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President's Letter

Kathleen Long



This will be the last newsletter before the ESH Congress 2023 in Antalya and my last letter as ESH President. It has been a great honour to be President of ESH for the past three years and a member of the ESH board for 12 years. The onset of COVID changed many things including our ability to run our Congress in Basel in 2020. Our colleagues in Switzerland paid a heavy price because of the unexpected cancellation and all of us in ESH owe them thanks for this. Not only could we not meet but we had to work quickly to look at different ways of communication with our members. That included holding elections using the internet and moving forward as a virtual board.

I like to think that we have had several successes over the past few years. One of them would be the virtual meeting that we have held regularly over the past three years with the Presidents and representatives of our constituent societies. These meetings have been well attended and have facilitated communication between the ESH board and the Constituent Societies. The meetings have also helped to forge contacts between the different constituent societies.

One of our other successes, I believe, was to create a closer relationship with the International Society of Hypnosis while continuing to mutually appreciate our distinct identities. These areas of increased co-operation include research and the agreement to have joint meetings biannually to look at areas where we could work together. The creation of the Crisis Intervention Committee was an initiative where both ESH and ISH made significant contributions to the education and support to our members working with those affected by the war in Ukraine. The intention is to continue with the CIC, perhaps with a new name, and to develop it into a resource for all those affected by any crisis where our input can make a difference. I invite those of you who want to take this

development forward to attend our next meeting of the CIC which is on Wednesday 13th September.

A President is only as good as the members of the board, and I have been lucky to work with an enthusiastic and productive group of colleagues. I would like to take this opportunity to thank them all for their hard work and selflessness.

The CoR meeting at the ESH Congress in Antalya will decide what the composition of the new ESH board will be. It is an important Congress for the ESH as it is the first time in six years that we have had the opportunity to meet face to face. We can once again engage with our colleagues and friends and learn from the many great presenters who will be there. We can look forward to the presentation of the ESH awards and the gala dinner. ESH will also be celebrating their 50th anniversary during the Congress.

On behalf of the ESH board I would ask you to support the Congress in Antalya for two reasons. The first is that THD has gone to enormous efforts to ensure that the Congress will be a success. The second is that this is your Congress, and its success depends not on THD but on all of us as members of ESH.

I look forward to seeing you all in Antalya and I thank you for the honour of being your President for the past 3 years.

French Translation

G rard Fitoussi

Cette newsletter sera la derni re avant le Congr s ESH 2023 qui se tiendra   Antalya et ma derni re lettre en tant que pr sidente de l'ESH. Ce fut un immense honneur de servir en tant que pr sidente de l'ESH au cours des trois derni res ann es et en tant que membre du conseil d'administration de l'ESH pendant 12 ans. L'apparition du COVID a engendr  d'importants changements, notamment en ce qui concerne notre capacit    organiser le congr s   B le en 2020. Nos coll gues en Suisse ont d  supporter les lourdes cons quences de cette annulation impr vue et nous tous, membres de l'ESH, leur devons des remerciements pour cela. Non seulement nous n'avons pu nous rencontrer, mais nous avons d   galement r agir rapidement afin de trouver diff rents moyens pour maintenir le lien avec nos membres. Cela impliquait la tenue d' lections sur Internet et la mise en place d'un conseil d'administration virtuel.

J'aime   penser que nous avons enregistr  plusieurs succ s au cours des derni res ann es. Parmi eux se distingue la tenue r guli re de r unions virtuelles au cours des trois derni res ann es avec les pr sidents et les repr sentants de nos soci t s constituantes. Ces r unions ont suscit  un grand int r t, avec de nombreux participants et ont facilit  la communication entre le conseil d'administration de l'ESH et les soci t s constituantes. Elles ont  galement favoris  l' tablissement de contacts entre les diff rentes soci t s constituantes.

L'un de nos autres succ s, je crois, a  t  l' tablissement d'une relation plus  troite avec la Soci t  Internationale d'Hypnose, tout en maintenant l'appr ciation mutuelle de nos identit s respectives. Ces domaines de coop ration renforc e comprennent la recherche et l'accord en vue de l'organisation de r unions conjointes biennales, destin es   examiner les domaines dans lesquels

une collaboration pourrait être envisagée. La création du Comité d'intervention de crise a constitué une initiative à laquelle ESH et ISH ont apporté des contributions significatives dans l'éducation et le soutien de nos membres œuvrant auprès des personnes affectées par la guerre en Ukraine. L'intention est de maintenir le CIC, peut-être sous un nouveau nom, et de le développer afin d'en faire une ressource pour toutes les personnes touchées par une crise, là où notre contribution pourrait réellement faire une différence. J'invite ceux d'entre vous qui souhaitent contribuer à cette évolution à participer à la prochaine réunion du CIC prévue le mercredi 13 septembre.

La qualité d'un président dépend grandement des membres du conseil d'administration qui l'accompagne, et j'ai eu la chance de travailler avec un groupe de collègues enthousiastes et productifs. Je saisis cette occasion pour les remercier tous pour leur dévouement et leur altruisme.

La réunion du Conseil de Représentation (CoR) lors du congrès de l'ESH à Antalya décidera de la composition du nouveau conseil d'administration de l'ESH. C'est un congrès important pour l'ESH, car il marque la première occasion en 6 ans de nous rencontrer en personne. Nous pouvons une fois de plus dialoguer avec nos collègues et amis et apprendre auprès des nombreux présentateurs de qualité qui seront là. Nous sommes impatients d'assister à la remise des prix de l'ESH ainsi qu'au dîner de gala. L'ISH célébrera également son 50e anniversaire lors du Congrès.

Au nom du conseil d'administration de l'ESH, je vous prie de bien vouloir soutenir le congrès d'Antalya pour deux raisons: la première réside dans les efforts considérables déployés par THD pour assurer la réussite de ce Congrès et la seconde est que ce Congrès est le vôtre et que son succès ne dépend pas uniquement sur THD, mais repose sur nous tous en tant que membres de l'ESH.

J'attends avec impatience de vous retrouver à Antalya et je vous remercie pour l'honneur que vous m'avez fait en me confiant la présidence au cours des trois dernières années.

German Translation

Stella Nkenke

Dies ist der letzte Newsletter vor dem ESH-Kongress 2023 in Antalya und mein letzter Brief als ESH-Präsidentin. Es war mir eine große Ehre, in den letzten drei Jahren Präsidentin der ESH und seit 12 Jahren Mitglied des ESH-Vorstands zu sein. Der Ausbruch von COVID hat vieles verändert, so auch die Möglichkeit unseren Kongress 2020 in Basel durchzuführen. Unsere Kolleginnen und Kollegen in der Schweiz haben wegen der unerwarteten Absage einen hohen Preis bezahlt und wir alle in der ESH sind ihnen dafür zu Dank verpflichtet. Wir konnten nicht nur nicht tagen, sondern mussten auch schnell nach neuen Wegen der Kommunikation mit unseren Mitgliedern suchen. Dazu gehörte auch, dass wir die anstehende Wahl über das Internet abhielten und als virtueller Vorstand weitermachten.

Ich denke, dass wir in den letzten Jahren einige Erfolge verzeichnen konnten. Einer davon ist die virtuelle Sitzung, die wir in den letzten drei Jahren regelmäßig mit den Präsidenten und Vertretern unserer Mitgliedsgesellschaften abgehalten haben. Diese Treffen waren gut besucht und haben die Kommunikation zwischen dem ESH-Vorstand und den Mitgliedsgesellschaften erleichtert. Die Treffen haben auch dazu beigetragen, Kontakte zwischen den verschiedenen societies zu knüpfen.

Ein weiterer Erfolg war meines Erachtens die Herstellung einer engeren Beziehung zur ISH (international Society of Hypnosis), wobei wir unsere unterschiedlichen Identitäten weiterhin gegenseitig schätzen. Zu diesen Bereichen der verstärkten Zusammenarbeit gehören die Forschung und die Vereinbarung, halbjährlich gemeinsame Sitzungen, um zu prüfen, in welchen Bereichen wir zusammenarbeiten könnten. Die Gründung des Kriseninterventionskomitees war eine Initiative, bei der sowohl die ESH als auch die ISH wichtige Beiträge zur Ausbildung und Unterstützung unserer Mitglieder leisteten, die mit den vom Krieg in der Ukraine Betroffenen arbeiten. Es ist beabsichtigt, den CIC fortzuführen, vielleicht mit einem neuen Namen, und ihn zu einer Ressource für alle von einer Krise Betroffenen zu machen, in der unser Beitrag etwas bewirken kann. Ich lade diejenigen von Ihnen ein, die diese Entwicklung vorantreiben wollen, an der nächsten Sitzung des CIC am Mittwoch, dem 13. September, teilzunehmen.

Ein Präsident ist nur so gut wie seine Mitglieder, und ich hatte das Glück, mit einer enthusiastischen und produktiven Gruppe von Kollegen zusammenzuarbeiten, denen ich an dieser Stelle für ihre harte Arbeit und Selbstlosigkeit danken möchte.

Die CoR-Sitzung auf dem ESH-Kongress in Antalya wird über die Zusammensetzung des neuen ESH-Vorstands entscheiden. Es ist ein wichtiger Kongress für die ESH, denn es ist das erste Mal seit sechs Jahren, dass wir die Gelegenheit haben, uns von Angesicht zu Angesicht zu treffen. Wir können uns wieder mit unseren Kollegen und Freunden austauschen und von den vielen großartigen Referenten, die anwesend sein werden, lernen. Wir können uns auf die Verleihung der ESH-Preise und das Gala-Dinner freuen. Die ISH wird während des Kongresses auch ihr 50-jähriges Bestehen feiern.

Im Namen des ESH-Vorstands möchte ich Sie bitten, den Kongress in Antalya aus zwei Gründen zu unterstützen. Erstens hat die THD enorme Anstrengungen unternommen, um sicherzustellen, dass der Kongress ein Erfolg wird. Zweitens ist dies Ihr Kongress, und sein Erfolg hängt nicht von der THD ab, sondern von uns allen als Mitglieder der ESH.

Ich freue mich darauf, Sie alle in Antalya zu sehen, und ich danke Ihnen für die Ehre, in den letzten drei Jahren Ihre Präsidentin gewesen zu sein.

Spanish Translation

José Cava

Este será el último boletín antes del Congreso de ESH 2023 en Antalya y mi última carta como presidenta de ESH. Ha sido un gran honor ser presidente de ESH durante los últimos tres años y miembro de la junta de ESH 12 años. La aparición del COVID cambió muchas cosas, incluida nuestra capacidad para celebrar el Congreso en Basilea en 2020. Nuestros colegas en Suiza pagaron un alto precio por esta cancelación inesperada y todos en ESH debemos agradecerse. No sólo no pudimos reunirnos sino que tuvimos que trabajar rápidamente para buscar diferentes formas de comunicación con nuestros miembros. Eso incluía celebrar elecciones utilizando Internet y seguir funcionando como una junta virtual.

Me gusta pensar que hemos conseguido varios éxitos en los últimos años. Uno de ellos sería las reuniones virtuales que hemos celebrado periódicamente durante los últimos tres años con los

presidentes y representantes de nuestras sociedades constituyentes. Estas reuniones contaron con una gran asistencia y facilitaron la comunicación entre la junta directiva de ESH y las sociedades

constituyentes. Las reuniones también han ayudado a establecer contactos entre las diferentes sociedades constituyentes.

Creo que otro de nuestros éxitos fue el crear una relación más estrecha con la Sociedad Internacional de Hipnosis y al mismo tiempo seguir reconociéndonos mutuamente nuestras distintas identidades. Estas áreas de mayor cooperación incluyen la investigación y el acuerdo de celebrar reuniones conjuntas cada dos años para analizar áreas en las que podríamos trabajar juntos. La creación del Comité de Intervención en Crisis fue una iniciativa en la que tanto ESH como ISH hicieron contribuciones significativas a la educación y el apoyo a nuestros miembros que trabajan con los afectados por la guerra en Ucrania. La intención es continuar con el CIC, tal vez con un nuevo nombre, y convertirlo en un recurso para los afectados por cualquier crisis donde nuestra aportación puedan marcar la diferencia. Invito a aquellos que quieran seguir colaborando en esta iniciativa a asistir a la próxima reunión del CIC, que será el miércoles 13 de septiembre.

Un presidente es tan bueno como los miembros de la junta directiva y he tenido la suerte de trabajar con un grupo de colegas entusiastas y productivos. Me gustaría aprovechar esta oportunidad para agradecerles a todos su esfuerzo y dedicación.

La reunión del CDR en el congreso de ESH en Antalya decidirá cuál será la composición del nuevo consejo de ESH. Es un congreso importante para la ESH ya que es la primera vez en 6 años que tenemos la oportunidad de reunirnos presencialmente. Una vez más podemos relacionarnos con nuestros colegas y amigos y aprender de muchos grandes presentadores que estarán allí. Esperamos con impaciencia la entrega de los premios ESH y la cena de gala. ISH también celebrará su 50 aniversario durante el congreso.

En nombre de la junta directiva de ESH te pido tu apoyo al congreso de Antalya por dos razones. La primera es que THD ha realizado enormes esfuerzos para garantizar que el congreso sea un éxito. La segunda es que éste es tu congreso y su éxito no depende de THD sino de todos nosotros como miembros de ESH.

Espero poder verlos a todos en Antalya y os agradezco el honor de ser vuestra presidenta durante los últimos tres años.

Italian Translation

Consuelo Casula

Questa è l'ultima newsletter prima del Congresso ESH 2023 di Antalya e la mia ultima lettera come Presidente ESH. È stato un grande onore essere Presidente della ESH negli ultimi tre anni e membro del suo consiglio direttivo per 12 anni. L'inizio del COVID ha cambiato molte cose, inclusa la nostra capacità di organizzare il Congresso a Basilea nel 2020. I nostri colleghi Svizzeri hanno pagato un prezzo elevato a causa della cancellazione inaspettata e tutti noi della ESH dobbiamo loro i nostri ringraziamenti per questo. Non solo non potevamo incontrarci, ma abbiamo dovuto lavorare velocemente per trovare diverse modalità di comunicazione con i nostri membri. Ciò includeva lo svolgimento di elezioni utilizzando Internet e organizzare un consiglio virtuale.

Mi piace pensare che abbiamo ottenuto diversi successi in questi ultimi anni. Uno di questi riguarda l'incontro virtuale che abbiamo tenuto regolarmente negli ultimi tre anni con i presidenti e i rappresentanti delle nostre società costituenti. Questi incontri hanno registrato una buona partecipazione e hanno facilitato la comunicazione tra il consiglio ESH e le società costituenti. Gli incontri hanno anche contribuito a creare contatti tra le diverse società costituenti.

Un altro successo, credo, è stato quello di creare un rapporto più stretto con la Società Internazionale di Ipnosi pur continuando ad apprezzare reciprocamente le nostre distinte identità. Queste aree di maggiore cooperazione includono la ricerca e l'accordo di tenere riunioni congiunte ogni due anni per esaminare le aree in cui potremmo lavorare insieme. La creazione del comitato di intervento in caso di crisi (CIC) è stata un'iniziativa in cui ESH e ISH hanno dato un contributo significativo per l'istruzione e il sostegno dei nostri membri che lavorano con persone colpite dalla guerra in Ucraina. L'intenzione è quella di continuare con il CIC, magari con un nuovo nome, e di trasformarlo in una risorsa per tutti coloro che sono colpiti da qualsiasi crisi in cui il nostro contributo può fare la differenza. Invito coloro che vogliono collaborare a questo progetto a partecipare al nostro prossimo incontro del CIC che si terrà mercoledì 13 settembre.

