



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding

Issue I, December, 2012

Letter from the President

Julie Linden, PhD



With new gavel in hand, I write my first newsletter column as president of ISH. ISH began a tradition in Bremen at the 19th International Hypnosis Congress inaugurating the ISH President's Gavel. Dr. Camillo Lorioed, Immediate Past president, suggested we begin this tradition to provide a meaningful icon for the ceremonial passage of

leadership in the ISH Board of Directors (BOD). Dr. Lorioed was able to officiate his final Board of Director's meeting, striking the gavel, before handing it over for the new Board's first meeting. He declared it a sound investment (pun intended).

The ceremony at which the gavel was exchanged was a lovely affair held during the banquet in Bremen. (Due to the incredible demand for banquet tickets, the venue was sold out in record time. Watch the video on-line and remind yourself to register early for the Paris banquet, which already promises to be a smashing success.)



My personal banquet highlight: I received a beautiful Lebkuchenherz (a traditional German heart-shaped cookie) from the Freimarkt that was occurring just outside the congress and which so eloquently captures that my heart is certainly in the future of ISH. Dr. Lorioed thanked the outgoing BOD for its work over the past three years. I had the honor of introducing the 2012-2015 Board to everyone.

We have many who are continuing on the Board. This will provide both continuity and institutional memory to our process. We also have several new additions. Our secretary/treasurer Dr. Mark Jensen brings much experience serving on boards of societies, a commitment to safeguard our now larger coffers and a vision of ISH as a centerpiece for the science of

hypnosis. Franck Garden-Breche is on the organizing committee for the Paris Congress and will work closely with the ISH Board to make the 20th congress a big success. Woltemade Hartmann will serve as secretary of the Council of Representatives. Katalin Varga, President of the Hungarian Hypnosis Society, also brings a strong focus on research and a fresh female voice.

The new BOD will get to work in the coming months by videoconferencing and it will tackle the ambitious agenda it has set for the next three years beginning with its most important task, gathering bids for the 2018 congress and choosing among those bids. (Is your society among those bidders?) The BOD will work diligently on refining important policies and procedures, reexamining the constitution and by-laws, and investing in the all-important tasks of expanding membership, supporting more discourse on research, and increasing member benefits for both individuals and constituent societies.



Please visit us at the new ISH website at www.ishhypnosis.org. You will see the new website is expanded, and still a work-in-progress. We are improving the on-line new and renewal process for membership and journal subscriptions in order to make on-line payment easier for everyone. We are also working to resolve any problems with journal subscriptions and promise rapid improvements for those who experienced difficulties. We welcome your input, ideas, and comments to improve ISH. You can reach us at info@ISHhypnosis.org.

Julie H. Linden, PhD

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Letter from the Editor

Consuelo Casula



Here I am again, editor of the ISH Newsletter, for the new triennial 2012-2015 ISH board. First of all let me thank the representatives of the Constituent Societies present during the COR meeting in Bremen for electing me as an ISH Board member.

Thanks also to the new 2012-2015 ISH board of directors for their trust in giving me the editorial role, which

I accepted with the commitment to do my best. Let me also thank each and every contributor to this first issue for their papers written at top speed, so we can publish the ISH Newsletter just before Christmas, as a Christmas present.

This first issue by the new ISH board of directors is mainly dedicated to the XIX ISH congress with reviews generously and creatively written by many colleagues from all over the world. It also offers interviews of the new ISH secretary/treasurer and four of the six winners of the ISH 2012 awards. I could not reach Amir Raz and Bernhard Trenkle. I hope to have these interviews for the next issue. Future issues will also introduce other new members of the new ISH Board of directors, including Franck Garden-Brèche, from France; Woltemade Hartman from South Africa; and Katalin Varga from Hungary.

Throughout this newsletter, ISH members unable to come to Bremen have the opportunity to grasp some of the symposia, workshops, and keynotes as well as to feel the warmth of the social atmosphere.

The intent of having many voices to comment at the congress was to give different perspectives on the cultural and social climate. Each reviewer offers his/her perspective adding a personal flavor, taste, color and nuance that provides colleagues who were unable to attend an impression of the congress which will be remembered as the biggest in the history of hypnosis.

As you can tell, the congress was a hit. Congress organizer Bernhard Trenkle should be very proud of himself because he succeeded in his purpose: to organize the largest hypnotic congress in history, beating also Jeff Zeig and his Ericksonian conferences. Bernhard and his team accomplished a fantastic record of more than 2,000 participants, with almost 300 presenters from 33 different countries and hundreds of volunteers. It is up to Claude Virot, the current ISH President-Elect, to break Bernhard's record, with the XX ISH congress in Paris 2015. (There are already 300 early registrants.) Paris is a magnet venue and Claude is doing his best to transform its natural and cultural charm to attract experts on hypnosis who want to continue into the future from the roots planted in 1889 in Paris at the first international hypnosis congress.

Let's hope that the Bremen congress will not remain in ISH history as the biggest, but only the first with such huge attendance, creating a model for the following congresses. Let's hope that the next ISH congress will be as interesting, stimulating, and innovating as this one.

Dear Individual and Society ISH members. Please remember to pay your dues for 2013 ISH Membership.

I wish you happy Christmas holidays and a 2013 full of what you most desire.

Consuelo Casula

ISH Membership Renewal Starts 2013 January



Be on the lookout for your 2013 ISH membership renewal information scheduled to reach your inbox in 2013 January.

A XIX ISH Congress Highlight



Incoming Board members applaud the accomplishments of their colleagues who are leaving their posts.

An Invitation to the XX Congress

Claude Virot



There are less than 1,000 days until the XXth Congress of ISH...in Paris !

The ISH congress will take place in the French capital's Congress Center from the 26th to 29th of August 2015. The French team is already very busy preparing the event.

This is an invitation to explore the "Roots and Future of Consciousness" and what better place than in Paris, which has historic roots for hypnosis and the ISH. In this next congress you will discover what has developed from the early seeds planted by such figures as Mesmer, Charcot, Bernheim and Janet.

Here are a few points about the congress and its registration, deadlines, and translation that you need to know to enjoy French festivities!

Back from the XIX ISH Bremen Congress

The fabulous congress in Bremen, organized by Bernhard Trenkle, afforded us the special opportunity to advertise the next congress in Paris. We had 30 French faculty members present and they were given the opportunity to show their energy and how happy and proud they are to develop hypnosis.

During the stay in Bremen, the CFHTB*, the host society for the next congress, organized an elaborate cocktail reception with the ISH Board of Directors, the constituent society representatives, and all the French participants. Of course, there was French champagne for the 80 attendees to celebrate a short presentation of Paris 2015.

[You can see this presentation here >>](http://www.cfhtb.org/congres-de-lish-a-paris-en-2015) or cut and paste into your browser: <http://www.cfhtb.org/congres-de-lish-a-paris-en-2015> (then select English presentation)

Led by Claude Virot, the president-elect of ISH, the French team also presented Paris 2015 at the end of the 2012 congress that included:

- The previous experience of the French team organizing congresses and exhibitions
- The diverse facilities to welcome all of us in Paris (hotel capacity, transport facilities...)

- Motivation and activities for the development of hypnosis
- A wide range of translations to facilitate our scientific communication
- Creativity to make us dream: the gala dinner will take place in Paris' City Hall...

The host society planning committee is providing all the ingredients to make the event a record-breaking success! And we can say it's already a success: 300 pre-registrations were collected in Bremen! Claude Virot confesses that the goal had been 100. The result is three times better!

From the contest drawing for free registration here are the first lucky people who have won Paris 2015:

- 1 - Christian Ketter
- 2 - Louisianne Shenk
- 3 - Evi Meyer
- 4 - Vladimir Snigur

Mark Your Calendar with the Following Dates and Events

To register now for Paris 2015 here are the reduced rates:

Through January 15, 2013: Special International Prices: 315 € (ISH member) or 340 € (non-member). After January 15, 2013, the price will increase to 380€ (ISH member)/415€ (non-member). The on-site registration will be 595€. Cancellation fee is only 30€ till July 10th 2014.

[How to register here >>](http://www.cfhtb.org/congres-de-lish-a-paris-en-2015/sinscrire-au-congres-paris-2015/) or cut and paste into your browser: <http://www.cfhtb.org/congres-de-lish-a-paris-en-2015/sinscrire-au-congres-paris-2015/>

From May 16th - 18th, 2013: Come to France and see the CFHTB in action. The CFHTB will hold a Congress in Strasbourg around the themes of creativity, intuition, resources and change. It is a French-speaking congress but the keynote speeches will be translated. Speakers include: Julie Linden, Maggie Phillips, Teresa Robles, Marie-Elisabeth Faymonville, Patrick Bellet, and Claude Virot.

Until June 30, 2014: The call for papers for the XXth ISH congress has already begun. You can send your resume and presentation by email to: amelie@cfhtb.org Starting January, 2013, an online form will be available for your proposals.

* The French team is made up of members of CFHTB (French-speaking Confederation for Hypnosis and Brief Therapy)

Special information for presenters: A special fee will be offered to all presenters including a welcome cocktail in a very special (and secret) venue in Paris and the Gala Dinner at the City Hall of Paris! If you would like to be a presenter, please register with the normal fee and the correction will be done as soon as the committee has decided the scientific program.

Organization of Committees

The entire team for Paris 2015, is composed of three committees with different missions:

1. The International Committee including members of CFHTB and ISH will support the French-speaking team. Its members will be present in all international congresses all over the world. Ambassadors of Paris 2015, they will give you all the information needed to go to Paris 2015.
Chairs: Claude Virot, MD, ISH President-elect and Julie Linden, ISH President.
2. The Scientific Committee will determine the congress program and all of the keynotes.
Chairs: Marie-Elisabeth Faymonville, MD and Dr Thierry Servillat, MD
3. The Organizing Committee is in charge of all of the operations (production, logistic).
Chairs: Dr Franck Garden Breche, MD and Joelle Mignot, PHD

Members of the team and the President of CFHTB, Patrick Bellet, MD, will bring together all of the resources of the French-speaking Confederation for the success of a great congress.

So keep counting, each day, and each month between now and 2015 as the committees will link with one another, and provide a link between you and Paris!

What About Translations in Paris 2015 ?

