related worry, stress, and perceptions of self-hypnosis for sleep, including willingness, benefits, barriers, preferences, and access. The findings indicated that informed aging adults were willing to engage in self-hypnosis for sleep, regardless of their race or gender. Furthermore, they preferred technological delivery methods (i.e., telehealth or smartphone apps) with flexible scheduling options. However, very few participants endorsed having access to self-hypnosis.

HYPNOTHERAPY AS TREATMENT FOR DEPRESSION: A SCOPING REVIEW

Jolene Pang Wan Vun, Ponnusamy Subramaniam, Noh Amit, Suzaily Wahab, and Ahmed A. Moustafa

This scoping review aims to provide a comprehensive overview of studies that explore the use of hypnotherapy as a treatment for depression, adhering to the PRISMA-ScR guidelines. A total of 232 articles were identified through systematic search strategies in four databases. Following rigorous screening, 14 studies, varying from case studies to randomized controlled trials, were included in the final review. The age range of participants spanned from 18 to 70 years, and the number of female participants generally exceeded that of males in these studies. Hypnotherapy was found to be frequently used as an adjunct treatment alongside various types of psychotherapy such as cognitive behavioral therapy and often included techniques like hypnotic induction, ego strengthening, and self-hypnosis. The treatment duration varied from 3 sessions to as long as 20 weekly sessions. Most importantly, the majority of the studies found hypnotherapy to be effective in reducing symptoms of depression, with some studies suggesting it has superior effects to antidepressant treatment in areas such as overall health and vitality. This review highlights the potential of hypnotherapy as a viable treatment option for depression and highlights the need for further controlled studies to establish its efficacy.

IMPAIRMENT OF HYPNOSIS BY NOCEBO RESPONSE AND RELATED NEUROVEGETATIVE CHANGES: A CASE REPORT IN ORAL SURGERY

Luca Queirolo, Enrico Facco, Christian Bacci, Carla Mucignat, and Gastone Zanette

This article presents the third molar removal in a highly hypnotizable patient, who had been successfully submitted to oral surgery with hypnosis as stand-alone anesthesia in previous sessions. Unexpectedly, hypnosis initially failed, as a result of a nocebo response due to a previous dentist's



bad communication; two complaints made by the patient were associated with increased sympathetic activity (as defined by increased heart rate and electrodermal activity and decreased heart rate variability). After deepening of hypnosis, the patient achieved a full hypnotic analgesia allowing for a successful conclusion of the intervention, an event associated with decreased heart rate, electrodermal activity and increased heart rate variability. Hence, the initial failure was paralleled by a decreased parasympathetic activity and increased sympathetic activity, while hypnotic analgesia was associated with the opposite pattern. The patient's postoperative report indicated that the initial failure of hypnosis depended on a strong nocebo effect because of a previous dentist distrusting hypnosis and persuading her that it was not enough to face a third molar removal.

IMPLICIT RAPPORT: SOME INTRODUCTORY COMMENTS

Robert Staffin

"The relationship" is often cited as an essential aspect of successful psychotherapy. But what is it about the relationship that contributes to positive outcomes in treatment? This article introduces the concept of implicit rapport. Implicit rapport is, in the parlance of social psychology, an element of influence. Influence represents those things to which we respond without our being aware of what it is to which we are responding. Implicit rapport is here defined as, that category of behaviors or interventions that occur within the context of the clinical encounter and are designed or intended to promote a sense of feeling known, understood, valued, and safe. It is characterized as implicit because the variety of interactions that are being referred to are not likely to be overtly or explicitly recognized by the client but, nonetheless, influences their willingness to commit to the work of psychotherapy. Clinical vignettes will be presented to provide examples of how implicit rapport is conceptualized and actualized.