Un presidente vale quanto valgono i membri del consiglio di amministrazione e ho avuto la fortuna di lavorare con un gruppo di colleghi entusiasta e produttivo. Vorrei cogliere l'occasione per ringraziarli tutti per il loro duro lavoro e altruismo.

La riunione del consiglio dei rappresentanti al congresso ESH di Antalya deciderà quale sarà la composizione del nuovo consiglio ESH. È un congresso importante per la ESH poiché è la prima volta in sei anni che abbiamo l'opportunità di incontrarci faccia a faccia. Possiamo ancora una volta interagire con i nostri colleghi e amici e imparare dai numerosi grandi relatori presenti. Non vediamo l'ora della consegna degli ESH Awards e della cena di gala. Durante il Congresso, l'ISH festeggerà anche il suo cinquantenario.

A nome del consiglio di amministrazione dell'ESH vi invito a sostenere il congresso di Antalya per due motivi: il primo è che THD ha compiuto sforzi enormi per garantire il successo del Congresso; la seconda è che questo è il vostro congresso, e il suo successo non dipende dalla THD ma da tutti noi come membri della ESH.

Non vedo l'ora di vedervi tutti ad Antalya e vi ringrazio per l'onore di essere stato il vostro Presidente negli ultimi tre anni.

Editor's Letter

Consuelo Casula

This is the last ESHNL issue of the triennial 2020-2023. For me it is also the last in my function as its editor, a function started under the Presidency of Nicole Ruyschaert (2011-2014), ended during my Presidency (2014 -2017), resumed during the Presidency of Martin Wall/G rard Fitoussi (2017-2020) and continued during that of Kathleen Long (2020-2023). I hope the readers enjoyed reading it and are satisfied with what ESHNL has offered them over the years.

This issue starts with Kathleen Long's interesting interview with Karmit Ariely Kagan, the first female president of IISH, who talks about her predominantly female board. The interview is followed by reflections of the regular contributors of the ESHNL such as G rard Fitoussi, Peter Naish, Marie-Jeanne Bremer, Ali  zden  zt rk, Stella Nkenke and Randi Abrahamsen, who is the candidate selected by the board to run for becoming ESH President Elect.

In each issue I have kept the ESHNL motto *Continuity and Innovation* in mind, highlighting the *Continuity* that is worth safeguarding and the *Innovation* based on preserving the values of *Continuity* in a creative way. This is the reason why in this issue I propose *Continuity* by publishing the abstracts of the keynote speakers, and of the Special Guests, all of them well known representatives of the hypnosis community. The first creative air of *Innovation* is offered by interviews of young Invited Addresses, some of whom are participating at an ESH congress for their first time. In addition, there are short interviews with presidents and board members of some ESH Constituent Societies and other colleagues who have never been (physically) able to take part in an ESH congress before.

My heartfelt gratitude goes to the generous translators G rard, Stella and Jos  Cava for their dedication in translating respectively into French, German and Spanish. My appreciations also goes to Fabio Carnevale who translated the President's letter into Italian and took care of the ESHNL visuals until the last issue of December 2022, when he resigned. A special recognition goes to all the colleagues who agreed to be interviewed by Kathleen, Randi, G rard, Marie-Jeanne, Stella and me. Their kind willingness to respond to interviews has allowed ESHNL readers to get to know their confederate of different nationalities and professions: without their contribution ESHNL would have been poorer. Last but not least, deep-felt thanks to our ESH president Kathleen Long who, with her positive attitude and creativity, has made it easier for all of us to overcome these post-Covid years.

With this final editor's letter I wish to also bid farewell to the board of ESH I have served on since the 2008 Vienna Congress, and to express my deep gratitude because these past 15 years with ESH have enriched me personally and professionally. I am pleased to conclude this mandate with the awareness of leaving the Board and ESH in good hands: In Antalya G rard Fitoussi will officially become the new ESH president.

In the end, my deepest gratitude goes to Ali  zden  zt rk for his adamant commitment in organizing this congress.

I wish each reader to enjoy the relational and professional component of the congress, to meet old friends and make new ones and above all to return home with a wealth of new creative ideas to personally experiment on in their practice. See you soon in Antalya.

Interview with Karmit Ariely Kagan By Kathleen Long

First of all Congratulations on your Presidency of IsSH and also being the first woman President of your Society. Can you give me a little information about yourself and your background.



No wonder the time I find to answer you is several hours before I terminate my candidacy as President of IsSH. I was born in Haifa (in the northern part of Israel). My family moved to Heidelberg, Germany when I was nine. There my father studied medicine and dental surgery simultaneously. I came back to Israel when I was 16 finished high school and joined the army for two years as all secular women do in Israel. Most religious women aren't serving in the army and ultra-orthodox are not at all.

I studied B.A. in psychology and an honorary students' program at Haifa University, where I studied for my M.A. in clinical psychology. Throughout the years I worked as a research assistant. While I began my internship in child psychology, I worked as a Women's Studies Moderator appointed by Prof. Marilyn Safir from

the University of Haifa. When I got married, we moved to the Tel Aviv area approx. 35 years ago, and since then we have lived in Giv'at Shmuel. Our town was secular then, nowadays the population is mainly orthodox. I proceeded with my internship at Geha Mental Health Center with children and adolescents and worked at a private Mental Health Institute, part wise with hard hearing. This is when I learned EMDR. I am EMDR Consultant for 15 years. I then opened a private clinic with children, adolescents, and adults practicing CBT and EMDR. Using the same tools, I worked for five years with hard-hearing children and adolescents in Shema Tel Aviv, mainly consulting the staff (teachers and speech therapists) as well as treating patients. Since then, I have worked in my private clinic, also as an independent supplier of the Ministry of Defense.

I learned Hypnosis in 2004 and joined the IsSh. In 2005 I was licensed, in 2013 I was appointed chairman of the Audit Committee of IsSh and a year and a half later I joined the Board of IsSh. In 1916 I was elected again to the Board and Vice-President of IsSh. Being responsible for the monthly seminars of IsSh, I was "infected" again by the "research virus" and I decided to do field research. I was lucky to be introduced to my Ph.D. Supervisor Prof. Orly Sarid from the Social Work Department of the Ben Gurion University of the Negev, Beer-Sheva, in the southern part of Israel. I began studying for my Ph.D. in 2019 and in 2021 I conducted field research in Bene Berak on ultra-orthodox women who had a miscarriage. It was a prospective study design, RCT, using CBI. I am writing my Ph.D. thesis now.

I am married. I have 3 daughters: the eldest is a resident in Pediatrics at Sheba Hospital; today the second daughter finished a year of her internship as a lawyer at the High Court, and the youngest is an officer in the IDF.

How long have you been doing Hypnosis and what attracted you to it in the first place?

I have practiced formal hypnosis since 2004, however, I found out that I had practiced informal hypnosis for many years before. During my EMDR level II, I was asked by the supervisor whether I practiced hypnosis, as my work looked hypnotic. So, I decided to learn what I was doing not knowing.

How do you use hypnosis in your own practice with patients that you see?

I share the view that therapy needs to be patient-tailored: The decision whether and how to use hypnosis depends on the patients, their diagnosis, hypnotic susceptibility, age, motivation, and of course what they ask for. I do not use formal hypnosis unless I am sure it is completely safe for the patients, and that they feel safe. With children, I always allow the parent to be present if the child wishes it (this is true also when I don't use hypnosis). Adolescents and adults may record the sessions or have somebody they wish with them during the sessions or sit in the waiting room.

Are there any hypnotherapists who have been influential or have inspired you on your own hypnosis journey?

Of course, Milton Erickson. Israeli Hypnotherapists such as Dr. Alex Solomonovich, Dr. Eitan Abramowitz, Dr. Dalia Gilboa, Dr. Udi Bohnstein and of course from Turkey Dr. Ali Özden Öztürk, whom I met in 2018 in Manchester.

Israel, unlike many countries including the UK, has some of the strictest regulations on who can use hypnosis. How important is this in your opinion?

I think the regulations are very important, especially, as we don't have any regulations on psychotherapy – only on psychologists and psychiatrists. In my opinion, social workers and nurses with M.A. degrees should be included in the professions that are allowed to be licensed in hypnosis.

How long is your Presidency for and what would you like to achieve during your time as President?

Usually, it is three years. I decided to terminate my Presidency after aprox. 40% of the time, and in fact tonight the Presidency will pass to the Vice-President Ms. Ela Barr. So, we will have a second female President, which will ensure that the feminist point of view will be further based. Our Board (mainly women) solved many administrative deficiencies and problems, including some that former Boards did not manage to solve. We also made many changes: We changed the location of our monthly seminars to a better and more respectable location where we could also share the seminars on Zoom. All seminars are given with delicious refreshments in a professional and warm atmosphere. We made membership tax paying user-friendly through our site. We added on our site many lectures on video for our members, and we made a significant facelift to our Facebook. We translated our Constitution and Ethical Code into English, as we plan to have an English site. We joined ISH after many years, which is an honor as well as an opportunity to contribute and be contributed by a variety of professionals around the world. We had a successful annual two-and-a-half-day Convention ("Hypno") last May with lectures as well as 20 workshops and hypnotic social evenings with wonderful music and programs. The convention took place in totally calm

atmosphere, though we had "a few rockets" targeting the southern and center of Israel. We had no cancellations of workshops or members due to the political situation.

How many members are there in your society? Tell us something about your society, when was your society established, something regarding the different professions/specialisations of your membership and what is the makeup of your board?

We have approximately 240 members. Our Society was established in 1962 by Dr. Morris Kleinhaus, but it was changed in 1984 when the hypnosis law was legislated. Before 1984 we had also social workers as members. Nowadays only medical doctors, dentists, and licensed psychologists are allowed to practice hypnosis, so these are the professions of our members. Our Board consists of four female members plus me and one male. Almost all are psychologists, we have one medical doctor.

Do you have any hobbies?

Yes, growing orchids succulents, and cacti and travelling. I love learning new things and I love investigating. Right now, the plants get less attention due to my studies, as well as my private involvement in our struggle to maintain our democracy and help to change Israel's society to a fair and socially balanced one. I plan to draw again when "I grow older" and have some spare time, probably not in the next twenty years.

Will you attend the ESH Congress in Antalya 2023?

Sorry, I registered in April and had to cancel recently, however, the new President will attend.

Tell me something about yourself that we might find surprising about you?

I enjoy children's books especially when they have hand-painted illustrations and rhyme.

Farewell from the ESHNL Contributors

Randi Abrahamsen



This was my second period of the ESH board, but a very different one. You think you have a lot of time to get things done, but three years pass very quickly. This period has also been very different due to Covid. I still remember how relieved I was at our first Zoom meeting during the Covid period, to find out that we all were well. During Covid time I have really missed the on-site meetings with brainstorming and development of new ideas. Zoom meetings are good to keep in touch and approve regular items, but it is so much more fruitful when you sit together and exchange ideas. I am very happy, that we all contributed to the ESH newsletter with Consuelo as editor. For me it has been a special privilege to do the interviews of mostly dentists. It has been a very interesting chance to get to know people and societies better.

With the interviews with dentists, I hope we will get to know each other and it will be easier to talk to each other, when we meet at congresses. Hopefully we can create a dental network across societies.

I have been the chair of CEPE (Committee on Educational Programs in Europe). According to regulations of ESH, CEPE should propose common criteria of education in the field of hypnosis and set the criteria for the European Society of Hypnosis Certificate (ESHC). I am very happy every time we are able to renew an accreditation and even more when we welcome a new society that becomes accredited. We also continue to award applicants with the ESH Certificate. It is my hope, that highlighting this in our Newsletter might encourage more people to apply for the ESH certificate allowing us to make an outstanding difference to other hypnosis educations outside health care systems. CEPE has also created a database of education. We are very thankful to the societies that have contributed to the database and hope it can be of great inspiration for other societies. It would make us happy if more societies would share their programmes. The last initiative of CEPE is educational videos, which are now available through our webpage. A member of an ESH society could sit at home watch the videos. This could hopefully be of great inspiration in hypnosis work.

As a member of the research committee, chaired by Peter Naish, I have been involved in our research project and finally we now have an electronic version in English of the questionnaires for patients to use and other languages are coming as well. I hope, this can engage many clinicians among our societies to help us collect data of how hypnosis is working in clinical practice. This study would really make a difference for the hypnosis world.

The ESH congress in Antalya is coming closer and it is time for elections again. I am really committed to the ESH board. My greatest wish is to be re-elected, as I am a candidate for the President-Elect, selected by the ESH board.

The Congress program is very interesting and promises a great event. I hope many people will come. It is your congress and the first chance in a very long time to meet with hypnosis colleagues from all over the world. I hope you will come and bring a friend! I am looking forward to meeting you in Antalya.

Marie- Jeanne Bremer



2020-2023: experiencing ESH more closely.

“Would you like to make a review of one or two Workshops presented at the Congress of Manchester in 2017?” Without hesitation I accepted and so this gentle request from Consuelo was the starting point of my active participation in ESHNL, participation reinforced during the three years in the Board. I must confess that the first months in the Board were somewhat difficult as Covid-19, allowing meetings only by zoom, was far away from being a door-opener. My poor school- English, dating from my teen-age years, did not improve the situation.

However, the possibility to make contributions to ESHNL has been very stimulating and for some reviews I was guided by two major concerns. On the one hand, there is the growing knowledge about the pervasive impact of adverse childhood experiences on mental, physical, and social health; and trauma

is often very complex and cannot be reduced to PTSD. On the other hand, I was for some time responsible for suicide prevention in Luxembourg and still have focus on preventive measures. Treating traumatic reactions as early and as well as possible prevents symptoms from becoming chronic. Hypnosis provides us with good tools to process difficult experiences.

Furthermore, I particularly enjoyed the regular meetings with the presidents or representatives of the Constituent Societies. These meetings offer great potential for further projects or campaigns.

Perhaps the new Board could launch a survey with some questions, such as: Would you like to discuss a specific topic? Do you have questions concerning training in hypnosis or regarding clinical application of hypnosis for issues? Would it make sense to publish once a year a Newsletter on a specific topic examining it from different perspectives: news of research, training, a clinical vignette, pilot projects in a CS? Depending on the answers, a next question may arise: Would you like to be part of a project group of ESH?

For this last issue of ESHNL 2020-2023 I want to express my gratitude to all of you and especially to my colleagues and friends of the Board. I am looking forward meeting you in Antalya.

Gérard Fitoussi



For the past six years, I have had the good fortune to work for the newsletter under the direction of Consuelo Casula. It was an exceptional experience. Each edition aroused in me enthusiasm and impatience, pushing me to contribute actively to the newsletter. It was a great pleasure to reflect on each content, wishing it relevant and engaging, seeking to inform readers in the most rigorous way but also to entertain them.

This contribution was a constant source of motivation, and prompted me to be attentive to innovations, new books, journals, and events taking place in France in the world of hypnosis in order to discuss them in the French corner. Each issue was an opportunity to share these discoveries and innovative ideas.

The diversity of the subjects covered was a real pleasure and the ability to communicate them to as many people as possible was rewarding. This adventure went beyond a simple contribution and allowed me to connect with our hypnosis community and cultivate a sense of belonging with our European colleagues.

Working for the newsletter has been an exciting journey of fun and responsibility. This experience confirmed to me the importance of words and their ability to be a powerful tool to entertain and communicate. Each paragraph was an opportunity to inform and enlighten readers towards an understanding of what was happening in the French-speaking world.

