

ESH The Newsletter

Hypnosis From Europe to the World



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President's Letter
G rard Fitoussi

Editor's Letter
Kathleen Long

ESH NEWSLETTER SPRING EDITION

ESH Congress
Glasgow 2026

CS Overviews:
VHYP
DSCH
BAGP

Articles from
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Mike Gow

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ESH
CONGRESS 2026

26 August 2026 GLASGOW 30 August 2026
UNIVERSITY

President's Letter G rard Fitoussi

Science has made unprecedented progress and continues to astonish us.

This acceleration is evident in all fields, particularly in medicine, with the provision of treatments for diseases that were previously without remedies, such as sickle cell disease, beta-thalassemia, or even vitiligo.

Malaria has disappeared in many countries. All of this is owed to science and the development of its applications.

However, while these advancements demonstrate science's ability to transform our understanding of the world and significantly improve our lives, it comes at the cost of a certain disenchantment with the world and the risk of becoming an object of superstition. "Science will solve everything, including our existential problems."

It is essential to recognize that science has its limitations.

Even though it can solve many problems, it cannot answer all questions, especially those related to our existence and human experience.

It cannot provide answers to philosophical or spiritual questions about the meaning of life, free will, or other aspects of the human experience.

It is also crucial to remain aware of the ethical and social implications of using science. Scientific progress can have unforeseen or undesirable consequences that must be taken into account.

In France, as well as in other countries, loneliness, depression, anxiety, and the feeling of not being able to keep up with the pace of progress—concepts discussed by philosopher Hartmut Rosa—are on the rise (Hartmut Rosa, *Acc l ration, une critique sociale du temps*, La d couverte, 2010).

Now more than ever, our contemporaries will need places to pause, places that bridge the gap between science and poetry, between the left and right brain hemispheres.

It's the entire magic and mystery of hypnosis to be at the confluence of these two worlds. Which clinician isn't amazed after each hypnosis session by the magic that unfolds?

After over thirty years of practice, I am still surprised, perhaps even more so than the patient themselves, at the end of each session.

Each time, something different, unexpected, yet pertinent occurs. Each session is the fusion of the creativity of poetry and the rigor of science. As healthcare professionals, let us carefully preserve this dual anchorage.

Regarding the life of the ESH, in January 2024, we were able to discover, during a Zoom meeting, the excellent work carried out by the VHYP society and its president Erick de Soir, followed by the presentation of the Bulgarian Society's work by its dynamic president Orlin Baev. These meetings are essential for building a stronger connection between the different societies within the ESH.

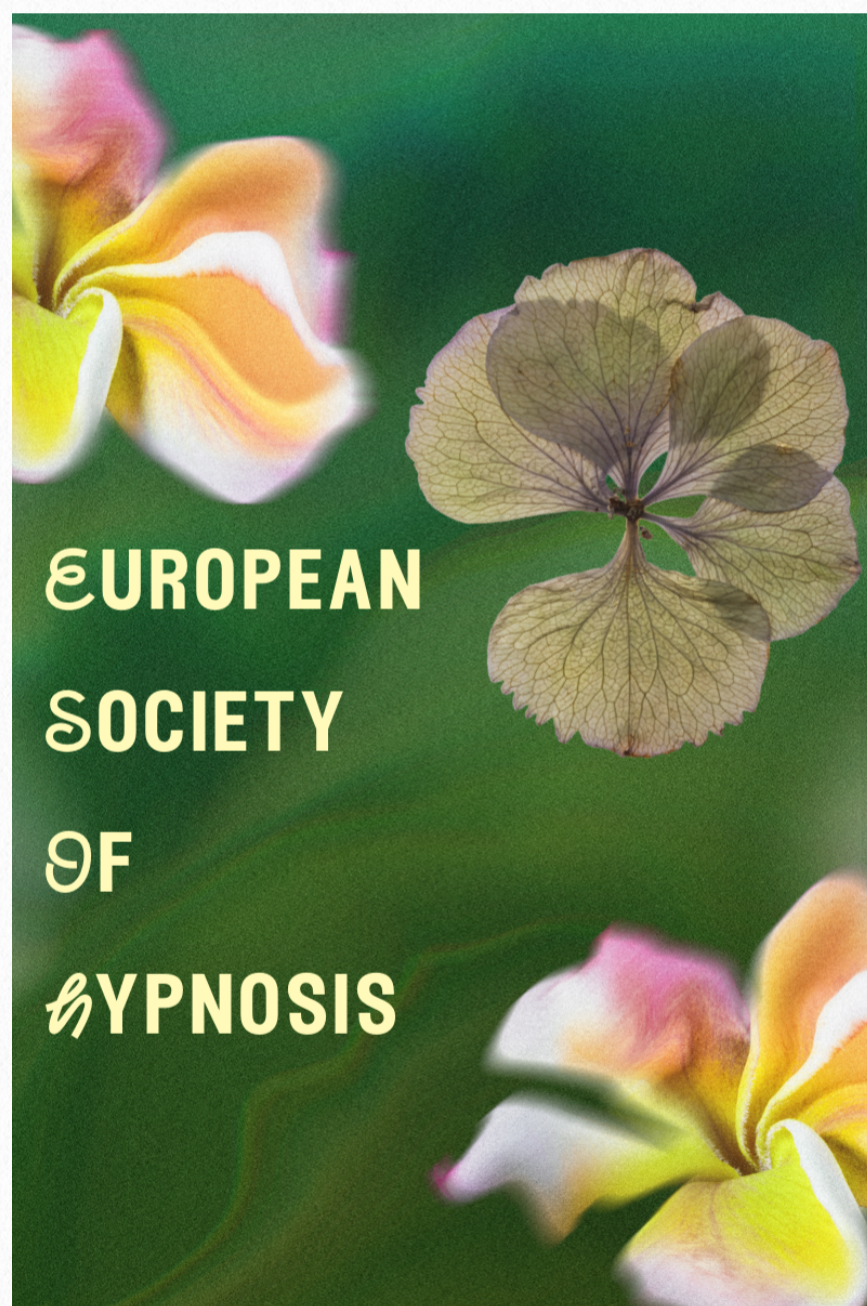
Our next in-person meeting will take place during the ISH Congress in Krakow, and I invite you to register for it now.

Glasgow has been selected as the host city for the next European Congress in August 2026, and the team led by Mr. Gow and Fakhtehsadat Ayatollahy is already hard at work.

As we begin the year 2024, our thoughts are with our friends who are experiencing suffering and difficulty.

The CIC, now known as Hypnosis Without Borders, established by Callie Hattingh and Kathleen Long, continues to organize itself to contribute, however modestly, to alleviating some of the world's suffering.

Even though this letter reaches you at a time that is already well into the year, I extend my wishes for health and joy to you for the year 2024.



Translated into French by Gérard Fitoussi

La science a fait des progrès inouïs et ne cesse de nous étonner. Cette accélération se manifeste dans tous les domaines et en particulier dans celui de la médecine ainsi avec la mise à la disposition des patients de traitements pour des maladies qui jusque-là en était dépourvu, comme la drépanocytose, la bêta-thalassémie ou encore le vitiligo. La malaria a disparu dans de nombreux pays. Tout cela nous le devons à la science et au développement de ses applications. Mais si ces avancées témoignent de la capacité de la science à transformer notre compréhension du monde et à améliorer nos vies de manière significative, c'est au prix d'un certain désenchantement du monde, et au risque d'être elle-même objet de superstition, « la science va tout résoudre y compris nos problèmes existentiels ». Cependant, il est essentiel de reconnaître que la science a ses limites. Même si elle peut résoudre de nombreux problèmes, elle ne peut pas répondre à toutes les questions, en particulier celles liées à notre existence et à notre expérience humaine. Elle ne peut pas fournir de réponses aux questions philosophiques ou spirituelles sur le sens de la vie, le libre arbitre, ou d'autres aspects de l'expérience humaine. Il est également crucial de rester conscient des implications éthiques et sociales de l'utilisation de la science. Les progrès scientifiques peuvent avoir des conséquences imprévues ou indésirables, qu'il est essentiel de prendre en considération. En France, mais dans d'autres pays également, la solitude, la dépression, l'anxiété et le sentiment de ne pas pouvoir suivre le rythme du progrès, l'accélération dont parle le philosophe Hartmut Rosa sont en augmentation (Hartmut Rosa, Accélération, une critique sociale du temps, La découverte, 2010). Plus que jamais nos contemporains auront besoin de lieux et d'espace où se poser, des lieux qui font le lien entre sciences et poésie, entre le cerveau droit et le cerveau gauche.

C'est toute la magie et le mystère de l'hypnose que d'être au confluent de ces deux mondes. Quel clinicien n'est pas étonné après chaque séance d'hypnose par la magie qui en découlé ? Après plus de trente ans de pratique, je suis encore surpris peut-être même plus que le patient lui-même à la fin de chaque séance. A chaque fois, quelque chose de différent, d'imprévu et pourtant de pertinent se produit. Chaque séance est la fusion de la créativité de la poésie et de la rigueur de la science En tant que professionnels de santé, conservons précieusement ce double ancrage

Concernant la vie de l'ESH, nous avons en janvier 2024 pu lors de lien zoom découvrir l'excellent travail effectué par la société VHYP et son président Erick de Soir, suivi ensuite par la présentation du travail de la Société bulgare par son dynamique président Orlin Baev. Ces rencontres sont indispensables pour qu'un lien plus solide entre les différentes sociétés de la ESH se constituent.

Notre prochaine rencontre en présentiel se tiendra lors du congrès de l'ISH à Cracovie que je vous invite dès maintenant à vous inscrire. Glasgow a été choisie comme ville hôte pour le prochain congrès européen en août 2026, et l'équipe réunie autour de M. Gow et Fakhtehsadat Ayatollahy est déjà à pied d'œuvre.

En ce début d'année 2024, nos pensées vont à nos amis qui sont dans la souffrance et la difficulté. Le CIC, devenue, Hypnose sans frontières (Hypnosis Without Borders), mis en place par Callie Hattingh et Kathleen Long continue de s'organiser pour contribuer aussi modestement soit-il à soulager un peu de la souffrance du monde. Même si cette lettre vous parvient à une période déjà avancée dans l'année je vous adresse mes vœux de santé et de joie pour cette année 2024.

