



ESH NEWSLETTER 2005 - ISSUE 1

Editor : Nicole Ruyschaert
Associate Editors : Matthias Mende and Phyllis Alden
Secretary : Christine

ESH Central Office, PO Box 3352, Sheffield, S20 6WY, UK
e-mail : mail@esh-hypnosis.org
website : www.esh-hypnosis.org

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1. Letter from the President: Shaul Livnay

Dear All,

It is a great honour for me to open this new stage in the development of ESH: our own Newsletter! Let me first thank Nicole Ruyschaert and her fellow associates for their speedy efforts in getting the newsletter out. Please be free to help us in making the newsletter relevant and significant in furthering the communication and sharing within the ESH.

Below you will find information in great detail, in several languages. Let us know what you think about the format so that we can develop it to your taste!

See you all soon in Gozo!

[Shaul Livnay PhD](#), President, ESH

Liebe Freunde,

es ist mir eine große Ehre, diese neue Phase in der Entwicklung der ESH einzuleiten: unser eigener Newsletter! Lassen Sie mich zunächst Nicole Ruyschaert und ihren Mitarbeitern danken für ihren Einsatz beim raschen Erscheinen des Newsletters. Sie sind herzlich eingeladen, durch ihre Beiträge den Newsletter zu einem wichtigen und bedeutsamen Instrument zur Förderung und Verbreiterung der Kommunikation innerhalb der ESH zu machen.

Unten werden Sie sehr detaillierte Informationen in mehreren Sprachen finden. Sagen Sie uns, wie Ihnen das Format gefällt, damit wir es nach Ihrem Geschmack weiterentwickeln können!

Bis bald in GOZO!

[Shaul Livnay PhD](#), Präsident, ESH

A tous et à toutes,

C'est un grand honneur pour moi d'ouvrir ce nouveau stade du développement de l'ESH : notre propre bulletin d'informations ! Tout d'abord je veux remercier Nicole Ruyschaert et ses co-éditeurs pour leurs efforts d'éditer ce bulletin. Nous apprécions votre aide pour faire de ce bulletin un moyen plus important et

signifiant pour la communication et l'échange dans l'ESH. Ci-joint vous trouverez des informations plus détaillées dans plusieurs langues. Nous attendons vos commentaires sur le format, pour le développer selon votre goût.

Nous espérons vous rencontrer tous à Gozo ! A bientôt.

[Shaul Livnay PhD](#), Président ESH

2. Letter from the Newsletter Editor, Nicole Ruysschaert

Dear all,

It's a pleasure and an honour for me to welcome you in this newsletter. I consider it as a common meeting-place for ESH societies and members where we can meet communicate and exchange information. In the first place this newsletter is a tool for you: the content will be dependent on your input. You will be rewarded by having your information spread out to about 10000 members in Europe. Let's see it as part of ESH objectives to become a sound European Society, with its own voice in the world of medicine, hypnosis, psychotherapy and research. Let's see it as a bridge of understanding and learning from each other's experience. As you'll discover in this first issue there is space for different topics and languages to communicate with as many people as possible. I am really curious to see how we will work together and develop this project.

[Nicole Ruysschaert](#)

Liebe Freunde,

es ist mir eine Freude und eine Ehre, Sie in diesem Newsletter zu begrüßen. Ich betrachte ihn als einen gemeinsamen Treffpunkt für die Gesellschaften und Mitglieder der ESH, wo wir uns begegnen, kommunizieren und Informationen austauschen können. In erster Linie ist dieser Newsletter ein Werkzeug für Sie: der Inhalt wird von Ihren Beiträgen abhängen. Belohnt werden Sie durch die Verbreitung Ihrer Informationen an ungefähr 10.000 Mitglieder in Europa. Betrachten wir es als Bestandteil des Ziels der ESH, eine gesunde europäische Gesellschaft zu werden, mit ihrer eigenen Stimme in der Welt der Medizin, Hypnose, Psychotherapie und Forschung. Betrachten wir es als eine Brücke des Verständnisses und gegenseitigen Lernens von der Erfahrung Anderer. Sie werden in dieser ersten Ausgabe entdecken, dass es Raum für unterschiedliche Themen und Sprachen gibt, um mit so vielen Menschen wie möglich zu

kommunizieren. Ich bin wirklich neugierig, wie wir zusammenarbeiten und dieses Projekt entwickeln werden.

Nicole Ruysschaert

Chers amis,

C'est avec plaisir que je vous souhaite les bienvenus à ce bulletin d'informations. Je considère ce bulletin comme un lieu de rencontre pour les sociétés de l'ESH et leurs membres où nous pouvons nous rencontrer, communiquer et échanger des nouvelles. Ce bulletin est tout d'abord destiné pour vous comme un outil, et le contenu va dépendre de vos contributions. Vos efforts seront compensés par avoir répandu les informations à plus de 10000 personnes, membres du ESH en Europe. On pourrait considérer ce bulletin comme un moyen de réaliser les objectifs de l'ESH de se développer comme un société important qui se laisse entendre dans le domaine de la médecine, l'hypnose, la psychothérapie et la recherche. On pourrait considérer ce bulletin comme un pont par lequel on se rapproche et où on apprend l'un de l'autre et échange les expériences. Comme vous le verrez dans ce premier numéro il y a de la place pour différents sujets et langues pour communiquer avec autant de personnes que soit possible. Je suis très curieuse à voir comment nous allons travailler ensemble et faire évoluer ce projet.

Nicole Ruysschaert

3. Letter from the ESH Central Office

ESH has a new website. We are grateful to Maximilian Schmierer, who developed the ESH website: you are invited to visit this site regularly. The newsletter will be published there, along with other news from the Society. There is a discussion forum where you can launch a question. All of this in an exciting, fashionable design. Visit the website and let us know what you think. <http://www.esh-hypnosis.org>

4. Interview with our President, Shaul Livnay

Nicole : Thank you Shaul for agreeing to be interviewed. Maybe we can start with how you started in the field of hypnosis? How did you first made contact with hypnosis?

Shaul : I buy many books. Some of them stay on the shelf for quite a while before I pick them up to read; one such was Hypnotic Realities by Erickson & Rossi. One day in 1983, as I picked it off the shelf and began to read, I was immediately fascinated, thrilled & transported back to my teenage years, when I especially loved a form of humour called "double talk, a form of gibberish-non-sense. Soon thereafter, I read an ad for an introductory hypnosis course led by a former colleague, Nachi Alon. I signed up and ... the rest is history!

Nicole : *Can you tell something about your first impressions and experiences with hypnosis?*

Shaul : Beginning the course was like a déjà vu experience: I was super ripe and ready to begin using hypnosis. The more I learned, the more I realized how long I had been using it both as a Psychotherapist (especially with children), and personally how much I enter trance, daydream, etc.

Nicole : *In which way has working with hypnosis influenced/changed your therapeutic activities?*

Shaul : I almost immediately began to use hypnosis in my work, though it took quite a while to begin to introduce hypnosis with some of my long term patients, as my orientation and training was psycho-dynamic. I began to realize rather quickly that I had been suffering quite a while under the strict confines of the psycho-dynamic approach, and that I had been experimenting with the integration of different approaches (e.g. Family therapy) despite a lack of support from my supervisors. Only with the onset of my hypnosis training did I feel a kind of liberation and encouragement to use all of my "self". I soon began experimenting with the elaboration of the therapist trance in my work, my first article being around the sharing of my own associations with my patients, with very encouraging results.

Nicole : *Have you worked on stimulating others to follow your path, or finding their way in working with hypnosis?*

Shaul : Upon completion of the course, I was encouraged by Nachi to set up a chapter of the Hypnosis Society in Jerusalem, which I proceeded to do along with my "training partner" from the course, Arie Mishkin. Within half a year, we had a vibrant group of 50 working together to set up training courses, lectures & demonstrations. We began a peer group of 5 Jerusalemites (which we judiciously continued for 5 years) to practice new techniques among ourselves.

For a while, we even gave each other live supervision, by bringing patients. We began to visit Morris Kleinhaus monthly, to discuss issues & cases.

Nicole : That's already a tremendous evolution, breakthrough in a short period!

Shaul : Yes, and at the same time, Morris proposed to me to take on the organization of the workshop program of the International Congress to be held in 1991 in Jerusalem. This was a crucial step in my development, as it propelled me very quickly onto the international stage: I went to my first International Congress in 1988 in The Hague, but instead of as a novice, as an organizer of the next Congress. As a result, I met the prime figures in Hypnosis in the role of organizer and peer. I decided to bring my Video Camera to film all of the workshops in order to study the different presenters' styles to decide upon whom we would invite. Imagine the "chutzpa" of my entering all of the workshops in the middle, with the camera running! I got some memorable shots!

