



NEWSLETTER
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**Letter from the ESH President:
Nicole Ruyschaert**

As new incoming President, since I took over presidency from Matthias Mende last August (at the ESH Congress in Istanbul), it is my pleasure to welcome you to our ESH Society Newsletter!



Looking back at the past, I am grateful for all the efforts of our previous Presidents and particularly I want to thank Matthias Mende, for his dedication over his past three years years of presidency. I should also like to thank the outgoing Board of Directors for their contributions and efforts. The future builds, on the foundations of the past!

It is with great pleasure I now introduce the new 2011-2014 ESH Board with whom we will continue to work on the future evolution of ESH.

2011-2014 ESH Board of Directors:

Immediate Past President

Matthias Mende, PhD (Psychologist), Austria

President Elect

Consuelo Casula (Psychologist), Italy

First Vice President

Martin Wall (Dentist), UK

Second Vice President

Denis Vesvard (MD), France

Treasurer

Dr. Gaby Golan (Psychologist), Israel

Members

Ali Ozden Ozturk (MD), Turkey
Kathleen Long (MD), UK
Wilma Sponti (Psychologist), Italy

Chairman of CEPE

Martin Wall (Dentist), UK

We have also reorganised our Committees; you find BOD Members and their participation in the different Committees below.

Feeling the energy flowing after our first Board Meetings, phone conferences and Skype meetings - and the willingness to participate in the Committees I am feeling a lot of energy, commitment and hope for the future of ESH and the hypnosis societies we represent and support.

As I pointed out in my presidential address in Istanbul, the word hypnosis has many positive and negative connotations. We could consider keeping it or brainstorm a new terminology to reach out to other (more skeptical) professions. What about trance focused therapy, trance based therapy, TRUST or training in utilisation of spontaneous trance, subliminal therapy, mind-focused therapy, new hypnosis or 21st century hypnosis? We could find ways to find common elements with other therapy modalities as in 'solution focused therapy' 'brief therapy' or 'integrative therapy'. We could put more emphasis on suggestion and suggestive therapy or rather on communication and hypnotic communication.

In analogy with meditation and mindfulness practices we could focus on long-term training and self-hypnosis and teach more groups of people how to use this powerful method for their own benefit. Or what about launching 'hypnosis based stress reduction' in analogy with mindfulness based stress reduction?

A slight change in the Constitution was made at the COR meeting August 2011 and now we sail under the name 'European Society of Hypnosis in Psychotherapy and Medicine' – omitting the word 'psychosomatic' to cover the whole field of medicine and dentistry.

As working with (Ericksonian) hypnosis emphasises individually tailored approach, we fine tune on individual patients or clients. The current tendency and need for evidence-based data and research prompts many scientific oriented people to work with standardised protocols. For some applications such as irritable bowel syndrome, stress, immunity, pain etc. there are already protocols used in research, which are finding their way to clinical applications. A nice example of bridging, isn't it?

I see the interest in hypnosis increasing in the next decades because of a growing interest in the research in the field of consciousness. As an altered state of consciousness (for the numerous believers) hypnosis is in the center of a field of promising research. You can read more about it in a Congress Report published in ESH Newsletter 2011 issue 1.

The BSCAH journal, adopted as the official journal of ESH is now sailing under the new title: 'Contemporary Hypnosis and Integrative Therapy'. It serves as a bridge to associate and link or integrate (with) other therapy approaches. The journal is enlarging the field of interest and applications. A new team of Editors – a triumvirate editorship of Edoardo Casiglia (Italy) Peter Naish (UK) & Steven Lynn (USA) will work on the journal with new input and inspiration; with respect for the high quality standards.

In 2011 we held our ESH Congress in Istanbul. In these colder winter times we cherish and enjoy memories of our meeting and the warm hospitality and the care that our Turkish organisers gave us.

Let's stay in touch through the Newsletter; let's meet at the ISH Bremen Congress and at other national or international Meetings.

Let's look forward to the next ESH Congress in Madrid in 2014 and thank the Spanish organisers who have already started the preparatory work.

ESH Committees and their Board Members

CEPE and Membership

Responsibilities: CEPE, Membership

Chair: Martin Wall
Members: Ali Ozden Ozturk, Denis Vesvard, Wilma Sponti
Advisory: Matthias Mende
Co-Opted: Mhairi McKenna

Constitution and Ethics

Responsibilities: Constitution, Ethics

Chair: Kathleen Long
Members: Gaby Golan, Wilma Sponti

Public Relations

Responsibilities: Web, Media, EU

Chair: Gaby Golan
Members: Ali Ozden Ozturk, Denis Vesvard, Kathleen Long
Co-Opted: Mhairi McKenna

Publications

Responsibilities: Newsletter, Book Review, Journal

Chair: Consuelo Casula
Members: Denis Vesvard, Wilma Sponti
Co-Opted: Christine Guilloux

Financial

Responsibilities: Financial

Chair: Gaby Golan
Members: Kathleen Long, Martin Wall

Strategic Planning

Responsibilities: Congress, Future Planning

Chair: Consuelo Casula
Members: Ali Ozden Ozturk, Denis Vesvard, Gaby Golan
Advisory: Matthias Mende
Co-Opted: Bernhard Trenkle

Nicole Ruyschaert, as ESH President, is ex-Officio to all Committees

Dr. Nicole Ruyschaert, MD (Psychiatrist),
ESH President
Belgium



**French translation
by Chantal Calmat**

En tant que nouvelle présidente puisque j'ai repris en aout dernier au congrès d'Istanbul le poste de Mathias Mende j'ai le plaisir de vous accueillir dans notre société ESH.

Quand je regarde en arrière, je suis reconnaissante à tous les efforts de nos précédents présidents et particulièrement à ceux de Mathias Mende durant ces 3 dernières années. L'avenir se fonde sur les bases du passé. Je voudrais également remercier les membres du conseil d'administration sortant pour leur contribution et leurs efforts.

C'est avec plaisir que je vous présente les membres du nouveau conseil d'administration. Nous avons également réorganisé les différentes commissions. Vous trouverez ci-dessous les noms et les fonctions des différents membres.

Ressentant le flot d'énergie qui émanait des premières réunions du conseil d'administration, des conférences téléphoniques et des vidéos conférences sur Skype, ainsi que la volonté de participer aux différents commissions, je suis pleine d'espoir sur l'avenir de l'ESH et celui des

sociétés d'hypnose que nous représentons et aidons.

Comme je l'ai dit dans mon discours présidentiel à Istanbul, le mot hypnose à une connotation aussi bien positive que négative. Nous pouvons envisager de le conserver ou faire du brainstorming pour trouver une nouvelle terminologie nous permettant de toucher plus de monde (plus de professions encore sceptiques). Pourquoi pas "transe ciblée sur la thérapie" ou "transe basée sur la thérapie", "TRUST" (formation à l'utilisation de la transe spontanée), "thérapie subliminale", "thérapie centrée sur la conscience", nouvelle hypnose, hypnose du 21ème siècle ?

Nous pourrions identifier ce qu'il y a de commun avec d'autres modalités thérapeutiques comme dans « la thérapie ciblée sur la solution », « la thérapie brève » ou « la thérapie intégrative ». Nous pourrions insister d'avantage sur la suggestion ou la thérapie suggestive ou plutôt sur la communication et la communication hypnotique.

Par analogie avec les pratiques de méditation et de pleine-conscience, nous pourrions nous concentrer sur l'enseignement à long terme et sur celui de l'autohypnose et ainsi apprendre à davantag de monde comment utiliser cette méthode puissante pour le bénéfice personnel de chacun. « Réduction du stress par l'hypnose » en analogie avec « réduction du stress basé sur la pleine conscience » ?

Lors de la réunion COR en Août 2011 nous avons effectué quelques légères modifications dans la constitution . Nous avons transformé notre dénomination en « Société Européenne d'Hypnose en Psychothérapie et Médecine » en omettant le terme de psychosomatique pour couvrir plus largement le champ de la médecine et de l'odontologie.

A l'instar de l'hypnose Ericksonienne qui insiste sur l'importance d'une approche "sur mesure",

nous nous mettons au diapason des patients ou clients. La tendance et le besoin actuel de recueillir des données basées sur des faits et s'appuyant sur des recherches poussent les professionnels à orientation scientifique à travailler avec des protocoles standardisés. Pour le syndrome du côlon irritable, le stress, la douleur, les problèmes immunitaires, il existe déjà des protocoles utilisés dans la recherche qui trouvent leur place dans les applications cliniques.

Je vois un intérêt croissant pour l'hypnose dans les décennies à venir du fait d'un intérêt grandissant de la recherche dans le domaine de la conscience. Étant un état altéré de la conscience (pour de nombreux partisans) l'hypnose est au centre de cette recherche prometteuse. Vous pouvez en apprendre plus à ce sujet en lisant la newsletter de l'ESH 2011-1.

Notre journal officiel « Hypnose Contemporaine et Thérapie Intégrative » est une connexion que nous pouvons trouver et faire avec les autres approches thérapeutiques. Il élargit le champ d'intérêt et les applications. La nouvelle équipe d'éditeurs – un triumvirat formé par Eduardo Casiglia(Italie), Peter Naish (UK), et Steven Lynn (USA) - va travailler sur le journal avec de nouveaux apports et une nouvelle inspiration.

2011 a été l'année du Congrès de l'ESH. Durant ce prochain hiver un peu froid , nous pouvons nous souvenir agréablement d'Istanbul et nous réchauffer avec le souvenir de l'hospitalité chaleureuse de nos hôtes turcs.

Restons en contact par cette newsletter pour les prochains congrès nationaux et internatioanaux. Le prochain congrès de l'ISH aura lieu à Brême. Anticipons le prochain congrès de l'ESH qui aura lieu à Madrid en 2014 et remercions les organisateurs espagnols qui ont d'ores et déjà commencé le travail préparatoire.



Spanish translation
by Maria Escalante de Smith

Como nueva presidenta entrante, desde que tome la presidencia cuando Matthias Mende terminó su gestión en Agosto pasado en el congreso de la ESH en Estambul, tengo el placer de darles la bienvenida en nuestra Sociedad Europea de Hipnosis! Cuando miro hacia el pasado, me siento agradecida por todos los esfuerzos de nuestros previos presidentes y quiero agradecer particularmente a Matthias Mende por sus esfuerzos en los últimos 3 años de su presidencia. El futuro se construye sobre los cimientos del pasado. También me gustaría dar las gracias a los integrantes de la mesa directiva anterior por sus contribuciones y esfuerzos en el pasado. Ahora puedo presentar con gran placer a la nueva mesa directiva de la Sociedad Europea de Hipnosis (ESH) para los años 2011-2014.