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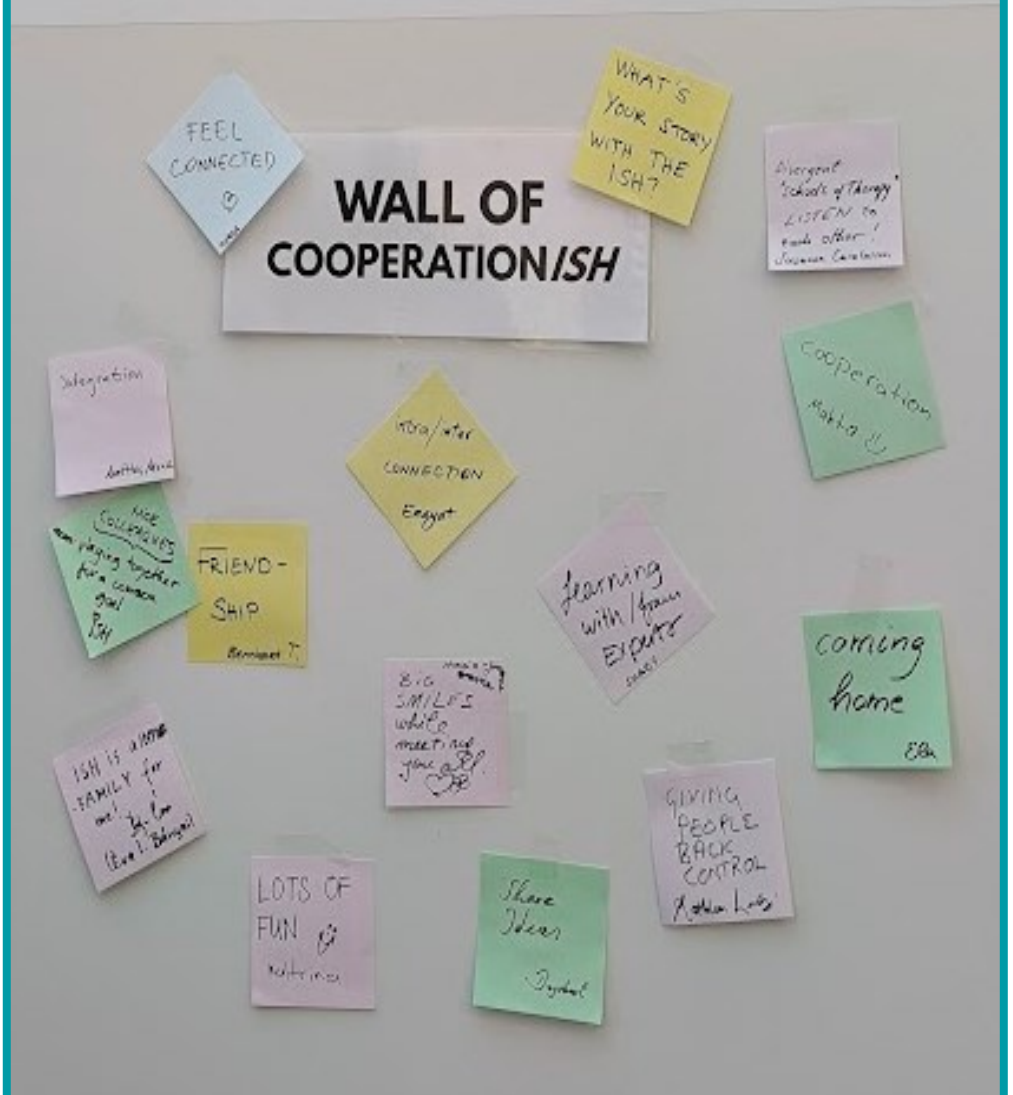
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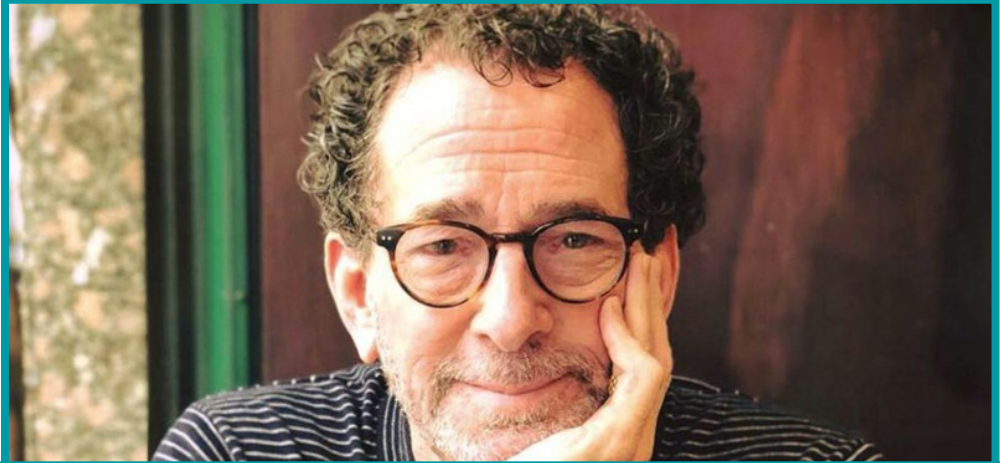
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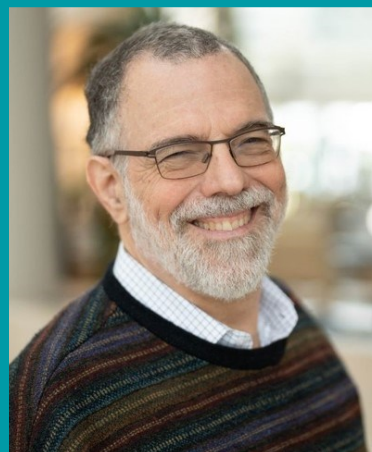


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For a NEW Individual membership application, if you are already a member of a Constituent Society of ISH, [click here](#).

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