Translated into German by Stella Nkenke

Die Wissenschaft hat noch nie dagewesene Fortschritte gemacht und versetzt uns immer wieder in grosses Erstaunen. Diese Beschleunigung zeigt sich in allen Bereichen, insbesondere auch in der Medizin, wo Krankheiten behandelt werden können, für die es früher keine Heilmittel gab, wie z. B. die Sichelzellenanämie, die Beta-Thalassämie oder auch Vitiligo. Die Malaria ist in vielen Ländern bereits verschwunden. All dies ist der Wissenschaft und der Entwicklung ihrer Anwendungen zu verdanken. Doch während diese Fortschritte zeigen, dass die Wissenschaft in der Lage ist, unser Verständnis der Welt zu verändern und unser Leben erheblich zu verbessern, geht dies mit einer gewissen Weltverdrossenheit und dem Risiko einher, zum Objekt des Aberglaubens zu werden. "Die Wissenschaft wird alles lösen, auch unsere existenziellen Probleme". Es ist wichtig zu erkennen, dass die Wissenschaft ihre Grenzen hat. Auch wenn sie viele Probleme lösen kann, kann sie nicht alle Fragen beantworten, insbesondere nicht die, die mit unserer Existenz und der menschlichen Erfahrung zusammenhängen. Sie kann keine Antworten auf philosophische oder spirituelle Fragen über den Sinn des Lebens, den freien Willen oder andere Aspekte der menschlichen Erfahrung geben.

Es ist auch wichtig, sich der ethischen und sozialen Auswirkungen der Wissenschaft bewusst zu bleiben. Der wissenschaftliche Fortschritt kann unvorhergesehene oder unerwünschte Folgen haben, die berücksichtigt werden müssen. Es ist wichtig zu erkennen, dass die Wissenschaft ihre Grenzen hat. Auch wenn sie viele Probleme lösen kann, so kann sie doch nicht alle Fragen beantworten, vor allem nicht die, die mit unserer Existenz und menschlichen Erfahrung zusammenhängen. Sie kann keine Antworten auf philosophische oder spirituelle Fragen über den Sinn des Lebens, den freien Willen oder andere Aspekte der menschlichen Erfahrung geben. Es ist auch wichtig, sich der ethischen und sozialen Auswirkungen der Wissenschaft bewusst zu bleiben. Der wissenschaftliche Fortschritt kann unvorhergesehene oder unerwünschte Folgen haben, die berücksichtigt werden müssen. In Frankreich, aber auch in anderen Ländern, nehmen Einsamkeit, Depressionen, Ängste

und das Gefühl, mit dem Fortschritt nicht mithalten zu können - Begriffe, die der Philosoph Hartmut Rosa erörtert hat -, immer mehr zu (Hartmut Rosa, *Accélération, une critique sociale du temps, La découverte*, 2010). Mehr denn je brauchen unsere Zeitgenossen Orte des Innehaltens, Orte, die die Kluft zwischen Wissenschaft und Poesie, zwischen linker und rechter Gehirnhälfte überbrücken. Es macht den ganzen Zauber und das Geheimnis der Hypnose aus, am Zusammenfluss dieser beiden Welten zu stehen. Welcher Kliniker ist nicht nach jeder Hypnosesitzung erstaunt über die Magie, die sich entfaltet?

Nach über dreißig Jahren Praxis bin ich am Ende einer jeden Sitzung immer noch überrascht, vielleicht sogar mehr als der Patient selbst. Jedes Mal geschieht etwas anderes, Unerwartetes, aber dennoch Zutreffendes. Jede Sitzung ist eine Verschmelzung der Kreativität der Poesie und der Strenge der Wissenschaft. Als Angehörige der Gesundheitsberufe sollten wir diese doppelte Verankerung sorgfältig bewahren.

Was das Leben der ESH betrifft, so konnten wir im Januar 2024 bei einem Zoom-Treffen die hervorragende Arbeit der VHYP-Gesellschaft und ihres Präsidenten Erick de Soir kennenlernen, gefolgt von der Präsentation der Arbeit der bulgarischen Gesellschaft durch ihren dynamischen Präsidenten Orlin Baev. Diese Treffen sind wichtig, um eine stärkere Verbindung zwischen den verschiedenen Gesellschaften innerhalb der ESH aufzubauen. Unser nächstes persönliches Treffen wird während des ISH-Kongresses in Krakau stattfinden, und ich lade Sie ein, sich jetzt dafür anzumelden.

Glasgow wurde als Austragungsort für den nächsten Europäischen Kongress im August 2026 ausgewählt, und das Team unter der Leitung von Herrn Gow und Fakhtehsadat Ayatollahy t arbeitet bereits hart daran. Zu Beginn des Jahres 2024 sind unsere Gedanken bei unseren Freunden, die Leid und Schwierigkeiten erfahren. Der CIC, jetzt bekannt als Hypnosis Without Borders, gegründet von Callie Hattingh und Kathleen Long, organisiert sich weiterhin, um einen - wenn auch bescheidenen - Beitrag zur Linderung des Leids in der Welt zu leisten.

Translated into Spanish by José Cava

La ciencia ha logrado avances sin precedentes y continúa sorprendiéndonos. Esta aceleración es evidente en todos los campos, particularmente en la medicina, con la disponibilidad de tratamientos para enfermedades que antes no tenían remedio, como la anemia falciforme, la beta-talasemia o incluso el vitíligo. La malaria ha desaparecido en muchos países. Todo ello se debe a la ciencia y al desarrollo de sus aplicaciones.

Sin embargo, si bien estos avances demuestran la capacidad de la ciencia para transformar nuestra comprensión del mundo y mejorar significativamente nuestras vidas, tienen el coste de un cierto desencanto con el mundo y el riesgo de convertirse en objeto de superstición. "La ciencia resolverá todo, incluidos nuestros problemas existenciales".

Es esencial reconocer que la ciencia tiene sus limitaciones. Aunque puede solucionar muchos problemas, no puede responder a todas las preguntas, especialmente aquellas relacionadas con nuestra existencia y la experiencia humana. No puede proporcionar respuestas a preguntas filosóficas o espirituales sobre el significado de la vida, el libre albedrío u otros aspectos de la experiencia humana.

También es crucial ser consciente de las implicaciones éticas y sociales del uso de la ciencia. El progreso científico puede tener consecuencias imprevistas o indeseables que deben tenerse en cuenta. En Francia, como en otros países, la soledad, la depresión, la ansiedad y la sensación de no poder seguir el ritmo del progreso, conceptos discutidos por el filósofo Hartmut Rosa (Hartmut Rosa, *Accélération, une critique sociale du temps*, La découverte, 2010), van en aumento. Ahora más que nunca, nuestros contemporáneos necesitarán lugares para hacer una pausa, lugares que cierren la brecha entre la ciencia y la poesía, entre los hemisferios cerebrales izquierdo y derecho.

Toda la magia y el misterio de la hipnosis consiste en estar en la confluencia de estos dos mundos. ¿Qué clínico no se sorprende después de cada sesión de hipnosis por la magia que se desarrolla?

Después de más de treinta años de práctica, todavía me sorprende, quizás incluso más que los propios pacientes, al final de cada sesión. Cada vez ocurre algo diferente, inesperado pero pertinente. Cada sesión es la fusión de la creatividad de la poesía y el rigor de la ciencia. Como profesionales de la salud, preservemos cuidadosamente este doble anclaje. Respecto a la vida de la ESH, en enero de 2024 pudimos descubrir, durante una reunión Zoom, el excelente trabajo realizado por la sociedad VHYP y su presidente Erick de Soir, seguido de la presentación del trabajo de la Sociedad Búlgara a través de su dinámico presidente Orlin Baev. Estas reuniones son esenciales para construir una conexión más fuerte entre las diferentes sociedades dentro de la ESH.

Nuestra próxima reunión en persona tendrá lugar durante el Congreso de la ISH en Cracovia y te invito a registrarte ahora. Glasgow ha sido seleccionada como ciudad anfitriona del próximo Congreso Europeo en agosto de 2026, y el equipo dirigido por el Sr. Gow y Fakhtey Ayatollahy ya está trabajando arduamente.

Al comenzar el año 2024, nuestros pensamientos están con nuestros amigos que están sufriendo y pasando y dificultades. El CIC, ahora conocido como Hipnosis Sin Fronteras, establecido por Callie Hattingh y Kathleen Long, continúa organizándose para contribuir, aunque sea modestamente, a aliviar parte del sufrimiento del mundo. Aunque esta carta les llega en un momento ya avanzado del año, les extiendo mis deseos de salud y alegría para el año 2024.

Translated into Italian by Fabio Carnevale

La scienza ha compiuto progressi senza precedenti e continua a stupirci. Questa accelerazione è evidente in tutti i campi, in particolare in medicina, con la messa a disposizione di trattamenti per malattie che prima non avevano rimedio, come la anemia falciforme, la beta-talassemia o persino la vitiligine. La malaria è scomparsa in molti Paesi. Tutto questo si deve alla scienza e allo sviluppo delle sue applicazioni.

Tuttavia, se da un lato questi progressi dimostrano la capacità della scienza di trasformare la nostra comprensione del mondo e di migliorare in modo significativo le nostre vite, dall'altro lato hanno il prezzo di un certo disincanto nei confronti del mondo e la tendenza ad indulgere in una certa superstizione: "La scienza risolverà tutto, anche i nostri problemi esistenziali".

È essenziale riconoscere che la scienza ha i suoi limiti. Anche se può risolvere molti problemi, non può rispondere a tutte le domande, soprattutto a quelle relative alla nostra esistenza e all'esperienza umana. Non può fornire risposte a domande filosofiche o spirituali sul significato della vita, sul libero arbitrio o su altri aspetti dell'esperienza umana.

È inoltre fondamentale rimanere consapevoli delle implicazioni etiche e sociali dell'uso della scienza. Il progresso scientifico può avere conseguenze impreviste o indesiderate che devono essere prese in considerazione.

In Francia, così come in altri Paesi, sono in aumento il senso di solitudine, la depressione, l'ansia e la sensazione di non riuscire a stare al passo con il progresso; concetti discussi dal filosofo Hartmut Rosa (Hartmut Rosa, *Accélération, une critique sociale du temps*, La découverte, 2010).