Nosotros también reorganizamos los comités. Vosotros encontrareis a los integrantes de la Mesa Directiva (BOD) y sus actividades en los diferentes comités en la parte inferior de esta hoja. Al estar sintiendo la energía fluyendo después de nuestras primeras reuniones de la mesa directiva, conferencias telefónicas y reuniones por skype y la voluntad de participar en los comités, yo estoy sintiendo una gran cantidad de energía, compromiso y esperanza por el futuro de la ESH y las sociedades de hipnosis que representamos y apoyamos.

Como señalé en mi discurso presidencial en Estambul, la palabra hipnosis tiene muchas connotaciones positivas y negativas. Podríamos considerar mantenerla o hacer una lluvia de ideas sobre una nueva terminología para alcanzar a otros (profesiones en las que existe un mayor escepticismo). ¿Qué tal usar términos como terapia enfocada en trance, terapia basada en trance, terapia enfocada en CONFIANZA, la nueva hipnosis, hipnosis del siglo veintiuno?

Podríamos encontrar formas de encontrar elementos comunes con otras modalidades de terapia, como en “terapia enfocada en soluciones”, “terapia breve”, o “terapia integrativa”. Podríamos poner más énfasis en la sugestión y terapia sugestiva o en la comunicación y en la comunicación hipnótica

Se hizo un cambio ligero en la constitución durante la reunión de COR en agosto y ahora navegamos bajo el nombre de “Sociedad Europea de Hipnosis en Psicoterapia y Medicina – omitiendo el término psicosomático para abarcar todas las áreas de la medicina y odontología.

De manera similar con las prácticas de meditación y mindfulness podríamos enfocarnos en el entrenamiento a largo plazo y en la auto-hipnosis y enseñar a más grupos de personas cómo utilizar este poderoso método para su beneficio. ¿O quizás podríamos lanzar el término “reducción de stress basada en el uso de hipnosis” haciendo una analogía con la reducción de stress basada en mindfulness?

Ya que el trabajo con hipnosis (Ericksoniana) hace énfasis en el enfoque cortado a la medida de la persona, nosotros afinamos nuestro trabajo para los pacientes o clientes individualmente. La tendencia actual así como la necesidad de datos basados en evidencia e investigación, impulsa a un gran número de personas orientadas a la ciencia a que trabajen con protocolos estandarizados. Para algunas aplicaciones como síndrome de colon irritable, stress, inmunidad, dolor, ya existen protocolos utilizados en investigación y están encontrando el camino para su uso o aplicaciones clínicas. Este un bonito ejemplo de cómo hacer puentes... ¿no es así?

Yo veo el interés de la hipnosis incrementándose en las próximas décadas debido al crecimiento del interés en la investigación en el campo de la consciencia. Como un estado alterado (alternativo) de consciencia (para un gran número de

creyentes) la hipnosis se encuentra en el centro de un campo de investigación muy prometedor. Ustedes pueden leer más sobre este tema en un reporte de un congreso que fue publicado en el newsletter de ESH 2011-1.

Nuestra revista oficial - Contemporary Hypnosis and Integrative Therapy – es parte de un puente que podemos encontrar y hacer con otros enfoques de terapia. Está incrementando su campo de interés y aplicaciones. Un nuevo equipo de editores – un equipo editorial formado por Edoardo Casiglia (Italia) Peter Naish (Reino Unido) & Steven Lynn(USA) trabajarán en la revista con nuevas aportaciones e inspiración.

2011 – fue el año del congreso de la Sociedad Europea de Hipnosis y nosotros podemos también atesorar los recuerdos de nuestro precioso encuentro en Estambul y disfrutar durante estos tiempos más fríos en el invierno los recuerdos reconfortantes de la cálida hospitalidad y cuidados que nuestros organizadores turcos nos brindaron.

Permanezcamos en contacto con el newsletter, el congreso de La Sociedad Internacional de Hipnosis (ISH) de Bremen, otras reuniones nacionales o internacionales. Miremos hacia el futuro al próximo congreso de la Sociedad Europea de Hipnosis en Madrid en el año 2014 y agradezcamos a los organizadores españoles quienes ya han iniciado los trabajos preparativos.



**German translation
by Hans Kanitschar**

Es ist mir eine große Freude, Sie als neue Präsidentin, die im vergangenen August auf dem ESH-Kongreß in Istanbul von Matthias Mende die Präsidentschaft übernommen hat, in der ESH willkommen zu heißen!

Zurückblickend bin ich für die Anstrengungen unserer früheren Präsidenten dankbar und möchte

insbesondere Matthias Mende für seinen Einsatz in den 3 Jahren seiner Präsidentschaft danken. Ich möchte auch dem scheidenden Vorstand für seine Arbeit und seine Beiträge danken. Die Zukunft wird auf dem Fundament der Vergangenheit gebaut.

Mit großer Freude kann ich nun den neuen Vorstand 2011-2014 vorstellen, mit dem wir die Arbeit für die zukünftige Entwicklung der ESH fortsetzen werden.

Wir haben auch Komitees neu organisiert. Weiter unten finden Sie die verschiedenen Komitees und die Namen der in ihnen tätigen Vorstandsmitglieder. Nach unseren ersten Vorstandssitzungen, Telefonkonferenzen und Skype-Treffen fühle ich viel Energie und Engagement und blicke hoffnungsvoll in die Zukunft der ESH und der Hypnosegesellschaften, die wir unterstützen und unterstützen.

Wie ich in meiner Antrittsrede in Istanbul schon angemerkt habe, besitzt das Wort Hypnose viele positive und negative Konnotationen. Wir können überlegen, dies beizubehalten oder über eine neue Terminologie nachdenken, um neue (eher skeptische) Berufsfelder anzusprechen. Wie wäre es zum Beispiel mit Trancefokussierter Therapie, Trancebasierter Therapie, TRUST (Training in Utilisation von spontaner Trance), Subliminale Therapie, neue Hypnose oder Hypnose des 21. Jahrhunderts? Wir könnten gemeinsame Elemente mit anderen Therapieformen finden wie mit „Lösungsfokussierte Therapie“, „Kurztherapie“ oder „Integrierte Therapie“. Wir könnten mehr Betonung auf Suggestion und Suggestive Therapie legen oder auf Kommunikation und hypnotische Kommunikation. In Analogie zu Meditation und Achtsamkeitsübungen könnten wir auf Langzeittrainings und Selbsthypnose fokussieren und weitere Gruppen von Menschen lehren, wie sie diese wirksame Methode für ihr eigenes Wohl nutzen können. Und wie wäre es mit dem Start von „Hypnosebasierte Streßreduktion“

in Analogie zu „Achtsamkeitsbasierte Streßreduktion?“

In der Hauptversammlung der Repräsentanten (Council of Representatives, COR) wurde eine kleine Änderung vorgenommen. Nun segeln wir unter dem Namen: „Europäische Gesellschaft für Hypnose in Psychotherapie und Medizin“ – unter Weglassung des Wortes „Psychosomatik“, damit das ganze Feld der Medizin und Zahnmedizin abgedeckt wird.

Da die (Ericksonianische) Hypnose individuell maßgeschneiderte Zugänge betont, stellen wir uns sehr auf unsere Patienten oder Klienten ein. Der gegenwärtige tendenzielle Bedarf an evidenzbasierten Ergebnissen veranlaßt viele wissenschaftlich orientierte Leute, mit standardisierten Protokollen zu arbeiten. Für einige Anwendungen wie Reizdarmsyndrom, Stress, Immunfunktion oder Schmerz gibt es bereits Protokolle, die in der Forschung verwendet werden und die ihren Weg in die klinische Praxis finden – ein schönes Beispiel einer Brücke, nicht wahr?

Ich sehe das Interesse an Hypnose in den nächsten Dekaden wachsen, weil auch das Interesse an Bewußtseinsforschung wächst. Als veränderter Bewußtseinszustand (für zahlreiche, die daran glauben) befindet sich die Hypnose im Zentrum eines Feldes vielversprechender Forschung.

Sie können mehr darüber in einem Kongreßbericht lesen, der im ESH-newsletter 2011-1 zu finden ist.

Die Zeitschrift der Britischen Hypnosegesellschaft BSCAH ist die offizielle Fachzeitschrift der ESH. Unter dem neuen Namen „Contemporary Hypnosis and Integrative Therapy“ kann sie auch als Brücke oder Verbindung zu anderen therapeutischen Ansätzen fungieren oder diese auch integrieren. Die Zeitschrift erweitert das Feld des Interesses

und der Anwendungen. Ein neues Team von Herausgebern, ein Triumvirat, dem Edoardo Casiglia (Italien), Peter Naish (UK) & Steven Lynn (USA) angehören, wird an dem Journal mit neuen Inhalten und Inspiration arbeiten, unter Bedacht des hohen Qualitätsstandards.

2011 fand unser ESH-Kongreß in Istanbul statt. In diesen kalten Wintertagen können wir Gedanken an dieses schöne Treffen pflegen und uns an der angenehmen Erinnerung an die warme Gastfreundschaft und das Umsorgtwerden von unseren türkischen Organisatoren erfreuen.

Lassen Sie uns über den Newsletter miteinander in Verbindung bleiben, lassen Sie uns einander auf dem ISH-Kongreß in Bremen begegnen, oder auf einem der nationalen oder internationalen Veranstaltungen.

Freuen wir uns auf den nächsten ESH-Kongreß in Madrid 2014 und danken wir den spanischen Organisatoren, die bereits mit den Vorbereitungsarbeiten begonnen haben.



**Italian translation
by Consuelo Casula**

Come nuovo presidente, dato che ho preso il posto di Mattia Mende lo scorso agosto durante il convegno di Istanbul, con piacere vi do il benvenuto nella nostra società ESH! Guardando al passato sono grata per gli sforzi dei precedenti presidenti e in particolare voglio ringraziare Matthias Mende per la sua dedizione nei tre anni della sua presidenza. Vorrei anche ringraziare il precedente board per il loro contributo e sforzi. Il futuro si crea sulle fondamenta del passato.

Con grande piacere vi presento ora il nuovo board 2011-2014 con i quali continueremo a lavorare per la futura evoluzione di ESH. (Vedi sopra). Abbiamo anche riorganizzato i comitati. Qui trovate i membri

del board e la loro partecipazione ai diversi comitati. (Vedi sopra).