Nicole : *I would like to see some of these shots, why not make a collage to run at the next congress in Gozo?*

Nicole : *How have people in your working environment commented on you working with hypnosis?*

Shaul : Around the time of my initial training, I began to work in a mental health Clinic in the neighbourhood, while my private practice was already nicely developed. My enthusiasm with Hypnosis, along with my organizing of the chapter crystallized in forming a reputation, which made my name synonymous with hypnosis (lasting till this day). Within a short time, I began to get many referrals, of a very wide range of cases, which I would have never considered before my training. Interestingly, while I still considered myself as a psychodynamic therapist, I became identified as a Behaviourist, since I was willing to work with symptom removal! I must say that this was a spurt in my developing an integrative approach, and strengthened my view that Hypnosis has a very integrative effect upon practitioners.

Nicole : *What is the place / meaning of hypnosis for yourself and your therapy? Is working with hypnosis an added value?*

Shaul : From the outset of being formally exposed to hypnosis, I felt that it suited me completely: the freedom which was granted me complemented my obsessive side; I felt a total opening up of my creativity, an energizing trend, a widening of the kind of patients referred, and a heightening and strengthening

of the relationship with my patients. All of these factors have continued to be relevant for me to this day. Further, my investment in organization both locally & internationally has further provided me with a balance between working individually in my private practice, and being in constant contact with colleagues both here in Israel, & all over the world. I find my work and approach much more vibrant and effective, and refined ever since. My therapeutic style developed from a Psychoanalytical oriented approach, to a truly integrative, patient-oriented approach.

Nicole : Which people/meetings have had an impact, a lasting influence, and a major impact on your career development?

Shaul : Since the outset, I have met & been influenced by many figures: Nachi Alon, my first trainer, Morris Kleinhaus who invested endless time in support and encouragement along with his partner, Viorika Delano, in sharing their wisdom & experience; Erika Fromm, Peter Bloom, Burkhard Peter, Eva Bányai, Walter Bongartz, & my partner in teaching and organization here in Israel, Gabi Golan, and last but not least, all of the ESH Board which have made my work as ESH President so gratifying. The interactions and mutual learning with all of the above have been so fruitful. I have gained a whole network of friends all over the world.

Nicole : Which events with hypnosis have had an impact, a lasting influence, a major impact on your career development?

Shaul : During the past two decades, I can think of several milestones which affected my career & development: The establishment of the Jerusalem Chapter which brought me onto the IsSH Board; organizing the Workshop program of the 12th International Congress, which brought me into ISH; discovering the Gong in a Science Museum in Switzerland which personalized as well as expanded my style; entering the ESH in Konstanz, becoming Secretary & subsequently President of the ISH; beginning to teach in Tel Aviv University; and becoming President of ESH.

Nicole : What is the place / meaning of hypnosis for your family life?

Shaul : My family has accompanied & shared all of the stages of my hypnotic experience most closely, from a beginning scepticism, to intense involvement, each in a unique way. The epitome came in my being able to help my grandson come into to this world, and his beginning to play with the Gong at the age of 8 months!

Nicole : How have people in your environment reacted to your working with hypnosis?

Shaul : All of the people in my environment have been positively oriented to my involvement with hypnosis. Even those who have been wary of it showed curiosity and interest. Friends of my children usually have been in awe. I'll never forget an evening with the family of my youngest son's girl friend. Her siblings kept asking whether I would hypnotize them, was I analyzing them, what was I thinking about them. Without my saying a word, hours of discussion evolved around their awe!

Nicole : Have you had surprises or unexpected things happen while working with hypnosis?

Shaul : I'll never forget the first time (!) that I introduced hypnosis within a long term psychotherapy. This was the fifth year with a woman who had benefited from the treatment, but had developed a pattern of miscarriages, to the point of failing to get pregnant. Following a warming up period of getting familiar with her imaginative processes, we began to explore the difficulty hypnotically. She had an insight, & became pregnant the next week. We began to prepare her to overcome the 12 week crisis by a form of hypnotic bio-feedback, and eventually succeeded in finishing the therapy during the ninth month, while she continued to give birth to a healthy little daughter (while I felt some "co-paternity"!). As I was originally trained in Community Clinical psychology, I have found that helping couples with pregnancy & the birth process is an ideal way to foster positive mental health. Hypnosis has been essential in this way.

Nicole : Can you comment on some successes and failures in working with hypnosis?

Shaul : I have found most of my failures when I haven't trusted my instincts, by attempting to use hypnosis with those that I have named the "contra-indicated", who have "seduced" me into attempting hypnosis while I was ambivalent and not whole-heartedly open to flowing with them. My holding back which is usually based on my assessment of a poor organization in their personalities, usually leads to middling results, disappointment, & often leaving without paying! [See my article about them, Livnay (2002b).]

One of the most pleasant surprises came from a middle aged woman who wanted to work upon her posture. After initial puzzlement, I agreed to take her on, and

we succeeded within a very short time to work through the embarrassment of a very tall teenager who learned to stoop, and to utilize her curiosity and motivation for self-advancement, to look up and "straighten up".

ESH President

Nicole : How/when did you become an ESH Board member?

Shaul : As far as I can remember, I joined the ESH Board in Vienna, during the 6th Congress in 1993.

I became the 1st "transitional president of ESH: though I was nominated by taking responsibility for the 10th Congress, by the time I came into office, the position was separated from the congress, & I found myself totally immersed in "European" affairs.

Nicole : How is it to be a president of ESH? What is 'exciting' in being a president?

Shaul : These have been an exciting two & a half years, full of activity and action. The most difficult issue has been around our participation in the European Association of Psychotherapy (EAP) an issue, which demanded a tremendous expenditure of thought, energy & investment, including much travel. I am very pleased that we finally decide to withdraw, though the experience demanded much "soul-searching" and testing our principles and flexibility. The difficulties involved in the planning & implementation of the congress, which started out in Israel, & has wound up in Gozo will also be worth writing a book! The Congress has been replete with crises from the outset, but as things seem to be developing, we will have the most collaborative European congress ever!

Nicole : What makes a president's life rewarding?

Shaul : The most rewarding part of the position has been the close collaboration with the other members of the Board. I immediately instituted close cooperation by using E mail and phone conferences to keep us in continuous contact. We began a new tradition of yearly meetings (rather than using Congresses held every 3 years, we created mini-conferences to enable 2-3 day meetings rather than the previous two hours every 3 years). I am proud of our results, which we will be able to share with all in Gozo. The process that has developed among the board members has been fascinating. It has been so

gratifying "brain-storming" with such open, giving and competent professionals who have become like a family.

Nicole : How do you see the future of ESH?

Shaul : I see ESH in transition, at a time where many Hypnosis Societies over the world are dwindling. There is an excitement and energy in turning ESH into a guiding force in Europe. We are shifting to individual membership, beginning an E-Newsletter and an interactive website which will include discussion forums, and are forming three sections: Hypnosis as a modality of psychotherapy, hypnosis as an adjunct in psychotherapy, hypnosis as an adjunct in medicine & dentistry. As we have learned from our EAP experience, lay hypnosis societies and alternative medicine are challenging the exclusive professional-scientific-based use of hypnosis. It is up to ESH to organize and support the scientific development and advancement of hypnosis in Europe, while the European Union is being petitioned by the EAP. I hope that we can increase the cooperation between the different constituent societies to those aims, by sharing joint training platforms.

Nicole : What advice would you like to give to ESH members?

Shaul : My message to ESH members is : Use us, push us to give you more, and most importantly, keep us up to date as to your local realities. How can we help improve training and provide exchange of knowledge and experience?

Nicole : Thank you Shaul for this very renewing interview, stimulating all of us to go on and to develop our knowledge and experience, for the beneficial of our clients and patients.

2002: Treating the "contra-indicated": Reflections of a hypnotherapists in treating difficult clients In Peter, B. et al (Eds.) Munich 200. The 15th International Congress of Hypnosis. Hypnosis International Monographs Number 6. Munich: M.E.G. Stifftung. 107-112.

5. ESH Board Meeting Minutes

Meeting, Rome, January 28th - 29th, 2005

Present

Phyllis Alden, Second Vice President, (PA)
Claude Béguelin, Treasurer, (CB)
Shaul Livnay, President, (SL)
Camillo Loriedo, Immediate Past President, (CL)
Mhairi McKenna, President-Elect, (MLM)
Matthias Mende, First Vice President, (MM)
Gunar Rosen (GR)
Nicole Ruyschaert (NR)
Albrecht Schmierer (AS)

Apologies

Walter Bongartz (WB)

Agenda

- 1. ESH - EAP relations**
- 2. Preparation of the 10th Congress in Gozo**
- 3. Insurance**
- 4. Website**
- 5. 2008 Congress**
- 6. Planning of the Board and COR meetings for Gozo 2005**

Board Meeting 1, Friday January 28th, 10:00 am to 1:00 pm

1. ESH - EAP relations

SL sums up the history of the dealings between ESH and the EAHP. There does exist a committee chaired by WB (SL, CB, NR, CL and MM are members). From WB's written statement it is clear that he objects to the continuation of the ESH involvement in the EAP. The professional structure of the ESH would have to be changed for the ESH to take the role of an EWAO. The question: how many members of the ESH would be interested in obtaining an ECP-certificate (CB). The ESH would certainly turn into a bureaucratic, administrative

organization. The original idea of ESH was to be part of any on-goings in hypnosis on a European level (MM). No psychotherapist needs an ECP in order to do his work (NR).

