



AUSTRALIAN  
SOCIETY OF  
HYPNOSIS

## Autumn Newsletter 2023

We serve you. If you would like a webinar on a certain topic, or would like to present on a subject, please send us an email -

[boeashltd@hypnosisaustralia.org.au](mailto:boeashltd@hypnosisaustralia.org.au)

# PRESIDENT'S REPORT

**Monday 10<sup>th</sup> April 2023 by Dr Annette Webb**

Welcome to another year ! Welcome to another Easter !

We have had a busy start to 2023 with the ASH Executive planning the upcoming year working on topics for webinars and other educational activities for the year.

The highlight of the summer was of course the Egypt study tour which occurred at the beginning of March, which our President Elect will discuss below.

Our Federal training course has started well with a large number of registrants and a good number of anaesthetists in this year's cohort, which has been terrific to see. It is indeed great to see an increasing number of medical practitioners undertaking the ASH training as it is indeed an underutilised therapeutic tool in medicine and has a large number of clinical applications especially in the area of chronic pain.

## Egypt Study Tour 2023

**by Dr Gayre Christie**

I have just returned from the ASH study tour to Egypt 2023.

I don't know enough superlatives to adequately describe this tour.

Over 12 days starting on Sunday March the 5<sup>th</sup> we packed in unbelievable sites and events, Including the Pyramids of course but also including many other temple sites and a four night cruise on the river Nile, an afternoon on a felucca on the Nile and a visit to a Nubian village, visits to the Valley of the Kings ( where Howard Carter claimed discovery of the Tomb of Tutankhaten) and possibly the highlight of the tour a visit to Abu Simbel....AND we even packed in a balloon ride, an overnight sleeper train from Cairo to Luxor as well as a camel ride at the Pyramids.

For those of you who don't know the temple at Abu Simbel built by Ramses 2 and commemorating both himself his reign and his wife Nefertiti, was rescued from certain inundation between 1964 and 1968 when the waters of the Aswan High Dam rose to their current levels. Both sites are monumental feats of craftsmanship and engineering.

In addition to sightseeing of course we had a professional development session each afternoon and these sessions incorporated suggestions, metaphors, symbols and other hypnosis phenomena that we had been exposed to during the trip.

I absolutely commend Dr Di McGreal for the effort that she put into organising this trip and to Adynovo Tours whose organisation was impeccable as well as the guides who were so knowledgeable and caring

Look out for the next trip...I'm trying to persuade Di to make such study tours an annual event, the next is likely to be a trip down the Mekong Delta in Vietnam.

### **Photo from Egypt tour Dinner on the last night.**



For more pix go to [ASH Egypt Study Tour 2023 Gallery – Australian Society of Hypnosis Congress 2022 ashcongress.org.au](https://www.ashcongress.org.au)

## ASH Congress 2024

We have been working on plans for our next Congress in 2024 with sunny Cairns now locked in as our destination. We are in the process of working on a wonderful line-up of speakers. If you have a suggestion for a good local or international speaker please let our Secretary Di Mc Greal know. [di@doctordi.com.au](mailto:di@doctordi.com.au)

## 2023 Webinars

This is our main regular source of professional development and membership includes free access to these. Non - members can join in of course for the small fee of \$22.00 per webinar.

Our next webinar is on Monday 24<sup>th</sup> April 2023 at 7.30pm AEST. This will be a panel providing supervision on de-identified clients which you present to us. I will be representing medicine, Dr James Auld will be representing dentistry and Dr Gayre Christie covering psychology. This webinar will not be recorded.

The notice for this webinar was sent out at the beginning of Easter but you might have missed this if you were away or your mail box was full. Contact the federal office [boeashltd@hypnosisaustralia.org.au](mailto:boeashltd@hypnosisaustralia.org.au) if you want to register.

We have already had two webinars this year. The first was presented by Vicky Booth clinical psychologist on Visualisation in Telehealth. The second was hosted by psychologist Mark Grant on Hypnosis and Pain and was a real success as we delved further into the topic with case studies and current thinking about this very common topic we see in our clinical work.

Do remember that the PowerPoint presentations and any recording made is stored in the password protected Members' Area of our website [www.hypnosisaustralia.org.au](http://www.hypnosisaustralia.org.au).

Other topics that will be discussed later in the year include hypnosis for hot flushes, hypnosis and meditation and hypnosis and music.

If you have suggestions for webinar topics and presenters, please email our Executive Officer – [boeashltd@hypnosisaustralia.org.au](mailto:boeashltd@hypnosisaustralia.org.au)

**Dr Annette Webb**  
**President**