Sentendo le energie che scorrono dopo il nostro primo board meeting, dopo le conferenze al telefono o tramite skype e la voglia di partecipare nei comitati, sento tanta energia, impegno e speranza per il futuro di ESH e delle società di ipnosi che rappresentiamo e supportiamo.

Come ho sottolineato durante il mio discorso presidenziale in Istanbul, la parola ipnosi ha molte connotazioni positive e negative. Potremo considerare di tenerla odi fare un brainstorming per cercare una nuova terminologia che raggiunga altre professioni (più scettiche). Cosa ne dite di terapia focalizzata sulla trance, terapia basata sulla trance, l'acronimo TRUST (fiducia) ovvero TRaining, Utilizzazione di Spontanea Trance, terapia subliminale o terapia focalizzata sulla mente o nuova ipnosi o ipnosi del 21 secolo? Potremmo trovare elementi in comune con altre modalità terapeutiche, come nella "terapia focalizzata alla soluzione", nella "terapia breve" o nella "terapia integrativa". Potremmo mettere più enfasi sulla suggestione o sulla terapia suggestiva o piuttosto sulla comunicazione e sulla comunicazione ipnotica.

Analogamente a ciò accade alla meditazione e alle pratiche di mindfulness, potremo focalizzare su training a lungo termine e auto ipnosi e insegnare a più gruppi di persone come usare questo potente metodo per il loro beneficio. Cosa ne dite se lanciassimo "ipnosi basata sulla riduzione dello stress" in analogia con la "mindfulness basata sulla riduzione dello stress"?

Durante il COR meeting di agosto 2011, è stato fatto un piccolo cambiamento nella costituzione, e adesso navighiamo sotto il nome di 'European Society of Hypnosis in Psychotherapy and Medicine' – avendo ommesso psicosomatica - e copriamo l'intero campo di medicina e odontoiatria.

Lavorare con l'ipnosi (Ericksoniana) enfatizza l'approccio a misura dell'individuo, ci sintonizziamo sui singoli pazienti o clienti. L'attuale tendenza e il bisogno di avere dati e ricerche basati sull'evidenza spingono molte persone orientate scientificamente a lavorare con protocolli standardizzati. Per alcune applicazioni, come la sindrome del colon irritabile, stress, immunità, e dolore, ci sono già dei protocolli usati nella ricerca che stanno trovando la loro via per le applicazioni cliniche. Un bel esempio di costruire ponti, vero?

Vedo l'interesse nell'ipnosi aumentare nelle prossime decadi a causa di un crescente interesse nella ricerca nel campo della consapevolezza. In quanto stato alterato di consapevolezza, (per i numerosi che ci credono), l'ipnosi è al centro di un campo di ricerche promettenti. Potete leggere qualcosa di più nel resoconto di un convegno pubblicato nella ESH newsletter 2011-1

La rivista della BSCAH è stata adottata come rivista ufficiale della ESH. Navigando con il nuovo nome "Contemporary Hypnosis and Integrative Therapy" può servire anche come un ponte per associare e legare o integrare altri approcci terapeutici. La rivista sta aumentando il campo di interesse e di applicazioni. Un nuovo team di editor— un triumvirato composto da Edoardo Casiglia (Italia), Peter Naish (Regno Unito), e Steven Lynn (USA) lavorerà nel giornale con nuovi stimoli e ispirazione nel rispetto di standard qualitativi elevati.

Nel 2011 abbiamo avuto il nostro congresso in Istanbul. In questi tempi di freddo invernale possiamo conservare il ricordo del nostro piacevole incontro così da godere i confortanti ricordi della calda ospitalità e attenzione ottenute dai nostri organizzatori turchi.

Rimaniamo in contatto attraverso la Newsletter, incontriamoci al convegno ISH di Bremen, in altri convegni nazionali e internazionali. Guardiamo verso il prossimo convegno ESH, nel 2014 a

Madrid e ringraziamo gli organizzatori spagnoli che hanno già iniziato i preparativi.

Letter from the Newsletter Editor: Consuelo Casula

First of all I want to thank Mathias Mende for his great job as ESH president 2009-2011 and Ali Esref Muezzinoglu, Ali Özden Özturk, Cetin Kaleli and Unsu Riza Muezzinoglu for organizing the 12th ESH congress in Istanbul, for their special contribution in creating bridges among ESH's CS: let me also thank all the colleagues who helped me to become president elect 2011-2014.



Since Nicole Ruyschaert is now the ESH president, she resigned as editor of the newsletter (ESHNL) and passed me the honour to take her position. As I said during my presentation at the COR meeting in Istanbul, my intention is to both continue the work done so far, and also to make some changes especially in stimulating young scholars to actively participate to ESH activities.

The first change I am promoting is already visible in this first issue of the ESHNL. We have a new visual design, from Camillo Valerio, SII board member and in charge of the layout and design also of the ISHNL. We also are welcoming new contributors such as Lara Bellardita, Maria Escalante de Smith, John Lentz, Hans Kanitschar, Ali Özden Özturk, Federica Tagliati, Maria Tosello and Denis Vesvard, while we reinforce the collaboration with Paola Brugnoli, Chantal Calmat, Christine Guilloux, Claudio Mammì and of course with Nicole Ruyschaert. Since we are a European society, we like to present articles written not only

in the official language English but also in French, German, Spanish and Italian. I thank John for "cleaning" the English and Christine the French and all the contributors for their commitment, and I wish the president Nicole and the new board a creative triennium.

The second major change is that the Publication Committee has decided to split the ESHNL into two parts: one will be devoted to giving information regarding activities concerning the ESH CS, such as reviews of international and national congresses and information regarding upcoming events. The other ESHNL will be a supplement dedicated only to books and their authors. It will include books reviews, interviews with authors and indication of new book releases.

In order to keep doing both the ESHNL and its supplement on books we need resources: I ask you to participate in writing articles, reviews of what is happening in your CS and in your Nation, in giving us suggestions on how to improve this official organ of communication between ESH Board and the CS.

I hope you enjoy reading both the ESHNL and its supplement, and I wish you happy holiday season and a prosperous 2012.

**Interviews, Book Reviews
Publications on Hypnosis,
New Book Releases**

***please see our
Supplementary Books & Reviews Newsletter***

Reviews from the 12th European Congress on Hypnosis Istanbul – 16th / 20th August 2011



By Ali Ozden Ozturk, Turkie (Turkish – English)

Tıbbi hipnoz derneği olarak ESH üyelerini İstanbul'da ağırlamaktan büyük memnuniyet duyduğumuzu belirtmek isterim. Kongre süresince samimi ve keyif verici bir ortam vardı. Kahve molalarında verilen ikram oldukça çeşitli ve güzeldi. Kongre için uygun bir ortam sağlamaya çalıştık. Bu sebeple, performansların etkinliğini arttırmak için Sheraton oteli ve toplantı salonlarını özenle seçtik. Bu durumun karşılıklı etkileşimi ve dayanışmayı arttırdığını düşünüyorum.

Boğaz gezisi, balık restoranı ve dansöz gibi atraksiyonlarla ve sabah kahvaltısı, öğle ve akşam yemeklerindeki Türk mutfağı çeşitleriyle Türk kültüründen örnekler sunmaya çalıştık. Kongrenin sloganı olan: 'Lets meet where the continents meet: İstanbul', 'Lets meet where the body and mind meets: Hypnosis' metaforik olarak boğaz ve boğaz köprüleriyle çok anlam kazandı. Boğaz köprülerinin doğu ve batıyı birleştirmesi gibi kongrenin sloganındaki hipnoz da, vücut ve zihin arası köprü oluyordu. Kongrenin bitimine doğru aynı anda iyi ve kötü hisler yaşadım. Meslektaşlarımdan ayrılıyor olmak beni üzdü. Ancak, başarılı bir kongreyi yapmış olmaktan

dolayı da onur duydum. Ali Eşref Müezzinoğlu, Çetin Kaleli ve özellikle Gülsüm Akşit'in bu başarıda katkıları çok olmuştur. Gülsüm Akşit kongrenin sonuna kadar doğumu için bekledi ve kongreden sonraki gün oğlu Ali Burak'ı sağlıklı bir şekilde dünyaya getirdi. Ümit ederim ki bu sağlıklı yeni doğuş, yeni Board üyelerinin de sağlıklı yeni performanslar doğurmasına emsal olacaktır.

Bence sunular içerisinde canlı performansı ve verdiği mesajı ile sufi ve hipnoz ilginçti. Çünkü kongrenin ana teması olan vücut ve zihin arasındaki ilişkiyi ruh ve beden sağlığı açısından çok güzel açıkladı. Canlı performans hayal edilmiş olanın gerçek uygulamadaki dinamiğini de ortaya koydu. Çünkü inanıyorsan, yapmak da istiyorsan inandığını yaparsın. Güveni, bilgiyi, ilgiyi aktardığımızda ruh ile vücut arasındaki bu tamamlayıcı unsur bu sunuda rahatlıkla gözlendi. Ruh ile vücudun AUCH ile sema arasındaki benzerliği güzel bir farkındalık sağladı. AUCH' un üç adımı olan maya, indiksiyon ve otohipnoz semadaki "Devr-i Veledi" ve "Selam" bölümleriyle çok ilişkiliydi. Sema sırasındaki dönüşlerin verilen telkinleri sanki bir taş pilağa kaydetmeğe benzetilmesi, semazenin el pozisyonuyla Allaktan aldığını dünyaya veriyor olması, hekimin şifasının bedene akışını, ruhtan gelenin bedene erişmesini çok güzel açıkladı. Çünkü kongrenin ana teması vücut ve zihin arasındaki köprüyü kurmaktır. Semazen bu köprünün en güzel sembolüydü. Sema sırasındaki ney ve kudüm ile çalınan müzik aslında beden ritmimizin müziğidir. Kendi duyularını duygularıyla gösteren beden; kendini ifade edebilen, yeterli şifa bulmuş bir bedendir.

I think a very interesting presentation was "Sufi and Hypnosis" due to the messages embedded in it's live performance. The presentation explained the synthesis of east and west, which was the main theme of the congress, in terms of soul and body health. The complimentary item between soul and body was easily observed when trust, knowledge, and interest are transferred in the presentation. The similarity between "body and

soul" and "AUCH and sema" became evident. The three phases of AUCH: Maya, Induction and Autohypnosis were related to the parts of sema. In addition, the semazen whirling symbolizes the patient's acceptance of the suggestions in AUCH. In particular the posture of the semazen, with his right palm facing up and his left palm facing down, represents to give back to the world what was received from God and symbolizes the healing coming from doctor to patient, from mind to body in AUCH.