The EAP is an organization of very mixed professionalism (SL). WB writes, in order to go on, the ESH would have to change its constitution - which is actually not true, if EAP was considered a professional therapeutic organization (SL). The EAP maintains it would remove obstacles on the way of becoming a psychotherapist (NR). The matter of general training is not specified clearly (SL). Personality training is not included in the general training before a psychotherapeutic modality is taught (MM). CL discussed with WB the insufficient number of hours of supervision. WB mentions, in his writings, the three level of education in hypnosis prevailing in Europe (medical/dental hypnosis, hypnosis as an adjunct to psychotherapy, hypnosis as a full-scale psychotherapeutic modality). Only a few members of Constituents Societies of the ESH would be interested in obtaining an ECP to practice hypnosis as a full-scale psychotherapeutic modality (CB).

The question is whether seeing it through with EAP is worth the effort. Too many resources of the ESH go into the EAP with only a few members interested (SL). It is doubtful whether we have the resources to issue the certificates (MLM). The ESH could develop its own certificates for the three levels (GR).

To follow up on EAP matters is a matter of philosophy of the ESH. The original motivation was to have a voice to be heard on all matters in the field of hypnosis on the European level. If we stick to maintaining scientific standards rather than maintaining administrative standards, participation in the EAP loses significance (MM). Legal standards don't guarantee high level of educational standards in hypnosis (SL). A consequence of withdrawing from the EAP would be that the ESH would have to recommend turning to the EAHP for ECP certificates and hypnosis (MM). In the UK a lay society gets to accredit professional medical staff in hypnosis. The question is whether the ESH can afford the time and effort necessary to establish and maintain contact with the EU-Parliament (MLM). The EAP has quite a lobby (PA). National approval of hypnosis as a medical level and as an adjunct to psychotherapy may suffice (CB).

The ESH should ask itself whether its members depend on the EAP. Can the EAP seriously prevent members of Constituent Societies of the ESH to work in the field of hypnosis? Does the ESH actually want to turn into a bureaucratic, administrative organization (MM)?

We could suggest pulling out of the EAP for the time being. A lot of money would have to be invested to stay in. And a lot of money would be set free if we pulled out to be invested to more worthwhile actions (SL). We could strengthen our contacts to medical and psychological departments on the national level and invest more efforts into content related work than in administrative work (GR). Content related work on a scientific and clinical level would be much more worthwhile to engage in (MM). We should pull out of the EAHP because negotiating with them is destroying us. The question is whether there is a danger to get sidelined turning the ESH into a member society. There was no risk of getting sidelined if the ESH was made attractive for its members (MLM).

The ESH has put a lot of energy into the dealings with the EAP but has not got much from them. One advantage is that now we have inside knowledge of the EAP (CL). CL proposes to turn to the EAP and to request that the ESH be the only EWAO. The ESH could then stay with the EAP if they adopt our standards. NR votes for pulling out of the EAP giving them one last chance. CB votes for quitting the EAP and to change the structure of the ESH to provide membership for societies and individual membership. The levels of hypnotherapeutic working would have to be made transparent to prevent that the hypnotherapists using hypnosis as an adjunct will be acting as a full-scale hypnotherapists working with hypnosis as a psychotherapeutic modality (CB). Giving the EAP one last chance is like a déjà vu (SL). SL votes on not renewing a new engagement in the EAP. The ESH should define its own standards of teaching hypnosis. GR votes for not taking one more last effort and for stop working together with the EAP. AS votes on continuing with the EAP, because it is an influential organization.

Counting the votes of the ESH Board the ballot is six to three for the ESH to stop its engagement in the EAP. **The board has decided to stop investing in the EAP and voted for investing in guidelines for the COR to ratify that would put the emphasis on content work in the future. SL will take the decision to the COR and have it ratified there.**

2. Preparation of the 10th Congress in Gozo

CB reports on fees paid by constituent societies. GR will follow up on the Norwegian society, since the Central Office doesn't have a valid contact address.

The ESH will not grant reduced fees for members of Constituent Societies. It will take 200 participants to match the cost of Wolfgang Schweizer. No written

or signed agreement exists between ESH and WS, regulating the cost of the Congress. WS will be charging 400 EUR per person for the first 150 delegates (MLM). AS reports that 900 EUR per week including hotel costs are charged by WS at the DGZH meetings. For DGZH delegates having private boarding WS charges 350 EUR at the DGZH meetings. At these meetings bookings are only available as a package (AS). AS reports that WS finds it difficult to deal with MLM and PA. It needs to be clarified what proportion of the fee is allocated to which parts of the costs (SL, CB, MM, AS).

MM has a phone conversation with WS in which WS makes the following statements:

Assuming a number of 200 delegates the costs are distributed as follows: 170 EUR will be charged per participant for services listed in section 1 of the drafted treaty.

And additional 200 EUR will be charged for services listed in section 3 of the drafted treaty.

The costs of 200 EUR per participant cannot be reduced, if a larger number of participants are required, since this is a tough calculation of the actual costs caused by any participant.

WS expects the ESH to pay him a total amount of 370 EUR per participant for a total turnout of 200 delegates.

It is agreed to have a second phone call at 5:30 pm in which specific questions formulated by the board will be discussed in detail.

Board Meeting 2, Friday January 28th, 5:00 to 8:00 pm

The Gozo program has just been finished at the printer's. The production costs are due and need to be covered. The ESH does not have the money to cover it. A cash advance is necessary (MLM). We need to know who is going to take the risks, who is going to give cash advances and to organise them (CB).

SL sums up the history of the 10th Congress, including the crises and the moments of solution and relief. Thomas Stoecker is just the honorary sponsor. Originally there was a percentage solution agreed on by the ESH and WS (SL). MLM feels exposed as a board member, as the board has no insurance and costs have risen that are not covered. SL appreciates MLM's work in the name of the

Board and states that it is a joint responsibility of the Board to solve the financial issues. A signed contract is absolutely necessary (AS). We are in a financial bind, because we designed the registration fee to be an all inclusive price (SL).

Originally, 60 % of the Congress revenues were to go to WS and 40 % to the ESH (MLM). Originally, early bird registration costs were planned to be as low as 250 EUR. PA calculates the costs per participant per day for the services from section 3: 200 EUR minus 45 EUR for the dinner leaves an amount of 155 EUR which amounts to about 25 EUR per day per participant for the section 3 services, which is quite a lot (PA). WS will not lower the prices. WS is used to a limited role as a travel organizer, he's not used to the role of comprehensive congress organization (SL).

Results of the phone conversation between MM and WS at 6 p.m.:

ESH and WS agree that we must have a written agreement; a contract regulating the costs and distribution of revenues for the upcoming ESH-Congress.

WS is willing to forward a cash advance covering the printing costs and other costs arising before fees are coming in, as soon as there is a written contract. WS' way to cover the financial risks of the Congress is to charge a higher percentage for the first portion of registrants and decreasing his rates for the following portions of registrants. His financial risks are covered by charging more for the earlier registrants.

WS states that the brochure was printed without him having scrutinized it. He states he would have noted the dilemma arising from setting an all-inclusive congress fee. He understands the worries of the ESH, if the ESH had to cover all the costs arising from him just out of the all-inclusive registration fee. In order to forward the cash deposit after a contract has been signed, WS needs to know the total amount of the cash deposit required. The ESH agrees to come forward with the total figure.

WS insists on having made a tight calculation to come up with the lump sum of €200 per participant for additional services (section 3). WS promises to make absolutely transparent each single position of his calculation until Tuesday, February 2 in a report sent to the ESH Central Office.

Responding to a request by the ESH to reduce the €200 fee to 160, WS states that he will not be angry if the ESH wanted to discontinue to take advantage of his services.

MM states the ESH wants to continue with WS in good cooperation and will scan the draft of the agreement in the present board meeting and send amendments for proposals by the next day.

Discussion of the phone conversation by the board:

We have to have a percentage solution of fees going to WS as agreed on in Malta. We cannot go on with a Congress that starts out with losing money (CL). The ESH is restrictive on having reduced fees for the Congress. Reduced student fees will only be granted for full-time university students not earning their living (PA). If we want to pull the Congress, let's do it now (MLM). Another margin of 3% is charged by WS, for handling fees that come in via credit cards (MLM).

Arreed Barabasz, chief editor of the IJCEH, has stated his interest in being part of the Congress as a keynote speaker. Obviously he expects to be invited which he was not so far. The reply for him will be that we thank him for his interest to share his knowledge. Being the chief editor of the major journal in the field of hypnosis, he could do it best by holding a conversation hour. Expenses for the Congress will not be covered by the ESH (SL).

3. Insurance

At present the Board of Directors of the ESH does not have liability insurance. Peter Bloom is the one who has established liability insurance for the ISH. MLM reports from an e-mail by Peter Bloom on that issue: the ISH pays an annual fee of \$ 1750 for a claim of \$ 500.000. No claims have been made so far.

