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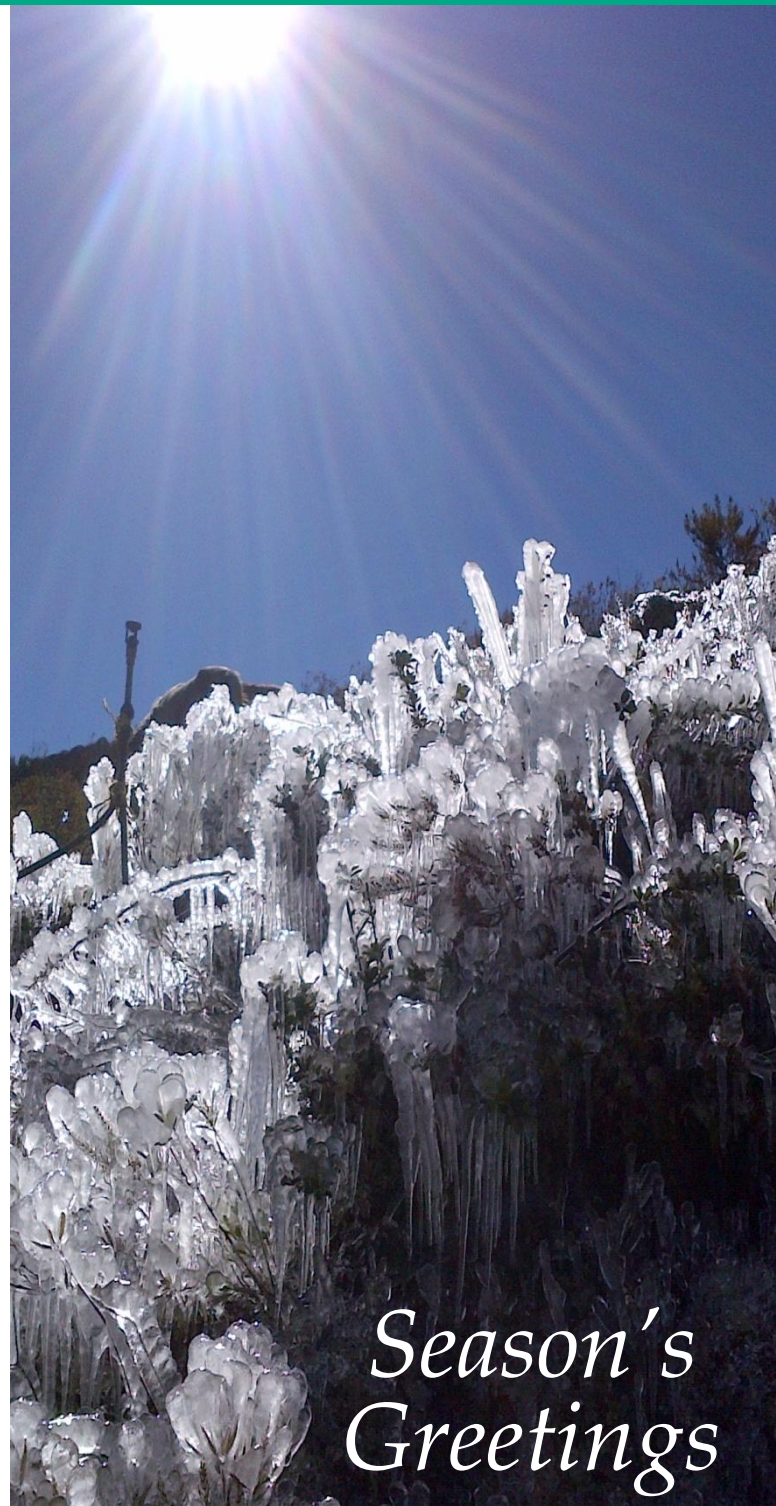
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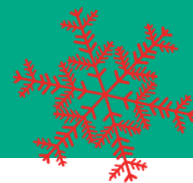
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## Letter from the President

By Consuelo Casula



### A Positive Summary to 2015

The ESH board has completed one year of activities and, as we showed at the CoR meeting in Paris (see the website), the balance is positive. In this letter I would like to talk about two Constituent Societies who are demonstrating their commitment to their members and to the entire ESH community. The first one is the Baltic Society of Erickson Clinical and Experimental Hypnosis (BSECEH), an ESH Constituent Society since June 2015, located in Riga, Latvia. I had the opportunity to teach at their new central office, to meet their board and teachers, such as Dace Rolova and her daughter Laura Grinberga, Dace Lodzina and Zane Skrodele. While talking with Edgars Skrodelis, the BSECEH's president, I discovered that he is translating and adapting into Russian Dan Short's book "Hope and Resilience", already translated into Italian, Spanish, French, German and Japanese. The Russian hypnotic community will be grateful to Edgars for his dedication and commitment.