Oggi più che mai i nostri contemporanei avranno bisogno di luoghi di sosta, luoghi che colmino il divario tra scienza e poesia, tra l'emisfero sinistro e quello destro del cervello. È tutta la magia e il mistero dell'ipnosi a trovarsi alla confluenza di questi due mondi.

Quale clinico non si stupisce, dopo ogni seduta di ipnosi, della magia che si dispiega? Dopo oltre trent'anni di pratica, sono ancora sorpreso, forse anche più del paziente stesso, alla fine di ogni seduta. Ogni volta si verifica qualcosa di diverso, di inaspettato e di pertinente. Ogni seduta è la fusione della creatività della poesia e del rigore della scienza. Come operatori sanitari, conserviamo con cura questo duplice ancoraggio.

Per quanto riguarda la vita dell'ESH, nel gennaio 2024 abbiamo potuto scoprire, durante una riunione Zoom, l'eccellente lavoro svolto dalla società VHYP e dal suo presidente Erick de Soir, seguito dalla presentazione del lavoro della società bulgara da parte del suo dinamico presidente Orlin Baev.

Il nostro prossimo incontro di persona si terrà durante il Congresso ISH di Cracovia al quale vi invito a registrarvi senza indugio.

Glasgow è stata scelta come città ospitante del prossimo Congresso europeo nell'agosto 2026 e il team guidato da Gow e Fakhtehsadat Ayatollahy è già al lavoro.

Anche se questa lettera vi giunge in un momento già avanzato dell'anno, vi porgo i miei auguri di salute e gioia per l'anno 2024.

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Editor's Letter
KATHLEEN LONG

The letters 'ESH' are rendered in a large, bold, white sans-serif font. They are set against a white rectangular background that is centered on the page. The background of the entire page is a vibrant photograph of pink cherry blossoms in full bloom, set against a clear, bright blue sky. The blossoms are in sharp focus, with some branches and leaves visible. The white box containing the letters is positioned in the upper half of the page, and the text 'European Society of Hypnosis' is located below it.

**European
Society of
Hypnosis**

Welcome to the Spring edition of the ESHNL.

Our President, Gerard Fitoussi, shares his optimism that is often associated with springtime, of new beginnings and advances in the scientific world whilst reminding us all of the importance of our humanity and the place of hypnosis in a rapidly changing world.

Ali our treasurer gives us an introduction to Sufism and AUCH and how hypnosis can help a person to find that perfect balance between mind, body, and soul. Fabio Carnevale pulls us firmly back into the present day and the future with his piece on the rapid development of Artificial Intelligence and its implications in many different aspects of our work, research, and clinical fields.

The ESH Board and the CS Presidents have been having regular online meetings for several years now and CS are asked to share some of their work with the meeting. In this edition we highlight three of these presentations from VHYP, Danisk Society of Clinical Hypnosis, and BAGP, giving us insight into their history, training, and research activities. I hope that by giving the CS a wider audience we can share our common and uncommon experiences so that we can learn from each other.

Peter Naish's topic is Functional Neurological Disorders . He is correct in that I have hunted him down to continue to contribute to the newsletter. Why? He is , in my humble opinion, someone who makes research both interesting and entertaining at the same time. Will he be in the next newsletter? Watch this space!

We have the short updates from the Crisis Intervention Committee(CIC) which has now been renamed Hypnosis Without Borders and the

joint ESH/ISH meeting. The ISH corner is a little depleted because they are of course putting all their efforts into making Krakow June 2024 a success. For those of you who have never been to Krakow it is a beautiful place full of culture and history and with a great Congress being organised well worth the trip. There is also an update from BSMDH on the ESH Congress 2026 in Glasgow introducing Fitwise who will be the PCO team for Glasgow 2026

It is always sad to lose colleagues who have contributed so much to the world of hypnosis and there are two obituaries that have been included in this edition of the newsletter. . Dr. Giuseppe Regaldo, President of IPNOMED contributed by Maria Paola Brugnoli, MD, PhD President SIPMU and Professor Marjan Pajntar who was one of the founders of the European Section of the International Society of Hypnosis (ISH) in 1976, which later became the independent European Society of Hypnosis (ESH).

His many achievements are paid tribute to by the members of SAMH. Both were great clinicians in the field of hypnosis and renowned both nationally and internationally. Peace to them and their friends and families. Their legacies live on in those who were lucky enough to have had and continue to have access to their enormous volume of work in hypnosis.

Spring fills us with hope and it would be remiss of me not to mention all our colleagues involved in conflicts throughout Europe and the world. If the world can find the balance that Ali mentions between mind, body, and soul maybe peace will prevail and hope return for all those caught up in conflict.

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Short Report From Central Office

Nicola McIntyre



This time of year, Central Office is getting the Constituent Society Membership's up to date for 2024. A Membership Form is sent out to each Constituent Society which asks for current information on the Constituent Society. Once I receive this information back, I update the different databases held changing President details any email changes, etc. if this has changed within the last year. This keeps all information up to date and I know the correct people are receiving the relevant information.

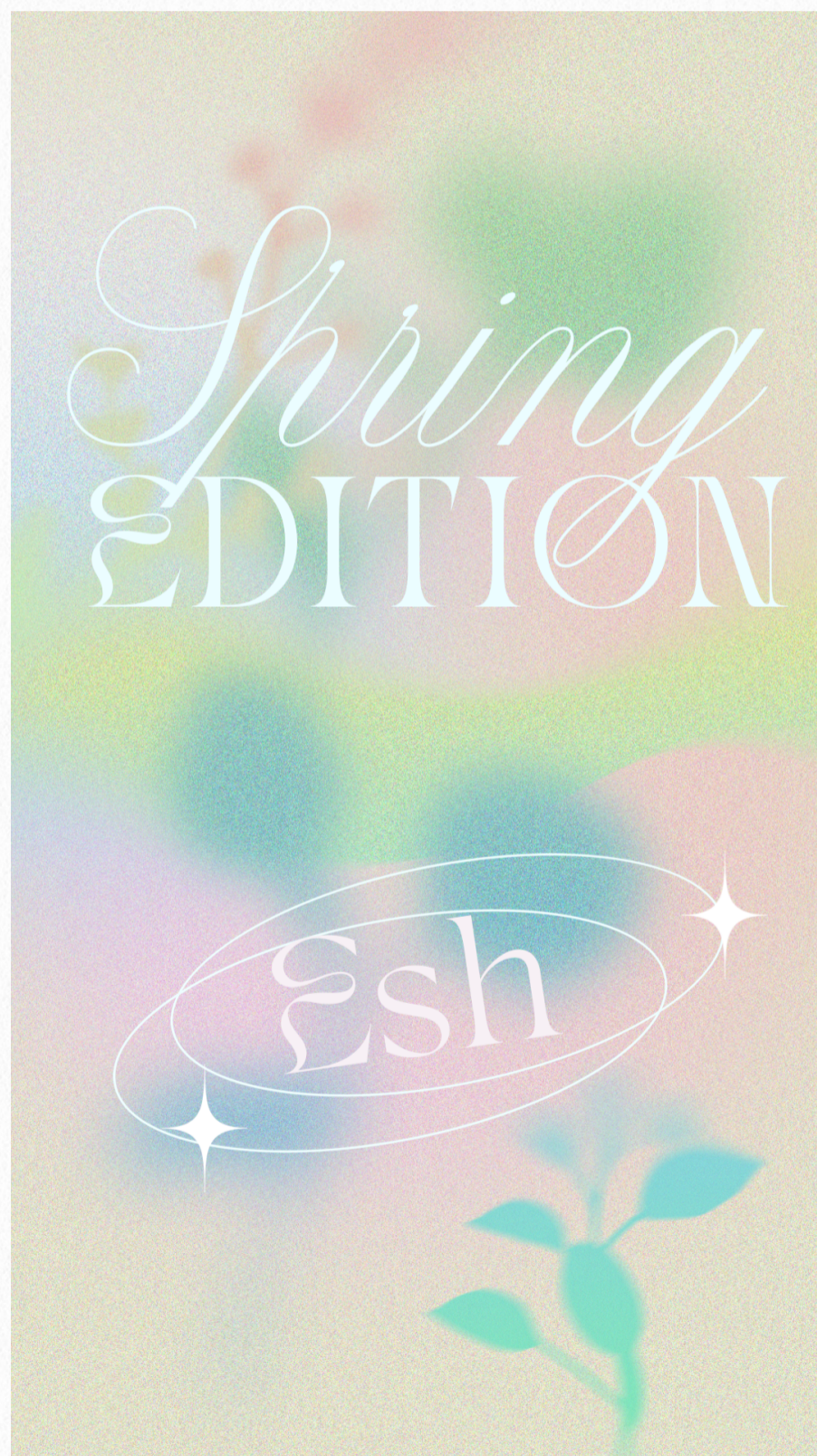
There is also a section in the membership form where each Constituent Society puts forward two representatives that represent the Constituent Society at Council of Representative (CoR) meetings.

There can be changes to the Constitution and Regulations and these representatives vote on behalf of their Constituent Society. Societies can ask for a motion to be put forward and it would be the representatives that would vote if it would go through or not. These representatives vote on behalf of their society at the elections for their Constituent Society on who they want elected on the next Board so it is important that this information is kept up-to-date.

There is a yearly fee for each Constituent Society and this depends on the number of members each Constituent Society has. The Membership form each Constituent Society submits states the number of members and then from this an invoice is issued.

Once payment is received everything is marked up on the financial database. There is a change from this year that 5% of the Membership fees from each Constituent Society goes towards ESH research projects.

Currently ESH has 47 Constituent Societies from 22 countries, and we also have a few Associate members from outside Europe.



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Ideas From The World of Hypnosis

ESH
EUROPEAN

Society of Hypnosis



HYPNOSIS AND SUFISM

By
Ali Özden Öztürk

In Sufism, “perfection” means realizing and activating the potentials of the beauty inherent in all beings. And “İnsan-ı Kâmil (Turkish),” the perfect human, is “the person who has reached perfection, and has embraced the reality and the beauty of the existence”.

Life is full of beauties of perfection, or maybe perfection of beauties? Are we aware of these beauties and this perfection? Are we aware of the life? Are we aware of ourselves? Who am I?

In my sight, life is awareness, and being alive is living in “conscious awareness.”

Yunus Emre, the Turkish Sufi Poet, and philosopher, says in his poet: “Flesh and bones have become my dress so that the eyes could see me as a being named Yunus.”