This task allowed me to contribute to the development of our sector by sharing knowledge and creating a space where ideas could flourish. Finally, a last word to say the pleasure I had working with Consuelo, whose ability to lead without imposing was remarkable. Her ability to bring out the best in each of us and to constantly surprise us with the quality, diversity and richness of each newsletter has been an invaluable source of inspiration and motivation

Peter Naish



Well, this is to be my last contribution to the Newsletter! I have come to the end of my second three year stint on the BoD and am not standing for re-election; ESH needs younger people than me on the governing body. Now, I don't want you to think that I am desperate to escape! I am not thinking, "Yippee, I don't have to write a single word more!" Quite the contrary really, and paradoxically for the same sorts of reasons. I'll explain.

My 'home society', the British Society of Clinical and Academic Hypnosis, has gradually evolved since its inception, over 40 years ago. It has even merged with another society and changed its name better to reflect the overall mix of members'

interests. I won't bore you with all the intricacies of these modifications; suffice it to say that recently it has been undergoing further, quite radical changes.

This has coincided with me moving to the far West of the country, into a lovely rural spot, but with difficult travelling into London, where most of the meetings take place. I also have in mind that I have seen too many examples of older people, who refuse to give up their roles in organisations, and leave embarrassed colleagues to find polite ways of explaining to them that they are no longer up to the job. I was determined that I would not be one of those! So, I thought that I would leave all the changes and upheaval to younger people who are good at such things. As a consequence, I have become more distant from the BSCAH, but at the same time I have relished my firm links to the ESH, so in a way I shall be extra sad to say Goodbye to you all, because you have become my last active link to hypnosis.

I have especially enjoyed my chance to communicate with you all through these pages – not just to write, but to write about science. I am far more a scientist than a clinician, and it has always seemed to me that scientists have a duty to society to explain what they are doing. The value of a clinician is obvious; the value of a scientist is not always so clear. Some science is hard to understand, but the duty of the scientist (who more often than not is funded by the public) is to digest the material and make it plain to everyone. More than that, if the scientist is enthusiastic about the work, then the explanation should enthuse the public! I don't know to what extent I have succeeded in enthusing you all (I have always tried to include clinical findings as well as 'pure science') but it has been a pleasure to try to do so. Obviously, there is something of a language barrier for some of you.

For my very last Newsletter report I am going to ask you to indulge me. I am going to share some of my recent thoughts about hypnosis as an altered state of consciousness, considering what it says about the human brain. I won't trouble you with any references, and I'm afraid I won't have a great deal to say about clinical issues; this will be more of a philosophical article.

I start not with hypnosis but with freewill. It has long been clear to me that we don't have any, but I know for many that is hard to accept. Clearly it is the brain which controls the final action – it directs what we say, controls the muscles and so on. I am going to argue that it is also the only thing available to do what precedes that action: the brain does all the decision making. How does it do that? Well, a great deal of weight is placed upon the current available information. Additionally, we work on the basis of our experiences, and lastly what we call our personality has an influence. That is the genetically determined approach to life in general, including decisions. Obviously we have no control over our genes, but neither do we over the circumstances or the past experience, including our upbringing. To the extent that we do select experiences and circumstances, these choices are themselves determined by earlier experiences, so nothing is truly free – except tossing a coin. That is the only way that we can produce a course of action that is not influenced by precursors; by flipping a coin and acting upon whether it comes up heads or tails.

We are very reluctant to relinquish the freewill idea, yet hypnotised people find it rather easy. Although we reassure them that they can't be made to do anything against their will, it is not unusual for them to act as if they have given up control. I remember helping someone with a phobia, leading them step by step towards the fear-inducing situation. At every step I would describe what I had in mind, so that she could then have a vivid hypnotic experience of what I had described. Every time I asked her whether she would be alright with the experience, and every time

her reply was the same, “I’ll try it, but stop it for me if it gets too much.” She trusted me, but had no faith in her ability to stop it for herself.

Why the difference? Why is it that, while we have such a strong impression of making choices, the hypnotic experience is almost like being an onlooker, witnessing the nice beach scene, experiencing our arm rising perhaps, but all without a sense of causation. That final word is perhaps crucial. In the normal, waking state we ‘cause’ what we are aware of. In our daily lives we are bombarded with a wealth of sensory material; sounds, sights, smells – it’s a cacophony of information. However, the majority of it is never really registered. Only the material to which we attend is fully processed and reaches conscious awareness. That requires one final step: it has to be confirmed by the prefrontal cortex. From the outset, lots of processing takes place, to determine what exactly we are seeing or hearing, but for the favoured material that is not quite enough. When the products of all the analytic processes reach the prefrontal cortex, it is as if the region reaches back, to the earlier stages of processing, saying, “This is what I think we’ve got; does it match the input?” If it doesn’t we do a double-take, but generally we are good processors and all is well. In effect, what I call the reaching back (carried out via long-range nerve fibres) is painting the world we believe we inhabit. So we can be said to have caused what we witness. It is that ability to activate early stages of processing which helps us to picture events, to plan, and of course to be hypnotised.

In spite of the similarity between the processes which support vivid visualisation and those which generate a hypnotic experience, there is clearly a difference. For a good hypnotic responder (researchers call them a hypnotic ‘high’) the experience generated by hypnosis is always more convincing – a subjective judgement which is backed up by brain scanning evidence. Like a PTSD victim’s flashbacks, the hypnotically formed experience is just as convincing as reality, and in both cases people are unaware of having created their own world. This is in contrast to a person who tries to remember and picture an event; they know they are doing that, and so have a sense of agency, in effect a feeling of freewill. The hypnotised, in contrast, have no sense of agency or freewill, so in effect are nearer to the truth of the matter: that none of us has it!

Of course, none of us has a sense of reaching back to confirm information from our senses, but when waking people do so to visualise they do know they are doing something to try to conjure up the images. When a hypnotised person does it they are unaware that it has not been initiated by a stimulus arriving from the senses; it is simply the usual last step to achieve awareness. For example, think of the person who hallucinates their friend sitting in an empty chair, when in truth they are sitting not far away in another chair. They may look slightly puzzled, as they look from one to the other, but they exhibit what has been called trance logic and just accept it. What they don’t do is say, “With this version I can just see them naturally, but for that one I have to try to develop an image.” As far as they are concerned the two look the same, so it is reasonable to suppose that their brain is doing the same thing. That has to be the crucial element of what it is to be deeply hypnotised; to use the brain as if it is behaving naturally.

I could go on, but I won’t! I will leave it for you to think about, but you are also welcome to write to me; my email address is at the end of this piece. As I said, it has been a real pleasure to keep you up to date with all the recent findings. I wish you all well for the future, with many happy hours of applying this remarkable tool of ours.

With warmest wishes, peter.naish@open.ac.uk

Stella Nkenke



My first three years on the board are now over and I hope there will be more to come. I would just like to report a few small excerpts of what I have done during this time. From the beginning, I was on the committee for CEPE (Committee on Educational Programmes in Europe). This is very interesting because the regulation of who is allowed to practise hypnosis is very different in each European country: therefore each case has to be carefully examined as to who is allowed to get a certificate or whether a professional society fulfils the criteria to be included in order to be part of the ESH. In fact, we also made a mistake and included a company at short notice, which we subsequently found out was teaching show hypnosis.

I found that in my MEG society many members did not know much about ESH. Therefore, at our MEG annual congress with over 1000 participants, I not only promoted Antalya congress but also educated them about ESH and the principle of the Society of the Societies. That was a highlight for many participants, that they are already members of ESH and don't even have to pay extra for that because their professional society has already taken care of that.

I helped set up an Instagram page for ESH because I think it's important that ESH can also reach our individual members directly, so in addition to information about events, hypnosis congresses, I always post our great newsletter. So far we have 444 followers, which is not much, but it is growing.

For our Antalya congress I am in the scientific committee and was allowed to value many of the submitted abstracts. At the moment, I'm looking forward to meeting new members and catching up with familiar ones at our ESH congress. As effective and valuable as ZOOM is for our work, I look forward to seeing you in person at a beautiful seaside location in Turkey.

Ali Özden Öztürk



ESH 2023 Antalya Congress: This is your Congress, and it is time to have a say in the future of hypnosis. 16th ESH Antalya Congress will be hosted by THD (Society of Medical Hypnosis) between October 26 and 29, 2023. The Motto of the Congress is "*Hypnosis Food for Body and Mind: an Integrated Approach to Healing.*" You can visit the congress webpage for further information: www.esh2023.org.

This is the first ESH congress to be held since 2017. As you know, the 2020 ESH Basel Congress was cancelled due to Covid-19 Pandemic. Similarly, 2021 ISH Krakow Congress was first postponed to 2022 and then to 2024 due to Covid-19 and Russia- Ukraine war.

After a long time, the ESH 2023 Antalya Congress will be a big opportunity for all the hypnotherapists and colleagues all over the world to meet face-to-face. Furthermore, important gatherings regarding the current situation and the future of hypnosis will be held in Antalya. All ESH and ISH Constituent Society representatives and many members of ESH and ISH will come to Antalya. Both the ESH and the ISH Council of Representatives (COR) Meetings will be held during the ESH 2023 Antalya Congress. Also, we will have the chance to celebrate ISH's 50th year anniversary. Moreover, there will be many worldwide known keynote speakers, presenters, and workshop facilitators during this congress.

This is the European Society of Hypnosis Congress, this is your Congress. You can use this opportunity to represent your professional work and studies, to represent your Constituent Society, to represent your Country; and to have a say in the future of hypnosis regarding its use, its applications, its training and education, its academic, scientific and research studies in the fields of medicine, dentistry, and psychology.

We, as THD, as Türkiye have a lot to share with you about hypnosis, and we have a lot to learn from you. THD is a Constituent Society of ESH since 2005, and I had been serving to ESH since 2008 in various posts such Treasurer, BOD member, Chair of the Committee on Educational Programmes in Europe (CEPE), Fiscal Controller and CoR member. Currently, I am the ESH Treasurer and the President of THD.

Hypnosis has always been an important part of Turkish culture, history, and beliefs. Also, hypnosis has always been a part of Turkish daily life, religious ceremonies, and healing rituals for centuries. For instance, we have Asclepion Healing and Sleep Temple of Pergamum, Shamanic healing rituals of Turkish people, Turkish Music Therapy Centres and Ceremonies, Sufis and Whirling Dervishes, and teachings of Avicenna and Hippocrates.

When we search through the recent history of hypnosis in Türkiye, we see that Dr. Hüsni İsmet Öztürk is an important name. He made great contributions to the medical and scientific use of hypnosis in Türkiye been using hypnosis since 1951: he cultivated a good environment for the medical use and scientific studies of hypnosis within many different fields of medicine.

I gained my Medical degree from Istanbul University. I started to study "Conscious Hypnosis" with Hüsni İsmet Öztürk, MD who is the founder of Conscious Hypnosis method. I was the assistant of Dr. Hüsni İsmet Öztürk in many applications of this method especially in surgical hypnosis and hypno-anesthesia. Dr. Hüsni İsmet Öztürk was a very good Professor and Medical Doctor; and he conducted many surgical operations done solely under hypnoanesthesia with Conscious Hypnosis method. Since then, I have devoted my professional career to hypnosis.

In 2012, a national commission has been constituted by Turkish Ministry of Health in order to create a national and international approach to hypnosis and "*Traditional Alternative and Complementary Medicine*" in Türkiye. The commission is dedicated to set the standards and enact the "Laws, Regulations and Requirements" for the ethics, accreditation, training, practice, and research studies of hypnosis in Türkiye. The commission also aims to monitor the proper use and training of hypnosis in Medicine, Dentistry and Clinical Psychology.

The commission consists of the representatives of the Turkish Ministry of Health, Health Education Bodies and Universities, and national hypnosis societies. Today, medical hypnosis is recognised by the Turkish Government; furthermore the “Laws, Regulations and Requirements” regarding the training, application, and also ethics in clinical, research and scientific studies of medical hypnosis have been enacted.

Currently, the Universities are giving medical hypnosis doctorate and master programmes, also courses in collaboration with national hypnosis societies. Also, there are many health professionals who have knowledge of medical hypnosis and using hypnosis as a part of their professional work.

THD organises “International Medical Hypnosis Congress” annually. This provides us a great experience about organising international congresses. Also, in 2011, we had the honour to host 12th Congress of ESH in Istanbul, and this gave us even a greater experience.

Now, THD will host the 2023 ESH Antalya Congress, and this Congress has a special meaning to the Turkish colleagues because October 29, 2023 is the 100th anniversary of Turkish Republic.

Furthermore, Antalya is an amazing place for a good holiday. Also, in my opinion, October is a good season to visit Antalya. During summer, Antalya can be very hot. However, in October, it has a very nice weather to enjoy the beauties of Antalya. Also, during the Congress, there will be daily tours offering an adventurous or cultural visit to the natural and historical heritages of Antalya.

We will also organise some pre-congress and post-congress tours:

- Tour 1: Pre Congress-Tour Istanbul (Oct 22-25) 4 Days 4 Nights
- Tour 2 Post Congress Tour Cappadocia Konya (Oct 30-Nov 2) 4 Days 3 Nights
- Tour 3 Post Congress Tour Ephesus & Pamukkale Tour (Oct 30-Nov 1) 3 Days 2 Nights

You can get more information here: <https://esh2023.org/congress-tour/>.

We are looking forward to sharing this beautiful experience with all our colleagues, and we are looking forward to welcoming you to Antalya!

Website: esh2023.org

Instagram: [esh2023medicalhypnosiscongress](https://www.instagram.com/esh2023medicalhypnosiscongress)

Email: medicalhypnosiscongress.org.tr@gmail.com; esh@esh2023.org

WhatsApp: +90 5397286216

Skype: ESH 2023 Antalya Congress Medical Hypnosis Congress
(medicalhypnosiscongress.org.tr@gmail.com)

Zoom: Medical Hypnosis Congress ([medicalhypnosiscongress.org.tr@gmail.com](https://www.zoom.us/j/91989123456))

Continuity in the ESH Congresses: Abstracts of the Keynote Speakers

Randi Abrahamsen

Hypnosis for Dental Anxiety: an Update and Future Perspectives



Various studies reveal dental anxiety to affect 10-42% of the adult population. The vicious circle of avoidance behavior among adults suffering from phobia often leads to dental problems with reduced quality of life. 13-29 % of children suffer from dental fear, anxiety or phobia, present difficulties to cope with dental treatment. Dental treatment under sedation or general anesthesia will solve the dental problem, but the anxiety will remain or even aggravate.

Hypnosis can help patients cope with fear and overcome dental treatment. Use of good communications skills, building of strong rapport with the patient, principles of tell - show and - do during desensitization, awareness of patients' body language, respecting stop signal and patients' limits, combined with hypnosis may reduce anxiety.

Hypnosis may increase patients' trust in the dentist and empower patients ability to cope with dental treatment. Hypnosis can be very effective and quickly develop patients' resources before dental treatment.

Consuelo C. Casula

Healthy Mind in Healthy Body: Combining the Five Tibetan Rites with Clinical Hypnosis



The keynote proposes a combination of two ancient disciplines, hypnosis, and the Five Tibetan Rites. Over the centuries, hypnosis has been shown to be a flexible instrument able to stimulate a dynamic process that infuses plasticity, malleability, agility, and resilience of/to the mind. Over the centuries, the Five Tibetan Rites have shown that they are able to instill flexibility in the body and the mind of those who practice the rites in a disciplined manner.