The CFHTB wants to go beyond English, German and French languages. A priority is to translate all of the speech even if you're Chinese, Spanish or Russian.

+++ The CFHTB needs volunteers as translators for a paper or a workshop. So, if you speak French or any other language and you feel comfortable translating into French, please contact us by email: amelie@cfhtb.org.

Each translator will have the pleasure to participate in the creation of a wider community of speakers all over the world and at the same time will increase knowledge in hypnosis.

For any further information about Paris 2015, as you have probably understood, Amelie is the person to ask if you need more information about Paris 2015.
Email : amelie@cfhtb.org

And we invite you to visit the website regularly to discover all the news as we countdown to August 2015:
www.cfhtb.org



ISH is Now Seeking Bids for the 2018 Congress

The most important educational and scientific event for ISH is the triennial ISH Congress. It is a place for the gathering of members, a time to update our clinical and scientific information, to teach and to learn. It is also an important revenue source for ISH.

If you are interested in learning more about becoming a host organization visit:

<http://ishhypnosis.org/index.php/triennial-congress/bidding-procedure>

News from The Umbrella Societies



The Milton H. Erickson Foundation *By Jeffrey K. Zeig*

It was an eventful year for the Foundation, and 2013 will be even more so with the Evolution of Psychotherapy Conference (www.evolutionofpsychotherapy.com) in December as the fitting exclamation point.

In September, we moved to our new location and on October 11th we celebrated with a grand opening reception. The reception was held to honor Dr. Erickson and to thank the many donors and supporters who helped us begin this new chapter of growth. Guests took tours of the building, browsed donated artwork, viewed the library and archives, indulged in food and drink, and visited with friends and colleagues. It truly was a grand event.

The new building allows us to expand our archives, gives staff more room to conduct day-to-day business, and serves as home to the Foundation Press. It is also a global destination for Ericksonian practitioners.

To view photos, please visit www.erickson-foundation.org and click on the link for pictures.

The Foundation's Brief Therapy Conference, held December 5-9 in San Francisco, offered to the more than 1,000 attendees a distinguished faculty, interactive events, and workshops. The keynote faculty included Patrick Carnes, Paul Ekman, Robert Greenberg, and Harriet Lerner.

We are now planning for the Couples Conference (www.couplesconference.com), which often is a sold-out event. Held April 18-21 in Manhattan Beach, California, it will feature a premier faculty and workshops that address modern-day couples' issues. Faculty includes Ellyn Bader, Lonnie Barbach, Stephanie Brown, Paul Ekman, Marty Klein, Harriet Lerner, Bill O'Hanlon, Stephen W. Porges, Terry Real, Janis Abrams Spring, Michele Weiner-Davis, and Jeffrey Zeig.

Paul Ekman, known for his expertise in facial expressions, especially deception, had the television series

"Lie to Me" based on his real-life scientific discoveries. Harriet Lerner is one of the most respected voices on the psychology of women, marriage, and family relationships. Her "Dance" books, including "Dance of Anger," are bestsellers. Michele Weiner-Davis is an internationally-renowned relationship therapist and author.

The Foundation is gearing up for the history-making Evolution of Psychotherapy Conference (www.evolutionofpsychotherapy.com), which will be held in Anaheim, California, December 11-15. Attendees will learn and interact with the best-of-the-best faculty worldwide.

The first Evolution conference, held in 1985, had 7,200 attendees; in 2005 approximately 8,600 attended making it the world's largest psychotherapy gathering in the world. We hope next year's conference will break the record.

In 2013, the primary faculty includes Albert Badura, David Barlow, John Gottman, Julie Gottman, Jean Houston, Otto Kernberg, Marsha Linehan, Cloe Madanes, Donald Meichenbaum, Salvador Minuchin, Erving Polster, Ernest Rossi, Francine Shapiro, and Jeffrey Zeig.

The state-of-the-art faculty includes Judith Beck, Claudia Black, David Burns, Jon Carlson, Nicholas Cummings, Stephen Gilligan, Steven Hayes, Harville Hendrix, Kay Redfield Jamison, Sue Johnson, Jack Kornfield, Harriet Lerner, Peter Levine (tentative), Scott Miller, William Miller, Bill O'Hanlon, Violet Oaklander (tentative), Christine Padesky, Mary Pipher, Daniel Siegel, Derald Wing Sue (tentative), Bessel van der Kolk, Michele Weiner-Davis, and Michael Yapko.

Keynote speakers are: Aaron Beck, Gerald Edelman, Martin Seligman, Gloria Steinem and Irvin Yalom. Keynote addresses will be from Diane Ackerman, Daniel Amen, Paul Ekman, and Michael Gazzaniga. Our special guest is Hollywood director, James Foley.

Our 2013 Intensives offer Fundamental, Intermediate and Advanced classes. Attendees will increase their overall communication skills and learn Ericksonian hypnosis techniques. Early registration offers a discount, and there's easy online registration at: www.Erickson-Foundation.org. (Just click on Training, then Intensives/Master Class.) Fundamentals are Feb. 12-22, July 15-19 and Oct. 7-11; Intermediate classes are Feb. 25-March 1, July 22-26 and Oct. 14-18; Advanced classes run July 29-Aug. 2.

In keeping with the times, we now offer eBooks (<http://tinyurl.com/bd38tdw>), and in 2013 will offer Spanish Language Editions of three classics by Erickson/Rossi including *Experiencing Hypnosis: Therapeutic Approaches to Altered States* or *EXPERIMENTANDO LA HIPNOSIS: Abordajes terapéuticos a los estados alterados*; *Hypnotic Realities* or *REALIDADES HIPNÓTICAS: La inducción de la Hipnosis Clínica y formas de sugestión indirecta*; and *Hypnotherapy: An Exploratory Casebook* or *HIPNOTERAPIA: Un libro de exploración de casos*.

We are continuing to restore the Erickson Museum on Hayward Avenue and preserve Dr. Erickson's legacy. The home is where Dr. Erickson lived and worked during the last decade of his life. I have donated all of the items that were given to me as gifts by Mrs. Erickson, and Erickson family members have donated cherished memorabilia as well. The Foundation's Master classes are held at the Erickson home, and visitors are welcome year round. To schedule a tour please contact the Foundation. To sign up for email updates visit: <http://ericksonmuseum.org/>

The Foundation store, www.ericksonfoundationstore.com, now offers myriad new products including ebooks and DVDs, CDs and MP3s from Brief Therapy 2012. The store also promotes more sales and discounts.

The Foundation Newsletter is available on line at www.erickson-foundation.org. Sign up at the web site for information about the Foundation, including many of the free items we regularly make available to professionals.

News from Constituent Societies



AMERICAN SOCIETY OF CLINICAL HYPNOSIS

News from ASCH

By Linda Thompson

ASCH Runs for the Roses

Each year, the first leg in the Triple Crown, the Run for the Roses, aka the Kentucky Derby, takes place in Louisville Kentucky. In 2013 Louisville will be the venue for ASCH's Triple Crown: Integrating Mind, Body and Spirit. The 55th annual Scientific Meeting and Workshop will be held March 15 - 19, 2013 at the Marriott Hotel in downtown Louisville. The 2013 ASCH meeting offers sustenance for your mind, body and spirit.

MIND- To stimulate your mind, we have an awesome line-up of plenary speakers: Dr Elvira Lang speaking on "Hypnosis and the Body," Dr. Michael Yapko on "Hypnosis and the Spirit" and Dr. Amir Raz on "Hypnosis and the Mind." There are 50 exciting scientific presentations and workshops from which to choose. And, of course, a stellar line-up of faculty to teach the Basic and Intermediate workshops.

BODY- To feed your body, registration includes four breakfasts, the opening reception and the banquet on Monday evening. Did I mention there will be bourbon and mint juleps? And to exercise your body, there will be options of early morning Tai Chi, yoga-dance, stretching, and massage. Additionally, the area around the hotel is safe for running, jogging and walking.

SPIRIT- Ahhhhhh spirit. The Program Committee has packed plenty of fun into this meeting for registrants and their families. At the opening reception Dr. Laurence Sugarman will captivate us with traditional American music on the banjo and fiddle. There will be a Silent Auction and even a virtual horse race! Did I mention bourbon and mint juleps? Louisville is the home of the Kentucky Derby, the first leg of the Triple Crown. So Sunday we have a three-hour lunch planned into the schedule where buses will take us to Churchill Downs for an optional lunch and tour of the museum. On Monday another three-hour lunch break will provide a great opportunity to take in a little of what Louisville has to offer: the Louisville Slugger factory, a riverboat cruise with lunch, a tour of historic Louisville, or perhaps a walking urban bourbon tour in downtown. That evening we bring the body, mind and spirit all together as everyone is invited to the Banquet (body), awards and plenary (mind), followed by more fun (spirit) with an improv theater group and Dr. Eric Spiegel providing music for dancing.

Also new this year on Saturday, March 16th at ASCH's 55th annual Scientific Meeting and Workshop is a one-day workshop on "The Power of Words: Hypnotic Healing Communication for Health Care Professionals." The participants will learn about the importance of language and how it impacts the autonomic nervous system, the brain, pain pathways and the stress response. The workshop is open to nurses and other health care professionals who want to learn how to incorporate these techniques within the scope of their practice, but who either don't meet the current criteria to take an ASCH Basic workshop or want to learn a little about hypnosis before enrolling in a four-day workshop.

The modest registration fee for the one-day workshop will include breakfast, the opening reception and the opportunity to hear our first plenary speaker, Dr. Elvira Lang who will speak about hypnosis and the body. Please spread the word about this first of its kind ASCH offering.

Be good to your body, mind and spirit and come to beautiful Louisville this spring for the

55th annual Meeting and Workshops: "Triple Crown: Integrating Mind, Body and Spirit." There is time built into the schedule to enjoy the area, so bring your spouse as we welcome them and our Saturday workshop attendees to our ASCH extended family.



CENTRO ERICKSONIANO DE MÉXICO Plantel Veracruz

News from Mexico and Brazil

By Teresa Robles

The Centro Ericksoniano de México has schools in ten different cities. In the last two years, the Centro has been training health professionals from the National Medical System for Government Employees. Ninety individuals have taken the Master Degree Program and 340 were trained as technicians for coordinating 15 hours - groups of these employees for learning how to deal with stress. The proposal is that during one year, they must work with 70,000 employees.