Is it possible to say that human is only an object made of flesh and bones, an object having a physical existence that is named body? Is it possible to say that a human being is a subject carrying a mental existence and intelligence, a subject having consciousness and awareness that is called a soul? What is mind, a bridge between the subject and the object, a carrier between mind and body? We all wear various dresses made of flesh and bones to become visible; and inside we all have different minds and souls.

We all have different potentials and capabilities. But do we have the awareness regarding them? Do we have the awareness of the potentials and capabilities of the other beings around us? Are we able to differentiate and feel them?

It can be said that life and being alive means experiencing the conscious awareness feeding us inside and covering us outside. Yunus Emre, the Sufi, also says: “There is an inner core-self beyond myself.”

I believe, in order to be able to experience the ultimate conscious awareness, we need to be able to become consciously aware of, to differentiate and to feel the true self inside us. We need to differentiate and feel what behaviors, emotions, thoughts, and actions lead us on the path to become a perfect and a beautiful human; we need to be consciously aware of a drop uniting in the ocean of the beauty and the perfection.

Hypnosis can be an efficient treatment tool to gain “Awareness, Differentiation and Feeling,” to unveil the potential beauties inherent in a person. Simultaneously, hypnosis can safely lead the person willing to travel on the path of becoming a “Perfect Human,” the person searching for the balanced harmony of “Mind, Body and Soul.” Furthermore, “Awareness, Differentiation and Feeling” are the three aims of the Awareness Under Conscious Hypnosis (AUCH) method.

The Awareness Under Conscious Hypnosis (AUCH) Method

AUCH hypnosis method can be defined as a state of consciousness aiming to make changes in the attention, perception, memory, emotions, and senses in order to regulate, maintain, and improve the patient's psychological, physiological, and social well-being. The AUCH method is a conscious hypnosis approach developed by my uncle, Dr. Hüsni İsmet Öztürk, in 1951.

The AUCH hypnosis method can be used in a wide variety of fields of medicine for complementary and integrative healing purposes. In the AUCH hypnosis method, the person is fully conscious and awake during the whole hypnotic process. There is no amnesia during or after the hypnotic experience, even for surgeries performed with only hypnoanesthesia and with no chemical sedation, analgesic, or anesthesia.

The AUCH hypnosis method utilizes a treatment protocol that has three steps "Making Acceptance with Your Awareness [MAYA], Induction, and Autohypnosis," and three key aims: awareness, differentiation, and feeling.

The three main aims are the primary pillars of the AUCH hypnosis method; and they are applied in all three steps.

In each of these three steps, 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. The therapists should also aim to increase the conscious awareness of the patients regarding their problems, solutions to these problems, and the resources inside during the entire therapeutic process.

According to the AUCH hypnosis method, awareness refers to the knowledge or perception of

the therapeutic situation or the therapeutic facts. Conscious awareness refers to the process of consciously improving awareness to accomplish the best therapeutic outcomes.

In the context of the AUCH hypnosis method, differentiation refers to a two-step process of first identifying, and then distinguishing the therapeutic problems, solutions, and resources. Once the problems, solutions, and resources are identified and distinguished, the problems are matched to the appropriate and potential solutions, and therapeutic resources are utilized to achieve the best therapeutic outcomes. The differentiation process also helps the patients to isolate their problems so that they do not negatively affect other areas of their lives.

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. In the AUCH hypnosis method, feeling refers to the three sequential stages of feeling: first feeling, then being aware of the feeling, and ultimately being consciously aware of the feeling.

In Sufism, being a "perfect human being (İnsan-ı Kâmil)" means to become a representative of all divine manifestations and the beauties of the perfection. Along the Sufi path leading to becoming a perfect human being, and to understand the reality of existence, there are three successive levels of conscious awareness: *İlmel Yakin* (knowing intellectually), *Aynel Yakin* (knowing perceptually), and *Hakkel Yakin* (knowing experientially).

İlmel Yakin means knowing by using the intelligence and by learning theoretical knowledge. This is basically the knowledge coming from scientific facts, studies, and books. It is similar to hearing the waves of the ocean in the distance, then understanding and

feeling that it is coming from an ocean. Aynel Yakin means knowing by using the perception and senses. So, it is going near the ocean, and then, by seeing, hearing, smelling it, perceiving that it is the ocean by being aware of it. Hakkel Yakin means knowing by using inner wisdom and insight, and by witnessing and experiencing the truth. It is feeling and being consciously aware of all the properties of the ocean and experiencing the ocean by oneself.



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18

HYPNOSIS, AI AND GENERATIVE TECHNOLOGIES

By
Fabio Carnevale

History, argues scholar and researcher Yuval Noah Harari, is less about studying the past and more about analysing changes.

Let's consider the history of technology. It becomes evident that changes are becoming increasingly rapid and radical, leading to drastic industrial, logistics, and economic revolutions. The outcome of these changes in Artificial Intelligence and generative intelligence over the next 10 to 15 years is undoubtedly radical but only partially predictable.

The most important reason for this unpredictability is that the software released in the last two years and to be released in the coming years tends and will increasingly tend not only to generate automatic choices about the criteria for selecting information or sources from which to draw information but also to produce new ideas in all fields of human knowledge (not least that of scientific research, medical care, and psychotherapy).

For this reason, in late 2023, the EU took on the world's first regulation on the use and management of AI. The European vision seems to focus on a few key objectives:

- establishing the enabling conditions for AI development and deployment.
- building strategic leadership in high-impact areas.
- making the EU the right place for AI to thrive.

- ensuring that AI technologies serve people by minimizing the risks these technologies entail politically, economically, and psychologically.

In this first introductory article to such a complex topic, I will highlight just three of the varied levels that seem to be relevant concerning those dealing with hypnosis in the fields of psychotherapy, medicine, and dentistry since Artificial Intelligence and generative software are also becoming increasingly important in the field of research and clinical applications related to medical care and mental health:

- 1) Implications on the World of Work
- 2) Implications on Research in the Clinical and Neuroscientific Fields
- 3) Implications in the Clinical Field

From the point of view of the revolution in the labour sphere, we can consider two aspects.

The first concerns how the market seems destined to change. This is a factor of great importance to consider because the possibility of access to mental health care in the private sphere also affects the affordability of the various segments of the population and, thus, the social impact that changes in the labour sphere may have in the world of mental health care services.

The second, on the other hand, concerns healthcare professionals more directly.

As early as 2020, various scientific articles in the medical and psychotherapeutic fields highlighted how AI was beginning to have some impact on the clinical level, changing the therapeutic experience of many patients and the intervention choices of many professionals.

Artificial intelligence is being used to develop prediction, detection, and treatment solutions for mental health care. Moreover, AI is incorporated into digital interventions to enhance user experience and optimise personalised mental health care (D'Alfonso, 2020).

Regarding issues related to the impact of AI in research, there is already a fair amount of literature that tries to analyse both problems associated with the analysis of complex data, how the possibility of correlating large amounts of variables may redefine the very concept of "randomness," and-most importantly-how AI is bound to suggest new research hypotheses both in the etiopathogenic and therapeutic spheres, redefining epistemologies, prognoses, and treatment strategies (Pareek; Lungren; Halabi, 2022).

Regarding issues related to clinical practice in psychotherapy and psychiatry, several articles recently published that I highlight as AI applications already in existence, including those enabled to assist with psychiatric diagnoses, symptom tracking, disease course prediction, and psychoeducation (Pham; Nabizadeh; Selek; 2022).

The scientific literature on the application of hypnosis in the psychological and medical fields and issues related to artificial intelligence could be more sparse.

Therefore, an excellent starting point seems to be to recognize first that the naturalistic view of hypnosis, the inescapable relevance of rapport, and the co-construction of the therapeutic intervention involving both therapist and patient represent peculiarities that no software seems at present able to compromise or replace.

This helps us understand, for example, why, as highlighted in a research last year- people who perform a (simulated) medical diagnostic task assisted by a biased AI system will reproduce the model's bias in their own decisions, even when they move to a context without AI support (Vicente; Matute, 2023).

In the margin of this first article on clinical hypnosis associated with new technologies, it seems particularly interesting to note that in the field of anesthesiology, AI has been identified as the tool of choice for monitoring deep hypnosis in surgery.

Certainly, implementing new medical technologies for anesthesia outside the operating room will help to master this ever-evolving subspecialty successfully (Boggs; Luedi, 2019).

It seems important, therefore, to take a careful look at AI and generative technologies in the typical spirit of the Ericksonian approach, which always leans toward questions concerning their use as a therapeutic philosophy to help our patients.

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Research Reflections

**By
Peter Naish**

Well, it seems that I am back again! I had no intention of continuing in this role, but it seems that not being a member of the ESH Board of Directors is not a bar to writing for the Newsletter. The new Editor has asked me to provide something, so here goes.

I am going to start by taking a look at what, in English-speaking countries, are referred to as Functional Neurological Disorders (FNDs). These are conditions which appear to be the result of neurological problems, except that none can be found. Typically they comprise such issues as paralysis, seizures or sensory loss. These kinds of situation are exactly the sort of phenomenon that highly hypnotisable people can emulate, pain reduction being an obvious example of sensory loss. The parallels invite the question as to whether these patients are in effect hypnotising themselves into producing their symptoms. That this is the case is given additional support by the fact that they tend to have comorbid dissociation issues (Campbell et al., 2023) and of course hypnosis is very much associated with dissociation.

The hypnosis/dissociation link has not always been accepted so readily, but this was probably because the dissociation scales being used were designed for clinical diagnosis. Tests had statements such as: I sometimes find myself in a place and have no idea

how I got there. That is typical of the wording, and someone who says that sort of thing happens to them quite often clearly has a rather tenuous grasp of reality. Not many of the people we see to hypnotise have such extreme experiences, so it was necessary to produce a modified, less extreme scale to detect the differences between relatively untroubled people. When presented with statements such as: I have the ability to go on automatic pilot during a familiar task, those who strongly endorse several of them are often, as we would expect, more hypnotisable.