Action: the ESH will ask Peter Bloom for a copy of the policy. The ESH will then compare this rate with rates from European insurance companies to see if they offer better deals. If not, the ESH will address the same company the ISH is using.

A possible total cancellation of the Congress because of lack of participants is not covered by any liability insurance (MLM). Who takes the risk for total cancellation of the ESH-Congress is an open question and should be part of the agreement between ESH and WS (MM).

4. Website

There is critical feedback by website visitors who are faced with a language problem: If certain buttons are clicked, it is slipping into German language (MLM). IT (Ingo Tschuertz) is volunteering his efforts for the website and keeps getting negative feedback. That might be a problem for his motivation (CB). Proposed alterations to the website have not been implemented by IT (MLM). IT does not want to get overloaded by individual inputs, he prefers inputs by the society (CB).

SL cites the minutes of the ESH board meeting in Gozo dealing with website issues. **The BOD decides to implement what has been decided in Gozo. At this point it is possible to download the Congress program from the ESH website (SL).**

Board Meeting 3, Saturday, January 29, 4:30 to 7:30 pm

Technical equipment for the Gozo-Congress

The option to rent beamers in Malta is not viable, because it is way too costly. We will study the option to bring our own beamers. Four beamers are available already, but we need 11, since there are 11 parallel workshops (SL). SL, GR, PA will each bring one beamer, AS will bring three. Thus six beamers are available, five more are needed. **In the guidelines to develop for the workshop chairpersons should contain a request to ask presenters to bring their own beamers (SL).**

SL reports on the letter that was sent to WS containing the proposed amendments to the agreement sent earlier that day. Every member of the board will get a copy in German and English.

AS reminds the BOD of an offer issued by the DGZH to grant a loan to the ESH to cover Pre-Congress-Expenditures. According to that offer the loan is to be paid back by the ESH after the Congress. If that Congress turned out to be a financial loss, the DGZH is eligible for an exemption of ESH membership fees for five years up to the amount of the loan is paid back. The loan will amount to € 5.000. **The BOD agrees to that procedure, as it will support some financial independence from WS. A contract is drafted and signed by SL as the president of the ESH and AS as the President of the DGZH.**

5. 2008 Congress

Whenever the Central Office has planned a Congress the society has run into problems. This is true for the ESH and ISH as well (SL). AS suggests offering the ESH Congress to the Turkish society (BHD). This is an option to be considered (SL). Switzerland is not an option. Bernhard Trenkle (BT) seems to be over busy (CB). SL reports on organizational problems the ISH-Congress was having in Singapore. In Singapore SL suggested a joint ISH -- ESH meeting. It wasn't picked up by the ISH, but it is an option alive. BT wrote a letter to SL stating that Signer-Fischer withdrew. BT is giving mixed messages concerning the 2008 date (SL).

SL summarises the possibilities for 2008:

- 1) The Turkish organize the Congress
- 2) BT organize the Congress
- 3) Have a joint ESH - ISH Congress.

These options will have to be explored before the COR-meeting in Gozo.

Action: MLM will send a mail to the Constituent Societies inviting them to come up with offers to host the 2008 meeting.

CL was approached by Eva Banyai to become the next president of the ISH (CL). The ISH is facing serious financial problems and plans to move the Central Office. Yet the ISH is overcoming the crisis on its way up (SL).

The crisis the ISH was faced with had to do with a serious loss of membership data (SL). MLM suggests drafting a letter to be sent out to the ESH members proposing to share contact data with the ISH unless the ESH receives an objection to do so within 14 days.

Having the ISH-Congress in Rome 2009 is a possibility, because of historical reasons, but no joint ESH - ISH meeting. CL will only run for president of the ISH if there is no other choice (CL). Julie Lynden will be an option, if she doesn't get to be in ASCH president or Arreed Barabasz could also be a candidate (SL).

Journal:

John Gruzelier responded to an e-mail sent by PA. MLM cites the letter sent by John Gruzelier. According to PA, Contemporary Hypnosis - a journal of PA's society - has problems with the publisher. We can only propose societies to recommend Contemporary Hypnosis. The costs for four issues per year are around € 50. However Contemporary Hypnosis is not rated for citeability. Hypnos is faced with a loss in quality (AS). Hypnos is not as interesting as it used to be (CB).

MLM likes to discuss the idea of the ESH having a newsletter of its own. The newsletter could be on the website in a clinical forum in several languages, made available only for members of the website (SL). PA proposes to create a position for the newsletter officer within the ESH-board. There is the option of distributing the newsletter through the societies or individually (SL).

The ESH should have its own journal along with individual membership in the long-run (CL). This question has to be brought to the COR, to get approval to raise the membership fees to develop a journal (MLM). The individual membership can be linked to the journal (CL). The Journal could be started in a newsletter format (SL). The ESH will have to make it clear what an individual member will get for his or her fees. Ideas and costs will have to be associated (CB). If we want to turn the ESH into an individual membership society, a project should be designed containing the necessary steps and timing of turning the ESH to a society with individual members (MM).

GR proposes to put "we and the world" of the Hypnos journal on the ESH website. The ESH could pay 1500 Swiss francs instead of 3000 a year for quitting Hypnos and obtaining the right to use "we and the world" instead. Hypnos doesn't have to be sent to the societies anymore (CB).

SL will communicate with Peo Wikstrom over that issue.

SL suggests NR to take responsibility for the newsletter. NR accepts to take responsibility. MM agrees to contribute by holding the contact to the Constituent Societies, as he took this obligation also as Chairman of the COR of the ISH. PA will contribute as well.

Actions: SL is to write letters to Peo Wikstrom, COR and the EAP.

6. Preparing the Board and COR-meetings for Gozo 2005

Structuring the ESH

The structure of the European Society of Family Therapy is no model that the ESH should follow (CL). The ESH can be a very powerful society in Europe due to its strong integrative forces its individual members will cover all three realms of hypnosis (medical/dental, hypnosis as an adjunct, hypnosis as a modality). The ESH is not subject to regional quarrels and will thus be attractive as a host of hypnotic identity for its individual members (MM). The financial future of the ESH is looking bright, if there are no more fees to pay to the EAP and Hypnos. The free financial resources can be allocated to a professional website (SL).

Taking individual members will make organizing the ESH, which has been simple so far, more complicated (CB).

SL reminds that historically the ESH was formed because the ISH rejected to have a European section. Forming a well-positioned organization was an important motivation (CL).

Action: CB is to look into the conditions for individual membership.

As far as timing is concerned, the annual general meetings of the Constituent Societies have to be considered, since the representatives will have to get the vote from their Home Societies to agree of such a step (MLM).

SL will suggest to the COR in a letter to share the decision of moving the ESH towards also including individual members. He will request input on this idea and announce that there will be a vote taken at the COR meeting in Gozo. Amendments of the constitution and the regulations of the ESH will be necessary. These amendments will be proposed in the letter that will be circulated.

Action: Every member of the Board is to look at the ESH Constitution and Regulations and make suggestions for amendments in a few words.

Nominations for the Board of Directors

Follow-ups for CB as Treasurer and MLM as President-Elect will have to be found.

MLM states that the job of the Treasurer can actually be done by the Central Office, but there needs to be an executive officer to supervise it.

Conclusion

SL expresses thanks to CL for his hospitality and thanks everyone for their participation. CL thanks everyone for coming.

MM will check the options for a board meeting in Salzburg in spring 2006.

6. News from the Constituent Societies

6.1 ÖGATAP - Austria (Matthias Mende)

The ÖGATAP, Austrians constituent society of the ESH just held its annual winter seminar in beautiful Radstadt, Salzburg. The venue is located in the beautiful alpine surrounding, allowing for a perfect combination of training in hypnosis-psychotherapy and skiing. As I like doing both I devised a workshop by the title off "experiencing trance on skis". It was an experimental approach drawing on Eva Banyai's findings in the field of active alert hypnosis. I expected participants who were skilled hypnotists and skilled skiers as well to encounter intensified since very experiences if they let themselves get involved into activating imaginations with a clear attentional focus while skiing. To my own surprise participants reported intensified experiences that went clearly beyond the scope of sensory perception afterwards. Experiencing trance states on skis prompted heightened, self assuring perception of capabilities and boundaries and limits as well. Moreover, participants - all of which were psychotherapists - reported concrete ideas how to transfer their experiences from trance skiing into their daily clinical work with patients. I take this unintended positive outcome as an indication that hypnotic trance work may also get patients involved into helpful creative inner search processes far beyond the therapist's plans and imaginations.

6.2 SMSH - Switzerland (Swiss Medical Society for Hypnosis)

Our foremost concern has been the unexpected death of our founder president, Konrad Wolff. He passed away in his 87th year on the 14th of November 2003, one week after the yearly SMSH-conference. It was fortunate for us all that he had still been able to contribute to the meeting with a marvellous inviting address, to assist in a workshop, and even participate with all his charm at the conference dinner and dance party.

From the beginning of 1981 to 1995 he effortlessly led our society as president, encouraged modest restraints, promoted the talents of skilled members and gently guided overly ambitious "hot heads".