We are beginning the protocol for a multicenter research on the utilization of Ericksonian Techniques for helping people with a diagnosis of diabetes to follow their secondary treatments: diet and exercise.

The students who graduated from the Master Program in Ericksonian Psychotherapy, are each giving 80 hours of professional service to the community as volunteers. They are working with groups in Syndicates, Rural and Indigenous Communities and Hospitals. Teresa Robles, Ph.D., founder of the Centro Ericksoniano de Mexico received the Life Time Achievement Award for Outstanding Contributions to the Field of Psychotherapy in November, 2011.

Last June, the Brazilian Society of Hypnosis had organized an International Congress in Rio de Janeiro, with faculties from several Latin American countries.

The use of Hypnosis has been officially regulated in this country for more than ten years. At the moment, Hypnosis is taught in the main Universities throughout the country as a post graduate course for health professionals. There are more than 12 Ericksonian Institutes giving training in Hypnosis.



News Hungary

By Katalin Varga

2013 International Conference on Hypnosis in Medicine (ICHM), 28 August – 1 September, Budapest, Hungary

Although the use of hypnosis in healing practices looks back at a history of thousands of years, the 2013 International Conference on Hypnosis in Medicine (ICHM) will be the first scientific meeting where experts in hypnosis will present their findings on the application of this method, specifically in the context of biomedicine.

At the Bremen Congress of ISH we had a wonderful possibility to motivate our colleagues to come and teach in Budapest. So we can say now that in our Conference leading experts in the field will give lectures, hold workshops, discuss their findings in symposia, and share their opinion in panels.

The Congress will take place over two and a half days, running six to eight concurrent sessions daily.

The topics/sessions include hypnosis in anesthesia, dentistry, dermatology, emergency care, immunology, intensive care, obstetrics, oncology, pain, palliative care, radiology, rehabilitation, surgery, etc.

Panel discussions are planned on various topics include:

- Hypnosis in the operating room
- Placebo, nocebo, suggestion, hypnosis: common elements and important differences
- Cost-effectiveness of hypnosis in medicine
- Hypnotists as patients: experts of suggestive techniques or hypnosis in the role of the patient

Workshops will cover special topics and techniques at both introductory and advanced levels.

Self-experience sessions (when you can be a subject of hypnosis or suggestive methods) will be available, using:

- Standardized scales of measuring hypnotic susceptibility (HGSHS, WGSHS)
- Some traditional methods, like: Exstatic body postures in trance (by G. Filo)

The official language of the Congress will be English, but we will run some sessions in German and Hungarian as well.

For more information please visit our website: www.ichm2013.com or directly Katalin Varga (vkata@vnet.hu), Congress co-chair.

Introducing the New Secretary/Treasurer, Mark Jensen By Consuelo Casula

CC. *How did you get interested in hypnosis?*

M.J. For as long as I can remember, I've had some curiosity about hypnosis. When I was studying pain and pain management in the early 1980s in graduate school at Arizona State University, I asked my mentors about whether it would be useful to study hypnosis and hypnotic approaches for pain management. I was told that hypnosis may have a place in acute pain management, but that "since no one can walk around in a trance all of the time," hypnosis would not be practical for chronic pain management. As a dutiful student, I believed my mentors, and continued my study of cognitive-behavioral treatments.



After I obtained my degree and began to work as a clinician and researcher at the University of Washington Pain Center, in Seattle, Washington, I referred many patients with severe neuropathic pain (pain due to nerve damage) that was not responding to any other treatments, including powerful analgesics. I provided what I was trained to provide: cognitive-behavioral therapy. The patients I saw were only sort of satisfied with this approach. "Well, Doc. I think I am thinking better about my life. But you know, I still hurt. Isn't there anything you can do about the pain itself?" Sadly, at the time, the answer was "no."

Around that time I participated in a workshop at the Fetzer Institute to come to a consensus about the importance of psychosocial factors as they related to pain and pain-related suffering. In the library of the Institute was a small book entitled "A Whole New Life," a memoir written by Reynolds Price. Reynolds Price (1933 - 2011) was a novelist and poet who had been diagnosed with spine cancer. The treatments he received for the cancer made him cancer free, but left him paralyzed and with severe pain that put a complete stop to much of his life. In his memoir, he described the process of learning how to manage his pain so that he could start to live his life again. The turning point for him was when he learned self-hypnosis to simply put his pain into the background. His situation, and his approach for getting his life back on track, sounded much like what would be helpful to the patients with severe neuropathic pain that I had not yet been able to help as much as I would have liked.

So I wrote a grant proposal to the Paralyzed Veterans of America in the early 1990s asking them to provide one-day of salary a week for me to read about, study, and learn hypnosis and hypnotic strategies for chronic pain management. I was lucky to be living in the same city as Joseph Barber, Ph.D., who agreed to teach me what he knew and supervise my work with patients for that year. In my proposal to the Paralyzed Veterans of America, I said that if even one of the patients I treated (under Dr. Barber's supervision) benefited from the approach, I would write a much larger proposal to perform a clinical trial. Well, as you might expect, each of the patients I saw reported benefits. I subsequently wrote a proposal to perform a clinical trial to the National Institutes of Health which was funded. I have not stopped researching or providing this treatment ever since.

CC. *How did you get interested in ISH?*

M.J. As a scientist and clinician, I understand the importance of not working in a vacuum. In order for there to be scientific progress, and in order to improve our clinical skills, it is necessary to have frequent interactions with other scientists and clinicians. This allows us to learn from each other and to encourage the development of new ideas and new approaches. National and international organizations are among the best ways to provide these needed interactions. Through the ISH, I have regular access to the very best minds who have been working in the area of hypnosis for decades. There is no better way to enhance my own research and clinical skills.

CC. *I understand that you perform a great deal of research on hypnosis. What is your main field of research? What results are you proud of? What do you consider to be your biggest achievement?*

M.J. When I started in the area, and much to my surprise, there was a paucity of randomized clinical trials for the use of hypnosis for chronic pain. We know that hypnosis is perhaps the oldest and most established treatment for pain. Yet even as late as the early 1990s, there were very few clinical trials to determine if (and by how much and for how long) hypnotic treatments effectively reduce pain and improve other outcomes in persons with chronic pain, relative to viable control conditions. At that time, many people could still question whether hypnosis was effective beyond the effects and benefits that could be obtained from a placebo. So my first task was to simply test the overall efficacy of hypnosis relative to appropriate control conditions. The work from our lab and the work of others have established that hypnosis is effective, I think. I am proud of this work and these studies that provide a solid foundation supporting the

efficacy of self-hypnosis training for chronic pain management.

CC *What are the research questions you are studying now, and hope to study over the next few years?"*

MJ: In our research program, the next steps are to (1) better understand mechanisms of hypnosis and (2) determine how we can enhance the efficacy of hypnosis even more.

To study the mechanisms of hypnotic analgesia, I have started a program of research to understand the effects of hypnosis and self-hypnosis training on brain activity patterns as measured by EEG. Our hypotheses are that we will be able to see systematic changes in brain activity patterns (e.g., more "slow wave" patterns, as reflected by slow theta and alpha waves) when people use hypnosis, and that people who do this will be more able to achieve analgesia when they use self-hypnotic strategies. The preliminary findings from our first study in this area are very promising. I cannot report them here, as we are still in the process of writing up the results for publication, and we want the findings to be peer-reviewed before presenting them to the world. But I can say that we are finding clear differences between hypnosis, mediation, and other neuromodulatory treatments (e.g., neurofeedback and transcranial direct current stimulation) on the brain patterns of individuals with chronic pain.

To address the possibility that we might enhance the benefits of hypnosis, we have just started a study in which we are using neurofeedback to train patients with chronic pain to get their brain into a state that is consistent with someone who has more hypnotic ability, and then seeing if this enhances their response to hypnotic treatment. We are very excited about these studies, and of course are very grateful to the National Institutes of Health as well as to various foundations (Craig Neilson Foundation, National Multiple Sclerosis Society, Paralyzed Veterans of America) for their generous support of this research program.

CC *what are your plans/desires for your 2012-2015 commitment to the ISH board?*

MJ. With the 2012 meeting in Bremen, and thanks in large part to the fantastic organizational skills of Bernhard Trenkle and his team, the ISH is now on a solid financial footing. My goals are to work closely with our president, Julie Linden, and the ISH board to establish policies and procedures that will ensure the maintenance of this solid foundation. Of course, as a scientist and clinician, I am interested in seeing our organization continue to encourage and support communication among our members so that we can encourage and enhance each other's work.



Comments on Bremen XIX ISH Congress: General Impressions

The Irish Penny Whistle
By Enayatollah Shahidi

When you participate in an international congress with such huge dimensions, you may expect a collection of presentations, ranging from basic to advanced. But I realized that the majority of presentations were quite in the advanced level.

Thanks to Bernhard and his professional and inexhaustible team, the congress was executed in such a well-organized way that everybody could find and participate in her/his preferred program.

Although I myself was a faculty member, from the very beginning I tried my best to participate in as many presentations as possible and due to time restrictions I was very selective in my choices.

Fortunately, I had the opportunity to participate in some outstanding presentations of Dan Kohen, Karen Olness, Michael Yapko, Assen Alladin, Irving Kirsch, Amir Raz, Arreed Barabasz, Julie Linden, Consuelo Casula, Nicole Ruyschaert, Bernhard Trenkle and Jeffrey Zeig. I would like to confess that before the congress, I had never learned so much during such a short period of time.

Although all of these presentations were excellent, I chose one of them to write about, may be because of its topic (Principles of Advanced Induction), or the way it has been presented in.

Wednesday afternoon, after experiencing a nice trance state by being part of the program "Trance – with Live Music," I found myself sitting in an oversaturated saloon waiting for Jeffrey Zeig.

Jeff deliberately divulged the equivocal definition of advanced induction and the fact that how adding elaborations can modify density and therefore increase the effect.

I like his concept that hypnosis is a way of expressive communication; therefore advanced induction can be understood as the art of managing more effective ways of communication to elicit deeper impressions.

A creative part of the presentation was the moment Jeff played his Irish Penny Whistle in two emotionally different manners and practically showed the

significance of intonation in the process of advanced induction.