The keynote will present some clinical cases in which mantras connected with the Five Tibetan Rites have been used as therapeutic process suggestions combined with body exercises inspired by Polyvagal and Somatic Experiencing.

The aim of the keynote is to offer a new perspective to encourage clinicians to integrate into their practice suggestions that enhance patients' imagination and

flexibility to solve anxiety problems. The focus is on how clinicians may expand the Tibetan Rites into systemic therapeutic interventions, enriched by universal wisdom, metaphors, and creative imagination. Another focus of the keynote is on how gaining the collaboration of the patients, within and outside the therapeutic setting. The cultural background of the keynote ranges from alert hypnosis to mindfulness, from the classic suggestions of E. Couè to the most recent research on neuroplasticity stimulated by hypnosis.

Alastair Dobbin **Pathways of Distress and Recovery**



Recent psychopathological and experimental research studies of memory and resilience have led to a new theory of distress and recovery. Inspired by many years of Hypnotherapy practice in primary care, and particularly by observations of using age regression Sheila and I contacted an innovative Canadian group researching into the emotional impact of memory structures and collaborated in an experimental study of an audio programme. This uncovered a pathway which provides a theoretical base that could underpin both: a) emotional distress and: b) emotional regulation and recovery caused by the non-integration of a dysfunctional memory within a network of associated needs-thwarting self-determining episodic memories or the integration of the dysfunctional memory within a network of associated needs satisfying memories in which the needs satisfying memories may have sufficient transferable skills such that they can create an effective action algorithm to create a visualisation/expectation of positive goals, creating positive emotions thus building resilience and recovery from depression and distress.

This speech explores the possibility that a key mechanism of psychotherapeutic change and recovery has been uncovered supporting a trans diagnostic theoretical model of distress and recovery which encompasses expectation, adverse childhood experiences, self-determination theory and a goal regulation theory of positive affect within a computational (Bayesian) psychiatry and memory structures framework.

Parsimony suggests that this model should be preferred over current structural theories that do not have identifiable key mechanism of distress and recovery and may also offer an opportunity to simplify the burgeoning domain of discrete psychotherapies. In this keynote presentation Alastair will describe the research programme which underpins this key mechanism and will briefly explore the implications for the science of hypnosis and Neuro-linguistic programming.

Gérard Fitoussi

Hypnosis a Long Journey: The Evolution of Hypnosis in Alignment with Contemporary Aspirations



This conference delves into the recent evolution of hypnosis, closely intertwined with societal changes and individual aspirations. Over the past years, hypnosis has undergone a significant transformation, adapting to the changing needs of individuals. This presentation sheds light on how hypnosis aligns with contemporary aspirations, exploring the challenges and opportunities that lie ahead in the coming years.

By analysing advancements in the practice of hypnosis, we gain a better understanding of how it can contribute to addressing the growing needs of modern society. Emphasis will be placed on the work to be done to maximise the benefits of hypnosis and harness its full potential in areas such as health, well-being, stress management, and personal development. By integrating individual aspirations within the current context, this conference will provide stimulating insights for hypnosis professionals and pave promising paths for its future application.

Michael Alan Gow

The Double Mirror Technique: a Fast and Effective Technique 'for a Change'



The 'Double Mirror Technique' technique is a method of future rehearsal based on a dual-track model. This is my adaptation of a technique that I first learned from dentist Geoff Graham on the first hypnosis training course that I attended in 2000. Over the last 23 years my version has evolved following my studying similar dual-track and future rehearsal techniques described by Spiegel, Yapko, Navon, Gevertz and others. The technique which will be taught has many effective secondary techniques and Ericksonian language, all of which will be highlighted and explained.

As well as these and the inclusion of my own ideas, I have also incorporated techniques that I have learned from the many fabulous hypnotists who teach at events such as the ESH Congress, BSMDH workshops, during my Masters training, from within books.

Where possible I will reference the sources, but I would like to sincerely thank all who take the time to teach and pass on skills that help us treat our patients. It is the passion of others to do this that has inspired me to do the same! I have used this technique hundreds of times and have found it to be fast and effective for anything that requires change in the patient's thinking, motivation, and behaviour. To name a few examples, it can be used for helping patients overcome phobias, addictions (eg smoking), para functional habits (eg bruxism, nail biting), hyper sensitive gag reflexes, and with lifestyle changes (diet and exercise). In this workshop I will teach how to establish SMART (Specific, Measurable, Attainable, Realistic, Time-bound) goals with patients and how to utilise effective positive anchoring. These are essential to the technique and indeed are arguably essential tools to use in ANY hypnosis case.

The guideline script that will then be taught in detail and demonstrated should be considered as such: It is a guideline. The best hypnosis techniques should suit the style and abilities of the hypnotist as well as being appropriate to the patient. The guideline script can and should be adapted as required for each case where it is used and this will be discussed. The technique that will be taught will provide a suggested structure and delegates will get the opportunity within the session to practice the technique with other delegates. I invite you to join me to learn '*The Double Mirrors Technique*' - a fast and effective technique for a change.

Ernil Hansen

Hypnotic Therapeutic Communication in Medicine



Words can act like Medicine. Like medicine they can heal or hurt. Patients experience acute medical situations like emergencies or when facing urgent surgery show focused attention and increased susceptibility to suggestions. In this trance-like state negative suggestions, usually spoken unintentionally but widespread in medicine, can aggravate anxiety, stress, or pain, and produce physical symptoms. They originate from negative words, negations, risk information given to obtain informed consent, the nonverbal signals of medical technologies, induced passivity, medical lingo, ambiguous connotations, misunderstandings, lack of care and company, from fears and negative self-programming, and from self-protective mechanisms of personnel and visitors. Knowledge of and sensitivity for these negative effects help to recognise and to avoid or neutralise such negative suggestions, as well as nocebo effects.

The highly elevated suggestibility on the other hand offers an opportunity to benefit the patient via positive suggestions. In order to improve communication with anxious patients during stressful and painful medical procedures, hypno therapeutic techniques can be used, such as utilisation, reframing, indirect suggestions, dissociation, metaphors, posthypnotic instructions, and nonverbal

communication, without requiring a formal hypnotic induction, and without need for additional time, localities, or personnel. Other than in hypnotherapy the aim of the described approach is not a special treatment of selected patients by an expert, but a better communication of all medical personnel with all patients. Application examples are emergencies, the preoperative visit, induction of anaesthesia, or accompaniment and care during surgery under local or regional anaesthesia. An extreme example of the latter is brain surgery on conscious patients for awake craniotomy without pharmacological sedation, demonstrating the high effectiveness of hypnotic communication. Recently, strong postoperative reduction of pain, use of analgesics, nausea and vomiting was observed after hypnotic suggestions given under general anaesthesia. Obviously, hypnotic language is also adequate to reach the unconscious in unconscious patients.

Borys Ivnyev

Individual Approach, Based on Personality and Psychopathological Characteristic, For Using Hypnotherapy of Gambling Disorders



We have conducted a study, aimed at developing a treatment program, which is based on the personality characteristics. We analysed the effectiveness of treatment in different groups of patients. All patients who applied to the clinic for treatment of pathological gambling were thoroughly diagnosed: pathopsychological examination, assessment of general physical condition, individual psychological characteristics.

A motivational interview and psychiatric examination were conducted with each patient in order to establish that the gaming behavior was not

related to a manic episode.

We divided the patients who sought treatment into three groups (depending on the examination results): 1. patients with pronounced depressive syndrome and anhedonia; 2) patients who independently decided on the need for treatment and turned to the clinic, remaining socially adapted and mostly with sthenic reactions; 3. patients who lack motivation for treatment, but who came to the clinic at the request of family members.

The greatest effect of hypnotherapy was established in the second group and, partially, in the first group (after the reduction of depression symptoms). For patients of the third group, a course of treatment was offered for the purpose of forming motivation and work with family members within the framework of the program for codependents.

Mark P. Jensen**Effects and Mechanisms of Psychological Treatments in Individuals with Chronic Pain**

This talk will present the findings from a recently completed randomized clinical trial examining the effects and mechanisms of three psychological pain treatments (cognitive therapy [CT], self-hypnosis training focusing on pain reduction [HYP-Pain], and self-hypnosis training focusing on changing thoughts about pain [hypnotic cognitive therapy; HYP-CT]), relative to a pain education control condition (ED). Consistent with prior research, all treatment conditions were associated with medium-to-large effect size reductions in average pain intensity and pain interference.

Mediation analyses found support for one hypothesized mediator; changes in pain control beliefs mediated the effects of CT and HYP-CT on both pain intensity and pain interference, relative to the control condition. Eight additional mediator variables (*harm beliefs, disability beliefs, pain control beliefs, activity engagement, depressive symptoms, catastrophizing, skill practice between sessions, and therapeutic alliance*) were associated with improvements across all treatment conditions. Moderator analyses identified significant ($p < .05$) moderation effects for one hypothesized moderator (more alpha = worse response to CT and better response to HYP-CT), and two exploratory moderators (more delta power = worse response to HYP-CT; more gamma power = better response to HYP-CT).

Non-significant trends ($p < .10$) emerged for hypnotizability as moderating the effects of CT (less hypnotizability = more reductions in pain intensity and pain interference in response to CT) and both HYP-Pain and HYP-CT (more hypnotizability, more improvements in depression), and for theta moderating the effects of HYP (more theta = more improvement in depression). The findings suggest that although different psychological pain treatments result in similar outcomes on average, they are not the same. They appear to operate via different mechanisms, and people respond more or less to them as a function of their trait characteristics, including trait brain activity patterns.

The findings support the possibility that treatment efficacy may be improved by (1) designing treatments so that they more effectively target key mechanism variables (e.g., maximize therapeutic alliance, increase pain control beliefs, decrease catastrophizing) and (2) better matching patients to the treatments they are most likely to benefit from (aka precision medicine).

Charles Josselin What Shows Hypnosis?



Is hypnosis an altered state of consciousness? To answer this question we propose, like phenomenologists, to put ourselves in suspense without a priori judgment, to retain what is shown and then to question ourselves: What is a human being? Man lives among other men and constantly worries about what surrounds him and worries about himself and other Men: this is the human condition (Heidegger, Arendt). What is the consciousness of a human being? Man is conscious when he possesses the ability to relate to himself what he perceives around him or within himself; when he is able to say "I".

Consciousness is not a thing or a state, but an ability to relate to oneself what is happening in the world and in oneself. How does a human being perceive the world in which he lives? To perceive the world, the human being, at the center of the world, constantly uses his capacities of movements, reflections, and his various sensory faculties (VAGOK and proprioception) allied to his capacities of vigilance; his attention span. What about attention to the world of human beings? The vigilance and attention of a human being to what is happening in the world around him and in himself plays a major role in his presence in the world. This vigilance and this attention constantly fluctuate in different ways, especially during hypnosis support.

Hypnosis is a process of changing our relationship to the world

Krzysztof Klais Cooperation in Hypnosis



For decades hypnosis specialists have been focused on improving their techniques of trance inductions and expanding varieties of effective suggestions. After many clinical observations and scientific researches confirming a vital role of client's motivation in the processes of changing – the specialist's cooperation skills started to become more and more essential. Hypnosis can be effective across many different areas. Each specialist applying hypnosis should have in mind the client's goals, hopes and reasons why they are here as well as the social context of the situation. It means not only respecting the client's motivation or inviting the client's both conscious and unconscious expectations to the office it's much more. It is building a whole hypnotic process around client's drive and resources.

During the presentation different ways of cooperation in hypnosis will be discussed, not only the ones between client and hypnotherapist, but also the cooperation between family system and collaboration inside the professional hypnosis field.

Kathleen Long
Hypnosis. A Therapy that Stands the Test of Time



Hypnosis a truly integrated therapy that has stood the test of time. Hypnosis has survived being trivialised, discounted, and ignored by many in the face of increasing specialism and the drive to adhere to protocols. Will hypnosis survive in a future that may become increasingly influenced by AI?

The ESH's role in ensuring Hypnosis not only survives but thrives for the future generations.

Camillo Loriedo
From the Dark to the Light: how to Overcome the Emotional Impact of Severe Traumatic Experiences



Focal Traumas, Complex Traumas and even Family Neglect frequently produce a profound and long-lasting experience of emotional distress. Dissociation is one of the most common consequences, and the emotional dysregulation is usually a severe symptom difficult to treat. The use of hypnosis to treat traumatic dissociation and dysregulation has been limited for many years solely to the search of abreactive responses, obtained through intense and even forced age regressive emotional experiences. Only in recent times has the use of specific Hypnotic Integrative Metaphors seemed to provide a more effective and less painful alternative to repair the trauma's damages. Hypnosis can reactivate the natural process of mind, to reconnect dissociated mind and body parts, both into a functional and unified self, particularly after traumatic experiences.

The role of specific techniques designed to reestablish integration will be described, as well as the role of rapport, the special hypnotic relationship.

Ali Özden Öztürk**Hypnosis as an Effective Treatment Tool to Pain “Awareness, Differentiation and Feeling” of “Mind, Body and Soul”**

Are we aware of life? Are we aware of ourselves? Who I am? Life is awareness, and to be alive is to live in conscious awareness. Yunus Emre, the Turkish Sufi poet and philosopher, says, "*I, Yunus, become visible to the eye by wearing flesh and blood.*" Are we just an object made of flesh and blood, a physical existence, a body? Are we just intelligent beings, a mental being with a conscious mind? Yunus Emre also says, "*There is an inner self beyond myself.*" In order to experience maximum conscious awareness, we must be able to differentiate and feel which emotions, thoughts and actions lead us on the path to having a balanced life.

“Awareness, Differentiation and Feeling” are the three aims of the AUCH treatment method. The therapists should be aware of their capabilities and capacities that can be helpful for the treatment of a patient, and for the better and proper application of hypnosis.

Also, the patients should be aware of their problems and the potential solutions to these problems. They should be aware of their inner capacities and capabilities that can help them to differentiate the negative and positive aspects of their lives, behaviors, thoughts, and emotions. The therapist should also differentiate the problems of the patient and their solutions, while aiming to foster the positive feelings of the patient during the treatment and during their lives after the treatment.

In this presentation, we will demonstrate how efficient hypnosis as a treatment tool to gain “Awareness, Differentiation and Feeling”, and why these are vital while leading a person to a path aiming to find a balanced harmony of “Mind, Body and Soul”.

Katalin Varga**University and Hypnosis: Fruitful Relationship**

In this presentation I invite the audience to understand the factors that made possible, in spite of political difficulties, for hypnosis at the Eötvös Loránd University Budapest to be in its renaissance, inspiring students, and researchers, who take a very active part in the international hypnosis scene.

Hypnosis and hypnotherapy were forbidden for decades until the 1970s and sometimes are still viewed as occult phenomena. Nevertheless: now it is widely used in clinical settings, internationally acclaimed researchers from Hungarian universities contributed to our collective knowledge, with paradigm shifts such as active-alert hypnosis and interactional approach among others.

I argue that, apart from some key people – like Prof. Mészáros and Prof. Bányai –, the change was possible in the university context. Now both the university and the topic of “hypnosis” enjoy a win-win situation: many university scholars are working hard to make sure hypnosis takes its place in psychology, medicine, and academia.

Thomas Wolf

Hypnosis on Acute Dental and Maxillofacial Pain Relief: A Systematic Review and Meta-analysis



The effects of hypnosis on acute pain have been discussed recently, resulting in increased attention in the dental/maxillofacial field offering new perspectives, especially in emergency situations, trauma, or acute inflammatory situations where conventional pharmaceuticals are contraindicated due to allergies or intolerance reactions.