Of course, there is another troublesome issue when trying to link hypnosis with clinical outcomes. We like to believe that hypnosis has been a significant factor in a patient's recovery, but not all studies seem to show a link between recovery rate and hypnotisability. If hypnosis played a part, then we would expect that the more hypnotisable a person the better would be their recovery, but that seems frequently not to be the case. We will return to that topic a little later; for now I want to get back to FNDs. Michael Connors and a combined group from Australia and the UK (Connors et al., 2024) have reviewed the relevant literature to determine just how effective hypnosis is in the treatment of functional conditions. They were cautious in their conclusions, because not all the research used the gold-standard randomised control trial, and also

there were few numerical data which they could combine for a meta-analysis. Nevertheless, they identified 35 reports which were of a sufficient quality, covering a total of 1584 patients. Of these, 87% improved significantly, including many who had their symptoms entirely resolved. The authors point out that these rates exceed those achieved by other, more common approaches to the conditions. They say that the figures suggest that a large, well designed study would be appropriate at this stage, to make clear just how effective hypnosis is.

I am now moving to a very different kind of medical issue, although, as we shall see, there is an intriguing link with the previous topic. In this and the next paragraph I am considering the recovery from brain injury.

Jonas Lindeløv and his colleagues from Denmark, have been using hypnosis to help brain damaged patients. There is a literature on this application of hypnosis, and reports suggest improvements on a par with the treatment of FNDs. Does that mean FNDs are the result of undetected brain damage? That seems unlikely. More probable is the idea that some of the symptoms suffered by a brain damaged patient may be self-induced.

The Danish group first describe and then discuss four cases which can be interpreted as supporting this conclusion. The damage discussed ranged from Mild Traumatic Brain Injury (MTBI), sometimes referred to as concussion, through stroke, to more significant injury to the head through accident. The idea is that, because recovery is often slow, perhaps requiring the development of new neural pathways and having to relearn things that used to be done easily, patients become demoralised. They tend to develop what the authors call negative self-expectancies. Even when, neurologically, a good deal of improvement has taken place, the patient may still be exhibiting the symptoms first shown in the immediate aftermath of the trauma.

Two key elements of the treatment are the use of a time-line and encouragement to visualise healing processes.

Thus, a patient is encouraged (in hypnosis) to hover above the time-line of their life, then to go back to the time before the accident. They are asked to focus on a time when they could do perfectly those things which they now find difficult. They are told to 'capture' that ability and bring it forward to the present, where their brain will know how to use it. In a literal sense, of course, this cannot make sense, but it appears to work – except in one case. This was an adult who had received a brain injury as a child. She had complete retrograde amnesia, so was unable to go back and find a healthy self. She did not recover.

Patients' conception of healing is also fanciful (one applied ointment to a bad bit of brain!) but this too seems to produce impressive results. There is one type of patient who is a bit of a mystery. Objectively they respond well to treatment; all their friends and relatives say how much improved they are. However, they are very hard to convince that there has been any change. One would imagine that they retained their negative self-expectancies, but if so, why would they improve? Clearly, hypnosis can have its therapeutic effect via subconscious processes.

Finally, I return briefly to the puzzling fact that hypnotisability sometimes seems to be irrelevant to clinical success. There are all sorts of possible explanations, but a very plausible one concerns the hypnotist-patient interaction.

This is the theme of two Canadian researchers (Woody & Sadler, 2022). The title of their paper seems to involve an elaborate play on words, that I am sure will only work in English. It refers to 'twisted pears', although the expression normally met is twisted pairs. This refers to electrical connections

involving a pair (two) of wires twisted together. The homophonic word pear* (a fruit) describes the shape of a graph showing a kind of correlation, but the paper is about communication between two people (hypnotist and patient) so they can be thought of as twisted together or intertwined!

Anyway, there are clear differences between a research laboratory and the clinical setting. In the latter, the hypnotist is at pains to 'get on the same wavelength' with the patient, in order to do the best for them. Traditionally, in scientific research all variables (except for the ones being tested) are kept as constant as possible, so as not to cause unwanted or uncontrolled effects. Hence, there is no adjustment of approach to different people coming to be tested. In fact it is not unusual for the induction to be pre-recorded, so that everyone gets precisely the same.

Surprisingly, there has not been a great deal of research into the nature of the interaction between different hypnotists and their patients (although Eva Banyai's group has bucked that trend). Eric Woody and Pamela Sadler claim that their Interpersonal Circumplex model shows promise.

This is represented as a circle but actually comprises two linear scales, crossing at right angles to each other.

They comprise the dominant/submissive and the friendly/hostile dimensions, and the different 'points of the compass' encircling them can be labelled with such descriptors as respectful and trustful, or supportive and outgoing, or even independent and competitive. We would hope not to see too many of the last possibility, either as patient or therapist!

This brief over-view hardly does justice to an interesting review paper, which covers a great deal

of historical material, including a good deal of Freudian nomenclature. There I was assuming that no one bothered with that sort of thing any more!

So there we are; a quick look at some recent research material. I hope you have found it interesting. I have given up trying to predict my future, so you may or may not hear from me in the next issue! Either way, happy hypnotising.

** For those of you with an interest in the vagaries of English spelling, you may be interested to learn that there is a third homophone, pare. This means to cut, particularly in the sense of removing the outer edge or surface.*

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Dr Pat McCarthy: 'The Pursuit of Excellence'

**By
Mike Gow**



The BSMDH were delighted that our Honorary President Dr Pat McCarthy agreed to give an online workshop in February 2024 entitled 'The Pursuit of Excellence'. We were even more honoured to then learn that due to health, this webinar was in fact what he feels will be his last. Nearly two dozen attendees (including Dr Mehdi Fathi and some of his students in Iran) enjoyed Pat's 90 minute webinar talk which he broadcast live from his home in New Zealand.

Pat qualified as a medical doctor in Glasgow, Scotland and then emigrated to Wellington, New Zealand (via a 'spell' in Malawi). He worked as a full

time medical hypnotist in Wellington from 1991 and is now fully retired. He estimates that he has conducted in the region of 30,000 hypnosis sessions. He has presented internationally for many years, sharing his techniques, experience, enthusiasm and love of hypnosis with those wise enough to listen!

The BSMDH have been fortunate to have Pat as a workshop speaker on a number of occasions over the course of his career, taking advantage of his return visits to his homeland to visit family. As much as he has fully embraced his 'Kiwi' life, we in Scotland are still proud to consider him one of our own! He has embraced the best of what it means to be a Kiwi and what it means to be a Glaswegian (Weegie) Scot.

As a 'Kiwi Weegie' he weaves aspects of both cultures into his therapeutic work. His accent may be a little easier to understand now than most Scots, but he can still deliver a (shocking but effective) 'therapeutic' swear word with exactly the right impact when appropriate!

Many members of BSMDH, (Dr Kathleen Long and I included) are most grateful for the professional impact that Pat has had on our lives, but also for the long personal friendships that we share with him. Pat challenged the webinar delegates with the question 'What is Excellence in Hypnosis?' He reinforced the message that 'just because something always done a certain way does not mean it is the best way.'

In Pat's webinar he described many of the seemingly small facets of his consultations and sessions that he feels contributed to the successes he experienced during his long career, and his pursuit of excellence. He stresses that 'words really matter'. He gave very practical advice such as avoiding saying 'please' to a patient when wanting compliance as this allows for a 'yes' or 'no' response. He suggests instead using 'thank you' in advance as this assumes compliance yet is still polite.

He advocates always using recordings of sessions to allow the patient to review their sessions, reminding us that 'memory is fallible' and that 'great words may be powerful for a few hours, but if forgotten this can be lost'. He suggests that history taking is not as important to a successful outcome as we have been taught and that allowing the patient to control the intake session is a mistake. He stressed that people come to hypnosis as they have a problem, and hope that the hypnotist might be able to help. Our job according to Pat is therefore to help and not just to listen. Pat was very clear in saying that our job is to deliver the right words that will effect change. Pat questions whether this has ever been evaluated. He estimates that he speaks for 90% of the intake session as he believes he should do 90% of the work!

Pat asked the delegates to consider the conditions we work in and whether we should merely 'make do' with those conditions, or if we should design a therapy office that gives an excellent first impression and gives the optimal chance of success. He asks us to consider if it is a quite environment, and to consider how to furnish it- is it professional? What is the patient chair like? Is it just comfortable, or is it very comfortable? Pat revealed that his chair was very expensive as he specially imported it from Norway as it was the very best available.

He asks how the chair is positioned? How close is it to you, the hypnotist- is it too close or too far? Pat stresses that these small factors can make a difference in our outcomes and that we should never settle for anything less than 'excellence'.

In his talk, Pat encouraged the delegates to truly and fully commit to excellence in our hypnosis. He feels that more people should follow his bold decision to commit entirely to a medical hypnosis practice and to strive for excellence. He feels that this level of commitment is the only way that one can become 'world class'.

Pat has written many scripts, chapters and books over the years. Some written for patients and some written to share his knowledge with fellow healthcare professionals. As sad as we were to learn that Pat will no longer give any workshops, we were encouraged to hear that he is in the final editing stages of his new textbook -'The A-Z of hypnosis', which will be published later in 2024. Pat told the group that the book is written 'word for word' how he treated cases, explaining how a condition was caused (and not why there was a problem) and how to rectify it. Pat estimates that there are over 40 new hypnosis techniques in the book, and we thoroughly look forward to reading it. Over his career Pat has directly helped tens of thousands of patients. Through his teaching and his books, he will indirectly help hundreds of thousands more for many years to come.

There is only one word that can be used to describe his final webinar, the man himself, his career, his impact on people's lives directly and indirectly, and the knowledge and passion he has for hypnosis.

The word?

Excellent.

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Constituent Societies Overviews





Vlaams Wetenschappelijke Hypnose Vereniging (VHYP) presentation:

The VHYP started in 1982 as the VATHYP: Vlaamse Vereniging voor Autogene Training en Hypnotherapie (Flemish Association for Autogenic Training and Hypnotherapy). In 1997 the name was changed to Vlaamse Wetenschappelijke Hypnose Vereniging (VHYP) (Flemish Scientific Association for Hypnosis) to emphasize the specific use of hypnosis in psychotherapy and in medical settings.

Between 1985 and 2007, the VHYP edited a magazine which was called "TRANS" and provided brief descriptions of the ESH and ISH conferences, local spring conferences hosted by the VHYP or introduction articles on the use of hypnosis for specific medical or psychological problems. Since 2008, VHYP introduced the concept of a periodical newsletter with Nicole Ruyschaert (ESH Past-President and ISH Board Member) as head of the editorial staff and Erik De Soir (current VHYP President) as editor-in-chief. Nicole Ruyschaert brings international news from the world of hypnosis.