Since the congress main theme was to establish a bridge between body and mind, semazen was a true symbol of this bridge. A body which can transfer it's feelings via sensation is a healed body which can express itself.

By Hans Kanitschar, Austria (German)

Der 12. Kongreß der ESH war von der Anzahl der Teilnehmer etwas kleiner als seine Vorgänger. Unsere türkischen Gastgeber hatten sich als neue Mitglieder der ESH alle Mühe gegeben, einen reibungslosen organisatorischen Ablauf zu gewährleisten. Dazu kam ein sehr ansprechendes „social program“, doch dazu mehr am Schluß.

Sehr ansprechend fand ich die Hauptvorträge, deren Spektrum von neuen Ansätzen wie Achtsamkeit (mindfulness) über das Verhältnis Geist-Körper, Schmerzbehandlung bis hin zur Utilisation philosophischer Ansätze und zu Wirksamkeitsforschung reichten. In den Symposien und Workshops war das Hauptthema der Brücke zwischen Ost und West deutlich vertreten: Die Teilnehmer hatten Möglichkeit, Sufi-Musik und meditative Ansätze kennenzulernen und mit Hypnose zu vergleichen. Die Ähnlichkeiten und Unterschiede von verschiedenen Meditationstechniken zu Trance und Hypnose waren Thema und ebenso die Möglichkeiten, wie der Einsatz von Hypnose in Psychotherapie und Medizin dadurch bereichert werden kann. Selbstverständlich waren auch Themen wie

Traumabehandlung, Therapie von Kindern und Jugendlichen, Schmerzbehandlung, Psychosomatosen, Angsttherapie u.v.a.m. kompetent vertreten. Besonders freute mich, daß die anwendungsbezogene Forschung über Hypnose wieder Platz gefunden hat.

Ein besonderer Höhepunkt war die gemeinsame abendliche Fahrt mit dem Schiff über den Bosphorus, zwischen Europa und Asien, zu beiden Seiten die Lichter dieser faszinierenden, riesigen Stadt Istanbul mit 13 Millionen Einwohnern.

Für den nächsten Kongreß in Madrid wünsche ich mir einen örtliche Umgebung mit etwas Natur, um in den Pausen draußen spazieren und entspannen zu können.

By Chantal Calmat, France (Français)

Le 12ème congrès de la Société Européenne d'Hypnose s'est déroulé cette année à Istanbul du 16 au 20 août. Un lieu particulièrement symbolique : Istanbul, la ville Janus aux deux visages, européen et asiatique et Hypnose, media entre corps et esprit. Un congrès exhaustif qui explorait largement les différents champs d'action de l'hypnose de la régulation des troubles post-traumatiques en passant par son rôle dans la communication, son utilité dans le traitement de la douleur et des migraines, ses qualités curatrices et son efficacité dans les traitements psychologiques et l'aide qu'elle apporte dans le traitement des addictions. Mais ont été également présentés des "workshops" inattendus comme celui de Hasan Ali NOGAY et Ali ÔZDEN ÖZTÜRK « Sufi et Hypnose » : plus de la moitié des participants ont accompagné le Derviche dans sa transe avec une émotion palpable. Bien que des traductions simultanées eussent été appréciées, l'organisation dans son ensemble a été une réussite. Nos confrères turcs avaient également pensé à d'autres formes de "distraktion": soirée « danse du ventre » très appréciés des congressistes masculins et une croisière sur le Bosphore. Ceux

qui ont assisté à la soirée de Gala ont pu découvrir les nouveaux membres élus de l'ESH ainsi que sa nouvelle Présidente Nicole RUYSCHAERT. Nous souhaitons au nouveau bureau un agréable et fructueux mandat.

Le "workshop" qui m'a le plus impressionnée est celui de Giuseppe Regaldo sur les inductions rapides. Le titre d' « inductions instantanées » me paraît plus juste puisqu'il s'agit d'induction de quelques secondes. Le conférencier a illustré cette technique par des films tournés dans l'unité de recherche où il travaille, films que j'ai pu regarder à plusieurs reprises puisque le conférencier a eu la gentillesse de me les faire parvenir. J'y ai observé deux types d'inductions : les inductions « douces » basées exclusivement sur la fixation du regard et les inductions « énergiques » (!) combinant la fixation du regard, la stimulation d'un autre organe sensoriel et une stimulation rapide (traction du bras, claquement de doigt, bruit...). Ces deux inductions provoquent une perte brutale de tonus musculaire associé à une perte de conscience transitoire comme si la substance réticulée excitatrice se mettait en veille !!! Le conférencier est sur le point d'écrire un livre et nous y révélera peut-être le mécanisme en cause.

Toutefois, le conférencier a insisté sur le fait que cette technique avait quelques contre-indications et ne devait pas être utilisée sur des patients fragiles (ATCD de problèmes cardiaques entre autres).

Pour ceux qui souhaiteraient en savoir un peu plus sur cette technique, le conférencier organise un cours les 17 et 18 février 2012 à Turin.

By John Lentz, USA (English)

I have two confessions. First I loved the conference. Meeting people from all over the world who are so talented at one conference was like heaven. The depth of insight, skills and ability were a continual joy to experience. The second

confession is more difficult to tell. I walked out of one workshop led by Candace Cooley, entitled "Eye of the Storm": A method of Healing Trauma Using Hypnoanalysis. She was scheduled to give three presentations. I walked out because of what she said. First, she said she has no degree. She studied on her own and took some test, allowing her to practice a form of alternative medicine in Germany that also allows her to offer Hypnosis. Second she has had no supervision. Third, she said she learned Hypnosis from tapes she got off the internet, from an American whose name is associated with stage hypnosis, and certifying anyone. However, I want to confess it was her comment about a book that was the final straw. She said her trauma theory came from a book written in 1956. She then implied she doesn't read new books. They cost too much.

I was so shocked I walked out and then felt embarrassed because I hadn't acted upon my intuition earlier, since I sensed something was wrong. Because of not listening to my intuition I couldn't speak to anyone for some time after that. My attempt to be nice to her feels embarrassing at this point. I thought she was just intimidated because of the caliber of the people at the conference. I made assumptions and ignored my intuition, and tried to befriend her. While she might help many patients, her lack of respect for the field as a whole and for education in general felt like an incredible insult: especially in the ESH community. She says that she has helped people who others have not and that she has been in isolation: maybe these are two reasons no one noticed her lack of education prior to this conference. She believes in what she has done for others. How can we trust her? It is a lesson to all of us on many different levels.

By Paola Brugnoli, Italy (English)

Since many colleagues have contributed to describe human suffering and the hypnotic relief, I will describe some ESH Congress works, from the

point of view of the use of clinical hypnosis in suffering and pain.

Uncontrolled or inadequately controlled pain has a dramatic impact on the quality of life of a patient. Some chronic pain patients suffer progressive physical deterioration due to disturbances in sleep, depression and psychological changes.

However, new research using the latest brain scan technology is showing that some pain actually does originate in the brain: the total suffering is physical, psychological, social and spiritual. Using brain imaging, today we know that something such as clinical hypnosis and being distracted has a real effect in decreasing the intensity of pain and total suffering signals in the brain. Emotions can also enhance or decrease person's perception of pain.

Controlling acute and chronic pain is obviously the challenge, not only to ease suffering but also to limit possible psychological disorders to the brain.

Many interesting works regarding pain and the total psychological suffering were presented in Istanbul.

Katalin Varga's work "How To Teach Someone to Realize Power of Words In Medical Practice" focused on the importance of rapport, communicating in situations of emotional involvement, use of suggestive techniques in critical and suffering situations and applying simple metaphors.

Gunner Rosén in "Clinical Use of Hypnosis in the Treatment of Pain" explained that now is time to enter the decade of elaborating how to use hypnosis to reprogram the brain, helping people to experience less pain.

Ernil Hansen in "Therapeutic Communication in Anaesthesia" explained how patients exhibit focused attention and increased susceptibility to hypnosis in extreme situations, for instance when facing surgery.

Both Julie H. Linden with her "Beyond Compassion and Empathy", and Consuelo Casula, Paola Brugnoli, Hans Kanitschar, and Nicole Ruyschaert with their "Integrating Hypnosis and Spiritual Care" aimed at exploring how to convey compassion, empathy and spiritual care through hypnosis in order to help patients to alleviate their suffering.

Suffering becomes more acceptable when the patient is led to see a transcendental meaning that goes beyond any rational comprehension. Spiritual care means searching and finding new meaning that gives peace to body, mind and soul.

Casula and Brugnoli in their work "From Psyche to Soul, Hypnotic and Meditative States from West to East" also explored the etymology of the word "Soul" to discover the "Psyche" within and identified what the two words have in common in eastern and western culture.

This short list of some of the works presented at the Istanbul congress shows that pain and suffering management has increasingly turned into interdisciplinary combinations of techniques customized for everyone's experiences and that hypnosis provides unique therapeutic strengths and opportunities.

By Maria Escalante de Smith, USA (Spanish)

La Universidad Eotvos Lorand cuenta con un excelente departamento de investigación en donde estudiantes y profesionales pueden aprender sobre investigaciones de hipnotizabilidad y en algunos casos participar como sujetos en estos estudios. Hace tiempo, en el año 2001, tuve la oportunidad de visitar esta institución tomando un curso llamado "Introduction to Hypnosis: Interactional Approach" en el Departamento de Psicología Experimental de esta Universidad.

Esta institución se encuentra localizada en un área muy interesante en Budapest. La entrada al

departamento es una invitación a la cultura y a la curiosidad científica.

El equipo de profesionistas que trabaja en este departamento, cuenta con una gran experiencia. Aprender de personas como Éva Bányái, Anna C. Gósi-Greguss, Katalin Varga, András Költő, Zoltan Nemeth, Anna Szekel, Emese Jozsa, es un privilegio que algunos de los asistentes al XII Congreso de la Sociedad Europea de Hipnosis en Istanbul tuvimos el 19 de agosto del año 2011.

Durante esta conferencia, los asistentes tuvimos la oportunidad de conocer los resultados de las investigaciones que se han realizado desde 1973 hasta el año 2010.

Los resultados que se han obtenido hasta ahora han mostrado que la hipnotizabilidad incrementa con el paso del tiempo en las mujeres a diferencia de los hombres en que ésta más estable.