Data: To systematically evaluate and assess the effects of hypnosis on acute dental/ facial pain relief. Randomised controlled trials, cohort studies, controlled clinical trials, cross-sectional studies, evaluation, and validation studies, following the PRISMA guidelines, of human subjects of all ages were included.

Sources: Five electronic databases (Cochrane, Embase, MEDLINE via PubMed, LILACS, Scopus) were screened for studies published between 1989 - 2021. A NIH quality-assessment-tool was performed.

Study selection/Results: 27 papers have been included and a meta-analysis was performed. Hypnosis has been reported to reduce intraoperative and postoperative pain as well as the use of analgesics in various dental procedures such as tooth extraction. Highly hypnotizable subjects generally respond better to hypnosis. Different hypnosis techniques were used for pain relief and relaxation. The studies show a large heterogeneity.

Conclusion: Although there are only a small number of studies on the subject so far, evidence can be confirmed for the effects of hypnosis on acute pain relief in dental/maxillofacial area. Despite the promising results, further research is needed. **Clinical significance:** Hypnosis offers a possible alternative to conventional pain medications for acute dental and maxillofacial pain, especially in cases of allergies or contraindications; it can be easily applied by a trained practitioner.

Special guest**Fabrizio Benedetti****Placebo and Nocebo Effects: Implications for Hypnosis**

Although placebos have long been considered a nuisance in clinical research, today they are an active and productive field of research and, because of the involvement of many mechanisms, they can actually be viewed as a melting pot of concepts and ideas for neuroscience. For example, brain mechanisms of expectation, anxiety, reward are all involved, as well as a variety of learning phenomena, such as Pavlovian conditioning, cognitive and social learning. There is also some evidence of different genetic variants in placebo responsiveness, and these give rise to high response variability. Overall, the concept that is emerging today is that placebos and drugs share common mechanisms of action. The understanding of these mechanisms in placebo responders and non responders has important clinical implications and applications for both pharmacological and non pharmacological treatments, including hypnosis.

Interviews with the Invited addresses

In the following pages you meet the Invited Speakers who are presenting at an ESH Congress for the first time

Chantal Berna Renella

Please share with the reader who you are from a personal and professional point of view.



I am a Swiss physician (diploma obtained at the university of Geneva in 2002). I started training in medical hypnosis during my residency in internal medicine, as I was curious to harness its powerful communication tools, and learn techniques that tap into patient's resources and creativity. I also trained in psychosomatic medicine. Following my residency, I moved to Oxford, UK to obtain a PhD in cognitive pain neuroscience, and then to Boston, USA, to deepen my research experience, and specialise in pain management. Since 2019, I am an associate Professor at the University of Lausanne, Switzerland,

chair of the Centre for Integrative and Complementary Medicine at Lausanne University Hospital. This centre aims to develop integrative medicine in an academic hospital, favouring the practice, teaching and research of different evidence-based complementary medicines, including hypnosis. It is an innovative structure (the first of its kind in French-speaking Europe), which has had a fast growth since its founding in 2015. At this stage, the staff is made of an interdisciplinary team of about 20 people (physicians, nurses, psychologists, and researchers). At personal level, I am married to an academic paediatrician, and we have a very dynamic and clever 10-year old boy.

To which society do you belong?

I belong to the Swiss Society for Medical Hypnosis (SMHS), a constituent society of the ESH, as well as its French speaking branch (IRHyS). I joined the committee of the SMHS in 2022, and hold the position of delegate to the ESH and ISH.

How did you find out about the congress?

I served on the scientific committee of the 2020 ESH conference that was meant to be held in Basel. The work of our committee was very enjoyable, but what a disappointment when the Conference had to be cancelled due to the Covid-19 pandemic! Given all this, I was very glad to be invited to give a talk at the 2023 ESH conference.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

I hope to finally get to meet in person colleagues from the scientific committee of the 2020 conference, and hopefully hear some of the workshops that could not be presented in 2020... or other new ones! I am excited to hear the perspectives from different experts from Europe and beyond. I hope I can take home new techniques for my clinical practice, ideas for my research, and perhaps for the hospital-based integration program I am leading. And maybe, a little sand under my toes from the beach in Antalya!

Since you are presenting as invited speaker, please give a brief summary of the topic and how you expect it will be received

I was invited to speak about hypnosis as part of an academic integrative medicine program. I will share how the Center for Integrative and Complementary Medicine at Lausanne University Hospital, Switzerland, is promoting the use of hypnosis in this academic setting, with illustrations and techniques from different sectors. Tools for a structured introduction of hypnosis have been developed with a parallel research-clinical practice orientation in selected services. This has been done in collaboration with experts of the concerned sectors, such as sleep medicine, palliative care, digestive surgery, neurology (functional neurological disorders & neuro-rehabilitation) as well as neurosurgery. Furthermore, a specific program has been developed to serve the needs of patients suffering from chronic pain. I hope this lecture will allow for rich discussions with the participants, as I am curious how such integration is proceeding in other contexts.

I also proposed a workshop on Chronic Pain Management: tips, tricks, and tools from a tertiary pain center. Based on an expertise in cognitive neuroscience of pain, this workshop will take the

participants through a structured program targeting the complexities of chronic pain management. It will describe the key stages of the patient's assessment, goal setting and the choice of therapeutic tools. Techniques will be illustrated by videos and practical exercises. The participant will leave with an in depth understanding of chronic pain pathophysiology, a number of hypnotic tools, and practical tips to better face common challenges in this setting. I hope this workshop can interest colleagues from different countries and backgrounds, as chronic pain can be encountered and treated in many different settings.

Anna Knakkegaard

Please share with the reader who you are from a personal and professional point of view.



I live in Denmark with my husband Jacob and our children. Together we have six children aged 10 months to 21 years. I have a monkey mind and my head is always full of ideas. I love spending time with family and friends and really enjoy myself in nature, running in the woods or walking at the beach. I graduated as a medical doctor back in 2011 and have since then worked in the paediatric department, in child and adolescent psychiatry and municipal care. Since 2014 I have worked in my own private clinic with clinical hypnosis mainly focused on treating children and young people often with functional disorders, anxiety problems, school absenteeism or sleep problems. My professional goal is to contribute to sharing knowledge about and easing access to hypnotherapy. Therefore, I educate and train a lot of healthcare professionals in using clinical hypnosis with children and their families. Besides that I made both hypnosis

apps and children's books incorporating hypnotherapeutic techniques, to facilitate access to hypnosis. Most recently I have developed a web-based treatment platform based on hypnosis and we are very close to launching our first treatment programme targeted at children with functional abdominal pain.

To which society do you belong? Which role do you have in that society?

I am a member of the board of the Danish Society of Clinical Hypnosis and I will represent the society officially at the congress.

How did you find out about the congress?

I have been looking forward to the next ESH congress since I participated in the last ESH congress in Manchester back in 2017. I find it very inspiring to meet up with like-minded healthcare professionals.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

As I already mentioned, I hope to meet a lot of like-minded colleagues that share my great passion for hypnotherapy with children and adolescence. I'm looking forward to joining a lot of speeches and workshops to widen my horizon within my favourite clinical field.

I'm very honoured that ESH has invited me as a speaker to the Congress and I look forward to sharing some of my ideas and ways of working with you all. I'm also very eager to share our experiences from the development of our web-based treatment programme.

Since you are presenting as invited speaker, please give a brief summary of the topic and how you expect it will be received

I'm going to talk about bringing hypnotherapy from individual therapy into books, apps and web based treatment. More and more families are seeking help and both children and adolescents are reporting to be unhappy. My experience is that parents often lack basic experience and knowledge about how to support and help their own children when life is stressful or difficult. It is my opinion that parents and families in most cases have the resources necessary to help their own children and that education and hypnotherapy can support them in doing that. Through my work with books and apps and lately with web-based treatment it is come very clear to me that individual therapy is very often not necessary and that we can help many more families when clinicians can focus on helping families that cannot handle their problems without an individually tailored treatment plan. I'm very excited about how my lecture will be received and I hope that you will find it interesting.

Marta Nowak Kulpa

Please share with the reader who you are from a personal and professional point of view.



I am a psychologist and a licensed Ericksonian psychotherapist. From 2004 to 2012, I worked at a psychiatric hospital and also at a mental health clinic and a family and couples therapy center. Since 2007 I have my own psychotherapy practice. Since 2012 I have been working with patients of the Institute of Oncology in Gliwice on strengthening their resilience, perseverance in hardship and adaptation to change. I provide therapy to patients of the department of oncological and reconstructive surgery. I was a member of the team involved in the world's life saving first face transplant in 2013.

I share my experience by conducting workshops for medical professionals in Poland and around the world. I cooperate with the Polish Erickson Institute, the Australian Society of Hypnosis (Perth/Australia) and the Milton H. Erickson Institute of the Bay

Area (California/USA).

As an Ericksonian psychotherapist, I use healing metaphors and create therapeutic stories. In May this year my book "Tales from another fairy tale or the non-memoir of a psychotherapist," has been published, and I hope will soon be translated into English. I enjoy my work because I like people and I am curious about their stories. I enjoy traveling. However, my greatest joy, motivation and adventure is motherhood. I am lucky to be a mother of three wonderful kids.

To which society do you belong?

I have been a member of The International Society of Hypnosis for the past five years. I am happy to join the fellow therapists who make up this community. I am privileged to be among my teachers and people who inspire me professionally. Thanks to them, I can grow and share my experience. This spring, I had the pleasure of leading a workshop at the ISH monthly masterclass entitled. "*Ericksonian hypnotherapy: seeking a way from suffering to healing*".

How did you find out about the conference?

I found out about this ESH conference, originally planned for Basel, in Phoenix/USA. I was there for the recent 13th Erickson Congress

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

As usual, I look forward to exchanging experiences and making new connections. I'm curious about the experiences of therapists from other countries, because each time during such congresses I learn about other points of view and new interesting ways to use hypnosis in medicine. I am sure that in Turkey, where I've never been before, I will also learn new flavors and interesting customs with which to enrich life after the congress.

What is the content of your intervention, give us some idea on what will you talk about at the congress, what will your contribution be? how do you expect it to be received?

The title of my presentation is "*Healing Stories - The use of metaphors and Ericksonian hypnosis in the treatment of somatic illness.*" I want to tell the participants how the conduct of psychotherapy can be enriched with therapeutic stories and other Ericksonian techniques. The use of metaphors in treatment makes it possible to engage the patient's unconscious to find solutions that are not available only at the conscious level.

I hope that attendees will be interested in the cases presented. I will talk about patients undergoing cancer treatment and after reconstructive surgery. Their methods of coping with pain, anxiety and building a new life after illness make up remarkable stories.

Maria Cristina Perica

Please share with the reader who you are from a personal and professional point of view.



I'm a Psychologist and Psychotherapist specialising in clinical hypnosis and Ericksonian psychotherapy. I have been active in private practice for more than fifteen years, and I'm a teacher of hypnosis and psychotherapy in the courses of the School of Hypnosis and Ericksonian Psychotherapy and in a Master for Psychotherapists trained in other approaches. I have been a speaker at National Congresses for more than ten years, providing lectures and workshops, and I have authored articles and publications about clinical hypnosis. I also dedicate my commitment to managing mental health projects and supervising other professionals for no-profit organizations.

My personal and professional lives are deeply connected, both driven by curiosity and passion. I consider it a privilege to participate in another person's development, and I learn so much from my patients and students. I also cultivate other areas of my life, practising yoga, spending time in nature, dancing and sharing experiences and emotions with my family and friends.

To which society do you belong?

I'm a member of the Board of Directors of the Italian Society of Hypnosis (SII), a Constituent ESH Society. I'm glad to be very involved in the life of the Society; currently, we are organizing our 17th Congress, held in Bologna (Italy) from the 9th to 12th of November. It will be a special occasion to celebrate the thirtieth anniversary of the SII and the fiftieth anniversary of the International Society of Hypnosis (ISH), with a very rich programme and many international speakers. I also give my contribution to social media communication and digital activities: we have recently launched a multimedia training program and consolidated the mixed methodology (online and in-person) to increase the opportunity for the audience to follow the events.

How did you find out about the congress?

I have followed the ESH activities for many years, so being invited as a speaker at the XVI ESH Congress has been an honour and I'm sharing the information about the Congress with students and colleagues.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

It will be a pleasure to actively participate in the Congress; I'm eager to connect with professionals from other places worldwide. Surely, I'll find new ideas, cues, and approaches in clinical hypnosis, I'd love to exchange methodologies and techniques. The Congress will be an opportunity to broaden

my perspective and learn something new. Also, I'm looking forward to being inspired by other speakers and masters in the field of hypnosis; attending congresses has always nurtured my capacity to take care of patients.

Since you are presenting as invited speaker, please give a brief summary of the topic you are proposing and how you expect it will be received

I'll provide a Workshop focused on *Hypnosis and Interoception*, what Lisa Barrett called "*the Secret Ingredient*" (Feldman Barrett, Quigley, 2021). Interoceptive signals and the capability to perceive, interpret and integrate them are the building blocks of our emotional experience; furthermore, they seem to have a relevant role in empathy, body ownership and the sense of presence. So, we'll explore together how hypnosis can promote a special plasticity of interoceptive processes and how using it to improve the patient's emotional experience. In addition, we'll discover more about the developmental trajectory of interoceptive processes and how we can re-voke and re-edit part of it in the relational experience of hypnosis. I hope the workshop will provide valuable takeaways and a broader perspective for treating patients with alexithymia, somatic disorders, and emotional regulation issues. Moreover, I'll propose a presentation about how we can use virtual and extended reality as a naturalistic technique in clinical hypnosis.

Rinaldo L. Perri

Please share with the reader who you are from a personal and professional point of view.



I am a science enthusiast who loves his daughter, nature, flight, and the many nuances of human behaviour. I consider myself a lucky professional as I have two fantastic jobs: I study brain functions as an academic researcher, and I help people improve their quality of life as a psychotherapist. Moreover, in my work I have the opportunity to practice hypnosis a lot: this is a great privilege because it allows me to be fully in touch with people's emotions and share pleasant experiences with them. On the other hand, as director of the Neuropsychology lab at the university, my main goals are to describe the neurocognitive substrates of hypnosis, and to test different methods to boost the hypnotic responsiveness. In fact, I believe cognitive and clinical sciences need hypnosis, and hypnosis always needs scientific support. My mission is to make a contribution to bridge the gap between different faces of hypnosis.

To which society do you belong? Do you have a role in that society? Is that society a Constituent Society of ESH?

I participated as an experimental hypnotist in the Italian Society of Hypnosis (SII) which is a Constituent Society of ESH.

How did you find out about the congress?

I have known the ESH for several years, but I had never attended one of its congresses. A couple of years ago I had chance to present my research in the congress of the Italian Society of Hypnosis: in that context I met some ESH members who told me about the next congress in Turkey. I was so happy to hear about this event, and immediately said “yes” when I was invited to attend.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

I love this opportunity as colleagues from all over Europe will be attending the conference. I think there is always something to learn from this kind of international event. Different strategies, approaches, points of view, but the same interest: improving the way of practicing hypnosis, as well as the effects of hypnosis on physical and mental health. I believe this is one of the most important

meetings in the world for researchers and clinicians in the field of hypnosis, so I see it as a special event where new ideas will be born. In particular, I hope to learn more about new hypnotherapeutic interventions for psychological disorders, as well as personally meet colleagues who are directly involved in experimental hypnosis. In fact, science is a team sport, and relationships are essential to grow networks and collaborations.