The objective for the near future is to transform the newsletter into a more scientific e-magazine in open source in order to provide the latest developments in the field of hypnosis to the VHYP members who are also encouraged to transform their end-of-study papers into clinical e-notes with vignettes and usable scripts for practitioners and clinicians.

Members and training provided by the VHYP

There are currently approximately 100 to 120 members, consisting of medical doctors, psychiatrists, psychologists, dentists, social workers, and nurses.

The VHYP organizes basic and further training, workshops, scientific meetings, and biannual conferences. The VHYP is a constituent society of the European Hypnosis Association ESH (European Society of Hypnosis) and an institutional member of the International Hypnosis Association (International Society of Hypnosis).

Only practitioners of recognized health professions who do relevant clinical work can participate in training and/or become members of VHYP.

Recognized health professions (in Belgium) include:

Psychiatrists (in training), doctors, dentists, masters in psychology and human sciences, masters or bachelors in nursing and midwifery, masters in rehabilitation sciences and physiotherapy/physiotherapy, pedagogical employees working in a medical team. And also, mental health professionals with a recognized long-term psychotherapy training with a master's degree in social work, a bachelor's degree in applied psychology, a bachelor's degree in social work or social and psychiatric nurses.

The Basic Training Module consists of 5 training days and is followed by 15 Advanced Training Modules. The VHYP offers two different training tracks: one is oriented towards Psychotherapy and another towards Medical Interventions and Treatments.

The VHYP also offers in-company training for the Use of Hypnosis in Medical Settings.

In order to fulfill the complete training trajectory and to get the Certificate of Hypnosis Expert (either in Psychotherapy or Medical Interventions & Treatment), the trainees need 200 Credit Points (CPs) consisting of 45 CPs for Basic Training, 25 CPs for Clinical Supervision and an End-of-Study Paper (25 CPs).

Scientific research supported by the VHYP

Scientific research by VHYP members (in the past) concerned the use of hypnosis in dissociative disorders and the relationship between eating disorders, dissociation and hypnotisability (Johan Vanderlinden); the effect of hypnosis on alopecia areata (Ria Willemsen); the effect on the relationship between peritraumatic dissociation and posttraumatic stress disorder and the use of field hypnosis in combat situations (advanced tactical combat casualty care) and medical emergencies in fire rescue practice (Erik De Soir); and, the scientific explanation and background of impact techniques (Roland Rogiers).

Currently the research projects supported or supervised by the VHYP concern optimising (peak) performance, weight loss and body image in a context of health promotion, positive language in medical settings, hypnosis in intensive care and emergency medical settings, hypnosis for kids in medical settings involving painful or invasive medical procedures.

The VHYP grants €15.000 for the support of scientific research (PhD projects or studies in stand-alone but aiming at minimum one peer-

reviewed publication). For more information: erik.de.soir@telenet.be



Left: Erik de Soir – Right: Nicole Ruyschaert

Erik de Soir retired from the Belgian Armed Forces (in 2022) after a successful career as an army officer, clinical psychologist, and associate professor in crisis psychology. He is an operational uniformed fire rescue psychologist and a trauma and crisis prevention consultant for risk organizations, security companies and NGOs.

Erik De Soir has a Postgraduate Degree in Disaster Management & Disaster Medicine, a Master's Degree in Clinical Psychology, a Postgraduate Psychotherapy Training in Systemic Marital, Family & Sex Therapy, a Postgraduate Psychotherapy Training in Hypnotherapy and extensive training in psychotrauma therapy & counselling. He is a Dr in Psychology (Utrecht University) and a Dr in Social and Military Sciences (RMA). He is author of numerous peer-reviewed articles on (organizational) trauma and disaster psychology, crisis psychology, military psychology, moral injury, etc. and 20 books on stress and trauma in first responders, translated in several languages.



DANSK SELSKAB FOR KLINISK HYPNOSE

Danisk Society of Clinical Hypnosis, presentation:

In 1984 two hypnosis societies were founded in Denmark:

Danish Society of Medical Hypnotherapy (DSMH), whose members were medical doctors.

Danish Society of Clinical and Experimental Hypnosis (DSCEH), whose members mainly were psychologists and dentists. In 1999 the two societies were united and Danish Society of Clinical Hypnosis (DSCH) was founded. In 2006 it became possible for nurses, midwives, physiotherapists and other health professionals with at least 3½ years advanced education to obtain membership of the society.

The actual number of members 2023 is 169 distributed as follows:

70 psychologists

45 medical doctors

23 dentists

7 physioterapists

10 nurses

3 midwives

2 chiropractors

9 psychotherapists

DSCH is affiliated to:

The European Society of Hypnosis

The International Society of Hypnosis.

Training program

7 weekends = 150 hours + supervision 50 hours.

We aim at fulfilling the ESCH training guidelines, and topics are arranged under the following headlines for the 7 weekends:

Introduction. History. Ethical guidelines. Phenomenology of hypnosis. Traditional and naturalistic induction.

Ego state therapy, analytical therapy (anxiety, depression, sleep disturbances, stress etc.)

Pain-management. Anxiety. Odontological aspects. Research.

Ericksonian hypnotherapy. Metaphors and stories.

Guided affective Imagery. Children and adolescents

Focus on special clinical conditions and usage of different hypnotic techniques:

psychosomatic disorders, pain, depression, anxiety, trauma

7) Examination

Activities on social media:

Tuesday-hypnosis: <https://www.facebook.com/hypnoseselskabet.dk/videos/717758593147778/>

Other activities 2023:

Workshop with Woltemade Hartman

Brush up course for members of the society

Workshop for members of DSCH and the psychological society aiming at cooperation.

Cooperation with SFKH and NFKEH

And a little about myself:

Per Nilsson, M.D.

b. May 23th 1949

Finished Medical School at The University of Copenhagen 1975

Hospital Employments 1975-1980

General Practitioner in Nakskov, Denmark, since 1980. I have now reduced the working hours in general practice and increased working hours with hypnotherapy on private basis.

Using hypnosis in general practice since 1988

Hypnosis education, among many others:

Maureen Röpke, Don Ebrahim, Walter Bongartz, Edgar Barnett, Stephen Gilligan, Jeffrey Zeig, Michael Yapko, Robert Mc Neilly, John & Helen

Watkins, Brian Roet, Dabney Ewin, Betty Alice Erickson, James Warncke, Woltemade Hartman

Member of the board of Danish Society of Clinical Hypnosis since 2004

President of Danish Society of Clinical Hypnosis 2005-2013, and again since 2019

Teacher at DSCH's courses since 2004. Supervisor DSCH since 2004.

Publications:

Månedsskrift for almen praksis oktober 2012: Hypnose – også en mulighed i praksis.

Grethe Bruun og Per Nilsson: Hypnose i terapi og supervision. Dansk psykologisk Forlag 2012.





Bulgarian Association for Genuine Psychotherapy (BAGP) Presentation:

BAGP is a training association providing training in genuine psychotherapy.

Genuine psychotherapy is an integral hypno-psychotherapeutic modality. Clinical hypnosis is at the heart of its effectiveness, it cuts through it like a red thread.

The training is 4 years. It consists of: 36 weekend modules, 8 workshops (2 per year), 4 of which are two-days and 4 three-days, 400 astronomical hours of personal experience in evening groups on Saturdays during the modules, 400 astronomical hours of clinical internship in psychiatry, onco-clinic, community for addictions or a combination of them, 150 astronomical hours of personal psychotherapy, 150 astronomical hours of supervision, of which 60 must be individual, and the rest up to 150 in group once a month.

The course is taught by 24 lecturers, many of whom are distinguished university professors. Subjects range from psychiatry, neurology and psychopathology, object relations, CBT,

mindfulness-based therapy, through a solution-focused approach and nlp, to the psycho-corporality of the human psyche and grounded spirituality in the form of comparative archetypal mythology and the integral approach to cognition and psychotherapy.

Clinical hypnosis and hypnotherapy are taught in 16 modules, being the core of genuine psychotherapy.

The training is offered only to medical doctors, dentists and masters in psychology, as required by the European Society of Hypnosis. Currently, 41 people from three training groups participate in BAGP. In the fall of 2024, a new training group will start, and the expected total number of participants will be over 60 people.

The training covers and exceeds all global standards for a psychotherapy school, and in the process of training, the trainees go through a deeply transformative process of their own, which prepares them to be truly effective hypno-psychotherapists.

French Corner

By
G rard Fitoussi

CONGRESS

"In May 2024, the 13th CFHTB Forum will be held under the direction of Sylvie Colombani and her team in Bordeaux, with the motto 'Reflecting the Possibilities.'

One of the specificities of this congress will be the presence of renowned personalities from the world outside of hypnosis such as the philosopher Charles P pin, the psychiatrist Patrick Lemoine, and the actor Charles Berling.

This is a way to broaden the scope of hypnosis to other horizons beyond those we are accustomed to. On behalf of the ESH, I will have the honor of being present along with others during the opening conference and acknowledging the tremendous work of the Francophone Confederation."

BOOKS

"Among the books received these few months is '*Le Grand Livre des Trances et des  tats non ordinaires de conscience*,' edited by Antoine Bioy and published by Dunod. This significant book delves into the realm of trance, which lies at the core of hypnosis, exploring its various aspects: psychological, sociological, neuroscientific, as well as anthropological.

It provides an update on this phenomenon, as old as humanity itself, which we are far from fully understanding."

JOURNAL

Hypnose et th rapies br ves, fev-Mars . 2024, N 72.

"Several articles are featured in this issue, including one dedicated to adolescents, and another devoted to Eric Vall e, a trainer and one of the pioneers of hypnosis to whom the magazine pays tribute."

La Revue de l'hypnose et de la sant , Janvier 2024, N  26

This issue dedicates its dossier to « love and hypnosis ». The links between romantic relationships and hypnosis have been evident since the early days of animal magnetism practice, the prehistory of the attachment concept associated with John Bowlby today. It's already in 1787 that Charles de Villers wrote 'The Magnetic Lover', reissued in 1978 by and updated in 2006.

Some echoes of science are noted like the very well documented review by G. de Benedittis on the interest of hypnosis in fibromyalgia."