The second event happened at the magic venue of the Lido in Venice where I introduced ESH to the scientific congress organized by one of our Italian CSs, the Institute Franco Granone-CIICS, on "Hypnosis and Other Changes of Consciousness at the School of Franco Granone". Actually, the main aim of the congress was to present the *Trattato d'ipnosi e altre modificazioni di coscienza* (Treatise on Hypnosis and other Modifications of Consciousness), edited by Edoardo Casiglia. It is an impressive work for the amount and quality of its essays, written with an admirably uniform style, which gives harmony to the text. Let me give some astonishing numbers: 1084 pages; 2710 book references; 50 authors. The Italian community is grateful for this new exhaustive and inspiring book.

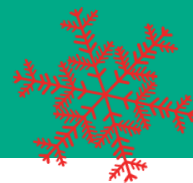


Those two books are proof that ESH Constituent Society members are generously committed to offering their time and ability to write scientific books and thus make hypnosis known in their own countries by spreading its knowledge.

With regard to our board, according to experts on group dynamics, every group passes through *forming*, *storming*, *norming*, *performing* and *adjourning* stages. During the first phase of *forming*, the group has no clear objectives, roles, and expectations; its members sound out the relationship among themselves and with their leader, and use past experience as a reference point. After that, the group dynamic naturally enters the stage of *storming*, with some group conflict and antagonism with the leader. After this phase, the group is ready to enter the third stage of *norming*, to establish rules useful both to govern the relationships among the members and to accomplish their tasks. The stage of *norming* is then followed by the phase of *performing* when the group, once it has solved interpersonal misunderstandings, focuses its collaborative energy to arrive at the final stage of *adjourning* with emotional satisfaction for concluding its task.

After one year our board is ready to complete 2015 and start 2016 with curiosity. I wish all of you happy holidays and a healthy and fruitful New Year.

*PS.* Maria de Escalante Smith informed me that new work commitments prevent her from translating the President's letter. I thank her for the work done so far and wish her the success she deserves. I welcome Jacinto Inbar who from now on will be responsible for the Spanish translation, and thank him for his generosity.



## Brief der Vorsitzenden Übersetzt von Stefanie Schramm

### *Eine positive Bilanz des Jahres 2015*

Der Vorstand der ESH zieht, wie bereits während des CoR-Treffens in Paris (siehe Website) erklärt, eine positive Bilanz seiner Aktivitäten des Jahres 2015. Heute würde ich gerne aus zwei unserer Mitgliedsgesellschaften berichten, die sich stark für ihre Mitglieder und die gesamte ESH-Gemeinde engagieren: Da ist zunächst die Baltic Society of Erickson Clinical and Experimental Hypnosis (BSECEH) mit Sitz in Riga, Lettland, die seit Juni 2015 ESH-Mitglied ist. Ich hatte die Gelegenheit, ein Seminar am Sitz der Gesellschaft geben zu dürfen und Mitglieder des Vorstands und Lehrer persönlich kennenzulernen, etwa Dace Rolova und ihre Tochter Laura Grinberga, Dace Lodzina und Zane Skrodele. In einem Gespräch mit Edgars Skrodelis, dem Präsidenten der BSECEH, erfuhr ich, dass er Dan Shorts Buch „Hope and Resilience“ – das bereits in italienischer, spanischer, französischer, deutscher und japanischer Übersetzung vorliegt – ins Russische übersetzt und anpasst. Ich bin sicher, die Russisch sprechende Hypnose-Gemeinde wird Edgars für seinen Einsatz und sein Engagement dankbar sein.



Das zweite Ereignis fand am Lido in Venedig statt, einem wahrhaft magischen Ort: Dort konnte ich die ESH vor dem wissenschaftlichen Kongress präsentieren, den eine unserer italienischen Mitgliedsgesellschaften, das Institute Franco Granone-CIICS, zum Thema „Hypnosis and Other Changes of Consciousness at the School of Franco Granone“ organisiert hatte. Ein Hauptziel des Kongresses war die Präsentation des von Edoardo Casiglia herausgegebenen Buchs *Trattato d'ipnosi e altre modificazioni di coscienza* (Abhandlung über Hypnose und andere Modifizierungen des Bewusstseins). Das Werk beeindruckt durch die Quantität und noch mehr durch die Qualität der Beiträge, die in einem bewundernswert einheitlichen Stil verfasst sind und so dem Buch eine angenehme Harmonie verleihen. Hier ein paar Zahlen: 1084 Seiten; 2710 bibliographische Verweise; 50 Autoren. Die italienische Gemeinde ist sehr dankbar für dieses neue umfangreiche und inspirierende Buch.