I also liked his live hypnotic induction with Nicole Ruyscchaert. She explained 11 ways of advancing the induction while simultaneously utilizing them on her.

Overall, upon completing these sessions, I have come to understand that there are a lot of important factors beyond knowledge that differentiate therapists from one another.

From Chaos to Sharing Out

By Franck Garden-Breche



Everything began a few minutes before our landing. A huge air pocket threw us up in another dimension. Despite my preparation the previous weeks, all things entered a spin. My luggage vanished somewhere between Paris and

Bremen. My room, reserved six months earlier, was already occupied by another guest, and the restaurant closed five minutes before our arrival!

I decided to smile, let it go and get rid...

Then, incredibly, it happened: One by one, each piece of the puzzle found its place for the next four days. The bar was still open with snacks, a friend of mine agreed to share his own room, and my bag with clean clothes in it reappeared five minutes before my workshop. Obviously, those "adventures" became a very good new introduction to my short-course. People laughed, the ice was broken, and I could start speaking in a non-mother language with serenity.

During this hour-and-a-half session, shared with thirty therapists, I started to feel a sensation which never let me go until the end of the congress. All together, with all of our minds joined around hypnosis, we were stronger than the simple sum of each of ours.

This XIX ISH congress gave birth to an interesting hive mind of more than 2,300 people, looking toward the same objective: to learn and share our experiences and creativity. Like the bees in a swarm, we're now flying all together to Paris 2015 exploring the roots and future of consciousness.

Teaching and Learning, Laughing and Dancing By Dan Short

As a member of the teaching faculty, I enjoyed the opportunity to share my experience with an international audience. However, even more exciting was my role as a student as I attended inspiring lectures by the world's leading experts. Topics ranged from the treatment of clinical problems, such as breast cancer or OCD, to unique applications, such as children with autism or those living in extreme poverty. There were also unique perspectives such as the problem of cult figures or other controlling individuals who use hypnosis to exert undue influence during brainwashing or indoctrination into a cult.

In an illuminating keynote address, Jeff Zeig convincingly illustrated the intricacy and increased depth that Erickson's approach offers when compared to traditional hypnosis. During her keynote address, the incoming President of ISH, Julie Linden, described Ernest Rossi as a leading researcher helping us to better understand the future of hypnosis and how it can contribute to the broader field of science and genetics. As a long time admirer of Camillo Loredio's work and teaching in Ericksonian approaches, I was gratified to learn that he was honored at this congress with the Benjamin Franklin Award.

This congress was full of entertainment, not only in the evenings but also during some lectures. There was wall shaking laughter in some workshops, and a Turkish doctor, Ali Ozden Ozturk, brought a whirling dervish and musicians to perform as he compared the process of Sufism and auto hypnosis.

I look forward with eager anticipation to the next ISH conference, Paris 2015

What I enjoyed the most?

By Claudia Weinspach

Coming back from Bremen to daily life and my own private practice, I was asked what I enjoyed most during the ISH World Congress. Summarizing such a giant event can only provide a glimpse of the total. Nevertheless, what I really liked was that not only the abundance of speakers from all over the world, and the huge amount of colleagues who attended, but also the variety of topics concerning hypnosis and its implications. From classical psychotherapeutic specifics, like dealing with anxiety and depression, current research and the applications of hypnosis in

different cultural environments, to problems that occur in society, when hypnosis is used in order to build up powerful manipulating systems.

Steve Hassan held one of the workshops that touched me profoundly. He spoke about the misuse of hypnosis in order to build up power. From his perspective manipulation, destructive mind control and thought-stopping techniques are the main features which characterize a Destructive Cult. In his workshop he explained strategies for counseling people, who, as a consequence of having experienced destructive behavior modification techniques, suffer from identity and belief confusion. Learning to think for themselves and using self-hypnosis is one of the keys for change, he said.

I thought again, how important it is, being a therapist, to teach our patients about their own natural trance states and how they work with their unconscious mind in a self-responsible healing way.

À la prochaine à Paris!

By Reinhild Draeger-Muenke

Just back from the fabulous, inspiring, energizing, and 2,300 participant-strong ISH conference in Bremen, Germany. I am probably preaching to the proverbial choir when I say, "This conference was truly international – let's make sure it stays that way! Let's all show up at the next conference in Paris, August 2015. Start envisioning yourself there!"

Yes, the American contingent was strong in Bremen, among the presenters as well as among the participants – and so was the European contingent. And even more interesting: there were 44 (!) countries represented at the meeting! It was fun to listen to the different conversations during breaks, held in many European languages as well as in Farsi, Hebrew and Mandarin.

On purpose I mostly attended workshops held in German or French, wanting to get a better sense of the European teachings on Hypnosis. And, chapeau (hats off!), there is a lot to appreciate. If I were to summarize what impressed me so, I would say it is the systematic creativity I saw at work in many of the European workshop presentations.

For example: Cecile Colas-Nguyen, a midwife trained in hypnosis, showed a fascinating video of using hypnosis as a first responder with the Strasbourg, France, Fire Department. Her "turbo-

inductions" showed rapid establishment of collaboration, respectful trance inductions and fabulous utilization in, and of, rather intense circumstances.

(Seriously: How many of us have lowered the sympathetic nervous system response of a crash victim in the process of being cut out of his car, just by using words?!) To make her point, Colas-Nguyen has collected solid data about the health and cost benefits of using hypnosis in road emergencies, including the significant decrease of traumatized first responders in the Fire Department where she had trained in using hypnosis. Needless to say, her hypnosis training has become part of the course in the Strasbourg Fire Department.

Further, most of us have a good idea about basic emotional human needs. Many of us may have heard about a hypnotic exploratory technique that uses a hallway and doors. But Matthias Mende, Germany, brings this to a new level, systematically and creatively, combining Gestalt and Ego-State/Parts therapy and inviting the quartet of Autonomy, Connection-Attachment, Competence, and Orientation-Meaning to discover constructive ways of interacting with each other through elegant and precise yet open-ended hypnotic suggestions towards creating resources, emotional congruence and personal stability. I look forward to utilizing this approach in my own clinical work.

Susy Signer- Fisher, Switzerland, introduced me to the "Schlafhund" (sleep-dog) and the Wachhund" (awake-dog, but also guard-dog) during her masterful presentation on sleep disturbances in children, which included a live demonstration of a first session with a six-year-old girl in front of a packed auditorium. I appreciated her playful and systematic sure-footedness during the demonstration, as well as her precise conceptualization of hypnotic interventions conducive to teaching sleep to older children and teens.

Shaul Livnay, Israel, held his workshop in many languages: English, German, Yiddish, French, Ivrit, but most of all, in Gong (the instrument). With sparse introductions to the concept of this form of nonverbal hypnosis/trance, Shaul gave ample room for self-exploration. Whether he invited a group trance, or an individual created his/her dialogue trance with the majestic gongs for the group to witness, the energy created was transformative. This was probably the most powerful experience I have had in a hypnosis workshop. I can still feel the reverberations.

Of course these are just a few highlights among many, too numerous to describe, that were presented during the ISH conference. Obviously, I am sharing

my totally subjective workshop experiences. That's what Consuelo asked me to write about, and here it is. In case you think this is shameless advertising for Paris 2015, you are right, it is. Full disclosure: I intend to be there, perhaps again as one of the two US component section representatives, as I have a vested interest that as many of us as possible will decide to attend ISH 2015, with as many component sections as possible lending support. Only with our strong and numerous supporters will ISH grow and become a truly international force in clinical hypnosis to be reckoned with. Patients the world over can only benefit from that. Alors, à la prochaine à Paris!

Comments on Bremen XIX ISH Congress: Keynotes

Principles of Advanced Induction, *Jeffrey K. Zeig*

By John D. Lentz

I have seen Zeig offer principles of advanced induction in numerous locations and each time and in each location it is different and I learn from him. He is so skilled that while the name is the same, each workshop is fresh and filled with new material.

I was intrigued by his use of experiential exercises that brought the lessons home, and yet these were new exercises he devised to go with the new material, and they were just right to convey complex ideas. For instance looking at someone meaningfully for five seconds can convey a marvelous message all by itself and it teaches us that the implication of communication isn't words so much as how we communicate with all of who we are. It also teaches us to think beyond our words with our whole bodies. His teaching of high and low impact statements and how to enhance your words with cumulative sentences was worth the price of the whole conference.

I will be unpacking what he was saying for a long time. In fact, it is already showing up in my work in some significant ways. It will take some time to integrate all of what he said this time to make the learning a regular tool. However, I found him to be delightful and very respectful as well as engaging and helpful. I liked the workshop so much I purchased a DVD copy.

Zeitverzerrung-Eine Trancephonomen mit therapeutischen Implikations, *Bernhard Trenkle*

By John D. Lentz

This was my first keynote to experience completely in German without a translation, except the one in my head. I may not have gotten all that Trenkle offered; however, I found him to be his amazing self and offered us a wealth of useful ideas that when you think about them are both so common sense and yet not so.

His presentation was so well done that you realized how that the therapeutic implications of trance phenomena can be utilized to enhance therapeutic effect, and it got you to think about ways to utilize trance phenomena as a ratification of healing because the reverse is what the patient does to convince themselves that they are not ok, so why not use the phenomena for them rather than against them. I am intrigued and inspired. It is hard not to be inspired by Trenkle because of his sincerity, professionalism, and talent.

Comments on Bremen XIX ISH Congress: Panel/Symposia

L11. Gynecology, *Walter Tschugguel (chair), Liz Lorenz-Wallacher, Eva Ferstl*

By Walter Tschugguel

Walter Tschugguel reported that his experiences with chronically suffering patients raised questions about the meaning and acting of the symptom complex within an affected individual in given concrete situations. He asks such questions until an atmosphere of mutual understanding occurs spontaneously without a further need to talk. At this moment the patient has become disposed to enter hypnotic trance trust- and faithfully.

Liz Lorenz-Wallacher presented a hypno-systemic concept for early prevention and hypnotherapeutic preparation for parturition according to solution and resource focused work by Milton Erickson. This concept comprises self-hypnosis training and treatment of somatic and psychosomatic symptoms during pregnancy; treatment of past delivery trauma; empowerment of parents; stress and birth-phobia reduction; empowerment of the body; imaginative work to increase the relationship with the own unborn child; psycho-education concerning insights from pre- and perinatal-psychology; hypno-systemic prevention of

couple conflicts; as well as hypno-imaginative preparation for delivery and first postnatal time to be spent with one's own child.