Estos estudios también han concluido que las mujeres tienden a ser más hipnotizables que los hombres. Para comprobar esto, se utilizan escalas estandarizadas como la "Stanford Hypnotic Susceptibility Scale" En un intento que se ha hecho para comprender por qué la hipnotizabilidad incrementa, se han considerado algunas variables que pueden haber influido en los resultados de la investigación. Algunas de estas variables son: cambios en el ambiente audiovisual, la re-legitimación de la hipnosis en el año 1980 después de una etapa de prohibición por motivos ideológicos en Hungría, y cambios demográficos en la muestra entre otras.

El tema de la Atención y la Susceptibilidad hipnótica fue también tratado durante este simposio. Es interesante aprender cómo se modifica la atención cuando un sujeto es altamente hipnotizable. De acuerdo con los estudios realizados por Crawford y Gruzelier (1992), las personas altamente hipnotizables

tienen mejor capacidad de mantener la atención y de ignorar los estímulos irrelevantes.

Anna Gósi-Greguss era presente en el corazón de todos, por su ausencia después de tener un accidente en el que lamentablemente sufrió una fractura en una pierna. Katalin Varga, integrante del equipo, presentó los resultados de los estudios realizados por Anna. Durante su presentación "Affective prosody of hypnotists and hypnotized subjects in view of their subjective experiences", los asistentes aprendimos sobre los cambios de voz que experimenta el sujeto al ser hipnotizado.

Este simposio fue también un buen recordatorio sobre los cambios de voz que experimenta el hipnotista, por ejemplo cuando la voz se vuelve más monótona al usar hipnosis (Bányai, 1973) y cuando la intensidad de ésta también varía. Diagramas como "Phenomenology of Consciousness Inventory" son de gran utilidad para comprender otros fenómenos que aparecen durante el trance hipnótico, por ejemplo: experiencias espirituales, religiosas, pensamientos, sentimientos de tipo sexual y tristeza.

Factores como afecto positivo - alegría y amor, y negativo - enojo, tristeza y miedo- fueron también analizados al igual que la aparición de imágenes visuales.

Asistir a este simposio fue un regalo y también un recordatorio de aprendizajes, una regresión a bellísimas experiencias que viví en Budapest hace 10 años.

By Federica Tagliati, Italy (Italian)

Anche il dodicesimo congresso della società Europea di Ipnosi si è chiuso. Ospitato dalla bellissima città di Istanbul, ha preso dal panorama il titolo "Transcending the mind-body bridge by hypnosis".

Il Congresso si è tenuto presso l'hotel Sheraton, una location ottimale per quanto riguarda sale e strutture multimediali ma decentrata, cosa che ha reso difficile visitare il cuore della città. Un vero peccato, vista la storia e le bellezze della città, dei panorami e delle ricchezze architettoniche.

I contenuti delle lectures e degli workshop si sono dimostrati sempre di livello molto alto, rendendo piacevole e coinvolgente la frequenza per tutti e cinque i giorni.

La parte non scientifica più apprezzata è stata la possibilità di passare tutti insieme i pranzi ed i coffee break, cosa che ha permesso di conoscere colleghi nuovi, di scambiare commenti, opinioni, idee.

Un vero peccato che ci fossero così pochi iscritti, circa 130, numero che ha avuto le sue ripercussioni sulle frequenze alle varie presentazioni in parallelo, che in certi momenti erano veramente troppe (fino a sette).

Speriamo che nei prossimi congressi il programma scientifico sia disponibile in rete con più anticipo, permettendo a più colleghi di scegliere di partecipare, e che non vi siano più eccessive sessioni parallele.

Tra tutte le presentazioni a cui ho assistito quella che mi è rimasta più impressa è stata fatta da Ernil Hansen dal titolo "Hypnotic communication in emergencies".

Il collega tedesco ha infatti riassunto in modo magistrale e messo a confronto le comunicazioni ericksoniane e quelle non ericksoniane, spiegando anche i possibili risvolti di tali comunicazioni, risvolti che possono fare danni limitati quando si tratta di bambini al parco giochi (ma sono comunque danni) oppure ben più gravi nel caso di emergenze ospedaliere.

L'intera presentazione è stata coinvolgente utilizzando costantemente tutti i canali rappresentazionali: un power point ricco di schemi, vignette ed esempi, un relatore sempre in movimento e che modulava la voce per sottolineare l'assurdità di alcune comunicazioni, contenuti emotivamente coinvolgenti. Il ritmo sempre vivace e piacevole ha accompagnato la lecture che è stata condita da una buona dose di ironia e di trovate originali, come gli ululati dei lupi siberiani o l'humming chorus ipnotico, rigorosamente fatto da solo dal nostro piacevolissimo relatore.

Other Congresses

Evolution in Psychotherapy Congress Rome – 21/24 September 2011



By Consuelo C. Casula

One year after the earthquake that destroyed L'Aquila, on April 6, 2010, a group of Italian psychotherapists coming from different approaches decided to create a new society, named the Società Italiana di Psicoterapia, SIPSIC. One of the SIPSIC founder and president is Camillo Loredio, the actual ISH President.

The intent of SIPSIC is to search for quality in each approach, discovering what works in general --- according to the evidence-based research data---, and what works in particular, regardless of techniques or schools of therapy. One year after its foundation, the SIPSIC organized a congress in Rome, September 21-24, 2011: an enormous congress by Italian standards, with more than 3700 participants, coming from 60 different schools.

According to recent data, in Italy there are 81,000 psychologists, mainly women (9 women per 1 man), 34,000 psychotherapists, divided into 203 schools. Each school proposes its own theories, didactics, principles and praxis. Despite the majority of women in the field of psychotherapy, the board of directors of the SIPSIC counts 10 women and 43 men, and during the congress only a few women presented their work. The glass ceiling also seems present in our profession.

The theme of the congress was “La psicoterapia in evoluzione: nuove idee a confronto” / “Psychotherapy in Evolution: Facing New Ideas”. The most important evolution is implicit in the subtitle: facing new ideas. In order to confront new ideas, each presenter had to listen to what other colleagues had to say, sharing or accepting others' points of view as valid, interesting and useful. The aim of the congress was to identify the quality of therapy and find out what helps our clients to overcome their difficulties and find wellbeing.

The presenters showed no dichotomist attitudes - blank or white or I am right you are wrong- but true interest in sharing experiences to find where the quality of our therapeutic work resides. Quality is what guarantees the patient a healthy therapeutic alliance, through which to work on traumatic memories and integrate dissociated ego states. “Different strokes for different folks”, as John Norcross says.

During the 4 warm autumn days the participants were challenged to think with the mind of a scientist, feel with the heart of a humanist and find

what works or doesn't work, regardless of their background. Many different voices coming from cognitive therapy to bioenergetics, from family therapy to psychoanalysis, from systemic therapy to transactional analysis, and from gestalt to strategic found common ground in concentrating their attention on the needs of the patients or clients, according to Carl Rogers' indications. Indeed, many authors referred to Rogers, the founder of the humanistic approach centered on the client and one of the founding fathers of psychotherapy research.

Despite the fact that the congress was national, the SIPSIC invited some well-known international psychotherapists such as John Norcross, Leslie Greenberg and Otto Kernberg. The congress also gave the participants 2 meaningful gifts: a movie on Gregory Bateson directed and presented by his youngest daughter, Nora Bateson, and a lecture by Giacomo Rizzolatti, telling how he and his group discovered the Mirror Neurons. Nora Bateson in her movie underlined how her father found similarities and differences on how nature works and how the mind thinks, discovering the structure that connects and the comprehension of the bigger system we belong to.

From the many inputs the congress gave, I selected three of them: narcissism, emotion and the evidence based method. According to Kernberg and other presenters, today's human suffering is both caused by the exertion of becoming ourselves and by modern society which promotes uncertainty, narcissism, ambiguity and suffering. The society we live in shows its liquidity - using the terminology of the sociologist Zygmunt Bauman- lacking the solidity given by fathers, rules, rituals, norms and principles. Liquid social institutions no longer have time to solidify and do not serve as a frame of reference: because of that human suffering is provoked by the breakdown of the family, the absence of the father, the pressure of time, consumerism and appearance - in contrast with the importance of being.

For these reasons, the narcissistic swing between grandiosity and self-devaluation, and their aspirations are not related to capabilities but rather to identity diffusion. The diffuse dissatisfaction caused by amorphous existence creates oscillation of self-esteem, a general inability to get along, accompanied by a sense of inner emptiness. S/He who is dominated by immediate and basic needs, doesn't accept or recognize duties and obligations, ready to abandon commitments and loyalties without regret. According to the other SIPSIC president, Piero Petrini, the new normality of the liquid society produces new pathologies characterized by ambiguity and lack of discrimination. The ambiguous person thinks that everything is possible, so that there is no need to discriminate the concept of limit from the concept of prohibition. If one doesn't understand the difference between a limit and a prohibition, s/he is prone to easily infringing laws, disobeying orders, and violating agreements, simply because s/he thinks s/he has the power to do so. No matter the consequences. If everything is possible anyone has the right to have everything that is possible, while sacrifices, postponing, giving up will humiliate his/her image.

To help a narcissistic person deep work on emotions is necessary.

According to Greenberg, emotional abuse is the big killer of our children and of our society. Emotions are pivotal in organizing mind, thoughts and actions, expressing action tendency, giving information to process meaning and construct a primary signaling system. For this reason it is important to recognize painful emotions, transform them and create new positive emotions.

Work with emotions goes from emotional assessment and emotional awareness to emotional change through new interpersonal experiences lived in therapy. Working on emotions creates new experiences in the context of old memories and changes the internal narrative

model. To work on emotions, the therapist utilizes himself or herself for therapeutic purposes: his/her disclosure shows sincerity and invites patients to be open and trustful. From trust in the therapist comes the narrative of the patient. Today's patient doesn't want a cold technique. S/he wants an authentic therapist, one who responds with emotions to what s/he does and says: a therapist who is aware of his/her authority and uses his/her emotional expertise for the benefit of the patient. The trust between therapist and patient must be created at the first meeting and revitalized if and when diminished or lost.

During the first meeting with the client it is important to create a therapeutic alliance by asking his/her expectations, needs and aims. In fact, according to Norcross and the evidence-based research data, the most powerful sources of change are the therapeutic relationship and the patient. Therapeutic alliance is based on the trust the client puts in the therapist and his/her ability to understand and help without judging or neglecting or misinterpreting.

The evidence-based method looks for patient preference, stage of change, reactance level and real time feedback.

According to Norcross, in a few years when we meet a colleague instead of asking "what is your approach?" we will ask "what works best for you?" Simply because each psychotherapist will convey the best practice for the unique person s/he is treating and for his/her diagnosis. "Different strokes for different folks" Norcross repeated several times. From the trust in the relationship with the therapist comes patients' openness to change. And from the therapist openness and true curiosity in asking question such as "How are you doing, how is the psychotherapy going, how is our relationship going?" we start and keep therapeutic alliance.