Die beiden genannten Bücher belegen, dass die ESH-Mitglieder in großzügiger Weise ihre Zeit opfern und

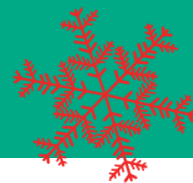
ihr Wissen in Büchern zur Verfügung stellen, um die Hypnose in ihren eigenen Ländern bekannt machen.

Was unseren Vorstand betrifft, so durchläuft jede Gruppe fünf Phasen der Gruppendynamik: forming, storming, norming, performing und adjourning – *Orientierung, Konfrontation, Kooperation, Durchführung und Auflösung*. In der ersten Phase, der *Orientierung*, hat die Gruppe noch keine klar definierten Ziele, Rollen und Erwartungen. Die Mitglieder sondieren sozusagen ihre Beziehungen untereinander und zu ihrem Gruppenleiter. Dabei dienen ihre bisherigen Erfahrungen als Referenzrahmen. Dann geht die Gruppe in die Phase der *Konfrontation*, in der Konflikte einiger Mitglieder untereinander und/oder mit dem Gruppenleiter ausgetragen werden. Die dritte Phase ist durch *Kooperation* gekennzeichnet: Jetzt werden Regeln aufgestellt, die die Beziehung der Mitglieder untereinander regeln und die konstruktive Ausführung der Aufgaben ermöglichen. Es folgt die eigentliche *Arbeitsphase*: Die Gruppe hat interpersonelle Missverständnisse ausgeräumt und konzentriert ihre Energie jetzt auf die anstehenden Aufgaben. Dies führt schließlich zur *Auflösungsphase*, in der eine emotionale Befriedigung über die erfolgreiche Durchführung der Aufgaben herrscht.

Nach einem Jahr ist unser Vorstand nun bereit, das Jahr 2015 abzuschließen und mit Neugier zu sehen, was das Jahr 2016 uns bringt. Ich wünsche Ihnen allen schöne Feiertage und ein gesundes und fruchtbares neues Jahr.

P.S.: Maria de Escalante Smith hat mich darüber informiert, dass Sie aufgrund neuer Arbeitsverpflichtungen in Zukunft den „President's Letter“ nicht mehr übersetzen kann. Ich danke Ihr sehr für die bisher geleistete Arbeit und Wünsche ihr den Erfolg, den Sie verdient.

Ich heiße Jacinto Inbar willkommen, der von nun an für die spanische Übersetzung verantwortlich sein wird und danke Ihm für seine Großzügigkeit.



## Lettre de la Présidente

Traduite par Denis Vesvard

### 2015: vers un bilan positif

Le Bureau de l'ESH vient d'achever une première année d'activité et, comme nous l'avons montré lors de la réunion des représentants (CoR meeting) à Paris (voir notre site internet), le bilan est positif. Dans cette lettre, j'aimerais vous parler de deux Sociétés membres de l'ESH qui manifestent leur engagement envers leurs adhérents et la communauté de l'ESH dans son ensemble. La première est la Baltic Society of Erickson Clinical and Experimental Hypnosis (BSECEH) qui est membre de l'ESH depuis Juin 2015 et dont le siège est à Riga (Lettonie). J'ai eu l'occasion de donner des cours dans leur nouveau siège social et de rencontrer leur équipe ainsi que leurs enseignants, comme Dace Rolova et sa fille Laura Grinberga, Dace Lodzina et Zane Skrodele. Au cours de ma discussion avec Edgars Skrodelis, Président de la BSECEH, j'ai découvert qu'il est en train de traduire en russe et d'adapter le livre de Dan Short *Hope and Resilience* qui a déjà été traduit en italien, espagnol, français, allemand et japonais. Le monde de l'hypnose russe ne pourra qu'apprécier le dévouement et l'engagement d'Edgar.