Eva Ferstl reported about the yet underestimated issue of the sequel of preterm termination of pregnancy for respective child fathers. Fathers experience changes similar to mothers. Old relationship patterns are reactivated and their perspectives of their own self changes. Many fathers are seeking space for appropriate mourning for their baby who was gone often unexpectedly and immediately. They often feel left alone with their anger and weakness. Successful hypnotic intervention procedures were presented.

L 39 Special Clinical Problems, Giuseppe De Benedittis, Ria Willemsen, Inara Roja, Jean Damine Dehoux

By John D. Lentz

This panel looked at hypnosis for fibromyalgia, autoimmune hair loss, and trichotillomania, as well as electrotherapy in conjunction with hypnosis. What an absolutely engaging workshop that provided research results on how self-hypnosis has been helpful in the treatment of these various disorders, and how teletherapy in the service of pain control can help to maximize hypnotic effects for an even more powerful overall pain reduction. Giuseppe, de Benedittis, Ria Willemsen, Inara Roja, and Jean Damien Dehoux were so helpful and enthusiastic about what they had each independently discovered. What was so useful about their workshop was both the direct application of what they presented, but also what each pointed to. If self-hypnosis is effective for these types of disorders then what else might it be useful and helpful? I have been energized by their research and am even more encouraged to explore other possibilities.

L. 41. Ego State, Woltemade Hartman, Susanna Carlusson, Maggie Phillips, Areed Barabasz, Jenny de Silva, Susanne Leutner, Charlotte Wirl, Luise Reedemann, Elfie Cronauer, Silvia Zanotta, Eva Ferstl, Susanne Hausleithner-Jilch, Beate Koster, Kai Fritzsche
By Woltemade Hartman

The 4th World Congress on Ego State Therapy was held in Bremen as part of the triennial International Society of Hypnosis congress. The ego state symposium was well attended by delegates from around the world and much positive feedback was received. Thank you to all who attended.

The symposium consisted of an array of professionals; both the more experienced ego state therapists who have successfully used Ego State Therapy for many years as well as the younger generation of ego state therapists.

Ego State Therapy has come a long way since its inception by John and Helen Watkins. Ego State Therapy as used to treat dissociation, anorexia nervosa, fertility problems, pain, psychosomatic disorders, fear of intimacy as well as PTSD and Combat stress was showcased by various presenters. It was also fascinating and inspiring to see how Ego State Therapy can be successfully combined with other modalities from Bio-ecological theory, Sand-tray work, Gestalt techniques, creative-expressive arts, and hypnosis to affect lasting change in the client. From this it has become apparent that not only is Ego State Therapy a brief and impactful therapy but that it can also lend itself to other techniques in order to mold itself to individual clients. The limit is only the therapist's imagination when it comes to how Ego State Therapy can be used.

The Executive Committee of ESTI (Ego State Therapy International), along with representatives from various countries, met in Bremen. We welcomed many more countries into the ESTI family and look forward to our collaboration in the future as ESTI and Ego State Therapy moves from strength to strength. Please visit www.esti.at for more information on ESTI, Ego State Therapy, training, congresses and resources.

Thank you to our colleagues and friends who have attended our symposium and been active in promoting Ego State Therapy. A big thank you to Bernhard Trenkle and his team for hosting the Ego State Symposium in Bremen.

We look forward to hosting you at the 5th World Congress on Ego State Therapy in February 2013 in South Africa. Please visit www.meisa.biz for more information.

A XIX ISH Congress Highlight



The awards are proudly displayed.

L51. Manipulation and Self Trance, Consuelo Casula, Steven Hassan, Gary Bruno Schmid, John Lentz, and Qijia Shi

By Anita Jung

Master teachers from all over the world exemplified theories, concepts, and applications of hypnosis during this exciting congress. The German press was a daily guest. One could choose between workshops, lectures, or panel discussions to learn about historical and new development in the realm of hypnosis.

Consuelo Casula, Gary Bruno Schmid, John Lentz, Qijia Shi, and Steven Hassan discussed fascinating issues involving aspects of “Manipulation and Self Trance.” Casula presented successful ways to recognize and defend against manipulation via an interesting case example. Lentz showed how miscommunication and manipulation usually happen outside our conscious awareness and how assuming a stance of “accidental” presents us with wider options. Hassan shared his experience about leaving the Moonies cult and various aspects of mind control. Schmid posed that the first time something happens consider it an accident, the second time consider it coincidence, and the third time consider it evidence for manipulation. Both Consuelo and Schmid pointed out that manipulation doesn’t just happen to us but that we play a part in perpetuating manipulation. Shi shared a case example illustrating hypnosis through the lens of culture in China. A lively dialogue between the audience and the presenters left us with truly understanding the nuances of manipulation. If you are interested in watching the panel on manipulation go on the following link: <http://vimeo.com/52767625>

Comments on Bremen XIX ISH Congress: Workshops

WS30. “Altered consciousness is a many splendored thing: a multidisciplinary perspective” Etzel Cardeña

By Enrico Facco

The workshop conducted by Etzel Cardeña has brightly outlined the complex scenario of non-ordinary expressions of consciousness. It is a very relevant, intriguing, tricky and ticklish topic, due to its epistemological and even paranormal and transcendent implications; as a matter of fact, altered states of consciousness (likewise hypnosis itself) have been traditionally misunderstood, disregarded or even derided by scientific medicine and psychology in the

XX century, due to their apparent incompatibility with the ruling materialistic and reductionistic paradigm, prejudicially assigning them a noun of dysfunction of pathology. Etzel Cardeña has presented them combining a great openness with scientific rigorosity, showing the phenomenology, prevalence, scientific interpretations and clinical implications of all of them, including hallucination, anomalous self experiences, psi phenomena, near-death, out-of-body and mystic experiences. These experiences as a whole have a relevant clinical impact, because they are not pathological in most cases; this implies that the caregiver has to know and understand them properly, in order to avoid prejudicially pathologizing the patients and let them integrate their experience into their lives. It is now time to reappraise all these “anomalous” phenomena overcoming old prejudices: it is indeed what Etzel Cardeña has done, dealing with them brightly, with courage, competence and a rigorous scientific stance.

WS40. Hypnotic Management of Pain, Mark Jensen and Dave Patterson

By Pantazis A. Iordanidis

Excellent workshop facilitators and teachers, Mark Jensen and Dave Patterson from the University of Washington, Seattle, USA, provided participants, in a two-part, six-hour workshop, with an overview of hypnotic strategies and suggestions for management of acute and chronic pain. They discussed the neurophysiology of nociception and pain, focusing on suggestions that can be used for specific processes and physiological structures (peripheral processes, spinal cord and thalamus, somatosensory cortex, insula, anterior cingulate cortex, prefrontal cortex, cortical connectivity and neural plasticity). Examples of Ericksonian suggestions (indirect, truisms, double binds, confusion, metaphors, seeding/priming, choices and forced choices, layered suggestions) were beautifully and didactically demonstrated with three pain scenarios (acute pain/crisis, procedural pain and chronic pain) with volunteers. The presenters also proposed ways to use hypnosis to address other problems that pain patients have, such as deactivation, sleep dysfunction and depression. Professors Jensen and Patterson suggest that hypnosis is one of many tools that can be used to help pain patients (we should not use only hypnosis) being able to affect many different neurophysiological processes that can underlie pain and that we should try different suggestions and then tailor them. Their excellent work can be found in their books “Hypnosis for Chronic Pain Management” (M. P. Jensen, 2011) and “Clinical Hypnosis for Pain Control” (D. R. Patterson, 2010).

Comments on Bremen XIX ISH Congress: Short Courses

SCO2: The Town Musician of Bremen, Dagmar

Bieselt & Peter Bieselt

By John D. Lentz



Dagmar Bieselt and Peter Bieselt presented the story of the Town Musicians of Bremen and the implied meanings and metaphorical messages for us as listeners. They offered their wonderful interpretation of the Grimes Fairy Tale from a therapeutic perspective, done in a hypnotic fashion for all who were lucky enough to attend. Dagmar presented the material in German and Peter in English hearing the two one right after the other was wonderful. Having such a

delightful fairy tale explained and shown to be therapeutic in hypnotic and metaphorical ways was so memorable that I will never be able to recall the story without the added deeper understanding. What they did by simply revealing the magic of the story was to give the attendees the inspiration to use and appreciate both this story and others in therapeutic ways that can speak on more than one level at a time. Both Dagmar and Peter did a marvelous job of presenting the metaphor in practical use and theory.

SC63. Combining forces: "Why evidence based treatments for traumatization such as EMDR and Trauma focused-CBT ought to add clinical hypnosis for enhanced healing of patients with complex PTSD and DID.", Anna Gerge

By George P. Glaser

Don't be fooled by the length of the title! This delightful 90-minute short course, presented by Swedish psychologist Anna Gerge, elegantly examined ways to empower professionals (and patients) when dealing with complex PTSD and DID processes. Unsurprisingly, she recommends incorporating hypnosis into her version of trauma focused, phased treatment for this group of troubled souls.

Anna offered methods to artfully explore and connect with the hidden parts of a person, presenting Richard Kluft's notion of the presence of a "third reality" that can be just as palpable as the realities of the client

and therapist. She also incorporates Stephen Porges' concept that a client's neuroception must shift from "life-threatening to safe" before true change can occur.

We know about the ongoing debate between EMDR practitioners schooled in clinical hypnosis, and those who are not—is EMDR in fact a hypnotic process. Anna Gerge avoided stepping into that morass in her examination of how a CBT or EMDR practitioner can enhance and deepen communication with a traumatized person's parts, or ego states. Through a series of clinical vignettes, she informed the audience about approaches that skillfully utilize hypnotic elements to deepen communication within clinical approaches often perceived as failing to address layers of consciousness not seemingly covered by CBT and EMDR.

Gerge brought to life the ways in which such patients often live in a trance, and how hypnosis can be such a useful addition to a powerful therapeutic connection so essential to developing stabilization and change. As we would expect from such a seasoned and skilled therapist, she treated the audience to vivid descriptions of ways therapists ought to encourage their patients' full range of internally-focused and externally active hypnotic skills in the quest toward health and integration.