Even after resigning as president he continued to work in the committee and to offer his talents as trainer. His brilliant inviting addresses opening our yearly conferences had become a welcome tradition.

His funeral assembled a huge community of SMSH-members and other people interested in hypnosis.

So in the November 2004-conference, we deeply missed his spirited lecture, spiced with humorous remarks and, most of all, his friendly presence.

Nevertheless the 2004 conference (10th to 12th of November in Balsthal) was a big event with its usual friendly and cosy atmosphere. Over 260 participants visited 38 Workshops (including, as a surprise, a <walkshop> where 28 people were guided through the fog and up into the blue sky atop a local mountain, accompanied by cow bells and a flute player); 3 lectures, a case presentation by members in front of the audience, a concert with classical chamber music, a <trance over noon>, a banquet with music and dance in a festive mood.

The 2005 conference will take place from the 10th to the 12th of November 2005 in the same manner. Planning is already going on. Amongst others, we are lucky to welcome Eva Banyai and Henriette Walter. Interested? Apply to <smsh@smile.ch>. Further information <www.smsh.ch>. The conference program will be updated the beginning of April.

In the last year there was a new start in the French part of our country. Several groups of the French speaking members of SMSH as well as of SHYPS (Society for Clinical Hypnosis Switzerland) and others joined together in a transformed foundation with the goal of assembling all forces in the <Suisse Romande> in training and providing information about clinical/medical hypnosis. They started the beginning of October with the <1^{ères} Journées Romandes d'Hypnose Suisse>, the inauguration of the new institute (IRHyS - Institut Romand pour l'Hypnose Suisse).

In 2004 we started to offer education in <conversational methods in the manner of Milton H. Erickson> for assistants of dental-surgeries. There is a high attendance. If we do not provide this training, these assistants will be attracted by non-accredited institutes. Already for a while, these courses have also been attended by medical assistants. In 2005 we are offering 17 courses in different levels all over the country.

We are often admired for the acknowledgement of our training by the FMH (Foederatio Medicorum Helveticorum) the Swiss Medical Association. Our program takes into account the general requirement of obligatory postgraduate training. This program started in 2000, so that the prescribed five-year recertification will take place for about 150 members this year by certifying a certain number of hours of training in medical hypnosis.

Today our society encompasses 418 members, among them: 136 physicians, 18 anesthetists, 3 surgeons, 4 gynecologists, 37 internists, 12 psychiatrists for children, adolescents and young adults, 94 psychiatrists, 90 dental-surgeons and others.

6.3 IsSH Israel Society of hypnosis

הזונפיהל תילארשיה הדוגאה

IsSH is continuing its scientific activities as well as social activities. This month we had the annual Congress (Hypno 2005). The congress had a rich and diversified program of panels and workshops. This year, the congress focused on the subject: "Back to the future" on hypnotic regression, progression and time distortion. During the congress evenings we had a lecture on the topic of Regression & exorcism in the middle ages as reflected in the Opera (Dr. Daniel Rubinetz, and an evening of Hypno-stand-up on sex for busy professionals (Dr. Itshak Ben Zion), & not least, "Hypno-dancing!". According to the feedback that we received, and the committee's impression it looks like the congress was very successful professionally and socially,

On March 2005 we had a "HANUKA" party with humoristic sketches, social games and dancing.

We continue our monthly scientific meetings in Moti Zwirn DDS's College, (program below). We also started new social activity the "hypno-coffee" - before and after each monthly scientific meeting, we invite the participants to stay and have a non-formal social-scientific meeting with coffee and cakes. The idea is to give our members an opportunity to meet, talk, share and/or ask for advice in a non-formal atmosphere.

The monthly scientific program:

6/4/2005	Eitan Abromowich MD	Hypnosis as an aid in Psychopharmacological treatment & follow up	Drug treatment & follow up
18/5/2005	Gil Morali MD	The use of hypnotic techniques in the treatment of Irritable Bowel Syndrome (IBS)	IBS
	Arieh Mishkin	The therapist within me: the use of hypnotic interventions in medicine	Experiential/theoretical
1/6/2005	Gerard Zonnens MD	Hypnosis in the behavioural-medical context	Flexibility in relation to the patient's needs
	Oren Kaplan PhD	The hypnotic elements of the EMDR approach	EMDR & hypnosis

On February the Advising committee of Hypnosis to the Israeli Ministry of Health held a one day congress on the topic of "the boundaries of the of hypnosis uses in the therapeutic field, is it needed to put limitations on it? The lectures were on the topics: "Should hypnosis have boundaries? - limitations & Guidelines?"; "On the uses of hypnosis", "The boundaries and uses of hypnosis in dentistry", and a panel on the topic "Limits, limitations and boundaries of the profession and the professionals in the uses of hypnosis".

Now we prepare for the congress in September that will take place in Gozo.

The IsSH invites you all to visit its our Website: www.hypno.co.il (and also www.hypno.org.il).

Gaby, Golan PhD. President of the Israel society of hypnosis
P.O. Box 7526, Ramat Gan 52175, Israel
Ph/ Fax + 972-(3) 9500175, E-mail gabgolan@post.tau.ac.il

6.4 VHYP Flemish Scientific Hypnosis Society

December 2004, VHYP organised a lecture regarding 'mindfulness' after the annual general assembly. An interesting discussion followed, in considering similarities and differences between mindfulness and hypnosis. Most of the attendants with hypnosis training noticed that they had difficulties not entering into a trance-state during the mindfulness exercise. A new tradition in offering a drink and snacks after the meeting attracts more members and also freshmen every year.

For 2005 VHYP is planning two 'booster' sessions to give members the opportunity to renew and refresh their hypnotic knowledge and experience. Prof Éva I. Bányai from Budapest will give a workshop regarding 'Hypnotic and Suggestive Communication in Critical Life Situations, June 16th - 9.30 am-5pm. Prof. Camillo Loriedo will give a workshop with the title : Hypnosis in Couples and Families, October 7th. More information you find on the website www.vhyp.be or you get from the secretary vhyp@village.uunet.be

6.5 UK Societies

UK Conference

In July 2003 a historic event took place in the UK. Hosted by the Hypnosis and Psychosomatic Medicine section of the Royal Society of Medicine, the five hypnosis societies in the UK - RSM as above, BSMDH, BSMDH Mets and South, BSMDH Scotland and BSECH - came together for the first time in order to have a Five Way Congress consisting of a Scientific Programme and Workshop. It was so successful that it was repeated this year in Glasgow Scotland from 14th - 17th April hosted by BSMDH Scotland.

This year's event was fantastic. Two days of excellent Scientific Programme, (the responsibility of the British Society of Experimental and Clinical Hypnosis) were followed by a two day workshop led by Dr Patrick McCarthy. Dr McCarthy, a Glaswegian who now lives in New Zealand, also gave an unforgettable keynote address in the scientific programme.

Words cannot describe his superb presentations. As well as giving participants lots of useful clinical techniques he was a charismatic presenter who could easily do a double act with Billy Connelly (another Glaswegian).

The event was hosted by BSMDH Scotland who created a wonderful warm atmosphere conducive to learning, networking and fine entertainment. Social events included a Ceilidh, a first class banquet and a brilliant after dinner speaker, Dr Tom Smith who has worked in general medical practise as well a medical congress reporter regaled the audience with hair-raising tales of his experiences.

A memorable time was had by all who attended and we look forward to repeating the event in two years time, in York.

7. Publications, Books, Activities of our Members

On behalf of MEG München, Dr Peter Burkhard wants to inform the ESH-members that there are still some copies available of

Hypnosis International Monographs (HIM)

With the exception of HIM 3 on Hypnosis in Dentistry (1997) all the issues publish selected papers from recent conferences:

HIM 6, 2002: Munich 2000 - The 15th International Congress of Hypnosis
edited by Burkhard Peter, Walter Bongartz, Dirk Revenstorf & Willi Butollo
(258 pages)

1. Presidential Addresses

Éva I. Bányai: Hypnosis and mainstream psychology

Peter B. Bloom: Structure versus freedom: The therapist's dilemma

2. Hypnosis in Psychotherapy

2.1 Examples of Application

Julie H. Linden: The application of hypnosis to children and adolescents traumatized by war

Richard P. Kluft: Advances in the treatment of dissociative identity disorder: An algorithm for evaluation and intervention with special attention to the role of hypnosis

Eulalia Cardona and Moises Martín: Tobacco addiction and hypnosis: Performance of a 2 sessions hypnosis-based structured treatment in a clinical series

Pieter Willem Nel: Utilising traditional clinical hypnosis in the dramatic healing of a student suffering from night-blindness

2.2 Ego State Therapy

John G. Watkins: Exploring the mysteries of self - our conquest of the unconscious

Richard P. Kluft: The inevitability of ego state therapy in the treatment of dissociative identity disorder and allied states

Shirley McNeal: Perchance to dream: Ego states and dreams

Maggie Phillips: Incorporating EMDR in ego-state therapy with health symptoms

2.3 Clinical Issues

Shaul Livnay: Treating the "contra-indicated": Reflections of a hypnotherapist in treating difficult clients.