Short News

By
Kathleen Long

Joint ESH/ISH Meeting

A joint meeting between the two boards of ESH and ISH was held on 11th March 2024 and chaired by Gerard Fitoussi our President ,

At the last meeting it was agreed to that we would concentrate on a few areas rather than spread the net too wide and perhaps achieve less. Amongst the areas discussed were co-operation between the newsletters , research and education and an update on the CIC was given. The ISH Congress in Krakow was also discussed . The work approaching the WHO has been put on hold at the moment due to circumstances beyond our control.

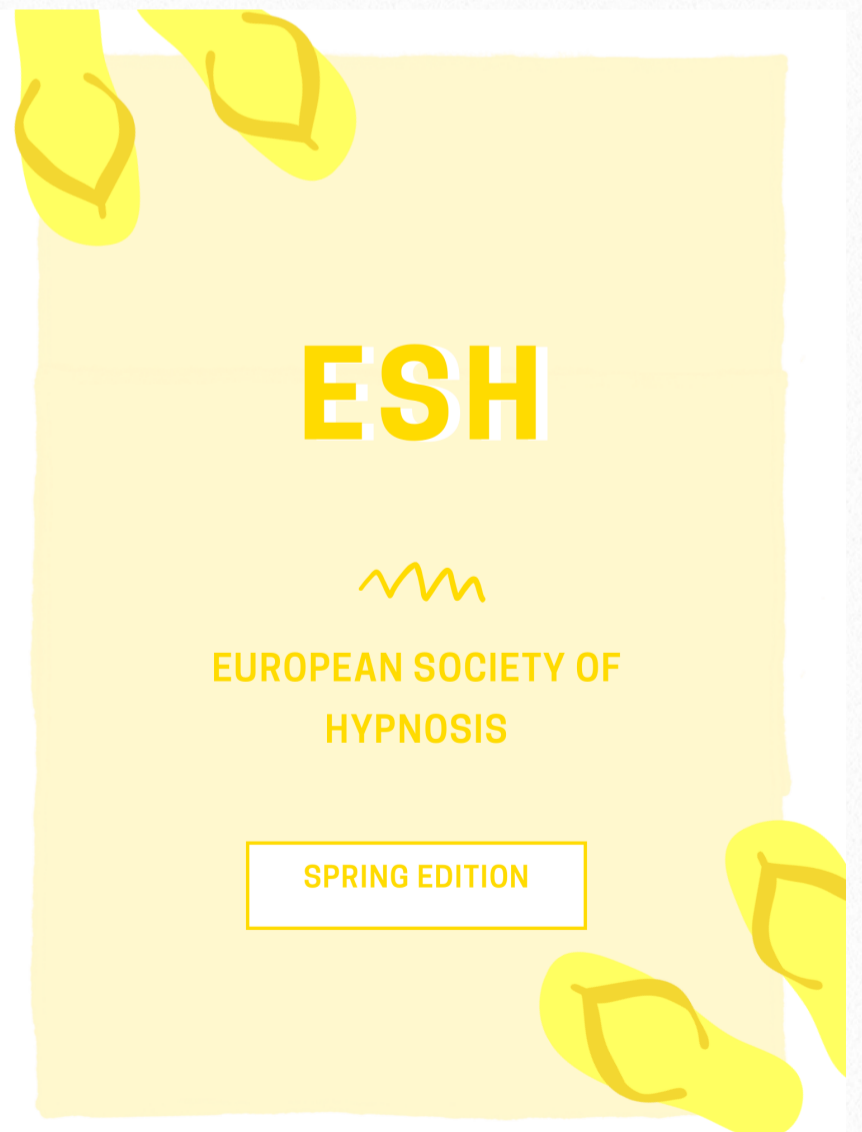
Crisis Intervention Committee

There was a small group meeting held between Gerard Fitoussi, Callie Hattington and Kathleen Long on 6th March 2024

to draw up a short workable Constitution for the CIC. It will be put to the next meeting of the CIC. While we were thinking of retaining the CIC as a working name for the meetings, we are now recommending that this name be replaced with Hypnosis without borders as it will make the workings of the committee much more straight forward.

Comfort Kits for Kids

Many of you will already be familiar with the work of Lisa Lombard and the use of the Comfort Kits for children in crisis situations. Lisa Lombard, Fabio Carnevale and Kathleen Long met on 5th March 2024 by zoom to discuss what help could be provided to improve the video presentation for the kits. Fabio and Lisa agreed to liaise on this and Fabio will be editing the video to make it as user friendly as possible.



EULOGIES



In Loving Memory of Dr. Giuseppe Regaldo, President of IPNOMED (Italy)

By Maria Paola Brugnoli

It is with heavy hearts and deep sorrow that we come together to remember and honor our dear colleague, Dr. Giuseppe Regaldo, who left us on 8 February 2024, after a valiant battle with cancer. Giuseppe was not just a Medical Specialist in Obstetrics and Gynaecology; he was a beacon of inspiration in clinical hypnosis, a mentor, and a cherished friend to many colleagues. Giuseppe's legacy extends far beyond the realms of medicine; he was the President of the IPNOMED Medical Hypnosis Society “Accademia Italiana Ipnosi Clinica Rapida” ESH Constituent Society, where he dedicated himself to pioneering innovative rapid hypnosis techniques. His passion and commitment shone through, as he not only practiced but also shared his knowledge generously. Giuseppe touched the lives of countless doctors and psychologists, imparting his wisdom and expertise, particularly in medical and psychological emergencies.

As the President of IPNOMED, Giuseppe's leadership and vision elevated the field of medical hypnosis. His teachings were not confined to the walls of a classroom or lecture hall; they resonated internationally on ESH. Giuseppe was a fervent advocate for the integration of hypnosis techniques into medical practices, making a lasting impact on the way we approach patient care. His presence at numerous congresses of the ESH European

Society of Hypnosis was a testament to his dedication to advancing the field globally. Giuseppe brought a wealth of knowledge, experience, and warmth to these gatherings, leaving an indelible mark on the international community of hypnosis practitioners. Beyond his professional achievements, Giuseppe will be remembered as a good person – compassionate, supportive, and always ready to lend a helping hand.

A year ago, he gave a free online lecture on rapid medical hypnosis to teach colleagues at Kiev Medical University, KMU, about hypnosis in emergencies. His legacy lives on not only in the techniques he taught, but in the kindness and empathy he showed to colleagues and patients alike. As we mourn the loss of a remarkable individual, let us also celebrate the incredible contributions Giuseppe made to the world of medicine and hypnosis. May his spirit continue to inspire us to strive for excellence and compassion in our own lives and practices.



In Memoriam: Prof. Marjan Pajntar by Slovenian Association for Medical Hypnosis

Prof. Dr. Marjan Pajntar, internationally renowned gynaecologist and obstetrician, pioneer in the fields of psychosomatics and medical hypnosis, beloved doctor and psychologist of many patients, and valued mentor of many young researchers and clinicians, has passed away at the age of 91.

Prof. Dr. Marjan Pajntar was born in Ljubljana, Yugoslavia on September 6, 1932 and enrolled at the Faculty of Medicine in Ljubljana in 1952. As a student, he soon became involved in research, for which he was awarded the Prešeren Prize in 1956. His interest in the relationship between mind and body also led him to study psychology at the Faculty of Arts in Ljubljana in 1957.

After completing his studies, he decided to specialise in gynaecology and obstetrics, which he started at the Jesenice Maternity Hospital, and completed in 1965 at the Kranj Maternity Hospital, where he continued to work as the head of the obstetrics department for many years. The many innovations he introduced into obstetrics during this time, such as the presence of fathers during labour and the relief of labour pain by medical hypnosis, established the Kranj Maternity Hospital as one of the best and most desirable maternity hospitals in the country. By 1972, around 20% of all women at the Kranj Maternity Hospital gave birth under hypnosis.

In 1969, he successfully defended his pioneering doctoral thesis in the field of psychosomatics in obstetrics and was promoted to the rank of assistant professor in 1971, associate professor in 1978 and full professor in 1984, following his significant research achievements. He was considered one of the most popular professors among the students at the Faculty of Medicine in Ljubljana, with his interesting lectures always well attended.

At that time he also began to collaborate with the University Rehabilitation Institute in Ljubljana, investigating the effects of hypersuggestion in hypnosis on neuromuscular activity in healthy volunteers and patients with various locomotor problems. His research resulted in many scientific publications and a chapter in the book *Modern Trends in Hypnosis* (1985) titled *Some neuromuscular phenomena in hypnosis*.

His involvement in the international hypnosis community also led to his proposal, together with Dietrich Langen and Peo Olof Wikström, to found the European Section of the International Society of Hypnosis (ISH) in 1976, which later became the independent European Society of Hypnosis (ESH). He was then appointed to organise the Second European Congress of Hypnosis, held in Dubrovnik, Yugoslavia in 1980, and served as the second President of the ESH from 1981 to 1984. From 1989 to 1999, as a leading expert and researcher in the field, he headed the Research Department of the Gynaecological Clinic in Ljubljana, and for several years he also headed the research activities of the entire University Clinical Centre in Ljubljana. For his outstanding contribution to professional, educational and research activities, the Ministry of Health of the Republic of Slovenia awarded him the title of Senior Councillor in 1995.

In 1999, he became head of the Quality of Healthcare in Slovenia project at the Slovenian Medical Chamber, which in 2009 awarded him the Hippocrates Prize for outstanding professional and organisational work in medicine. In 2010, the President of the Republic of Slovenia, Prof. Dr. Danilo Türk, also awarded him the Order of Merit for his research, clinical and educational work in the fields of perinatology and psychology. The outstanding academic contribution of Prof. Dr. Marjan Pajntar is also evidenced by more than 350 scientific articles and several editions of the medical textbook *Pregnancy and Labour Management*, published under his authorship.

In 2007, he founded the Slovenian Association of Medical Hypnosis as the successor of the Section for Clinical and Experimental Hypnosis of the Slovenian Medical Association, which was established in 1979.

In recent years, Prof. Dr. Marjan Pajntar has worked mainly as the president and head of educational activities at the Slovenian Association of Medical Hypnosis and as a therapist of medical hypnosis in his own practice.

He has helped many patients with various psychological and psychosomatic difficulties and has trained many fellow doctors and psychologists in the use of hypnosis.