SC68. Hypnosis and family therapy with live demonstration, Camillo Lorio

By Flavio G. Di Leone

Organizing such a great conference in a time of economic and social difficulties shows not only an always increasing importance of hypnosis in the field of mental health, but also a strong cohesion and community of interests among practitioners all over the world. This has been possible giving up the parochialism and focusing on the hypnotic process rather than the technique.

Promoter in first person of such changes is Camillo Lorio, ISH past president and B. Franklin Gold Medal winner, used a demonstration to illustrate how the hypnotic intervention can be complemented and integrated by a systemic reading key. He promotes to working on the system, not only on the individual, and to "utilize" the strong hypnotic potential belonging to every family.

Investigating thoroughly the relationships and roles in the represented family, it has been show both the pattern of resistances and resources that the therapist must know and, thus, the solutions he can apply

to obtain a stable and deep and meaningful change in a pathological system. This Systemic Hypnotic Pattern allowed the therapist to decrease the interactive exchanges of the system encouraging a greater focus on the self and supporting a different communication based on the content and not on the form.

In other words, Camillo Loredio shows us how hypnosis in a systemic perspective lead to a greater ability to work and perform together as a team. This is an invaluable teaching for all those who have done hypnotherapy their field of study, their passion and their profession.

SC87. Sufism and Hypnosis, Ali Ozden Ozturk

By Ali Ozden Ozturk

The live performance of the Sufi artists had become a nice opportunity to see the unseen part of therapy and healing while expressing the correlations between "Awareness Under Conscious Hypnosis" (AUCH) and Sema Ritual. Each part of the Sema Ritual symbolized the phases of this spiritual journey, also the stages "**Maya** (Making Acceptance with Your Awareness), **Induction and Autohypnosis**" and the main principles "**Awareness, Differentiation and Feeling**" of AUCH Method.

Sufism is the inner spiritual journey searching for the truth, and reaching to the Divine source which will eventually feed body, mind and soul. So, the Sema Dance and the whirling dervishes in trance is the physical expression of this Divine journey, with the Sufi Music helping us to feel the therapeutic effect of this ritual and to be a part of it.

Trust, knowledge, and interest Dervish have comes from the Postnish who directs the ritual, in search of spiritual awakening and **awareness**. Under the

guidance of the Postnish, the Dervish experiences this spiritual uplifting and healing, **differentiates** to reach the ultimate aim of this ritual which is to **feel** and become a part of the Divine.



Similarly, the patient comes to the therapist to find the true self, real self by reaching the state of wellbeing. The patient becomes **aware** of his own demands, expectations, needs and problems, also the therapeutic effects of the therapy mainly in the **Maya** Stage. The patient also starts to become aware of his potential to feel better and healthier during **Induction** and **Autohypnosis** stages. He gets **differentiated** and reaches the therapeutic aims of the therapy under the guidance of the therapist. Finally, a better wellbeing state and more positive **feelings** feeding body, mind and soul is achieved.

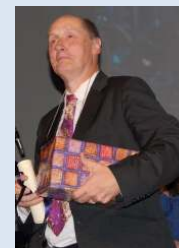
To sum up, sometimes it is hard to see and accept the changes in our lives especially the inner ones. However, observing the changes happening around us, especially physical and measurable ones, helps us to understand what is going on in the spiritual level, and to better realize spiritual progress and its principle. I think, this presentation could give a nice physical expression of the spiritual change by bringing our insights together creating a bigger effect of this therapeutic experience.

A XIX ISH Congress Highlight



Outgoing ISH president Camillo Loredio (reluctantly??) passes over the presidency to Julie Linden

A XIX ISH Congress Highlight



Bernhard Trenkle walks away with The Pierre Janet Award for Clinical Excellence

Interviews with the Award Recipients

In this section Consuelo Casula interviews the awards recipients: Elvira Lang, Daniel Kohen, Ali Esref Müezzinoğlu, and Camillo Lorio. Ladies first...

Ernest R. Hilgard Award, Elvira Lang



The recipient of 2012 Ernest R. Hilgard Award for Scientific Excellence is Elvira V. Lang, MD, "whose lifetime of published experimental work sub-

stantially advances the understanding of the process of hypnosis and the ability to predict the outcome of its applications." In the hypnotic community Elvira Lang is well known for being a pioneer in the use of hypnosis during medical procedures, performing research and showing evidence that hypnosis on the procedure table reduces pain, anxiety, drug use, and complications.

CC. How did you start this research?

E.L. It goes all back to when I was at Stanford and first saw a very scared young Vietnam veteran at the Veterans Affairs Medical Center in Palo Alto. He was extremely afraid of even getting on the procedure table for a relatively straightforward 15-minute procedure. That is where I saw for the first time what a difference a hypnotic intervention could achieve. Intrigued as I was, I was still scientist enough to want to explore whether this intervention worked only for this particular young man or if it would be more generally applicable in the operating suite and radiology department. I was fortunate that Stanford psychiatrist and hypnosis expert, David Spiegel, helped me along the way and encouraged the work. And thus I started a 20-year path on systematically evaluating the effect on patient wellbeing of guidance in rapid self-hypnotic relaxation intervention, and the use of language and behavioral patterns of healthcare providers, in general.

CC. Your work helped the hypnotic community because it provided much of the evidence-based foundation for widespread acceptance of procedural hypnosis. You also have encouraged the inclusion of training in hypnosis for nurses and licensed

healthcare professionals within the scope of their practice. What kind of results have you gained so far?

E.L. The mental health community has, in general, often underestimated how much stress-management nurses, technologists, and licensed healthcare professionals who directly interact with patients have to engage on a daily basis. That may explain the early resistance of the classic hypnosis training societies to the inclusion of these professional groups for fear they wouldn't be able to handle the psychological intricacies. Fortunately, our work has been able to dispel this myth and clearly demonstrated that regular medical team members can be well trained in the guidance of self-hypnotic relaxation techniques. We made sure in all our studies that the techniques would be applicable and teachable for the average licensed healthcare professional and also be amenable to adherence checks. The fact that we focused on clearly observable behaviors also has taken a lot of the mystique out of the whole patient-provider interaction, enabled dissection into helpful and unhelpful approaches, and, overall, greatly facilitated teaching and quality assurance. In the US, our research evidence convinced the classic societies to accept nurses and licensed healthcare professionals into training. The New England Society of Clinical Hypnosis was the first to extend acceptance and training; SCEH, and ASCH soon followed.

CC. In some European countries this is a hot issue still being debated: Can hypnosis be taught only to MDs, dentists and psychologists or also to health care professionals? The topic is how can we be so sure that they will apply hypnosis only to their field of practice?

E.L. One can never be sure that people will not do things that exceed their level of competence or specialty. The risk is the same for MDs, dentists, and psychologists. I am an Interventional Radiologist and help patients through procedures since that is what is in my professional realm, but I don't believe for one moment that just being an MD entitles me to suddenly hang out a shingle, open an office, and start doing family therapy or psychotherapy. The same for psychologists – just having had training should not be cart blanche for Ego State Therapy or treatment of dissociative disorders if, for example, the psychologist's main experience is in workforce assessment.

I approach the issue by teaching Comfort Talk®, which mainly focuses on hypnoidal language and techniques for managing acute distress with the support of scripts. Traditional training modules in hypnosis, however, want to take in all aspects including age

regression and behavior modification. As long as we insist—just to satisfy a curriculum—on teaching licensed healthcare professionals these skills, and also tell them at the same time, not to use these skills, we will continue to confuse the discipline and also instill an unwarranted sense of superiority of the teacher/inferiority of the trainee. The best solution could be to adapt the training for the targeted professional groups accordingly.

CC. *You won the Arthur Shapiro award for best book on hypnosis 2009 with your book “Patient Sedation Without Medication.” Can you tell us what impact this book has had on the health care system? And what impact has it had into your life?*

E.L. We wrote the book with Eleanor Laser, PhD as a support for training. We believed it was important to have a simple and practical approach for healthcare professionals in the midst of the daily excitement of their work. Although it was written for professionals, I often get inquiries and feedback from patients who used it, and it just stresses the need for helping patients help themselves. As a consequence, I am now writing a book, specifically for patients, that not only includes suggestions for self-hypnotic techniques but also explanations and specific tips on how to get through a medical encounter efficiently and effectively with minimum stress and maximum advantage. We will hopefully have it in press next spring.

CC. *You are also well known for your program “Comfort Talk.” Can you tell us something more about this program?*

E.L. Comfort Talk® is an innovative method of non-pharmaceutical patient sedation in which medical professionals are equipped with communication skills using Comfort Talk's® proprietary R3 training techniques. R3 training impacts patient safety and satisfaction, medical staff morale, and the medical facilities'

bottom line. Comfort Talk® has documented proven results based on 20 years of extensive evidence in clinical trials. All techniques are adapted so that they do not take extra time, and, indeed, actually save staff time.

CC. *Every award gives recognition for past experience and also encouragement for future commitment. What are your projects for the future?*

E.L. Having shown that the techniques work in three large prospective randomized trials with >700 patients, my goal is now to unleash a broad translation effort into clinical practice. If hypnosis were a drug, it would be highly marketed and sold. I realized that if there is no financial, economical, or operational incentive for healthcare facilities to use it, they will not. After all, introduction of hypnosis or Comfort Talk® or any other technique will require behavior change. And, as we all know, that is not an easy feat to accomplish. Thus, I decided to leave my academic career and founded Hypnalgescics, LLC to achieve this translation. I am very fortunate to have been able to obtain a Small Business Innovation in Research Grant from the National Institute of Health and am now conducting a three center trial: I am assessing the impact of the Comfort Talk® training on the operations of MRI departments.

I am still committed to research and in an interesting way the approach through Hypnalgescics turns out to be very satisfying and also productive. We are also looking now more into how we can use Comfort Talk® for Kids to help this patient group that is particularly vulnerable to the side effects of sedation and anesthesia and we are starting a clinical trial on the efficacy of the Comfort Talk® techniques in conjunction with anesthesia.

A XIX ISH Congress Highlight



Daniel Kohen participates in the festivities

A XIX ISH Congress Highlight



Julie Linden and Eva Banyai speak fondly of their time in Bremen.