Claude Béguelin: The hypnotic constellation

Zsuzsanna Bognar, Katalin Varga, Éva I. Bányai, Anna C. Gösi-Greguss: The subjective experiences of both the hypnotist and the subject in the real-simulating paradigm

Anna C. Gösi-Greguss: Acoustic analysis of the hypnotist's voice - A preliminary study

Rita Csako and István Mészáros: Altered-state experiences during relaxation: do they depend on hypnotic susceptibility?

3. Hypnosis in Medicine and Dentistry

Giuseppe De Benedittis: The healer within: Hypnotic pathways to remarkable recoveries

Vilfredo De Pascalis: Hypnotic analgesia, obstructive attentional processes and psychophysiological mechanisms

Csaba Diószeghy and Katalin Varga: The use of hypnotic suggestions with patients in the intensive care unit

Donald R. Houge: A model for the application of hypnotic techniques in surgery

Jochen Haisch and Stephanie Stock: Suggestion in public health

Tibor Károly Fábíán, Gabriella Vértes, Andrea Szabó and Katalin Varga: Photo-acoustic stimulation and hypnotherapy. An effective combination for treatment of oral psychosomatic disorders

Mats Mehrstedt: Voodoo dentistry: Hypnotic anesthesia in the 21st century?

4. Historical and Theoretical Issues

David Fourie: Attribution of meaning: Use of the pill in hypnotherapy

Antonio Capafons: Dissemination of hypnosis: Don't change the name, change the perspective

Christoph Kraiker: Changing what you say to yourself (and to others): Basic elements of Epictetus' (~50-130 AD) therapeutic philosophy

Anonyma: Hitler, the master of mass hypnosis: Thoughts and feelings of a young Jewish woman while seeing and hearing Hitler talk at a Nazi rally

Burkhard Peter: The "therapeutic tertium": On the use and usefulness of an old metaphor

HIM 5, 2001: The New Hypnosis - The Utilization of Personal Resources in Ericksonian Practice and Training

edited by Camillo Loriedo & Burkhard Peter (137 pages)

Jeffrey K. Zeig: Erickson remembered

Daniel Araoz: What's new in the New Hypnosis

Peter B. Bloom: Beyond training: The use of our personal self in clinical practice

Giuseppe De Benedittis: The revolving doors of pain: Hypnotic synesthesia for modulation of the pain experience
Giuseppe Ducci and Costantino Casilli: Dissociative disorders and hypnosis: The historical truth and narrative truth problem
Brent Geary: Integration of values into Ericksonian hypnosis and psychotherapy
Shaul Livnay: The limit of being "over-resourceful": Reflections upon the benefits and limits of the creative urge of hypnotherapists
Camillo Loredano: The New Hypnosis in the old hypnosis: Memories of the future
Giorgio Nardone: Constructing pathological realities versus constructing therapeutic realities
Burkhard Peter: Construction of reality and hypnotic phenomena
Massimo Rabboni: Turn in, move out, finding oneself. Self-consciousness, modified consciousness, and the process of becoming a person
Teresa Robles and Felipe Vázquez Estupiñán: Intensive care model for psychotic patients - intensive growing for the therapist
Rolando Weilbacher and Alessandra Gandolfi: Effects and changes on the therapist's personality during hypnotic-psychotherapy training

HIM 4: Suggestion and Suggestibility. Theory and Research (2000)

edited by V DePascalis, VA Gheorghiu, PW Sheehan, I Kirsch (250 pages)

Gheorghiu, V.A.: Phenomena. 1 Particularities of Suggestion
De Pascalis, V.: Suggestion and Suggestibility: Theoretical and Psychophysiological Aspects
Ruggieri, V.: "What is Suggestion?" A Psychophysiological Approach
Lundh, L.G.: Suggestion, Suggestibility, and the Placebo Effect
Fourie, D.P.: Friendliness and Suggestibility: An Ecosystemic Perspective
Schwanenberg, E.: Suggestion as Social Influence
Fiedler, K. et al.: Lie Detection as an Attribution Process: The Anchoring Effect Revisited
Pohl, R.F.: Suggestibility and Anchoring
Werth, L. et al.: Social Influence and Suggestibility in Recognition Tasks
Marucci, F.S. & Meo, M.: Suggestibility and Imagery during Attribution of Meaning to Ambiguous Figures
Gheorghiu, V.A. et al.: Initiation, Modification, and Inhibition of Motor Reactions Through Indirect Suggestion Approaches
Memory Distortions and Suggestibility in the Hypnotic Setting
Peter W Sheehan 1999
Lynn, S.J. et al.: Autobiographical Memories, Hypnotizability, and Suggestion
Kirsch, I.: Hypnosis and Placebos: Response Expectancy as a Mediator of Suggestion Effects

HIM 3: Hypnosis in Dentistry (1997)

edited by Mats Mehrstedt and Per-Olof Wikström (112 pages)

Chaves, J.F.: Hypnosis in Dentistry. Historical Overview and Current Appraisal

Gerschman, J.A. & Burrows, G.D.: Dental Anxiety Disorders and Hypnotizability

Thompson, S.: Hypnosis in the Modification of Dental Anxiety

Mehrstedt, M.: Hypnosis and Behavior Therapy of Dental Fear in Children

Eli, I. & Kleinhauz, M.: Hypnosis and Dentistry

Barsby, M.: Hypnosis in the Management of Denture Intolerance

Clarke, J.H.: The Role of Hypnosis in Treating Bruxism

Somer, E.: Hypnbehavioral and Hypnodynamic Interventions in Temporomandibular Disorders

Wikström, P.O.: Why not also Mozart and Mesmer? The Combination of Imagery and other Techniques in Clinical Practice

Schupp, F.: Dental Hypnosis 100 Years Ago - Hypnosis and Hypnotic Suggestions in Dentistry

HIM 2: Munich Lectures on Hypnosis and Psychotherapy (1996)

edited by Peter, B, Trenkle, B, Kinzel, FC, Duffner, C. & Iost-Peter, A (211 pages)

Bloom, B.: Treating Patients with Conversion Disorders: A Theoretical View with Practical Approaches

Linden, J.H.: Trauma prevention: Hypnoidal techniques with the chronically ill child

Bejenke, C.J.: Preparation of patients for stressful medical interventions: Some very simple approaches

Carolusson, S.: Marie - a swedish case of apparent anxiety disorder, showing up to be a PTSD and DID(NOS), as uncovered by hypnosis.

Kluft, R.P.: Dissociative Identity Disorder: Perspectives on Recent Findings and Current Controversies

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Peter, B.: Normal instruction or hypnotic suggestion: What makes the difference?

Szabó, C.: Differences between direct and indirect techniques

Aleksandrowicz, J.W.: Hypnosis, a state or a relationship?

Stanley, R.O. and Burrows, G.D.: Maintaining standards in hypnosis training - the need for patient protection: the Australian Experience

Gilligan, S.G.: A river runs through it: The relational self in psychotherapy

HIM 1: Jerusalem Lectures on Hypnosis and Hypnotherapy (1995)

edited by Kleinhaus, M, Peter, B, Livnay, S., Delano, V., Fuchs, K & Iost-Peter, A (211 pages) sorry this issue is out of print

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8. Congress Reports

9. Calendar - upcoming activities

10th Congress of the European Society of Hypnosis The Spectrum of Hypnosis in Therapy

17 - 24 September 2005 Island of Gozo

Paper Programme: Sunday 18th and Thursday 22nd September 2005

Scientific Co-Chairs: Dr. Peter Naish and Dr. Henriette Walter

Scientific Committee: The ESH Board of Directors

You are cordially invited to submit an Abstract for presentation in our scientific programme. Papers will last 30 minutes (25 minutes with 5 minutes for questions)

We welcome papers on the following themes:

EMDR, aspects of medicine, aspects of dentistry, children, psychotherapy, and PTSD. Both clinical and scientific papers are encouraged and papers on other themes will be considered.

Abstracts submissions should be approximately 200 words and be emailed to: mail@esh-hypnosis.org by 30th June 2005.

Please complete the Form overleaf.

Please Note: Papers submitted after the deadline may be considered subject to availability.

ESH Central Office

PO Box 3352, SHEFFIELD S20 6WY, UK

Tel: +44 114 247 4392

Fax: +44 114 247 4627

Email: mail@esh-hypnosis.org

Website <http://www.esh-hypnosis.hypnos.de/English/mainsite.html>

Keynote Speakers and Invited Presenters

Phyllis Alden, Consultant Clinical Psychologist, has worked in a variety of clinical areas including pain, adult mental health, behavioural medicine and most specifically cancer. She has been using hypnosis in clinical practice for over 20 years.

Assen Alladin, PhD, CPsych. Registered Clinical Psychologist and Adjunct Assistant Professor, Foothills Medical Centre and Department of Psychiatry and Psychology at the University of Calgary. He is interested in integrating hypnosis and cognitive behaviour therapy, and is concerned about the empirical validation of clinical hypnosis - publications on hypnosis in the treatment of depression and pain.