Since you are presenting as invited speaker, please give a brief summary of the topic and how you expect it will be received

In my presentation I am going to discuss the state of the art and future perspectives of neurostimulation interventions to enhance the hypnotic responsiveness. My research group is currently the leader in this cutting-edge research field. In particular, I will present published and unpublished studies in which a single session of transcranial electrical stimulation (tES) was administered to increase the hypnotic susceptibility of healthy participants. I am excited about this line of research as I believe it will enable non-invasive, fast, and operator-independent approaches of hypnotisability enhancement in the near future.

The implications of this research are manifold, ranging from cognitive neuroscience to clinical applications. For example, a greater response to hypnotic suggestions could mean a better outcome for clinical interventions.

I look forward to talking to ESH attendees about these projects and I hope to receive valuable feedbacks and suggestions from such a qualified audience.

Moreover, I will propose to other researchers from all over the world to take part in this promising line of research: there are still many questions to be answered, and any contributions in the field are very welcome.

Innovation Given by New Presenters
In the following pages you meet some colleagues presenting at an ESH Congress for the first time

The Mexican Society of Clinical Hypnosis, Mexico
Arnoldo Téllez

Please share with the reader who you are from a personal and professional point of view.



I am Arnoldo Téllez, I was born in the city of Monterrey, which is located in the north of Mexico. I obtained a PhD from the Autonomous University of Nuevo León, where I work as a teacher and researcher. My first specialization was in neuropsychology, then in 1992, 31 years ago, I did a training in Ericksonian hypnosis, and it was love at first sight, and since then I have been a passionate practitioner and researcher in this wonderful field of psychology. I have published, as author and coordinator, nine books on hypnosis and brief therapy. I am the founder and current director of the Master's Degree in Hypnosis and Brief Systemics at the José Martí University of Latin America, and also president of the Mexican Society of Clinical Hypnosis (MSCH).

Tell us also something about your society.

The Mexican Society of Clinical Hypnosis was founded in 2010 and has more than 100 members. Some requirements to be a member of the MSCH are to be a psychologist or doctor and have 100 hours or more of training in clinical hypnosis in a recognized institution. The main objective of MSCH is to promote scientific knowledge and evidence-based practice of clinical hypnosis in Mexico, which is why its board of directors organizes an international congress every year, as well as workshops and seminars.

How did you find out about the congress and what prompted you to want to participate?

Well, we found out about the congress through some Italian friends who are recognized and distinguished hypnotherapists (Consuelo Casula and Camilo Lorio), and who also are members of the ESH. The objective of increasing the connections and institutional links of the MSCH with the European counterparts and making new friends is what prompted us to participate in the Congress. What I expect from the ESH Congress is to gain new knowledge, clinical strategies, and techniques about hypnosis, but mainly to meet new friends and colleagues.

What prompted you to participate in the congress?

Well, let me tell you an anecdote, once, in February 2018, Camillo Lorio was giving a workshop in Monterrey, and at the end, when I was taking him to the airport, he told me: “Arnoldo, you are

very well known in Mexico as a hypnotherapist... , but nobody knows you in Europe and the rest of the world, you need to participate in hypnosis congresses abroad”, Camillo's words hurt my ego, but they also motivated me and encouraged me to participate in international meetings: the first one was the congress of the International Hypnosis Society, which was held in Mashaad, Iran, in October 2018.

Coming back to you, what would you like to take home with you once the congress is over?

When the ESH congress is over, I would like to bring with me a list of new good friends, institutional connections, and new knowledge.

What is the content of your intervention, give us some idea on what will you talk about at the congress, what will your contribution be? How do you expect it to be received?

The 30-minute presentation is about the results of a research in which we apply two hypnotic techniques to women with breast cancer who are going to undergo mastectomy, with the aim of reducing postoperative pain levels as well as pain interference in their daily activities.

In the 90-minute workshop, we will teach an age progression strategy to help participants set goals and increase the likelihood of reaching them, using a combination of active-alert hypnosis and traditional hypnosis. I have used this strategy with good results in sports, health, education, and finance. I think that both, the presentation and the workshop, are very useful in clinical settings and will help the participants to apply them to their patients with good results.

Centro Ericksoniano de México (CEM), Mexico Cecilia Fabre

Please share with the reader who you are from a personal and professional point of view.



Thank you very much, Consuelo, for inviting me to this interview. It is always a pleasure to talk to someone like you. I am currently the Director of the Centro Ericksoniano de México (CEM) and a member of the board of directors of the International Society of Hypnosis (ISH). I am a Clinical Psychologist, specialised in Family and Couples Psychotherapy and Ericksonian Hypnosis and Psychotherapy. Since I was a child, I was very close to psychology and hypnosis. My mother is Teresa Robles, founder of the Ericksonian Center of Mexico, an institution that has formalized the teaching of Ericksonian psychotherapy and hypnosis in our country.

As you can imagine, while I was studying, I was getting to know hypnosis as part of my life. I was first trained at a Master's level in Systemic Family Therapy and Couples Psychotherapy.

Afterwards, I received a Master's degree in Ericksonian Psychotherapy. I then pursued training in Family Constellations.

Finally, I became interested in achieving a PhD degree to work with organisations and groups. Throughout all my years of training and practice I have always been carrying in my heart the motto of the Centro Ericksoniano de México, which is: "*Let's Build a Better World.*" I believe that with the work we do plus the focus on hypnosis, we can contribute to achieve it. In 2018 I was invited to join the International Society of Hypnosis board of Directors. Since then, I have been committed to continue working to disseminate hypnosis as a fundamental tool in the medical and behavioral health field. Likewise, I proposed creating a marketing and social media committee. My work with ISH has been highly rewarding, productive, and fun!

How did you find out about the congress?

I found out about it thanks to the fact that my colleagues from the International Society of Hypnosis board of directors are going to participate in the congress. They proposed to take advantage of this congress to get together, have our meeting in person and celebrate the 50th anniversary of the founding of the ISH. When I saw the theme of this congress, "*Hypnotic food for the body and mind, an integrated approach to healing*" I was thrilled, I loved it, I really wanted to participate and show what I am doing in Mexico!

What do you expect from this congress, what has prompted you to participate, what would you like to take home once the congress is over?

As I said, I am excited to participate and show what we do in Mexico, I am very excited to participate in a congress organised by ESH, and to enjoy the knowledge that so many colleagues will share.

You are going to present a conference and a workshop, tell us the content of each of them.

I have sent the organisers two proposals, a conference, and a workshop. I will wait for what they prefer and consider best for this congress. The first proposal is a group workshop to help overweight or obese people to lose weight and achieve their ideal weight. I have been carrying out this program for about 20 years with great success and I have written the methodology in a manual so that other hypnotherapists can replicate it. The name of this group is *How to Make your Body and Soul Lighter*.

The second proposal is *Hypnotic Work with Metaphoric Objects*, which I have developed. It is a very effective technique that leads to discovering the origin of the situation, awakening in the patient an internal dialogue from the unconscious intelligence, to transform their emotions. This technique can even be applied virtually. I will show the technique step by step, in both proposals, to apply it to patients.

I will be very happy to share with our colleagues in Turkey either of the two topics. Thank you so much for the interview, Consuelo, I am very excited to participate in this congress!

Bulgarian Association of Genuine Psychotherapy, Bulgaria Orlin Baev

Please share with the reader who you are from a personal and professional point of view



My name is Orlin Baev, psychologist-psychotherapist. I have been practicing psychology, psychotherapy, and clinical hypnotherapy for 18 years. I have gone through thousands of hours of training: hypnosis, body-oriented psychotherapy, transpersonal and integral approaches, NLP and solution-focused therapy, CBT, etc. In 2019, I founded the therapeutic method "Genuine Psychotherapy", of which I am the author. I dream of a world inhabited by more conscious, loving, and wise people.

Tell us also something about your society.

Bulgarian Association of Genuine Psychotherapy (BAGP) is a constituent society and accredited training society as well, born at 2019-th. The association currently consists of 41 members. Its goal is to develop and promote good psychotherapy practices, to offer quality psychotherapy and hypnotherapy training. It covers master degrees, psychologists, medical doctors and dentists. And of course, through good practise they help their clients and patients. BAGP teaches in 4-year training in hypno-psychotherapy (which Genuine Psychotherapy actually is) as well as in 400 hours two-year training in clinical hypnotherapy as a technique and method. In both ways, the trainings cover and exceed all international requirements.

How did you find out about the conference and what prompted you to want to participate?

So far, I have not been able to participate. I found out about the conference on the regular Zoom meetings where all the presidents of ESH constituent societies meet regularly. I am excited to mingle with the best hypnotherapeutic practitioners worldwide and be part of this event. I hope to contribute to the conference with my lecture "Hypnotherapy in OCD treatment".

Coming back to you, what do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

Honestly speaking, for me the most important are personal connections, cordial communication, and friendly interactions. I hope to take home sincere friendships and good colleagues' attitude, ready to help each other if needed. About knowledge, techniques, and methodology, nowadays most of it can be grasped directly through all the rich internet recourses, but of course this one too.

What is the content of your intervention, give us some idea on what will you talk about at the congress, what will your contribution be? How do you expect it to be received?

The subject of my brief talk is "Hypnotherapy in OCD treatment". I will share some of my 18 years' experience on my work with anxiety disorders and more specifically, with OCD. I hope it will be helpful to my colleagues.

Bulgarian Association of Hypnosis, Bulgaria
Dimitrina Mitreva

Please share with the reader who you are from a personal and professional point of view.



I am Dimitrina Mitreva, Psychodramatherapist, psychotherapist and hypnotherapist. Two methods of psychotherapy are my great passion - hypnosis and psychodrama – I graduated in both years ago. First was Hypnosis and Hypnotherapy in 2004, then in 2008 I became a psychodrama therapist. For more than 10 years I led over ten therapeutic psychodrama groups. Each one of them is a year long. In parallel, I practiced hypnotherapy and worked as one of the leading trainers in the Bulgarian Association of Hypnosis and Hypnotherapy.

Tell us also something about your society.

The Bulgarian Association of Hypnosis was founded back in 1999 by Milen Nikolov. During 2000-2006 he worked hard towards introducing Hypnosis to the Bulgarian therapeutic society, training therapists and organising multiple conferences and events with lecturers from Russia, Greece and Italy. After his death the work was continued under the name of the Bulgarian Association of Hypnosis and Hypnotherapy (BAHH), which functions and has continued to grow ever since. Acting President of BAHH is Kalin Tsanov (psychotherapist and hypnotherapists with long clinical practise). For the period of 2006 -2011 branches have started operation in all major Bulgarian cities – Plovdiv, Burgas, Varna and Veliko Tarnovo. Great partnerships have been established between BAHH and The Sofia University St. Kiril and Metodii, Bulgarian Association of Psychologists; Bulgarian Association of Clinical Communication and Hypnosis (medical association) and The Association of Genuine Psychotherapy with chairman Orlin Baev.

How did you find out about the conference and what prompted you to want to participate?

I decided to participate in the conference supported by my colleagues, as my desire was to present my newly created psychotherapy method that combines two therapeutic methods that I practice daily in my practice: hypnosis and psychodrama.

Coming back to you, what do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

I expect from the congress to get acquainted with different practices in hypnosis and to see the individual style and approach of the different speakers. I expect to take with me a lot of new knowledge about different practices in the world of hypnosis and meeting colleagues from other associations.

What is the content of your intervention, give us some idea on what will you talk about at the congress, what will your contribution be? How do you expect it to be received?

My professional path as a psychotherapist mainly goes through Hypnosis and Psychodrama. They each have many strengths and I have seen over and over again their power and the amazing way they can heal. Psychodrama was created as a method of psychotherapy by Jacob Moreno in the last century. If translated directly it means soul in action. This is a very active way in which we can see different parts of ourselves in action. Its main strength is in group therapy, but also can be applied for individual sessions in the form of Monodrama. The idea is that we all fulfill sometimes even unintentionally different roles in society. A son or a daughter, parent, husband/wife, love partner, friend, brother/sister, professional, boss, exemplary employee, etc. Mental problems are thought to emerge as a dysfunction in the relationship between roles. When we favor some roles at the expense of others, or when one role occupies all or almost all of our mental space, when a role is missing. When we are not well-suited to step into a certain role or have difficulty being flexible with our roles according to the context in which we find ourselves.

The greatest strength of psychodrama is in working with loss (mourning), the opportunity to talk with our fears or symptoms, as well as the opportunity to hear how some of our feelings speak to us by giving them words and actions, to look at us from outside, as well as to play out on the psychodramatic stage our own traumatic events, which we can review from a different angle and time.

The greatest power of hypnosis is working in an altered state of consciousness, when defence mechanisms have dropped significantly, and we have the opportunity to work with the authentic levels of consciousness and sometimes even the subconscious. By placing anchors and making post-hypnotic suggestions.

For more than 10 years I led over ten therapeutic psychodrama groups. Each one of them is a year long. In parallel, I practiced hypnotherapy and worked as one of the leading trainers in the Bulgarian Association of Hypnosis and Hypnotherapy. In my desire to combine the strongest sides of the two methods, the idea was born to combine them in one method, which I later called *Hypnomonodrama*. After many different trials, variations, volunteers in psychodrama and hypnosis groups, and with my individual clients, I have arrived at the version of *Hypnomonodrama* that I will present.

To start the process an instruction is given to people to think about some of their difficulties, something that bothers them, worries them, something they don't like about their life. About their illness, physical or mental pain or symptom. The relationships with a significant person in their life, loss of a loved one, or fear of trauma.

Hypnomonodrama can work with any problem, but it was most effective for loss, issues in relationships with people who hurt us and left our life, or when we have the need for closure. It is very effective also for anxiety driven states like panic attacks, OCD obsessions, agoraphobia and conditions like chronic pain and physical illness.

I expect it to be received with curiosity and interest and have a great journey together in the opportunities that the combination of the two methods can reveal in front of us.

Institute Milton H. Erickson de Luxemburg, Luxemburg
Christiane Steffens-Dhaussy



Please share with the reader who you are from a personal and professional point of view.

Hi, my name is Christiane Steffens-Dhaussy, I am a German clinical psychologist working in Luxembourg as psychotherapist, trainer and supervisor. I work mainly as a trainer and supervisor in hospital settings, in my private practice and as a trainer for hypnotherapy and energy psychology.

To which society do you belong?

I am a board member of IMHEL and a trainer for IMHEL as well as a for CFHTB, the french society of hypnosis. I also am a member of MEG (Germany), where I received my professional training.

How did you find out about the conference?

The board of ESH came to Luxembourg for their annual board meeting and I participated in the Forum that IMHEL and CFHTB had organized.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

I am very much looking forward to meeting colleagues from other countries, get inspired by their practice and their point of view on the different topics. I am sure that “*looking over the rim of my teacup*” will not only inspire my practice in Luxembourg but also make me a better hypnotherapist. I also hope to broaden my network of collegial support.

Please give us a brief summary of the topics you are presenting at the congress

“*Hypnotic Techniques for Hospitals: Helping Families, Children and Hospital Staff to Cope with Death and Grief*” in which I will share my experience of my work in palliative care and ICU as well as a supervisor and trainer for hospital staff. Protection techniques and prevention of burnout will be part of the workshop as well as a group trance.