Pierre Janet Award, Daniel P. Kohen



The recipient of the 2012 ISH Pierre Janet Award for Clinical Excellence is Daniel P. Kohen, M.D. “whose lifetime of published clinical experience substantially advances the

understanding of the uses of hypnosis in obtaining effective results in clinical practice.”

CC. *Beside being the Director of the Developmental-Behavioral Pediatrics Program and Clinical Director of the Developmental-Behavioral Pediatrics Clinic, and Professor in the Department of Pediatrics and in the Department of Family Practice & Community Health, who is Dan Kohen? How would you like to present yourself to ISH Newsletter readers?*

DK. Well, when I first meet a new (child) patient I ask them what they like to be called (i.e. if they are “Michael” do they like to be called “Michael” or “Mike” or “Micky” or some other “nickname”? After they tell me, I usually tell THEM something like, “Well, I like to be called EITHER Dr. Kohen OR Dr. Dan, but please don’t call me late for dinner!” Most often they laugh. So who I really am is “Dr. Dan,” a guy who loves young people (and their parents and grandparents too!), likes to have fun, and listens carefully to what people say and how they say it.

CC. *As far as I know, your main research includes exploration of self-regulatory abilities in children and adolescents with headaches, sleep disorders, and Tourette Syndrome, teaches them self-hypnosis to alter and regulate their physiologic functions. How did you get involved in such studies?*

DK. It’s a really good question and I’m not sure I know the answer! I think what really happened is that FIRST I discovered through learning and practice that hypnosis WORKS REALLY WELL and does so in a wide variety of clinical situations/circumstances with children. THEN I realized that despite how many kids with many different problems were feeling and getting a lot better, there was little to no documentation of this in the “traditional” medical literature or even hypnosis literature; and, perhaps, that explained why not so many people were using these approaches to help children help themselves. It seemed obvious that if this hypnosis “stuff” really works so well, that I could help a lot more kids by studying it, writing about it, and teaching it to others

so they too could help their child patients rather than “only” helping the children in my own practice environment.

So, when I joined Karen Olness as her associate 34.5 years ago (whew!) one of the things we decided to do was to collect data on 500 consecutive children treated with hypnosis. Four of us collected data on our patients and I compiled and analyzed it...this was well before computers and statistical packages. I did the statistics by hand! We ended up with 505 patients in that study and it remains the largest published clinical report of children utilizing hypnosis. That was published in 1984, 28 years ago. Years later, I had similar ideas, particularly about the children and teens with the common problem of recurrent/chronic headaches. I noticed that they were getting better very quickly with the learning and practice of self-hypnosis and remaining headache free, but primary care pediatricians and family doctors and others were (and still are) treating kids with headaches with lots of medications. For a long time we had thought and seen “anecdotally” that children who learn hypnosis for anything when they’re younger, turn out to be “different” as older children and teenagers, different in having a kind of sense of self-efficacy and mastery, and belief in themselves and their ability to manage and solve problems. Having a large population of headache patients I decided I wanted to test this hypothesis that they were “different” by asking questions about how they think NOW, many years later, about hypnosis, about headaches, how their headaches are now, etc. This resulted in a project of sending surveys to what turned out to be 178 consecutive children/teens with headaches; and the results were so exciting, particularly the many many unsolicited added comments in the section “What else would you like us to know about you, your headaches, hypnosis?” (Kohen, D.P. “Long Term Follow-up of Self-Hypnosis Training for Recurrent Headaches: What the Children Say.” *The International Journal of Clinical and Experimental Hypnosis* 58(4):417-432, October-December, 2010.)

CC. *You are also well known for your ability in teaching clinical hypnosis throughout the United States and around the world focusing your attention on best practices in clinical hypnosis education and training. Can you tell us what is the most important message you convey when you teach? What is the essence of best practice in clinical hypnosis education and training? What is the essence of best practice in clinical hypnosis?*

DK. Ah, what a great question! Thank you for the opportunity to respond to this one!! When I teach hypnosis workshops I always begin by showing 3 consecutive slides. Before I show them I say something like “You know, there are 9 things that are ESSENTIAL to SUCCESSFUL, EFFECTIVE HYPNOSIS:

Slide 1: RAPPORT - RAPPORT - RAPPORT !!

Slide 2: HISTORY - HISTORY - HISTORY!!

Slide 3: NOTICE - NOTICE - NOTICE !! (=> find the Hypnosis in the Encounter)

As long as one of the RAPPORT is FIRST, ORDER of the rest doesn't matter. So, no matter how many workshops you go to, or how many articles you read or write, or how many “induction techniques” you know, NOTHING HAPPENS unless there is effective RAPPORT in the context of which the patient comes to know you and you come to know them. AND ONLY then can further legitimate and authentic histories emerge in the context of your growing relationship. Learning one's patient's personal history is the cornerstone ART of the clinical health care professional, and drives the intimacy of the therapeutic alliance. Without it one would probably be well advised to stay away from “starting” or “doing” anything called hypnosis UNTIL that rapport has begun to emerge.

The essence of best practice in clinical hypnosis education and training requires that the teacher (1) be not only good at what he/she knows and does hypnotically but also PASSIONATE / ENTHUSIASTIC about its VALUE to the learner, (2) exude enthusiasm and creativity in the teaching process, and (3) be ever alert and in a readiness to shift according to what they notice happening or not happening with/to the patient/client rather than the clinician plowing ahead with a pre-determined agenda, or, worse, “script.”

CC. *Just a curiosity: when did you start wearing your long beard?*

DK. Well, it wasn't always long. I had a small beard when I got married 43 years ago, and our children – now 39 and 41 – only know my face without a beard from photographs. I think that's an answer to the question! I haven't shaved my beard because (1) I'm not at all sure it would grow back if I did shave and (2) I believe that underneath it is the face of a 12-year-old and I'm not interested in going back to being 12!!

CC. *Every award gives recognition for past experience and also encouragement for future commitment. What are your projects for the future?*

DK. I have two main foci for the future: (1) My most important focus, along with my co-Director, Pamela Kaiser, Ph.D., is to continue to grow, expand, and enjoy our NPHTI = National Pediatric Hypnosis Training Institute, so that beyond our annual workshops (Introductory, Intermediate, and Advanced), and our website (www.nphti.org), and our NPHTI Listserv (see website) we can extend our enthusiasm, joy, and expertise of utilizing and applying hypnosis and hypnotherapy to help children and youth with hypnosis. We plan and hope to extend consultative and educational services in pediatric hypnosis to colleagues, organizations, medical schools around the U.S. and Canada as well as around the world. (2) My second focus is continuation of my efforts and quest to discern how children understand, apply, and utilize hypnosis not only when they first learn it, but as they mature and develop and apply it in their developing lives. I'll need a lot of help with this!!

Kay F. Thompson Award, Ali Esref Müezzinoğlu



The recipient of Kay F. Thompson Award for Clinical Excellence in Dentistry is Ali Esref Müezzinoğlu, D.D.S. whose lifetime of demonstrated clinical experience substantially advances the understanding of the uses of hypnosis in obtaining effective results in dental practice.

Ali Esref Müezzinoğlu is one of the founder of Medical Hypnosis Society (THD) in Türkiye in 1991, its first president, and now its honorary president. He has attended more than 10 international hypnosis congresses as speaker and presenter. Being a member of ESH & ISH for five years, he was the Congress Chairman of 12th Congress of ESH in Istanbul in 2011.

CC *How important is this award for you?*

AEM I am very honored to have been awarded the Kay Thompson award. I had the chance to meet her in 9th International Congress of Hypnosis and Psychosomatic Medicine in Glasgow in 1982. During the dental workshops at the Congress, she showed us the indirect methods of hypnosis in dentistry and I talked about conscious hypnosis and applied direct method to six European participants. After this application she came to me and said how Turks were lucky to be able to use direct method and mentioned that they were not allowed to touch patients in the USA. She added that even shaking hands was a way of hypnosis, indicating the importance of touch in hypnosis.

It is always been a very precious comment for all my life.

CC *How did you get involved in the study of hypnosis?*

AEM. After I graduated from the Faculty of Dentistry, I started the study of hypnosis and practices in 1972 with my uncle Dr. Husnu Ismet OZTURK, who was the founder of Conscious Hypnosis in Turkey. In 1979, after he passed away, I became the leader of the team.

CC *How and when did you start applying hypnosis to practice as a dentist?*

AEM. In April 1973, in dental treatment of an allergic patient, my uncle Dr. OZTURK had hypnotized the patient on the phone and I did the root canal treatment without anesthesia. It was the first time that I was involved in dentistry as a practitioner.

Later on in 1980, I was invited by the Dean of Faculty of Dentistry in Istanbul University to apply hypnosis to two patients who had periodontal treatments. These cases were recorded and shared at The Tenth Turkish National Dental on the same day.

On the international arena, I had the opportunity to have a course on "Dental Surgical Work Under Conscious Hypnosis" in the 68th World Annual Dental Congress in Hamburg in September, 1980. I also shared a booklet in English and in German on Conscious Hypnosis in Medicine and in Dentistry.

CC. *What do you find most fascinating with regard to the application of hypnosis in dentistry?*

AEM. For me, the most fascinating part of applying hypnosis in dentistry is for the allergic patients to be relaxed and comfortable as if they are having anesthesia during treatments, as well as speedy post-operative healing.

CC. *In which specific case do you apply hypnosis in dentistry?*

AEM. I apply hypnosis mainly for dental phobia, dental anxiety, allergic cases for anesthesia as well as bruxism cases.

CC *What kind of results do you get applying hypnosis that you would not obtain without hypnosis?*

AEM. First of all, for the allergic cases it is not possible to perform any surgery in the mouth without hypnosis which means you cannot treat at all without

hypnosis. Secondly, in applying hypnosis, the period of healing is much faster. This has been proven with an academic study which was published in the European Orthodontic Science, Oxford, 2008. In this case, there were two groups of total 30 children between 8-15 years who were using orthodontic apparatus (extra-oral). In the study for six months one group had been applied hypnosis and given hypnotic suggestions for the usage of the apparatus and the other group has been just informed by their dentists about the usage of apparatus. At the end of the study, the group who had been provided with hypnosis was much comfortable with the apparatus and the duration of the usage was approximately 50% longer than the other group. As a result, the longer usage of apparatus with hypnosis helped to quicken the treatment and healing process.