After listening to many different perspectives, at the end of the congress the answer to the question "What works in psychotherapy?" is the relationship between patient and therapist, the therapeutic alliance. Good to remember.

**Kernberg. La psicoterapia focalizzata
sul transfer per l'organizzazione
borderline di personalità
Primo Congresso della Società Italiana di
Psicoterapia (SIPSIC)
"La psicoterapia in evoluzione"
Roma - Settembre 2011**

By Claudio Mammini (Italy)

Del primo congresso della Società Italiana di Psicoterapia (SIPSIC), mi limito a trattare in particolare la relazione di O. Kernberg che coniuga sapientemente esperienza, rigore e originalità.

Come sappiamo, O. Kernberg (classe 1928), Presidente dell'International Psychoanalytic Association, è uno dei massimi esperti del disturbo borderline di personalità. Sinteticamente, questo genere di patologia raccoglie un variegato gruppo di soggetti che presentano contemporaneamente: debolezza dell'io, relazioni oggettuali problematiche e meccanismi di difesa primitivi.



(qualcosa di molto simile a quello che avviene nell'ipnosi). Per intenderci: "non andrebbe bene la

Per questo genere di persone, a suo avviso, i trattamenti più efficaci sono quelli "strutturati", che prevedono una chiara definizione del contratto di aiuto (al fine di prevenire comportamenti distruttivi e garantire l'impegno nella terapia) e la focalizzazione sugli obiettivi da raggiungere

terapia supportiva", dichiara Kernberg (afferma che sembrerebbe in aperto contrasto con quanto usualmente proposto in alcuni nostri Servizi Sanitari Nazionali).

La sua proposta di trattamento consiste nella T.F.T. (Terapia Focalizzata sul Transfert) che pone al centro dell'attenzione l'analisi delle dinamiche paziente-terapeuta. Secondo questa tecnica durante una seduta il terapeuta deve eseguire un'attività continua di: Interpretazione. Chiarificazione, confronto e sviluppo di ipotesi sul funzionamento della mente del paziente; analisi del transfert. Delle rappresentazioni inconsce genitore-figlio che il paziente riattiva in seduta; mantenimento della neutralità tecnica. Che non è quella di freudiana memoria ma è una neutralità che si sviluppa attraverso il colloquio in terza persona (in pratica si tratta, ad esempio, di non dire: "lei pensa che io sia sadico" ma, piuttosto, "mi tratta COME SE fossi un sadico") al fine di porsi "equidistante rispetto alle forze che agiscono nel transfert"; e analisi del controtransfert. Dell'emotività verso il paziente. In questo caso suggerisce di utilizzare ciò che prova il terapeuta per ottenere un maggior contatto col paziente.

Kernberg sostiene: "se il paziente attiva qualcosa in te, usala per entrare ancor di più in relazione emotiva con lui".

Tecnica molto simile a quella dell'utilizzazione di Milton Erickson.

**"Personal Evolution and Hypnotic
Psychotherapy"
XV A.M.I.S.I. National Conference
Milan – 24/16 November 2011**

By Lara Bellardita (Italy)

The XV congress of the Italian Medical Association for the Study of Hypnosis (A.M.I.S.I.)

opened with a lecture on how theory and practice of hypnosis have evolved since Giampiero Mosconi MD co-founded it in 1958. In her lecture, the Association's current president Silvia Giacosa exhaustively explained how one of Mosconi's top priorities was to rescue the practice of hypnosis from the world of magic. Throughout his life, Mosconi fought and succeeded for hypnosis to be considered a sound clinical practice and be acknowledged from the scientific and academic community.



Giampiero Mosconi (1921-2010)

As a matter of fact, the congress proceedings began with a letter written in 1957 from Mosconi to Father Agostino Gemelli, founder and chancellor of Università Cattolica del Sacro Cuore of Milan, where he explained the advantages of the clinical use of hypnosis in child delivery. Father Gemelli suggested abandoning such interest, and admitted he did not know much of hypnosis but he supported those who did not consider it favorably. Such a recommendation would have discouraged many to pursue the study and practice of hypnosis but, fortunately, not Giampiero Mosconi who kept on studying and practicing hypnosis. He eventually brought the 2005 and 2008 A.M.I.S.I. national conferences to be held right at the same Università Cattolica who had suggested him to discontinue his work. Undoubtedly we should consider Mosconi a real pioneer: despite the negative feedback from the main academic (and religious) authorities, he kept on working and finally was able to bring the practice of hypnosis to be acknowledged in Italy.

As Mosconi passed out last summer, he left the legacy of his tenacity and ambition for the field of hypnosis to keep on flourishing. The 2011 congress showed the same perseverance in

developing the theoretical and clinical main assumptions of hypnosis, both going through an evolution and remaining faithful to the values and fundamentals that Giampiero Mosconi always pursued.

The title of the congress itself is very interesting in this sense, and opened to new questions and considerations regarding clinical hypnosis: the professional and personal evolution of the hypnotherapist. The relationship with the patient and the therapeutic alliance was the topic of many of the lectures and communications, with a particular focus on the ability to observe the patient's world as well as ours as therapists. It seems as if the idea of therapists' personal growth was already implicitly part of the A.M.I.S.I. curriculum - in terms of personal responsibility, ethical conduct, and transparency - and with the congress received an explicit attention which brings inside the community of hypnotherapy more opportunity to discuss such topics and share different opinions about that.

The legacy of M. H. Erickson was underlined by several teachers of the school board as well as by students who are going through their training at SEPI, the school tied to A.M.I.S.I.

Different sessions brought together presentations sharing fundamental basic assumption on hypnotic psychotherapy, tackling different aspects from biological, neuropsychological and philosophical perspectives. The session focusing on the mutual benefit of clinical practice and research in neurosciences featured the contributions of professors of neuropsychology Francesca Ferri and Giuliano Geminiani.

Two under-35 years participants were awarded a prize entitled to Giampiero Mosconi: one for the best communication ("An experience of hypnotic psychotherapy in psycho-oncology") and the other for the best poster, a video featuring the reproduction of a 360 degree painting of a wood, music and trance induction.

As a take home message, Silvia Giacosa repeatedly reinforced the idea of looking toward the future, not forgetting what the core mission and values of A.M.I.S.I. have been up to nowadays, putting together the focus on research and theoretical definition together with the attention to therapist's personal and human development. She emphasized how the congress wanted to focus on the "orientation toward the therapists, their training and personal growth, the approach toward themselves and patients, the care, the emphatic relationship, honesty in the hypnotic communication, personal values, lack of judgment, availability to break one's and patient's prejudices, the therapeutic couple". The congress itself is "A new arrival and point of observation as a finishing line ... which will be followed by others ... one after the other ... in a process of continuous evolution...", using Mosconi's words from a trance induction.

Among the next events in A.I.M.I.S.I. agenda, a seminar with Dr. Burkhard Peter will take place on March 9-10 and will focus on the hypnosis approach in the management of chronic pain.

**Decision, volition and free will
Congress of the Centro Italiano di Ipnosi
Clinica e Sperimentale, CIICS
Padova, 18 e 19 Novembre 2011**

By Maria Tosello (Italy)

On October 22 we commemorated the centenary of our founder, Franco Granone (1911-2000), a psychiatrist and psychotherapist who in the immediate post-war watched theatre hypnotists to steal their art for therapeutic application and in 1951 he started the hypnotic cure of alcohol addicts with good results. He founded a school and a society of hypnosis for doctors and dentists (the fascist government had strictly closed the frontiers to culture for over twenty years, so it took

time before schools of psychology-psychotherapy became ready to open in Italy).



Franco Granone (1912-2000)

leave the university in his home town and daily commute to a provincial hospital who did not object to it but possessed a modest equipment.

John Watkins, then ISCEH president, in search of enlarging his society abroad, asked prof. Granone to accept the nomination of president of an Italian society to be organized. At first Granone accepted, but then, for both lack of time and of knowledge of English, he resigned. His society of hypnosis took an official shape and name (CIICS) ten years later and soon grew into peripheral sections.

The Padova team, with its lab for clinical and experimental hypnosis, is the most active and best organized also in the research field with a staff of experts from different faculties and experiences, joined in the same passion especially in the fields of hypnosis, mind and consciousness* studies. The majority of them works or studies in the famous eight century old University of Padova that Erasmus defined “a well stocked emporium, most famous in the best branches of learning, at Europe’s cross-road” and Shakespeare “the nursery of art” in “The Taming of the Shrew”. Here came to study Giordano Bruno, Tommaso

Campanella, young Copernico (to study medicine, at the time), young Galileo, and it was a pity the two days’ congress of October 18-19 on “Decision, volition and free will” could not be moved to that unique “Palazzo del Bo”, one of the first university centres, beautiful but unfit for a two day’s seminar.

Its undiscussed, untiring leader is Edoardo Casiglia, associate professor of Internal Medicine at the University of Padova, Specialist in Cardiology, in Pharmacology, in Anaesthesia and Intensive care, and Clinical Hypertension Specialist, to mention the most important. He had in 2007 and 2010 two Clark Hull Awards from the American Journal of Clinical Hypnosis, and in 2009 he and his group received the 3rd edition of the Franco Granone International Award (the 1st had gone in 2003 to Betty Alice Erickson in honour of her father Milton, the 2nd in 2005 to Éva Bányai). He soon became famous for the procedures he set up to a) demonstrate the existence of hypnotic phenomena, b) measure them, and c) make it possible for other researchers to reproduce the same phenomena.

In that way he proved real and measurable: positive allucinations, the negative ones (using spatial eminegligence and alexia), hypnotic and post-hypnotic focused analgesia (both trigeminal and non-trigeminal), age regression and performance improvement.

All of this probably accounts for the reasons why John Gruzelier chose him as the new Editor of “Contemporary Hypnosis and Integrative Therapy” (CH&IT) the ESH adopted as their official Journal, owned by BSCAH. Edoardo Casiglia proposed Padova as the meeting place where to know and discuss the academic, fiscal and practical aspects of the Journal during the above congress, with the option for the guests to take part in the the meeting main theme with the assistance of a simultaneous translator. The guests agreed to the proposal and we welcome Nicole Ruysschaert (ESH president), Martin Wall (ESH 1st vice-president and a member of BSCAH), Gill McCall (BSCAH national

treasurer), Thierry Sevilat (new Editor of “Hypnose et Thérapies Brèves”), but it was only Peter Naish (BSCAH Chair of Council) who accepted to directly face the problem and gave an interesting talk on “The illusion of being free and how hypnosis makes it real”.