He has also remained very active in other aspects of life. Firstly, as a husband, father of four daughters and grandfather of six grandchildren, two of whom also became medical doctors and two psychologists who are also active in the hypnosis community.

He was also a great host to his many friends, entertaining them with his trumpet playing and his irrepressible humour, as well as providing culinary delights with his excellent cooking skills.

Furthermore, he enjoyed technical and manual work, designing and constructing several houses. He was also a great lover of nature. His home was always full of different plants and as an amateur painter he preferred to depict floral motifs.

Throughout his life he also kept various animals such as birds, sheep, chickens and aquarium fish, and felt particularly free when he could swing himself into the saddle of a horse.

Although Prof. Dr. Marjan Pajntar was highly regarded especially as a leading expert and

researcher, he was also a role model to many for his other personal qualities. He was known for his lifelong curiosity and great working zeal, but also for his warm-heartedness, wittiness and unique empathic approach.

He always took the time to establish a genuine warm relationship with his conversation partner, whether it was a patient, a friend or a passing acquaintance.

He cared about people and genuinely tried to help anyone who was in need. And that is why so many of us also loved him and will miss him immeasurably.



Calendar of Events



ERIC SPIEGEL: HEALING THE WOUNDS OF DEVELOPMENT – ATTACHMENT THEORY & HYPNOSIS, AN INTEGRATED APPROACH TO PSYCHOTHERAPEUTIC TREATMENT

Time: 12/04/2024 - 13/04/2024, All Day.

Eric Spiegel's seminar in Helsinki and Zoom – April 2024

CERTIFIED TRAINING COURSE

Time: 17/08/2024 - 18/08/2024, All Day.

<https://bsmdh.co.uk/certified-hypnosis-course>

ADVANCED DIPLOMA IN PROFESSIONAL STUDIES / BSC / GRADUATE CERTIFICATE / PGCERT IN CLINICAL HYPNOSIS, LANGUAGE AND COMMUNICATION TECHNIQUES IN HEALTHCARE: LEVEL 6 & 7

British Society of Clinical & Academic Hypnosis

Date:

Freshers Day: Virtual for all
Sat 7th September 2024

Module 1:

Clinical Hypnosis: Introduction to Clinical Hypnosis

Day 1: Virtual for all

Sat 14th September 2024

Day 2: Face to Face & Virtual

Fri 27th September 2024

Day 3: Face to Face & Virtual

Sat 28th September 2024

Module 2:

Clinical Hypnosis: Effective communication strategies in healthcare

Day 1: Virtual for all

Sat 18th January 2025

Day 2: Virtual for all

Sat 1st Feb 2025

Module 3:

Clinical Hypnosis: Application to Practice

Day 1: Virtual for all
Saturday 5th April 2025
Day 2: Face to Face & Virtual
Friday 9th May 2025
Day 3: Face to Face & Virtual
Saturday 10th May 2025
Time(s): 9am-5pm

Venue:

Birmingham City University / Online

Invited Speaker(s):

BSCAH Accredited Lecturers (Healthcare Professionals)

Language: English

Translations: No

Registration Website:

<https://bscah.co.uk/advanced-diploma-in-professional-studies-bsc-graduate-certificate-pgcert-course-in-clinical-hypnosis-language-and-communication-techniques-in-healthcare/>

Email: hilary.walker@bcu.ac.uk

Telephone: 07702492867

About the course:

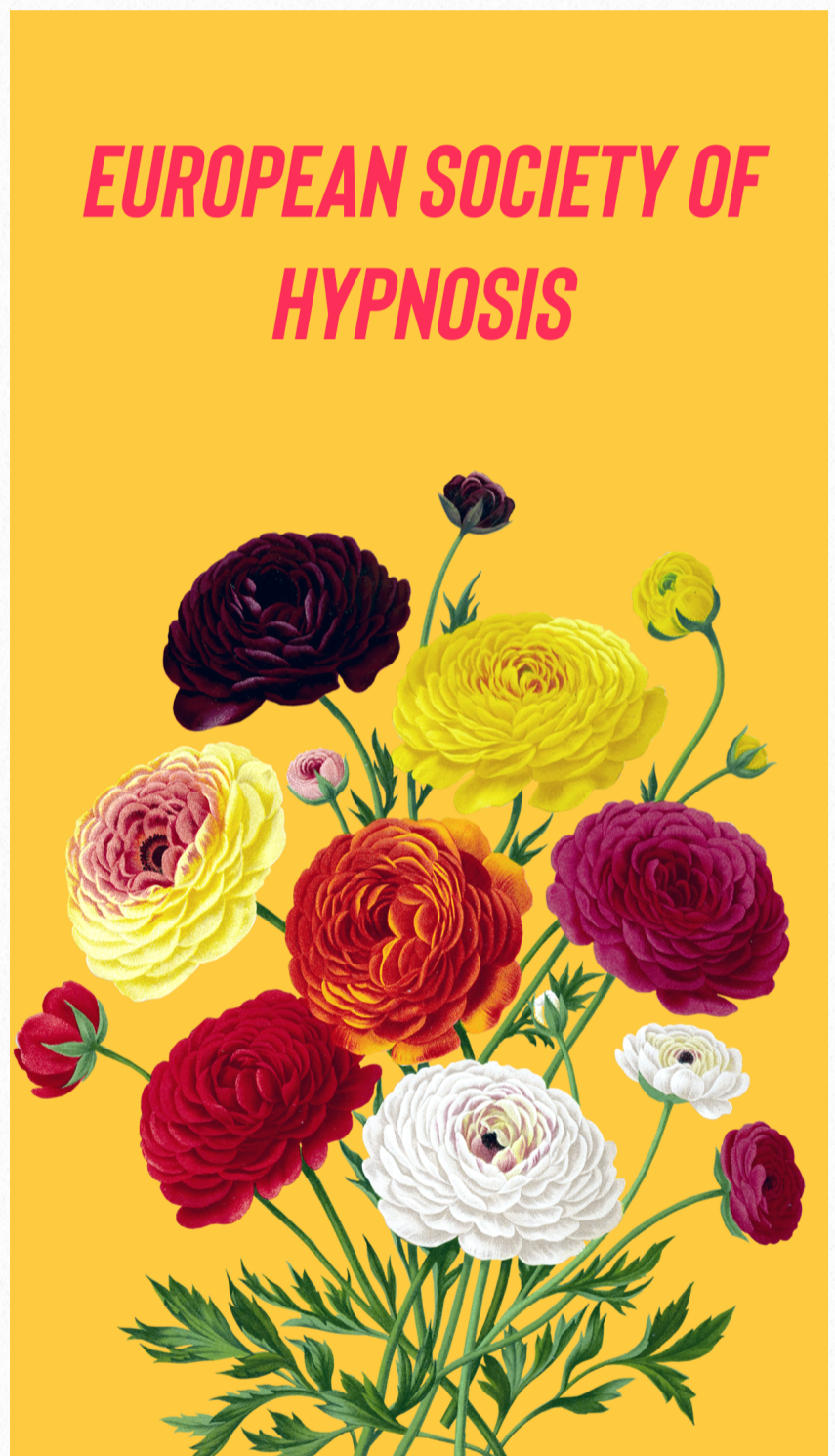
This is the only course of this type that carries formal University accreditation at degree and post grad degree level (level 6 & 7) in the UK.

BSCAH along with their partner at Birmingham City University Faculty of Health, Education and Life Sciences will be delivering the University Advanced Diploma in Professional Studies/ BSc / Graduate Certificate / PGCert commencing September 2024. Click on the link to find the course on BCU's website: <https://www.bcu.ac.uk/courses/clinical-hypnosis-language-communication-techniques-healthcare-2024-25>

CERTIFIED HYPNOSIS COURSE

Time: 21/09/2024 - 22/09/2024, All Day.

<https://bsmdh.co.uk/certified-hypnosis-course>





PLEASE JOIN US!



Pediatric Hypnosis Mid-Year Meeting: Beyond NPHTI's Essentials

Looking to expand your Pediatric Hypnosis communications skills?
We invite all pediatric-hypnosis trained practitioners who want to go beyond the basics.

This fantastic opportunity to hone your skills and rekindle connections will include 4 hours of presentations, group Q&A, small group breakouts, and panel discussions.

Topics:

- 101 Things (or less!) I Wish I'd Known When I Started Using Pediatric Hypnosis
- Walking the Tight Rope: Finding Right Balance With Parents
- Tackling the Challenges in Delivery of Hypnosis in Pediatric Settings
- Marketing Your Practice in Private Practice & Hospital Settings

Who Can Register?

Available to those who have previously taken a Pediatric Hypnosis course

Registration Fee: \$250.00 for 4 hours of training with CEUs.

*A recording will be available for paid registrants
(small group breakouts will not be recorded)*

REGISTER NOW: <https://www.nphti.org/2024midyear>

XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS

COOPERATION IN HYPNOSIS. CHALLENGES & BENEFITS



12-15 JUNE, 2024
KRAKOW, POLAND



www.hypnosis2024.com
contact: fundacja@p-i-e.pl



We would like to invite you to join the new platform for networking in the hypnosis community world-wide: www.whoISHwho.com.

Please send us your CV, photo and if you have also your publication list to us at contact@whoishwho.com.

This platform will also be used for organizing ISH congresses more easily.



In the future, for example, if the planning committee needs to see the CV to learn about the experience of a potential speaker, his or her CV would already be easily available on the whoISHwho platform. Also if you are moderator planning a symposium and want to identify potential co-presenters, you could use the whoISHwho platform to identify these individuals. Of course, there are many more possibilities for encouraging networking in our community (and getting information about you to other like-minded people) for such a system.
















You also can upload your profile yourself, which makes it easier for us. But please - do not hesitate to just send us things by email and we will do this for you.

ISH President

Credits

16th European Society of Hypnosis Congress
26-29 October 2023 ANTALYA



	2023	ANTALYA
	2020	BASEL
	2017	MANCHESTER
	2014	SORRENTO
	2011	İSTANBUL
	2008	VIENNA
	2005	GOZO
	2002	ROME
	1999	NOORDWIJKERHOUT
	1996	BUDAPEST
	1993	VIENNA
	1990	KONSTANZ
	1987	OXFORD
	1984	ABANO TERME
	1981	DUBROVNIK
	1984	MALMÖ

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Fabio Carnevale ©

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