Le second événement s'est produit en ce lieu magique qu'est le Lido de Venise où je présentais l'ESH au congrès scientifique organisé par l'une des sociétés italiennes membre de l'ESH, l'Institut Franco Granone-CIICS, sur le thème de « l'Hypnose et les autres états modifiés de conscience selon Franco Granone ». En fait, le principal objet du congrès était de présenter le *Traité d'hypnose et autres états modifiés de conscience* publié sous la direction de Edoardo Casiglia. C'est un travail impressionnant par le nombre et la qualité des contributions, rédigées dans un style commun aux auteurs qui suscite l'admiration et confère au texte toute sa cohérence. Laissez-moi vous donner quelques chiffres: 1084 pages, 2710 références de livres, 50 auteurs. La communauté italienne lui est reconnaissante d'avoir écrit ce livre exhaustif et stimulant.

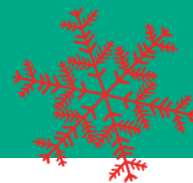
Ces deux livres apportent la preuve de l'engagement des Sociétés Membres de l'ESH qui donnent sans compter de leur temps et de leurs compétences pour écrire des ouvrages scientifiques et font connaître

l'hypnose en diffusant dans leur pays ce qu'ils en savent.

En ce qui concerne notre Bureau, selon les spécialistes de la dynamique de groupe, tous les groupes passent par des moments de *constitution*, de *tumulte*, de *normalisation*, de *réalisation* et de *conclusion*. Pendant la phase initiale de *constitution*, le groupe n'a pas d'objectifs, ni de rôles, ni d'attentes clairement définis. Ses membres se sondent mutuellement et sondent leur leader tout en utilisant leur expérience passée comme point de référence. Ensuite, la dynamique du groupe entre dans sa phase de *tumulte*, avec quelques conflits et antagonismes envers le leader. Après cette phase, le groupe est prêt à entrer dans la troisième phase de *normalisation* afin d'établir des règles utiles qui vont permettre à la fois de réguler les interactions de ses membres et d'accomplir des tâches. Au stade de normalisation succède celui de la *réalisation*, moment où le groupe, une fois dissipées les incompréhensions, collabore et concentre son énergie pour atteindre le stade ultime de *conclusion* qui s'accompagne du sentiment satisfaisant d'avoir accompli sa tâche.

Après une année de travail, notre Bureau est prêt à terminer 2015 et à débuter 2016. A vous tous, je souhaite de bonnes vacances et un Nouvel An fructueux et en bonne santé.

PS. Maria Escalante Smith m'a informée que de nouvelles responsabilités dans son travail ne lui permettent plus de traduire la lettre de la Présidente. Je la remercie vivement pour le travail accompli jusqu'alors et lui souhaite de rencontrer le succès qu'elle mérite. Je souhaite la bienvenue à Jacinto Inbar qui va désormais être responsable de la traduction en espagnol et le remercie pour son dévouement. A nouveau, merci à tous.



## Carta de la Presidenta

Traducido por Jacinto Inbar

### Un resumen positivo del año 2015

La Junta Directiva del ESH ha completado un año de actividades y, como demostró en la reunión del CDR de París (véase la página web), el balance es positivo. En esta carta me gustaría hablar acerca de dos Sociedades constituyentes que están demostrando su compromiso a sus miembros y a toda la comunidad ESH. La primera de ellas es la Sociedad Báltica de Hipnosis Clínica y Experimental Ericksoniana (BSECEH). Una sociedad constituyente de ESH desde junio de 2015, que se encuentra en Riga, Lituania. Tuve la oportunidad de enseñar en su nueva sede, para cumplir con su Junta Directiva y profesores, como Dace Rolova y su hija Laura Grinberga, Dace Lodzina y Zane Skrodele. Mientras hablaba con Edgars Skrodelis, Presidente de BSECEH, comprendí que él está traduciendo y adaptando al ruso el libro de Dan Short "Esperanza y Resiliencia", ya traducido al italiano, español, francés, alemán y japonés. La comunidad rusa de hipnosis le agradecerá a Edgars por su dedicación y compromiso.

El segundo evento sucedió en el mágico lugar del Lido de Venecia donde presenté el ESH al Congreso científico organizado por uno de nuestros CSs italianos, el Instituto Franco Granone-CIICS, en "Hipnosis y otros cambios de concientización en la escuela de Franco Granone". En realidad, el objetivo principal del Congreso fue presentar el "Trattato d'ipnosi e altre modificazioni di coscienza" (Tratado de hipnosis y otras modificaciones de la conciencia), editado por Edoardo Casiglia. Es un trabajo impresionante por la cantidad y calidad de sus ensayos, escritos con un estilo admirablemente uniforme, que da armonía al texto. Permitanme darles unos números sorprendentes: 1084 páginas; 2710 referencias del libro; 50 autores. La comunidad italiana está agradecida por este inspirador y exhaustivo libro nuevo.