They seemed to feel at home and enjoy the stay, quickly adapting to walking narrow cobbled streets where no cars are allowed, dark medieval portici which remind you of the shakespearean characters in comedies and tragedies, crowded restaurants, new menus, new perfumes, new styles. We think the experience can be repeated in the future.

In a short interview with Edoardo Casiglia, he said: “It is a great honour for me to be the new chief editor of CH&IT, although the idea to succeed John Gruzelier is quite scary. I hope to be able to carry through this task with the help of the CIICS friends, of the co-editors of the journal, and of my staff including neurologists, psychologists, anaesthetists and psychoterapists.

The first goal is to enter fully the PubMed system, then we would like to reach an impact factor”.

* Enrico Facco, Professor of Anaesthesia and Intensive Care at the University of Padua, Specialist in Neurology with a long experience in the evaluation of coma states, has just published “Esperienze di premorte. Scienza e coscienza al confine tra fisica e metafisica” (“Near Death Experiences (NDEs). Science and Consciousness, at the boundaries between physics and metaphysics” - Edizioni Altravista, Lungavilla, Pavia, 2010), where the problem of NDEs is faced from different points of view: neurobiology, neurochemistry, physics, phenomenology, psychology, philosophy and eastern and western religions, without getting lost; a shorter title could be: “Intimations of Immortality” (“Presagi di Immortalità”)

La perception de la douleur d'autrui, entre reconnaissance et déni
11^{ème} Congrès National
de la Société Française d'Étude et de Traitement de la Douleur.
Paris - La Défense, 16-19 Novembre 2011



By Denis Vesvard (France)

La conférence de Nicolas Danziger « La perception de la douleur d'autrui : entre reconnaissance et déni » nous a semblé être une des plus intéressante et des plus brillantes du Congrès annuel de la Société Française d'Étude et de Traitement de la Douleur qui s'est tenu à Paris-La Défense en novembre 2011.

Les soignants sous-estiment (même dans nos structures spécialisées !) la douleur des patients, quelque soit le soignant, quelque soit le contexte, que la douleur soit aiguë ou chronique, quelque soit l'âge du patient, quelque soit la formation du soignant. De nombreuses études le prouvent et le Pr Dantzinger, neurologue à la Consultation de la Douleur de l'Hôpital de la Pitié Salpêtrière nous les a rappelées.

Ces biais de jugement reposent sur les difficultés d'identification aux patients (les médecins Blancs sous estiment, par exemple, la douleur des patients Noirs), sur l'intensité de la douleur (plus vous dites que vous avez très mal, moins on vous croit), sur l'existence d'une cause (c'est plus fort que nous : s'il y a une image radio d'hernie

discale, on va admettre facilement que notre patient souffre beaucoup de sa sciatique), sur la désensibilisation du soignant (nous nous « vaccinons » contre la douleur des autres, surtout dans les Centres d'Évaluation et de Traitement de la Douleur !) et sur le sentiment d'impuissance de l'observateur (on rejette le patient que l'on ne peut soulager). Les comportements d'empathie reposent sur deux grands phénomènes : la résonance émotionnelle (mirror matching) qui peut cependant être évitée (fuite), sous-estimée ou disqualifiée et l'inférence des émotions d'autrui qui peut être déniée.

On sait les ravages que fait l'insensibilité à la douleur d'autrui (guerre, torture, sadisme,...) et les soignants sont souvent des insensibles professionnels qui doutent en permanence de la réalité de la souffrance d'autrui. Les soignants doivent garder en mémoire les crimes du psychiatre Radovan Karadzic en ex-Yougoslavie ou les expériences troublantes de Stanley Milgram sur l'autorité qui peut nous amener à torturer si l'ordre nous en est donné par un savant en blouse blanche.

Les supports anatomiques et physiologiques de l'empathie ont été rappelés par Philipp Jackson (Canadien spécialiste de ce domaine). Puis un certain nombre d'expériences ont été présentées qui mettent en évidence la modulation d'une réponse sensorielle (douloureuse ou non douloureuse) à l'observation (présentation de diapositives avec une perspective plus ou moins égocentrique) de la douleur d'autrui (sur ces diapositives, les sujets se coupent avec un couteau de cuisine ou se coincent les doigts dans une porte). Avec Pierre Rainville, Jackson a montré qu'on voit nettement que le réflexe nociceptif R III est nettement modifié par l'observation de ces diapositives qui présentent la douleur d'autrui. Il y a une sorte d'amorçage de nos perceptions par cette observation pourtant bien virtuelle.

Après avoir étudié l'aspect aversif de la perception de la douleur des autres, il faudrait mettre en évidence (si elle existe !) la dimension pro-sociale (altruiste) de cette observation dans la douleur aiguë mais aussi dans la douleur chronique. C'est ce que projettent de faire ces chercheurs canadiens.

Pour résumer : qu'il utilise ou non l'hypnose, le thérapeute doit se rappeler - qu'évaluer systématiquement la douleur d'autrui, c'est lui dire de façon indirecte (et donc très puissante) que nous croyons à sa douleur et à son intensité,- qu'il n'y a pas de parallélisme entre les lésions observables et l'intensité de la douleur ressentie par le sujet.

(pour prolonger votre réflexion, vous pouvez vous rendre sur Dailymotion où Danziger pose, lors d'un colloque récent, une question essentielle : Peut-on avoir de l'empathie pour une douleur que l'on n'a jamais ressentie ? www.dailymotion.com/.../xfj4bu_nicolas-danziger-col...)

Interview with Claude Virot



By Consuelo Casula

Consuelo Casula (CC). I know that different French Hypnotic societies have decided to create a confederation among them. I think this is a great

idea and that it can be modeled by other societies in other countries as well. Can you tell me something about the French Confederation of Hypnosis and Brief Therapy, called CFHTB, when has been created and who started the process?

Claude Virot (CV). The CFHTB was created in 1996 following the idea of Patrick Bellet, MD, president of Institute Milton H. Erickson of Avignon, Provence. In 1986/1987 we studied hypnosis in Paris, together with other few friends. Each one has created its own institute in different parts of France and Belgium. The idea of Patrick was to connect these institutes. We started in 1996 with 10 constituent societies and now we have 23.

CC. What was the purpose of creating the CFHTB, what did you want to achieve?

CV. The goal was to have a national institute to help the development of hypnosis, to share the same language, and to exchange ideas. The first project has been organizing our national congress, called «forum». The first one was in 1997 in Vaison, La Romaine, and the president was, of course, Bellet. In 2011 the 7th forum has been held in Biarritz.

CC. Who is the actual president of CFHTB?

The president changes every two years, following the organization of the forum, and the actual president is Jean Claude Espinoza MD, psychiatrist, who is also the president of the institute that organized the congress in Biarritz

CC. Can you tell me the benefits of creating such a confederation?

CV. Belonging to the confederation gives a lot of benefits: the most important is that CFHTB has gained a great influence on medical insurances. Other benefits are connected to the organization of the forum every two years, with around 700 attendees (with 180 propositions of interventions this year), a common ethical code, a common definition of teaching only to healthcare

practitioners. There is also a common base for teaching, with at least 120 hours for the basic diploma, several teachers offering several sessions and many exchanges among institutes concerning teachers, and students...

One of the rules of the CFHTB is that to become a teacher one has to have at least 5 years of experience, and the teaching method include not only theory but also practice and exercises, learning by doing.

CC. What do you mean by health care practitioners?

CV. In France medical doctors, nurses, mid wives, physiotherapists, speech therapists and psychologists are considered part of the health care system. Beside, our students accept the rule that they are allowed to use hypnosis only in the specific field of their profession.

We have also particular 90 hours courses for anesthesiologist on using hypnosis in acute pain, and also for dentists and physiotherapists: when the scholars have received the first level of training they can go to the second level on chronic pain.

CC. What kind of adjustment and adaptation does each society have to make to become part of CFHTB.

CV. Each society has to pay only a small fee of 200 euros a year, to adhere to a common ethical code and to respect some rules for teaching. Each society has to respect a kind of «territory» for the colleagues to limit conflicts.

CC. Did you have to write a new constitution and bylaws?

CV. Of course, each society has a personal constitution and follows also CFHTB's. There are not difficulties between these two levels.

The societies are associated and the rules of the associates are similar to the ones of the CFHTB, and this helps hindering us having conflict.

CC. How many national societies are now in the CFHTB? Did you accept them all, or did you refused some societies?

CV. Today, we have 23 societies. This year we have 3 new requests that are still in the process of being considered before acceptance. We have refused a few societies because they were not committed to teaching, nor researching; they didn't have an ethical code, nor were they willing to accept ours, and they didn't accept nor respect others societies.

CC. In which sense didn't they respect other societies?

CV. Each society lives in his own territory and when someone wants to organize an event in another territory has to inform the colleagues who live there and involve them in the organization.

CC. What kind of difficulties do you encounter in dealing with 23 societies and how you overcome them?

CV. The most important difficulty is to keep the good equilibrium between CFHTB and the constituent societies. Our solution relies on organizing the forum every two years and, even more important, recognizing that each institute is responsible for its own teaching, within the respect of general rules. This gives each institute creativity and peculiarity, following the differences from one institute to the other. We see this creativity during the forums. For instance some institutes work following a systemic model, others the complexity one, others the theory of chaos or the quantum physic, others utilize Chinese medicine, and still others work on narrative brief therapy model.

CC. What kind of projects do you have now?

CV. Our projects are to continue the forums, and to organize the 2015 ISH congress. For a better organization of the ISH congress that will be held in Paris, we need a permanent office, with a secretary that can dedicate his/her energy to Paris congress. We are deciding now that a permanent office means a permanent person dedicated to the congress that should be close to the president: it is not necessary to be physical close, in the same institute, but at disposal and easily reachable by Skype.

CC. How do you see the future of CFHTB?

CV. The future is to quietly expand CFHTB with new members and to develop a very clear idea of medical hypnosis in French speaking countries such as France, Belgium and Switzerland. We will have more and more university diplomas, and I think one day we will have a validation of hypnosis as an official therapeutic method in medicine: one day hypnosis will be recognized by the authorities. The fact that a few societies become stronger and stronger (i.e. Emergences) facilitates the recognition of hypnosis among patients, colleagues and insurance companies.

CC. In conclusion, it seems that are you happy for having created in France the CFHTB. Would you recommend other nations to do the same?