The second topic will be presented together with my colleague Dr. Gabriele Stephan-Hembach “*Combining Hypnosis and TCM: Energy Psychology as a Non-verbal Approach in a Multilingual Context and a Helpful Tool with Migrants.*” In this workshop we will present energy psychology. Fred Gallo’s approach uses meridian points and other nonverbal approaches in combination with hypnosis. We use this nonverbal and very effective method in the multicultural and multilingual context of Luxembourg. This workshop will present the techniques and there will be practical exercises so that the participants can get a feel for this new approach.

Sociedad Hipnológica Científica (SHC), Spain
Isidro Perez Hidalgo

Please share with the reader who you are from a personal and professional point of view



For me it will be a great pleasure to meet other ESH members in Antalya. I am Isidro Perez Hidalgo and I have been working in clinical psychology since 1982. My first contact with hypnosis was shortly after. I began to feel that although cognitive behavioral therapy was effective, it limited me a bit in terms of therapeutic intervention. Gradually, my interest in hypnosis increased, and at the same time the percentage of hours I used hypnosis with my patients increased, with good results. In 1990 I began to train health professionals in hypnosis, and I have the satisfaction of having trained many psychologists and physicians in hypnotherapy.

In collaboration with other authors, I have also written four books on hypnotherapy, all of them in Spanish, although we are preparing editions in other languages.

Tell us also something about your society.

The Sociedad Hipnológica Científica (SHC) was born in 2009, bringing together health professionals who were working in clinical hypnosis or researching in this field. Our intention has always been to promote the use of hypnosis from an eclectic perspective, including the three main current therapeutic orientations: cognitive behavioral hypnotherapy, Ericksonian hypnotherapy and hypnoanalysis. As it is known, each of these three orientations has different approaches. We fundamentally value the flexibility of the treatment, knowing that there can be many alternatives within a therapy, which as we know is a mixture of science and art. Our society has held annual symposiums; we have also organised workshops and different training programs, for Spain and other Spanish-speaking countries. In addition, we have a blog and a magazine in which we publish different articles for professionals and also for the general public. We would be delighted if you could read us online at hipnologica.org. I don't want to be exhaustive. I will only add that we are preparing a training program that will start in November of this year. It is a lot of activities for a small society like ours, with about 50 members.

How did you find out about the conference and what prompted you to want to participate?

I had previously submitted a paper for the Basel congress, which in the end could not be held because of COVID. So, I was looking forward to a new congress where I could share different studies, experiences, and points of view with other professionals. I believe that the congress in Turkey will be a very high-quality meeting, with ESH members and non-members that will be able to enjoy. Although nowadays we can share a lot of information through the internet, direct contact is always better: there will be great names of today's hypnosis.

Is your society already an ESH Constituent Society?

We have only been a constituent society for a very short time, just a few weeks. For us it is very motivating that our dear SHC can be part of such an important society as the ESH, with more than 14,000 members in many countries.

As I said before, although we are a small society, we are very eager to participate in all the wide range of activities that the ESH offers. The Antalya congress will help us a lot in this sense.

Coming back to you, what do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

I believe that my knowledge of hypnosis, despite my 40 years of experience, will be greatly enriched in just four days thanks to the quality of the lectures and workshops that will be presented. At the beginning it will be difficult to assimilate so much information but when I return from Turkey, I will digest the contents and I will enjoy being able to use all this new information in a practical way.

In addition, the congress will allow me to meet in person experts in hypnosis that I have read before. It will be very nice to exchange views. On the other hand, I know very little about Turkey and spending a few days there will be a great experience for me.

What is the content of your intervention, give us some idea on what will you talk about at the congress, what will your contribution be? how do you expect it to be received?

My speech will last approximately 30 minutes. What I am going to present is a work that has occupied more than 30 years of my professional life. Already in the 80's there were very significant studies on the use of hypnosis in the treatment of irritable bowel syndrome. In subsequent years, high quality studies have been accumulating in the scientific literature exploring this topic.

As a clinician, I do not have large samples to do studies that include control groups. However, I have found that the use of self-hypnosis using the ultradian phases described by Ernest Rossi adds significant therapeutic value to the usual procedures of what has been called "gut hypnotherapy".

My presentation is an invitation to other clinicians or perhaps researchers to test the use of ultradian self-hypnosis alone or in combination with other techniques. For those who are not familiar with the ultradian phases, chronobiology helps us to know which are the moments during the day when we can use hypnosis or self-hypnosis optimising the results. All this I will explain in my intervention so that it can be applied with patients suffering from IBS.

Innovation Offered by New Participants

In the following pages you meet some colleagues participating at an ESH Congress for the first time

From Austria Jasminka Godnic

Please share with the reader who you are from a personal and professional point of view.



Personally, I am a vivid, creative and in different fields interested person. Apart from my profession as a physician, I am painting, enjoying my life in my summer house on the coast of Istria, and enjoying life with my friends, children, my husband and a darling dog. Professionally, I am a specialist in internal medicine, university professor in occupational medicine, retired from the Medical University in Vienna since four years, still running a private office for internal medicine in Vienna, at the moment organizing another possibility to work in Croatia.

As being new in the field of hypnosis and still not belonging to a hypnosis society how did you find out about the conference?

Through the postgraduate course “Medical Hypnosis” at the Medical University of Vienna, Austria and a very stimulating and open-minded docent, leading the course, Dr Stella Nkenke

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over

I expect to learn more about medical hypnosis, meet experienced practitioners from all over the world, and exchange with colleagues in hypnotic techniques. I wanted to participate from the above reasons because I feel I need to learn more and become more informed and ascertained in the own techniques of medical hypnosis. I also would like to see and learn more about the techniques in different medical indications. I would like to take home more skills, more certainty that I can perform an efficient medical hypnosis = more self-confidence in medical hypnosis.

Caterina Duswald



Please share with the reader who you are from a personal and professional point of view.

From a personal point of view I am a very open minded person. I love to get in contact with people and to interact with them in all the variety we are able. Professionally I am a doctor of physical medicine and rehabilitation specialized in osteopathic treatment.

I treat most of the time people with chronic pain or mood disorder, also psychosomatic problems, less with acute injuries. As so far I was used to do this treatment with my hands on the body. With the medical hypnosis I got to know the possibility to treat with words, which is really fascinating.

As being new in the field of hypnosis and still not belonging to a hypnosis society how did you find out about the conference?

My teacher in Vienna Dr. Stella Nkenke told me about it.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

My expectations are to get new inspirations, to get to know more interesting people and to meet again my colleagues who did the university education in Vienna with me and with whom I had a really great time. It prompted me to participate the fact that this whole postgraduate education was full of super interesting views on the human communication and interaction, taught by various so charismatic lecturers all above our course director Dr. Stella Nkenke. Each time it was a real pleasure for me to participate, to get to know and to feel more about this fascinating method, that's why I want to get more.

I would like to take home inspirations, connections, joy, knowledge, interesting encounters, good times, improvement of my skills, surprises and a lot of sun !

Beatrix Patzak

Please share with the reader who you are from a personal and professional point of view



I am a general physician working in an office in Vienna and I work as a labour doctor for a large company.

As being new in the field of hypnosis and still not belonging to a hypnosis society how did you find out about the conference?

My Teacher Dr. Stella Nkenke told me about the opportunity to attend the conference.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

I'm interested in anything, which helps me as a beginner to get more confident in hypnosis therapy.

Alice Stoisser

Please share with the reader who you are from a personal and professional point of view.



I am Alice Stoisser, a behavioral therapist specialised in trauma therapy, practicing in Vienna. My focus lies on providing therapeutic support to children, adolescents, and adults. Currently, I am actively pursuing my Ph.D. degree and conducting research on the transmission of transgenerational trauma, seeking to contribute to our understanding of this complex phenomenon. Beyond my professional life, I am an avid runner and cyclist. Traveling is also a passion of mine, as it allows me to immerse myself in diverse cultures and gain new perspectives. In my leisure time, I take delight in playing the piano. Additionally, I have to mention my affection for dogs.

As being new in the field of hypnosis and still not belonging to a hypnosis society how did you find out about the conference?

I completed the Advanced University Course in Medical Hypnosis at the Medical University of Vienna under the supervision of Dr. Stella Nkenke, where I had the opportunity to meet inspiring colleagues. It was during this course that I first learned about the upcoming conference, which ignited my enthusiasm to further explore and expand my knowledge in the field of hypnosis.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

I would be particularly delighted to experience an international exchange in the field of medical hypnosis and potentially explore diverse cultural approaches to hypnosis. Overall, I am looking forward to enhancing and expanding my knowledge, as well as learning about new interventions at the conference.

From Danish Society of Clinical Hypnosis, Denmark Susanne Buus Thomsen

It's the first time that you are participating, so I am curious to know something about you and about the hypnosis society you belong to.



I am Susanne Buus Thomsen, 59 years old and live in Odense Denmark. I have two grown-up children, and I am a children's dentist. My interest has always been to help children who are afraid or have behavior management problems.

To which society do you belong? Do you have a role in that society?

I am an ordinary committee member of the Danish Society of Clinical

Hypnosis (DSKH).

How did you find out about the conference?

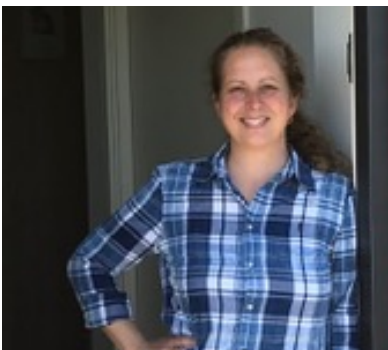
I heard about the conference from Randi Abrahamsen and from other members of DSKH. They all tell me that it is something special to join a Congress.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

First of all, I hope to learn a lot. I am so happy to see that there are a lot of topics specific to dentistry and to children. I hope to get in contact with dentists that practice hypnosis with children. I would love to learn and to share. Hopefully DSKH are able to invite dentists to Denmark to give courses.

Anne Marie Lasthein Jensen

It's the first time that you are participating, so I am curious to know something about you.



I am Anne Marie Lasthein Jensen, I am 45 years old and married to Søren. We have two lovely daughters, Karoline and Sisse, who are 19 and 16 years old respectively. By profession, I am a physiotherapist. I run my own private practice called "Fokus på dig," which translates to "Focus on You." Having a private practice means that there is no government assistance for patient payments. As a result, I must provide a valuable service that patients are willing to pay for. I supplemented my education with Cranio Sacral Therapy over 20 years ago, which has greatly influenced my practice. However, like others working with patients in pain, I sometimes felt that I was missing something or lacking the right tools. I have always been fascinated by hypnosis and actually mentioned the possibility of using hypnosis for pain during my education. Unfortunately, I was advised not to be careless or unserious about my work. About 10 years ago, I personally tried hypnosis, reigniting my interest in it. I found a course for healthcare professionals at DSCH (The Danish Society of Clinical Hypnosis) and completed my education in 2017.

To which society do you belong? Do you have a role in that society?

I belong in the Danish Society of Clinical Hypnosis, and I am a board member since 2020

How did you find out about the conference?

The society, DSCH, regularly sends out emails to all members whenever something interesting is happening. Some of the other members I know wanted to attend, which led to my decision to participate as well.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

I anticipate learning more about pain management, including techniques to: Manage pain endurance, alleviate pain, reduce pain, restructure pain perception, address the root cause of pain. I also hope to gain insights into stress management techniques. Anna Knakkegaard's presentations are always engaging and informative. Unfortunately, stress among children is a major issue in Denmark, and this topic is now becoming relevant in my work.

My motivation to attend was largely influenced by my friend, but also by the current state of my professional life. I have decided that hypnosis should now play a bigger role in my practice. The congress topics align with my interests, particularly the motto "Hypnosis Food for Body and Mind: an Integrated Approach to Healing." It seems tailor-made for a physiotherapist like me.

I look forward to returning home with new strategies to use in my practice, fresh perspectives to approach problems, and new connections with fellow attendees.

Trine Møller Andersen

It's the first time that you are participating, so I am curious to know something about you



I am Trine Møller Andersen, I am a 47-year-old woman. I am a trained doctor and have previously worked in psychiatry, but now I work in my own clinic only using psychotherapy and hypnotherapy. I live in Denmark; I am married and have 3 children. I graduated as a hypnotherapist at the Danish Society for Clinical Hypnosis in 2017 and have since worked with hypnotherapy. In the beginning, when I worked with hypnotherapy, I had a lot of focus on children and adolescents, but now I treat all ages. I have worked a lot with patients with anxiety, which has meant that I now have good expertise in the treatment of anxiety. This led to me to start a pilot project that investigates the effect of treatment with hypnotherapy on patients with anxiety, patients referred from primary care.

To which society do you belong? Do you have a role in that society?

I belong to Danish Society of Clinical Hypnosis. I am very happy to be part of this society, where many courses are arranged also with foreign speakers. I don't have a daily role in the society, but I have taught on one of their courses.

How did you find out about the conference?

I got the invitation from Danish Society of Clinical Hypnosis. I have previously talked to other members who have participated and been really happy about it.

What do you expect from this congress, what prompted you to participate, what would you like to take home with you once the congress is over?

I am really looking forward to attending the conference. It can be difficult to get new inspiration and new ideas because there are not so many hypnotherapists in Denmark. I hope to get a lot of inspiration and hear about other ways to use hypnotherapy. I look forward to hearing lectures, but also a lot to talk to other hypnotherapists about how they use hypnosis and what challenges and successes they have.

For me, it is important to constantly develop as a therapist and develop my treatment, so for me it is important to get new inspiration, therefore this conference is ideal for me.

From the Finnish Society for Scientific Hypnosis, Finland Aleksi Javala

Please share with the reader who you are from a personal and professional point of view.



I am a clinical psychologist and psychotherapist, a psychotherapy and hypnotherapy trainer and supervisor and chairperson of The Finnish Society for Scientific Hypnosis. Currently I am also one of the three lead trainers in Helsinki University medical school's cognitive hypnotherapy training programme. In my private practise I mainly work with clients of gender and sexual diversity and on this topic, I organise training courses in Finland for mental health professionals and provide extensive supervision

Tell us something about your Constituent Society and the role you have in that society

At the moment I am the chairperson of the society and before that I was the treasurer for almost a decade or so... Our society is very active indeed and will have its 65th jubilee in 2024. So, now we are working on a three-day conference, held in Lapland! Our society runs a basic course ,twice a year, and a one-year training programme of clinical hypnotherapy once a year. Both are gaining popularity among Finnish mental healthcare professionals; thanks to the extensive work our society has been doing over the years. Currently we are also gathering the history of our society, doing interviews with our senior members, and writing it all down. Then there is also our extensive archive. We plan to have a history booklet published for our 70th jubilee, so we still have time to put it all together!

The society arranges regular continuing training ,as stand-alone seminar days, for our members who have already taken the basic course and our one-year training programme of clinical hypnotherapy. Past topics in 2023 have been Ericksonian hypnotherapy and Pain management. In December, the topic will be eating disorders and weight control and on April 12th-13th 2024 we are delighted to have Eric Spiegel from Philadelphia presenting a two-day seminar on the topic Healing the Wounds of Development – Attachment Theory & Hypnosis, An Integrated Approach to Psychotherapeutic Treatment. We also warmly welcome our colleagues from other ESH member societies to come and join this great seminar with us in Helsinki – or online on Zoom! Information will be available on ESH's website.

How did you find out about the congress?

I regularly follow what is happening in ESH and I try to be proactive in also letting our society's members know about the congresses and about the seminars and workshops arranged by other ESH member societies. This is vital because our society hands out quite substantial grants every spring to our members. We want to encourage and enable this form of learning and networking for them.