Éva Bányai, PhD. Professor of Psychology at the University of Budapest. Immediate Past President of ISH. Studied with ER Hilgard at Stanford University, where the active-alert hypnosis was developed. Heavily engaged in hypnosis research and teaching.

Arreed Barabasz is a full Professor and Director of the Laboratory of Hypnosis Research at Washington State University and is also Editor of the International Journal of Clinical and Experimental Hypnosis

Claude Béguelin, MD. Child Psychiatrist renowned for his work using hypnosis with children.

Christel J. Bejenke, MD. Anaesthesiologist using hypnosis for surgery and other medical Interventions, in intensive care, pain therapy and psycho-oncology. Milton H. Erickson was among her teachers. She demystified and modified hypnosis developing techniques, which require little time, no quiet surroundings and which can be applied in the most hectic circumstances - reducing side effects, enhancing recovery and empowering patients.

Peter B. Bloom, MD. Clinical Professor of Psychiatry, University of Pennsylvania, School of Medicine. He is Past President of the ISH, and the American Board of Medical Hypnosis. He was awarded the ISH Pierre Janet Award for Clinical Excellence, and the Benjamin Franklin Gold Medal. He is co-editor of the International Handbook of Clinical Hypnosis (2001) and is Distinguished Life Fellow of the American Psychiatric Association.

Walter Bongartz, PhD,MD. Professor at the University of Konstanz. Past President of ISH. International lecturer, developing the argument that hypnotherapy is a comprehensive psychotherapeutic modality on its own.

Geoff Callow, MSc, MEd (Psych). Independent Consultant for Psychological and Educational Services, using hypnosis in the form of metaphor and story telling with children in therapy. President of BSECH.

Susanna Carolusson, Licensed Psychologist and Psychotherapist also has University degrees as both supervisor and teacher, accredited by the Swedish Government.

Nachman Eckstein, MD. A Gynaecologist specialising in pain, obstetrics and gynaecology. Teaches widely in the use of hypnosis in pain control.

Dabney Ewin, MD, FACS. Clinical Professor of Surgery and Psychiatry is renowned for his work with burns patients, pain and psychosomatic medicine.

Claire Frederick, MD. Physician in private practice. She has a special interest in "severely damaged patients" and will be presenting new ego state material "Developmental Repair with Ego States in Seriously Ill Patients" within the Workshop She is a renowned international lecturer.

Gaby Golan, Present President of IsSH, specialises in the use of hypnosis in Ericksonian, short term, medical, pain, ethical, dangers. He works with haemophiliac children and is well known for his teaching.

John Gruzelier, Professor in the Department of Neuroscience & Psychological Medicine at Imperial College, London, has worked extensively in the field of psychoneuroimmunology.

Michael Heap, PhD. A practising clinical Forensic Psychologist, with an interest in hypnosis. Founder of BSECH; serving for many years on the Executive. He developed the Diploma and Masters courses in Clinical Hypnosis at the University of Sheffield and remains a teacher on similar courses at University College, London. A prolific editor and author of textbooks on hypnosis, he has published many journal articles on the subject and lectures widely.

Julie Linden, PhD. President-Elect of ASCH. Has extensive clinical expertise in the use of hypnosis with children, disassociation, trauma and EMDR.

Shaul Livnay, PhD. Is the current President of ESH. Active in clinical practice using psychotherapy and hypnosis with children and adults. A Lecturer of Hypnosis at Tel Aviv University School of Medicine, with emphasis on applications in psychotherapy.

Camillo Loriedo, MD. Professor of Psychiatry at the University Rome. Immediate Past President of ESH. Prolific author of books and papers. In 2001

received Milton H. Erickson Lifetime Achievement Award for outstanding contribution to the field of psychotherapy. An innovative therapist.

Matthias Mende, PhD. Clinical Psychologist, Psychotherapist and Certified Hypnosis-Psychotherapist. He is the first Vice-President of the ESH and Chairman of the CoR at the Board of the ISH. He shares a private practice with his wife Eva-Maria in Salzburg, Austria and is occupied with clinical, research and educational issues in the field of hypnosis using hypnotherapy as a comprehensive psychotherapeutic modality. He is part of the Training Faculty for Hypnotherapy of the ÖGATAP.

Karen Olness, MD. President of ISH. Professor of Paediatrics, Family Medicine, and International Health at the Case Western Reserve University. Co-author of "Hypnosis and Hypnotherapy with Children". For nearly 20 years has taken part in paediatric hypnosis workshops in conjunction with scientific meetings of the Society for Developmental and Behavioural Paediatrics.

Burkhard Peter, PhD. Psychological Psychotherapist and Lecturer on hypnosis at the University of Munich, Dept. of Clinical Psychology. He is Co-founder and Co-director of the Institute for Integrative Psychotherapy (IIT). A Founding President of MEG, he conducts seminars and workshop; is a prolific editor, author and co-writer on hypnosis and hypnotherapy and its applications in psychotherapy. He has been awarded the Lifetime Achievement Award for outstanding contributions to the field of psychotherapy by the Milton H. Erickson Foundation, Phoenix, AZ, USA.

Maggie Phillips, PhD. Psychologist in private practice in California, using "energy therapies" including mind-body healing, EMDR, hypnosis, TFT to successfully treat PTSD and organic disorders. Prolific author and researcher; has lectured widely in using hypnosis with psychological therapies.

Catherine Potter, BDS. Teaches dental students in the Salford Primary Care Trust and specialises in treating anxious patients with complex dental needs using hypnosis. In addition she teaches postgraduate courses on Dental Hypnosis, and lectures and provides clinical supervision for dentists on the Diploma in Clinical Hypnosis Relating to Dentistry run by University College, London, in conjunction with the Eastman Dental institute.

Teresa Robles, PhD. Founder of the Mexican Society for Hypnosis and the Central Ericksonian de Mexico, where she currently practices. Prolific author

and teacher in many languages ... French, Spanish, English, Portuguese, Italian and German.

Nicole Ruyschaert, MD. Psychiatrist whose expertise is in assertiveness, relaxation, self hypnosis and stress management. She is a Board Member and Past President of the VHYP.

Albrecht Schmierer, DDS. General Dental Practitioner in Stuttgart, where he administers hypnosis, psychological and dental psychotherapy treatments. He is a fervent advocate of the use of hypnosis in dentistry and lectures widely.

Susy Signer-Fischer, Lic.phil. Psychologist specialising in children and adolescents and is Director of the "Familien-und Erziehungsberatung", Basel, Switzerland. She is supervisor and trainer in psychotherapy, mainly in hypnotherapy, psychotherapy for children, adolescents, families and couples. She is founding member and Past-President of the Swiss Society for Clinical Hypnosis (GHypS).

David Simons, BDS. Retired GDP with a major professional interest in the management of patients' anxieties and fears in dental treatment using hypnosis and psychotherapy. He is Past President of BSMDH. Since retirement he has founded the Cavendish Centre for Cancer Care with like-minded colleagues offering complementary care and psychotherapies to cancer sufferers and their relatives.

Martin Wall, BDS London. A GDP, he has developed a dental practice using hypnosis within every aspect. He is Past President of RSM (Section of Hypnosis & Psychosomatic Medicine) and has lectured widely for BSMDH and abroad.

John G. Watkins, PhD. Emeritus Professor of Psychology at the University of Montana, with his late wife Helen, was Co-Founder of Ego State Therapy.

Per-Olof Wikström, DDS. Retired Dental Practitioner. Founding President of ESH and past Editor of *Hypnos*, Lecturer and Trainer of students of hypnosis and holder of many Awards including the Franz Anton Mesmer and the Benjamin Franklin Gold Medals.

Jeffrey K. Zeig, Director of the Milton H. Erickson Foundation in Phoenix, USA. He is an international lecturer and workshop co-ordinator/presenter.

ISH Congress

XVII International congress on Hypnosis

Acapulco, México August 21-26 2006

Hipnosis en tiempos difíciles.

Hypnosis During Hard Times

More information www.hipnosis.com.mx

DGH Congress

Jahreskongress der DGH vom 17.-20. November 2005

Liebe Kolleginnen und Kollegen,

„Tranceformation“ so lautet das Thema unseres diesjährigen Kongresses

Die Assoziationen zu diesem Thema sind vielfältig. Wie Bernd

Borckmann im Vorwort zur Programmankündigung für den Kongress

schreibt, zeichnet den Hypnotherapeuten nicht das Erlernen von Techniken

aus, sondern seine Fähigkeit, diese erlernten Techniken in seine

kommunikativen und kreativen Fertigkeiten als Therapeut zu integrieren.

Diesem Aspekt soll das Leitthema des diesjährigen Kongresses durch die

Auswahl der Workshopthemen in besonderer Weise Rechnung tragen.

Insbesondere freuen wir uns daher, dass wir u.a. Johannes Galli, international

bekannter Theaterintendant und Regisseur, zu einem Workshop

zur Körpersprache und Kommunikation einladen konnten.