CV. CFHTB generates a great deal of security in and for the constituent institutes

CC What kind of security?

CV Since psychotherapy is not recognized in France, each institute can be small in his territory, but being united in 23, it become big, strong and solid. We are creating a new reality and with our strength we are able to negotiating with insurance about hypnosis, and each scholar in the health care system can use hypnosis in security. And this is very important for us and for our clients.

CC. I thank you and I hope your words inspire other nations to do the same.

CV. You are welcome, I wish everyone the best.

News from our Constituent Societies

News from the German Society of Hypnosis and Hypnotherapy

Deutsche Gesellschaft für Hypnose und Hypnotherapie (DGH)

By Peter Dünninge

In November (17.-20. 11. 2011) we held our very successful annual meeting in Bad Lippspringe, Germany. Beside 50 of the most renown speakers and teachers from Germany, Austria and Switzerland we gladly welcomed Christel Bejenke, USA for a lesson and workshop. Again we registered a new alltime-high in the number of attendants. Our greatest concern for the future will be to maintain the unique familiar atmosphere our meeting is known for and the effectiveness of the workshops despite the increasing number of visitors. At the time we are working out the program for our 2012 meeting (for details see www.dgh-hypnose.de) 15. 11.-18. 11. 2012. Among many others Maggie Phillips (USA), Susanna Carolusson (Sweden), Berne Erlandson(Sweden), Oruc Güvenc (Turkey)and Master Zhi Chang Li (China) agreed to come and will guarantee an interesting and creative event. As a lot of attendants of our 2011 meeting have already booked in advance for 2012 we strongly suggest an early registration as we will possibly be forced to limit the number of visitors for certain workshops.

As the membership in the German Society of Hypnosis has always been strictly limited to

physicians, psychotherapists and dentists our society gladly registered the decision of the Council of Representatives of the ESH not to change the constitution of the ESH in order to admit the membership of other medical professionals. We consider that as a very important measure to keep up the reputation of medical hypnosis and hypnotherapy.

Obituaries

Richard Fisch (1926-2011)

By Denis Vesvard

Richard Fisch, M.D. died in Palo Alto on 23rd October 2011. I never met him but four books have deeply changed my view in the field of medicine and psychotherapy: Haley's "Uncommon Therapy" and three others, all co-authored by Fisch.



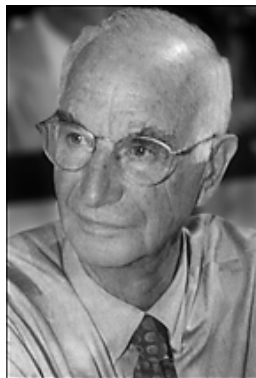
"Change, Principles of Problem Formation" is a little book in the number of its pages but a main book when the reader is really interested in promoting change. In this volume, interaction is presented not only as the neglected cause of problem persistence in psychotherapy but also in daily life. As physicians and psychotherapists of 2011 we are confronted more and more by chronic pathologies (pain, depression, substance abuse ...) that become persistent because of this often 'neglected edge'. Fisch makes us recall that we must give up the sole intra-psychic viewpoint when we approach these 'chronic' problems and firmly adopt a relational angle. How do we deal with this neglected dimension? An apparently simple

answer is given by Fisch and his colleagues in *Tactics of Change* even if the three cases transcribed in this book have been considered sometimes as too easy to treat. Fisch's and Schlanger's *Brief Therapy with Intimidating Cases* is an answer to this criticism in showing that an interactional approach can work, even when the problem seems unchangeable (paranoia, anorexia, chronic substance abuse...). The common feature of these four books, that make them so fascinating and pleasant to read, is their kindly and humorous style. 'Problems are not so serious' said Fisch and his friends, if we consider their interactional dimensions. We hope that, in heaven above, Fisch and the Palo Alto Team still make jokes, take 180° curves and prove that relationship is the only thing that really helps us to live and die.

James Hillman (1926- 2011)

By Consuelo Casula

October 27, 2011, Hillman's body went to play his passionate tip tap with his beloved gods, myths, archetypes, and heroes while his soul remains forever with us, in his books and DVDs.



Elegant, slim, with a calm and soft voice, and ready to express disappointment when he talked about the soullessness of many psychologists of our society, who lost their psyche following procedures, prescriptions, dogmas, and recipes. He considered himself a genuine curious person because he knew that if we are not curious we lose our psyche. For Hillman, being interested in others is a way to be engaged with them and also to show our weakness. If we connect with each other through strength we may create conflict, but when we connect with each other

through vulnerability and weakness we create attachment and bonds. We are social animals and human suffering connects us with others.

Hillman was an American who spent many years absorbing European classic culture. In 1970, after leaving the decennial direction of the Jung Institute in Zurich, he went back to the USA and created the Institute of Humanities and Culture, in Dallas Texas.

Known for his archetypal and polytheist psychology, as well as for recognizing myths that shape our lives, Hillman developed two important concepts. One is the dialectic between "Senex and Puer" (old man and child) (2006). Puer, the child, embodies the character in evolution, the anticipation and innovation of a growing person; while senex, the old, represents wisdom, foresight and responsibility. Puer without senex is the "puer aeternus" who never realizes himself or herself, trapped in his/her grandiosity. Senex without puer is the one who accumulates ages in bones and wrinkles, the old person who wants to keep his/her authoritarian power but lacks imagination, flexibility and creativity, also didn't reach the wisdom of the elder. The old become elder only when s/he learns from wounds, conceived as initiation rites. The conflict between puer and senex is mediated by psyche, the soul, the other important concept for Hillman. In four of his books the word "soul" appears from the title: "Suicide and the Soul", (1964); "The Thought of the Heart and the Soul of the World", (1992); "The Soul's Code: on Character and Calling", (1997); and "City and soul" (2006). To these we might add "Anima: an Anatomy of a Personified Notion", (1985), since "anima" is the Latin word for the Greek psyche - which means mind, spirit, breath, life, the invisible animating principle that governs the physical body. Anima also translates as soul, from the old English sawol, which means the spiritual and emotional part of a person belonging to the sea or coming from it. For Hillman, the person who searches for his/her soul also relates his/her ego and realizes

that s/he is participating to the continuous transformation of Anima Mundi (soul of the world). In this way the person who searches for his/her soul also finds the chaos of polytheism of many gods, learns from the nuances of archetypes and myths and gives meaning to everything that happens simply because recognizes it has value. Hillman was a soul searcher, ready to find it in imagination, fantasies, myths, metaphors, as well as in traveling, biography, theater, and symptoms. He followed the suggestion of Delphi's oracle: know yourself. In order to know yourself, he suggested exploring your soul and keeping the ability to remain wide-awake and imagine love, beauty, justice and the inner truth. He encouraged us to be like Aphrodite, the goddess of justice and beauty intrinsically connected with truth. He encouraged us to think with our heart, follow our dreams and have faith in intuition and images: this is his main legacy that will last in our soul.

Calendar – Future Events – 2010

4th and 5th February

Scandinavian symposium in cooperation with The Danish Psychological Society for Clinical Hypnosis and Swedish Society of Clinical Hypnosis.

Malmoe, Sweden. SSCH

Contact: larz.jespersen@hypnosforeningen.se

9th and 10th March

Workshop with Robert McNeilly, Australia. Copenhagen, "Innovations in treating anxiety - using solution oriented Ericksonian hypnosis". Contact: info@hypnoterapi.com

Practical Education in Clinical Hypnosis (diploma course) for health professionals.

6 weekends spread over 1 year, 116 hours of training.

Next course starts April 2012 Contact:

info@hypnoterapi.com

9th and 10th March

Workshop with Bukhara Peter, Milan "Hypnosis in the management of chronic pain", Amisi
Contact: amisi@virgilio.it

10th and 11th March

Symposium Weekend - Hypnosis in Brain Trauma/Damage.
Presenting: Susanna Carolusson
Venue: Glynhill Hotel, Renfrew. Please visit the BSMDH (Scotland) website www.bsmdhscotland.com for updates and an Application Form.
Closing date for Applications: 2nd March 2012

17th and 18th March

Elisabeth Faymonville. Anaesthesiologist. Lund Sweden. Organization SSCH
Contact: larz.iesperson@hypnosforeningen.se

22th to 24th March

JRHYS. In Geneva. 6ème journée romande d'hypnose Suisse : "Formation de la tranche ou transformation. Une ouverture sur le monde thérapeutique". For further information: www.irhys.ch

22nd to 25th March

MEG Annual Conference

24th and 25th March

Richard Kluff, MD, Ph.D The Value of Clinical Hypnosis in treatment of traumatic dissociation (in English). Stockholm Sweden. Organization SSCH <http://www.hypnotherapie.nu/images/stories/kluff-annons.pdf>
Contact: susanna@carolusson.se / anna@insidan.se

26th March - 5th April

Annual Supervision Seminar in Gozo (Malta) www.dgzh-stuttgart.de/gozo.htm More Information: Sabine Hühnerbein, DGZH-Regionalstelle Stuttgart mail@dgzh-stuttgart.de

20th to 22th April

BSCAH Suggestion, Imagery and Metaphors. Applying the tools of hypnotic intervention. Chester. [Http://www.bscah.com](http://www.bscah.com)

17th to 19th May

Hypnose et Douleur. Du bien-être aigu au confort chronique. Palais des Congrès de Quiberon. <http://www.emergences-rennes.com/formations-hypnose/4e-congres-international-hypnose-et-douleur/>

7th and 8th June

Hypnosis in the European Context. UC-Campus Kortenberg. (Belgium) With participation of all ESH Board of Directors. More information: VHYPsecretariaat@skynet.be and vhyp@skynet.be

11th to 13th June

Ghyps. In Berne: "The Practioner's Sanctuary": Workshop with Prof Joseph Barber from Seattle For further information: www.hypnos.ch

15th to 17th June

Ghyps & ief: "2. Hypnosystemische Tagung 2012" in Zurich. For further information: www.hypnosystemische-tagung.ch

7th to 9th September

Annual Meeting of the German Society of Dental in Berlin www.hypnose-kongress-berlin.de More information: Marion Jacob, Office Management DGZH e.V. mail@dgzh.de

17th to 21st October

ISH Congress, Bremen, Germany. <http://www.dhg-rottweil.de/ish/>

Danish Society of Clinical Hypnosis

Upcoming courses:

April

Practical Education in Clinical Hypnosis (diploma course) for health professionals. 6 weekends spread over 1 year, 116 hours of training. Next course starts in April.
Contact: info@hypnoterapi.com

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