What do you expect from this congress, what prompted you to participate?

I absolutely love the congress theme: Hypnosis Food for Body and Mind: An Integrated Approach to Healing; because the title shows how important the use of hypnosis can be. I am looking forward to many interesting lectures and workshops. The ESH congresses have never let me down! What is even more important, is that I believe in these crazy times in the world it is crucial to maintain international relations at different levels. The incredible hospitality one can experience in Türkiye is something that surely makes people not want to miss this event in those beautiful, historical surroundings of Antalya! For all the extensive work they have already done so far, on behalf of the Finnish delegation participating in the congress, I would like to send greetings and thanks to the organising society and committees!

Errata Correct

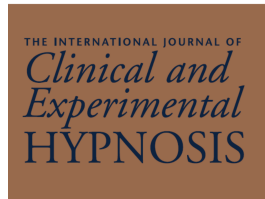
Susanna Carolusson informed Lotta Lindgren, the current president of SSCH, about an error in the interview published in the previous June 2023 ESHNL.

SSCH was founded 1966, and registered as a non profit society in 1967, i.e., it has existed 57 years now, not 30.

Additional explanation regarding membership criteria: To avoid any misunderstanding, our member categories are all licensed professions in the Swedish Health and Care System. In some constituent societies, a few of these professions are not licensed and not eligible for membership. As an example, in Sweden, midwives are licensed nurses with a specialisation to practice midwifery. An exception regarding license in SSCH, are dental nurses, who are members on the condition that they use hypnosis only under supervision by, and as an assistant to, a superior dentist in the workplace.



LATEST NEWS FROM



Call for Papers: Intersections of psychedelics, psychedelic and mystical experiences, and hypnosis

(Editor-in-Chief, Gary Elkins, Ph.D.)

Details: The therapeutic benefits of psychedelic and mystical experiences have been shown in several studies and the research base has grown rapidly in recent years. Both hypnosis and psychedelics have been investigated for a range of psychiatric disorders and transformative experiences and past research has suggested that psychedelic and mystical altered states may be facilitated or augmented by hypnosis, meditation, and positive expectancy. Several studies have identified potential parallels between psychedelics and hypnosis and some have proposed that combining hypnosis and psychedelics in psychotherapy may have enhanced benefits. Other research has suggested that hypnosis may be used to create psychedelic and mystical experiences without taking a psychedelic substance. Although there has been increased interest in psychedelics, mystical experiences, hypnosis, and non-ordinary states of consciousness, much remains unknown. For example: Can hypnosis be used by individuals to create psychedelic experiences that are comparable to psychedelic substances? Can hypnosis create psychedelic states and mystical experiences that are transformative or have therapeutic benefits? Does hypnotizability and absorption moderate the capacity to experience psychedelic or mystical experiences? What is the role of placebo effects, positive expectancy, and hypnotic suggestion in psychedelic experiences? Is the neurophysiology of substance-induced and hypnosis-induced psychedelic experiences comparable? What is a potential theoretical framework that can account for the ability of hypnosis to induce psychedelic and mystical states? How does hypnosis influence substance-induced psychedelic experiences in treatment? This special issue of the IJCEH is a call for papers (research, theoretical, or clinical) that can address these and related questions. Interested authors are encouraged to provide letters of interest and manuscript submissions before their deadlines. Manuscripts will be peer-reviewed for consideration for publication in this Special Issue.

Letters of interest are due by December 15, 2023

Deadline for Submission of Manuscripts to the IJCEH: May 1, 2024

Submission of Manuscripts: The International Journal of Clinical and Experimental Hypnosis receives all manuscript submissions electronically via Taylor & Francis' submission portal located at <https://tp.tandfonline.com/submission/create?journalCode=NHYP>

Instructions to authors can be found at: <https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20>

Questions and requests can be sent to the IJCEH Editorial Office at IJCEH@baylor.edu

Call for Papers for a Special Issue of the International Journal of Clinical and Experimental Hypnosis (IJCEH)

In collaboration with the 16th European Congress of Hypnosis <https://esh2023.org/> XVI ESH Congress will be held under the cooperation of the Society of Medical Hypnosis (THD) and the European Society of Hypnosis (ESH). The Congress will take place in Antalya, Turkiye on 26 – 29 October, 2023. The congress website can be found at: <https://esh2023.org/>

The 16th European Congress of Hypnosis/European Society of Hypnosis conference is a historic and important meeting of researchers and therapists in the fields of hypnosis, suggestion, and altered states of consciousness. The motto of the Congress is: “Hypnosis Food for Body and Mind: An Integrated Approach to Healing”. In this special issue of the International Journal of Clinical and Experimental Hypnosis, we want to feature the research of presenters (basic science researchers and clinical practitioner researchers) by providing the opportunity to share your knowledge with an international readership.

As the Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis (IJCEH), I am issuing this invitation for presenters at the 16th European of Hypnosis conference to submit their papers for consideration for a Special Issue of the IJCEH. Submission deadline for this special issue is December 4, 2023 and submissions must follow IJCEH instructions to authors and be submitted on-line to the IJCEH ScholarOne portal.

The 16th European Congress of Hypnosis Special Issue will be a selection of the best papers (research, theoretical, or clinical) with a guest editorial provided by the Congress leaders. Approximately 6 articles will be selected for this special issue. Submission does not guarantee acceptance. The submission deadline for consideration of publication in this Special Issue is on or well before December 4, 2023. Interested authors are encouraged to provide full manuscripts at any time before this date. Submission Deadline for this Special Issue: December 4, 2023

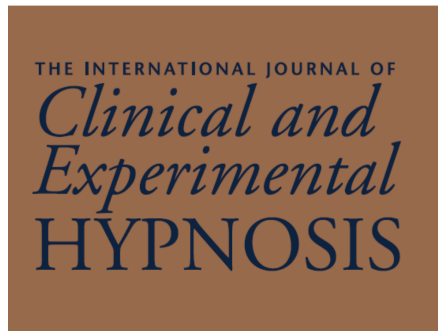
How to Submit Your Manuscript

International Journal of Clinical and Experimental Hypnosis receives submissions electronically via the ScholarOne site located at <https://mc.manuscriptcentral.com/ijceh>. Instructions to authors can be found at <http://www.tandfonline.com/ijceh>. Please include a cover letter declaring any conflicts of interest, stating that the manuscript has not been published elsewhere, and indicating that you are submitting for the Hypnosis: New Generation Researchers Special Issue.

If you have any questions, contact Vanessa Muniz, IJCEH Managing Editor, at ijceh@baylor.edu

Gary Elkins, PhD, Editor-in-Chief International Journal of Clinical and Experimental Hypnosis
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LATEST NEWS FROM



Recent Issue: Volume 71, Issue 3

The most recent issue of the IJCEH features the publication of a newly proposed theory of hypnosis, The Adaptive Experiential Theory of Hypnosis. Additional articles in this issue include a systematic review and research articles on hypnotherapy for a wide variety of conditions such as sleep disturbance, chronic nociceptive pain, and weight loss. Finally, this issue also includes two studies on the association of hypnotizability to interoception and emotion and the reliability and validity of the Elkins Hypnotizability Scale within a clinical sample. This is the third issue of 2023 and we look forward to publishing many more outstanding articles this year!

Call for Papers: Research from the 16th European Society of Hypnosis Conference

We are excited to announce an opportunity to be featured in our next special issue. The call for papers for a special issue in collaboration with the 16th European Congress of Hypnosis/European Society of Hypnosis is open now until December 4, 2023. This special issue will feature the research of presenters from this conference and approximately six articles will be selected.

For more information and to submit your work, I invite you to visit our website dedicated to this Call for Papers: https://bit.ly/Hypnosis_Research

Call for Papers: Intersections of psychedelics, psychedelic and mystical experiences, placebo, and hypnosis

You are invited to share your innovative research in this call for papers for a special issue of the IJCEH. This special issue will feature relevant research, theoretical perspectives, or clinical and professional perspectives related to psychedelics, mystical experiences, hypnosis, and non-ordinary states of consciousness. All submitted manuscripts will be peer-reviewed for the possibility of publication in this special issue. Interested authors are encouraged to provide letters of interest by December 15, 2023, and complete manuscript submissions by May 1, 2024.

Submissions will be received electronically via our submissions portal: at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

If you have any questions, contact Vanessa Muñoz, IJCEH Managing Editor, at IJCEH@baylor.edu

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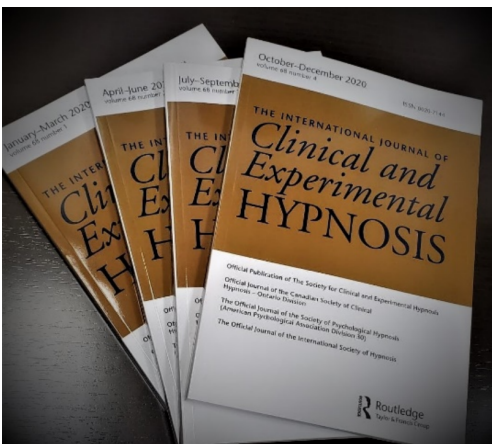
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Editor-in-chief: Gary R. Elkins, PhD



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The IJCEH accepts many types of papers, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material. Topics can include: 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).

If you have a paper to submit, go to Taylor & Francis' submission portal located at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>. Everything you submit will be conveniently available for you to view on the online system.



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Managing Editor: Vanessa Muñiz

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We are pleased to share abstracts from the articles published in the most recent issue of

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

July 2023 Issue – Volume 71 (3)

OPEN ACCESS

Adaptive Experiential Theory of Hypnosis

Cameron T. Alldredge & Gary R. Elkins

State and nonstate theories of hypnosis have dominated the field for decades and helped advance hypnosis clinically and scientifically. However, they fall short in various ways including insufficient consideration of unconscious/experiential processes. The authors’ new theory is predicated on Epstein’s cognitive-experiential self-theory, a dual-process model that provides a comprehensive understanding of the rational system and the experiential system and highlights that, although they interact synergistically, their features and modes of operation differ greatly. The rational system, influenced by logic and reason, is demanding of cognitive resources and operates effortfully with minimal affect. In contrast, the experiential system is emotionally driven, associative, and encodes reality in images and feelings without conscious effort. Our theory, the adaptive experiential theory, posits that complex hypnotic responding is attributable to an individual’s ability to adapt and deliberately shift from processing primarily within the rational system to the experiential system. Greater association with the experiential system yields alterations in processing reality, which allows hypnotic suggestions to be internalized and enacted without excessive interference from the rational system.

OPEN ACCESS

Systematic Review of Hypnotherapy for Sleep and Sleep Disturbance

Nathan Wofford, Morgan Snyder, Chris E. Corlett, & Gary R. Elkins

Sleep disturbance can negatively affect physical and psychological health. Hypnotherapy may be effective for improving sleep with fewer side effects than other treatments. The purpose of this systematic review is to comprehensively identify studies and evidence regarding hypnotherapy for sleep disturbances. Four databases were searched to identify studies examining the use of hypnotherapy for sleep in adult populations. The search yielded 416 articles, of which 44 were included. Qualitative data analysis revealed that 47.7% of the studies showed positive results regarding the impact of hypnotherapy for sleep, 22.7% showed mixed results, and 29.5% showed no impact. A subset of 11 studies that set sleep disturbance as an inclusion criterion and included suggestions for sleep were examined separately and had more favorable results, such that 54.5% showed positive results, 36.4% showed mixed results, and 9.1% showed no impact results. Hypnotherapy appears to be a promising treatment for sleep disturbance. Future studies should report effect sizes, adverse events, and hypnotizability and include sleep-specific suggestions, standardized measures, and descriptions of hypnotherapy intervention procedures.

The Efficacy of Hypnotic Analgesic Suggestions in Chronic Nociceptive Pain: A Randomized Controlled Trial

Anna D. Kaczmarek, Michal Mielimaka, & Krzysztof Rutkowski

This blinded study evaluated the relative efficacy of three hypnosis sessions in 60 patients with chronic nociceptive pain allocated randomly to one of two conditions: hypnosis with analgesic suggestions, or hypnosis with nonspecific suggestions. Pain intensity, pain quality, and pain interference as outcome measures were assessed before and after treatment. A mixed-design analysis of the variance model showed no significant differences between groups. According to the adjusted model, large effect size improvements in pain intensity and pain quality emerged for both conditions but were only meaningful for patients not taking pain medications. Analgesic suggestions may not play a primary role in beneficial outcomes of hypnosis at the beginning of chronic pain management since both interventions demonstrated similar positive effects. Future studies should investigate the efficacy of the hypnosis components over longer treatment periods.

A Qualitative Exploration of Weight Loss Experiences Through Hypnotherapy

Nurul A. Roslin, Aryati Ahmad, Mardiana Mansor, Myat Moe Thwe Aung, Farrahdilla Hamzah, & Pei Lin Lua

Hypnotherapy has been gaining recognition as an alternative treatment for excess weight problems. This qualitative study aims to explore individuals' experiences of losing weight through hypnotherapy and their perceived barriers and facilitators for healthy lifestyle changes. Semistructured interviews were conducted with 15 participants (11 women and 4 men; mean age of 23 years) who recorded having lost $\geq 5\%$ weight after undergoing 3 hypnotherapy sessions previously at a public university in Terengganu, Malaysia. Each interview was audiotaped, transcribed, and analyzed using thematic analysis. The themes that emerged were the usefulness of hypnotherapy, barriers, and facilitators of healthy lifestyle changes. All participants contended that hypnotherapy played a role in their weight-loss journey through increased mindful eating and enhanced motivation to make lifestyle modifications. Barriers to healthy lifestyle changes included high costs of healthy foods and lack of support for healthy food sources in social and family settings. Hypnotherapy is essential as an adjunct tool in assisting weight loss. However, additional efforts are needed to improve support in the weight management journey.

Association of Hypnotizability, Interoception, and Emotion

Žan Zelič, Laura Sebastiani, & Enrica Laura Santarcangelo

The present scoping review reports the reciprocal relations between hypnotizability, interoception, and emotion. Brain morpho-functional differences may account for the lower interoceptive accuracy, higher interoceptive sensitivity, and different emotional strategies observed in highly hypnotizable participants with respect to medium-to-low hypnotizables. Since interoception is relevant to both physical and mental health and hypnotizability can predict both interoceptive abilities and the efficacy of interoception-based mental training, this allows for the development of new forms of treatment and rehabilitation.

Reliability and Validity of the Elkins Hypnotizability Scale Within a Clinical Sample

Kimberly Zimmerman, Vanessa Muñiz, Morgan Snyder, & Gary R. Elkins

Hypnotherapy is used in clinical settings to treat mental and physical health-related conditions. Hypnotic response can be measured through hypnotizability scales to help interventionists personalize treatment plans to suit the patients' individualized hypnotic abilities. Examples of these scales are the Elkins Hypnotizability Scale (EHS) and the Stanford Hypnotic Susceptibility Scale, Form C (SHSS:C). According to the previous literature, these scales have good discriminating ability and internal consistency ($\alpha = 0.85$) in collegiate samples, but the psychometric properties of the EHS for a targeted clinical population have not been determined yet. This study assessed said properties, and results showed adequate reliability of the EHS in a targeted clinical sample and strong convergent validity of the EHS to the SHSS:C. The authors conclude that the EHS is a strong and useful measure of hypnotizability that is pleasant, safe, brief, and sensible to individualities in hypnotic ability found in diverse clinical samples.

Thanks to each and every contributor in the triennial 2020-2023

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