Widerspiegeln soll das Thema aber auch, in wie vielen Bereichen der

Psychotherapie, Medizin und Gesundheitsvorsorge Trance als Therapeutikum

Verwendung findet, auch ohne dass der tiefe Zustand der

Entspannung, mit dem gearbeitet wird, als Trance benannt wird.

Ein typisches Beispiel dafür ist das Stille Qi Gong, bei dem nach Einleitung

einer Entspannung eine Fokussierung der Aufmerksamkeit auf das

Fliessen des Qis erfolgt. Ich erlebe das Kennenlernen solcher angrenzenden

Bereiche als ausgesprochene Bereicherung unserer hypnotherapeutischen

Praxis. Daher freue ich mich sehr, dass es uns gelungen ist,

Meister Zhi-Chang Li, einen der führenden Lehrmeister des Qi Gong und

Autor zahlreicher Fachbücher zum Thema, sowohl für einen Beitrag zum

Symposium als auch für einen Workshop zu gewinnen.

Helga Hüskén-Janßen

Geschäftsstelle der

Deutschen Gesellschaft für Hypnose e.V. (DGH)

Druffels Weg 3

48653 Coesfeld

Tel: 02541/70007 oder 880760

Fax: 02541/70008
e-mail: DGH-Geschaefsstelle@t-online.de
URL: www.hypnose-dgh.de

THE SOCIETY FOR CLINICAL AND EXPERIMENTAL HYPNOSIS
56th Annual Scientific Meeting
October 28 - 30, 2005
Charleston, South Carolina

The 56th Annual Scientific Program of the Society for Clinical and Experimental Hypnosis (Co-Chairs: Michael R. Nash, Ph.D., and Elgan Baker, Ph.D.) will be held in Charleston, South Carolina on Friday October 28 to Sunday October 30, 2005.

Australian Society of Hypnosis
35th annual Congress

September 14-18, 2005
the Scientific Program will be on 14-15 September at Manly Beach, in Sydney, and the Workshop Program will be on 16-18 September in the Blue Mountains, just west of Sydney. Details can be found at http://www.ozhypnosis.com.au/congress/ann_congress.htm, or from Ann Wilson at ashinfo@optusnet.com.au.

Tag der Lehre an der medizinischen Fakultät
der Universität Münster im November 2004

Auf Einladung der Fachschaft und des Dekanats der Westfälischen Wilhelms Universität fand der Tag der Lehre in diesem Jahr zum Thema Hypnose statt. Wem es jemals vergönnt war, einen Blick hinter die Mauern dieser altehrwürdigen Alma mater in Münster zu werfen, der kann nachvollziehen, wie sehr wir die gegebene Chance nutzen wollten, Studenten und Lehrkörper die Möglichkeiten der modernen Hypnose und Hypnotherapie nahe bringen zu können.

Nach einem einführenden Vortrag durch Reza Schirmohammadi fanden zu verschiedenen Themen Seminare statt:

unter der Leitung von Ingeborg Belger: Hypnose zur Stressbewältigung,
unter Leitung von Angelika Hilverling und Helga Hüsken-Janßen: Hypnose zur Raucherentwöhnung.

Reza Schirmohammadi bot ein Seminar zur Schmerzbewältigung mit Hypnose und Karl-Josef Sittig eines zur Bewältigung von Prüfungsängsten mit Hypnose an.

Bei der abschließenden Reflexion nach der Veranstaltung konnten wir zufrieden feststellen, dass wir unser Ziel erreicht hatten. Zur Nachahmung empfohlen.

10. Miscellaneous

New Research Project:

Joseph Meyerson of the IsSH is presently conducting research in Israel among students & practitioners of Hypnosis as to their motivation in beginning to learn hypnosis, & the extent to which they utilize hypnosis in their practice. He is interested in having the research replicated in other countries in order to expand the sample base. Interested researchers are invited to contact him at: meyerso@netvision.net.il

Award:

Michael D. Yapko was recently given one of the highest awards offered by the International Society of Hypnosis (an international network of professional associations of which the American Society of Clinical Hypnosis is the domestic component). It is a Lifetime Achievement Award called the Pierre Janet Award for Clinical Excellence, and was awarded to Michael for his many contributions to advancing the clinical applications of hypnosis. He is the author of numerous books, including *Trancework*, one of the leading textbooks in the field. He has been on the forefront in advancing effective treatment of depression, and he was also at the forefront of the repressed memory controversy. He is the youngest recipient ever to receive this prestigious award. Previous American recipients have included Erika Fromm, Herbert Spiegel, Helen and John Watkins, and Peter Bloom.

e-mail: dianeyapko@adelphia.net; michaelyapko@adelphia.net

Website: www.dianeyapko.com

Personal Column

In Memoriam

Dr. Andre M. Weitzenhoffer

Distinguished Psychologist, Teacher, Scientist, & Pioneer in the Field of Hypnosis. Andre died peacefully at his Reno home on February 24, 2005, with his beloved wife Mildred by his side. He was 84 years old. Andre was born

January 16, 1921, in Paris, France to Henry and Germaine Weitzenhoffer who preceded him in death. Andre came to America at the age of 17 to study engineering at M.I.T. It was there he received his Bachelors Degree in Physics. He then went on to Brown University where his studies led to a Masters Degree in Mathematics and yet another Masters Degree in Biology. Andre's quest for knowledge was far from complete. He went on to the University of Michigan where he attained his third Masters Degree in the field of study that would be his life's passion Psychology. His Ph.D. came shortly thereafter. An attempt to condense Andre's life's work would be futile so we have chosen to highlight an incredible journey that spanned over eighty years. His early years in America were spent as a physicist-mathematician-biologist doing research and teaching at Brown, Wayne, and Detroit Universities.

In 1957 he published his first book on hypnotism, *General Techniques of Hypnotism*. Little did Andre know that this book would be the first of many and would lead to his becoming one of the world's foremost authorities on the subject, establishing once and for all that hypnotism is a legitimate topic of scientific study. The die was cast. With the exception of a three-year period during the early 1940s to finish work on *Measurement Theory*, his life was centered around research on hypnotism. In 1957, he moved to Palo Alto, California where he worked as a Research Psychologist and Assistant Professor of Psychology at Stanford University. It was there that Andre developed the Stanford Scales of Suggestibility a clinical research tool that is used to this day. By this time, Andre had already published two books and written many articles. Andre's passion then took him to Oklahoma City where he would spend the remainder of his "active" career working at the Department of Veterans Affairs Medical Center as a Clinical Research Psychologist and Clinical Psychologist. Andre was also an Associate Professor of Medical Psychology at the University of Oklahoma.

Andre's honors include: Fellow at the Center for Advanced Study in the Behavior Sciences at Stanford University. He was honored by the S.C.E.H. for Best Contribution to Scientific Hypnotism (1960), Leadership and Achievement in the Field of Hypnotism in (1975), Distinguished Contribution to the Development of Hypnosis in the Science and Profession of Psychology (1986), and in 1990 he was honored for Best Book on Hypnosis Published in 1989. The A.P.A. honored Andre with the Distinguished Contributions to Scientific Hypnosis Award in 1993. In the year 2000, Andre was awarded the 1998 Ernest R. Hilgard Award for Scientific Excellence by the International Society of Hypnosis in Munich, Germany. He was honored by the A.S.C.H for Outstanding Scientific Writing on Hypnotism in 1974 and 1980.

He and Mildred retired to the high mountains of Colorado where they became foster parents to every wild animal one could imagine. It was not unusual to see raccoons on the porch, deer in the meadow, a bear paw-print on the glass door, or the occasional skunk drop by for a midnight snack. They moved to Reno in 2000 to be closer to family. In recent years he conducted workshops and seminars in the English and French languages in the USA, Europe, and Canada. His book, *The Practice of Hypnotism, Second Edition*, was published in 2000. His career activities and related professional societies are too numerous to list. In his lengthy career, Andre's works have been cited in well over two hundred books, articles, journals, and publications. Up until his final day, Andre could be found continuing his research on hypnotism, writing journal articles, furthering his already extensive knowledge of mathematical theory, electronics, and dabbling in his childhood passion, magic. Andre was preceded in death by his first wife, Geneva. His legacy lives on through his loving wife Mildred, son Mark (Beverly), daughter Janet Laxalt (Paul), stepson Tom Childers (Jane), step-daughter Ann Nealson (Dennis), sister Jackie Branch (John), and numerous grandchildren, cousins, nieces, nephews, and friends. He shall be forever missed and remembered as a loving husband, father, and granddad who cherished life and all of its wonders.

[In memoriam](#)

Dr. Jack Gibson

Jack died April 2005. He has been a great force in the use of hypnosis in Ireland, using it routinely in his surgical practice. He was been a founder member of the Irish Society, and recently since it was reformed he has been the President. Jack will be sadly missed by his patients and as his colleagues.

Conclusion

Thank you for all your contributions, making it possible to offer you all this information.

If you have any suggestions or comments, news from yourself or your Society, please let us know!

nicole.ruysschaert@skynet.be (Newsletter Editor)

mail@esh-hypnosis.org (Central Office)

Looking forward to meeting you in GOZO, at the discussion forum or having contact by e-mail!