CC *Every award is recognition for past experience and also encouragement for future commitment. What are your projects for your future?*

AEM. I feel much more responsible after having received such a prestigious award. I have already started to work on a three-hour workshop on "Hypnosis in Dentistry from A to Z" that I hope to share in ESH Congress in Italy in 2014. I plan to prepare an English book on Conscious Hypnosis in Dentistry within two years.

As in the past ten years, I will continue the certificate programs and seminars on conscious hypnosis for the doctors, dentists and psychologists in Turkey. My academic lectures will also continue at the university.

I will also prioritize my time for invitations to share my knowledge and experience at seminars, workshops and presentations on hypnosis.

A XIX ISH Congress Highlight



Karen Olness and Peter Bloom share the delivery of the awards.

The Benjamin Franklin Gold Medal, Camillo Lorio

The winner of the Benjamin Franklin Golden Medal is Camillo Lorio, Prolific author, creative therapist, distinguished leader. You have exemplified the highest achievement in promoting academic and clinical efficacy of hypnosis worldwide, while pioneering the use of hypnosis in couples and family psychotherapy



CC *What memory do you have of your triennial as ISH President?*

CL It has been a very emotionally intense job with personal commitment by each member of the board. Despite difficulties, the group had been able to keep going with determination and commitment. This has been the main reason why we succeeded in reaching the harbor instead of drowning.

CC *What did you like best of your triennial as ISH President?*

CL I realized that with passion we have created a community not only within the board but even with people outside the board, like a living organism, like a family who creates memories to share, a family who creates feasts to meet. I realized that hypnosis is a discipline that unifies instead of divides. During the last years we didn't have any breaks or ruptures, and despite some arguing, during our board meeting, and during conferences or congresses, there had been important moments of our lives so that we created a network of friends as well as colleagues.

CC *Did you reach the outcome you expected to reach?*

CL Before starting my presidency I had different goals. For instance, I would have liked to have created a network of the different constituent societies, creating bridges from one society to another, and to create something similar to Erasmus for the young colleagues. I would have also created different awards for research made in special areas. Unfortunately, I could not do any of those things because our financial situation was hindered.

I had to work hard to save the ISH and give it an indisputable stability. Now the ISH has reached a good financial situation and I can pass it to the very good hands of Julie Linden. I'm sure she will provide a

long-term perspective to prosper economically and culturally.

CC. *You must be very proud of what you achieved, since saved ISH's financial situation and also its reputation.*

CL. I think that the entire group can be proud because in each of the Board members I always felt an incredible amount of enthusiasm in working for ISH so that at the end we obtained good results. For the future, many problems have been solved, we have now reached tranquility, stability and security and from now on ISH can certainly develop. There is not only hope, but also certainty, because even we if have to face critical situations again, our investments are safe and we have developed some skills in dealing with troubles.

CC. *Bremen Congress has been a success not only for Bernhard Trenkle and his team but also for you as ISH President. What did you like best of the congress? What memory do you have of it?*

CL. Beside the fact that we reached the international record of the participants number (2,300), what I liked most was the atmosphere that we didn't have in previous congresses...where sometimes fear and suspicion were wandering around. Now the wind of younger generations that began to blow in Rome has taken away the negative emotions. Now they seem to be replaced by passion and by the pleasure of working together, to learn and improve scientifically and culturally. Tense situations reduce room for passion, so that political reasons can sometimes prevail on the freedom to express honest opinions and develop real passion and interest.

CC. *During the Bremen congress you received the most important award, the Golden Medal for the Society's highest award which is given to the ISH member honored for the most distinguished life career in promoting hypnosis worldwide clinically and experimentally. What is the meaning that this award has for you?*

CL. During the past triennial I felt I gave a lot to ISH since we were forced to cope with difficulties and challenges. I even made some personal sacrifices that I had to accept because it was done for such an important cause and I already felt repaid by the fact I had the honor to represent ISH as its President. So I really didn't expect it, and it was an emotional surprise for me.

Usually the Golden Medal is given as recognition for important merits or scientific discoveries, for some extraordinary accomplishment. What I have done in the previous three years has been certainly hard, but my merit has been essentially limited to cope with difficult moments, which I think is becoming a world-wide everyday ordinary commitment for the most part of the people living on the planet.

On the other side, the clinical skills I developed over the years come from the fact that for forty years I've seen about 20-30 patients (both in the hospital and in private practice) every day. My clinical work gives me back a lot, and I feel grateful to all the teaching my patients offered me, professionally, and even more, personally. More than a merit I consider my clinical experience a fortune that I would like to maintain as long as possible.

Finally, I did some (clinical) research, but I know I'm not such a good researcher, particularly if compared to the giants of research we had and still have in the field of hypnosis. In United States, in Australia, in Germany, in Hungary, in Italy and in so many other countries we have excellent researchers who, in my opinion are among the best scientist in the world. If had to guess, I would expect that the most important discoveries of the future brain studies, will be made by people having a solid hypnotic background.

But after all these considerations, the honest truth is that very few emotions in my life were stronger than receiving the Franklin medal by Peter Bloom and Karen Olness. My legs were trembling, and coming back on the stage, following the incredible ceremony they prepared, I was close to stumbling on the steps.

CC *Every award is recognition for past experience and also encouragement for future commitment. What are your projects for your future?*

CL For the future, unless bureaucracy and politics do not interfere too much, I intend to continue my university clinical work. But I also like writing, and if I will finally succeed, my goal is to finish three books that I've been preparing for some years.

CC *Tell us about the books.*

CL One book is about the history of hypnosis, and it is almost finished. The second one is about conversion disorders, since I have now about 300 cases, treated with good results, and the third one is on self-hypnosis. Even though there are several books on self-hypnosis I think very few of them are really good, and for this reason I recently started writing this one.

CC *During the Bremen congress you gave the gavel and the presidency to Julie Linden but now you are not going to rest, since you are organizing the next ESH congress on the Amalfi Coast. What can you say about the next European congress?*

CL The natural beauty of that special place in Sorrento fascinates me. It has, by itself, an hypnotic effect that brings a deep sense of peace and serenity. In that venue you could easily be inspired and begin to sing "Torna a Sorrento" like Caruso. I also have been attracted by the idea to treat the theme of *Resilience and Trauma* for the first time. It will be the first hypnotic congress on this topic. The Congress seems to be already successful, since even without the program, several people already registered in Bremen. I am still negotiating with the hotel to have a lower rate, because I want to have that particular hotel for its magical breathtaking view on the coast.

Since I am going now to the Ericksonian Brief Therapy Congress in San Francisco, I'm thinking to extend the early bird registration until the end of this year so we can start with a solid ground of registrations.

CC. *Talking about Ericksonian congresses in 2001 you received the Milton H. Erickson Lifetime Achievement Award, for outstanding contribution to the field of psychotherapy. What can you tell us about this award?*

CL That award too was a surprise for me, and I didn't expect it as well. But to receive an award named after Milton Erickson made me to have a completely different reaction. When I received it, I was completely unable to utter a word. Maybe someone in the audience arrived to the conclusion that the awarded was an Italian mute therapist.

A few days ago I begun to think that since we now have a Kay Thompson and a Jay Haley awards, another special award seems to be missing. So in my future plans, there is the idea to propose a special ISH award dedicated to Milton Erickson.

CC *Thank you, good luck, and see you Sorrento.*

The Council of Representatives Meeting was held on Thursday, October 18, 2012. Below is a list of the Council Representatives were in attendance. We thank them for their contributions in the governing of ISH.

Present

Bernhard Trenkle, COR Chair	Germany	MEG
Brian Allen, COR Secretary	Australia	ASH

Representatives

Matthias Mende	Austria	OGATAP
Heinrich Wallnöfer	Austria	OGATAP
Nicole Ruysschaert	Belgium	VHYP
Per Nilsson	Denmark	DSKH
Randi Abrahamsen	Denmark	DSKH
Maarit Virta	Finland	TV-VH
Lea Polso	Finland	TV-VH
Claude Virot	France	CFHTB
Franck Garden-Brèche	France	CFHTB
Helga Husken-Janssen	Germany	DGHH
Walter Bongartz	Germany	DGHH
Thomas Loew	Germany	GSMHAT
Wolf-Rainer Krause	Germany	GSMHAT
Vert Mebmar	Germany	DGZH
Albrecht Schmierer	Germany	DGZH
Eva Banyai	Hungary	HAH
Katalin Vaga	Hungary	HAH
Hordur Thorgilsson	Iceland	IcSH
Johann Ingi Gunnarsson	Iceland	IcSH
Enayat Shahidi	Iran	ISSCH
Ali Sharifi	Iran	ISSCH
Maria Teresa Tosello	Italy	CIICS
Enrico Facco	Italy	CIICS
Consuelo Casula	Italy	SII
Giuseppe De Benedittis	Italy	SII
Laura Bellardita	Italy	Amisi
Jorge Abia	Mexico	MSH
Rafael Nunez	Mexico	MSH
Joost Martens	Netherlands	NVVH
Gunnar Oskar Rosen	Norway	NSCEH
Martin Malstrom	Norway	NSCEH
Sergei Bolsun	Russia	ICHRPA
Rashit Tukaev	Russia	ICHRPA
Woltemade Hartmann	S. Africa	MESSA
Jenny DaSilva	S. Africa	MESSA
Birgit Hassgust	Sweden	SSCH
Michael Shekter	Switzerland	SMSH
I. Wekili	Switzerland	SMSH
Reinhild Muenke	USA	ASCH
Joseph Zastrow	USA	ASCH
David Wark	USA	SCEH
Don Moss	USA	SCEH

Board of Directors

Julie Linden, President-elect	USA	ASCH
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European Society of Hypnosis (ESH)

XIII International Congress

Organized in collaboration with the
Italian Society of Hypnosis (SII)



Hypnosis and Resilience

From Trauma and Stress to Resources and Healing

Emphasizing the importance of resilience in a world in crisis and the role played by hypnosis in activating and developing inner forces and resources

The XIII Congress will be held in Sorrento (Amalfi Coast) 22-25 October 2014

Visit Societaipnosi.IT for more information or email lpnosii@libero.it

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From ISH we wish you peace and bridges of understanding for the New Year.