Estos dos libros son la prueba de que los miembros de la sociedad constituyente del ESH están generosamente comprometidos a ofrecer su tiempo y su capacidad para escribir libros científicos y así difundir la existencia y el conocimiento de la hipnosis en sus propios países.

Con respecto a nuestra Junta Directiva, según los expertos en dinámica de grupo, cada grupo pasa a través

de diferentes etapas: de Formación (Forming), Torbellino (Storming), Normatización (Norming), Realización (Performing), y Finalización (Adjourning).

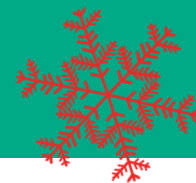
Durante la primera fase de la *formación*, el grupo no tiene objetivos claros, tampoco sus roles ni sus expectativas; sus miembros exploran la relación entre sí y con su líder y se basan en la experiencia anterior como punto de referencia. Después de eso, la dinámica del grupo naturalmente entra en la etapa de *torbellino/storming*, con algún conflicto grupal y antagonismo hacia el líder. Después de esta fase, el grupo está listo para entrar en la tercera fase de *normatización*, para establecer reglas útiles para gobernar las relaciones entre los miembros y para realizar sus tareas. La fase de normatización es seguida por la fase de *realización* cuando el grupo, una vez que ha resuelto sus desencuentros interpersonales, concentra su energía colaborativa para llegar a la etapa final de *finalización*, con la satisfacción emocional por concluir su tarea.

Después de un año nuestra Comisión Directiva está lista para completar el año 2015 y empezar el 2016 con interés: Les deseo a todos ustedes felices fiestas y un saludable y fructífero Año Nuevo.

### Post scriptum

Maria de Escalante Smith me ha informado que debido a nuevos compromisos laborales la imposibilitan seguir traduciendo la carta de la Presidenta. Le agradezco a ella por su labor durante tanto tiempo y le deseo el éxito que ella es merecedora. Le doy la bienvenida a Jacinto Inbar el cual será responsable por la traducción al español, y le agradezco por su generosidad.





## Lettera del Presidente

Tradotto da Flavio Giuseppe di Leone

### *Una sintesi positiva del 2015*

Il direttivo della ESH ha concluso il primo anno di attività e, come dimostrato dalla riunione del CoR di Parigi (vedi il sito) il bilancio è positivo. In questa lettera desidero parlare di due società costituenti che hanno dimostrato il loro impegno verso i propri membri e l'intera comunità della ESH. La prima è la Baltic Society of Erickson Clinical and Experimental Hypnosis (BSECEH), di Riga, in Lettonia, società costituente dal giugno 2015. Ho avuto l'opportunità di insegnare presso la loro nuova sede centrale e di conoscere i membri del direttivo e i loro insegnanti, tra cui Dace Rolova e sua figlia Laura Grinberga, Dace Lodzina e Zane Skrodele. Parlando con Edgars Skrodelis, il presidente della BSECEH, ho saputo che sta traducendo in russo il libro "Speranza e resilienza" di Dan Short, già tradotto in italiano, spagnolo, francese e giapponese. La comunità degli ipnotisti di lingua russa sarà grata a Edgar per la sua dedizione e impegno.

Il secondo evento è avvenuto nella magica cornice del Lido di Venezia dove ho introdotto la ESH al congresso scientifico organizzato da una delle società costituenti italiane, l'Istituto Franco Granone-CIICS, "Ipnosi e altri cambiamenti di coscienza alla Scuola di Franco Granone". Per la verità, la presentazione del *Trattato d'ipnosi e altre modificazioni di coscienza* curato da Edoardo Casiglia è stato lo scopo principale del congresso. E' un lavoro impressionante per quantità e qualità del lavoro svolto, scritto con un'ammirevole uniformità di stile che dona armonia al testo. Lasciatemi dare qualche stupefacente numero: 1084 pagine, 2710 riferimenti bibliografici e 50 autori. La comunità italiana è grata per questo nuovo esaustivo e stimolante volume.

Questi due libri sono la prova che i membri delle società costituenti della ESH sono impegnati con generosità nell'offrire il proprio tempo e le proprie competenze nella redazione di scritti scientifici e rendere l'ipnosi nota nel proprio paese diffondendone la conoscenza.

Per quanto riguarda in nostro direttivo, secondo quanto dicono gli esperti di dinamiche di gruppo, ogni gruppo passa attraverso gli stati di *forming* (costruzione), *storming* (conflittualità), *norming* (regolamentazione), *performing* (esecuzione) e *adjourning* (conclusione). Nella prima fase di *forming* (costruzione), il gruppo non ha obiettivi precisi,

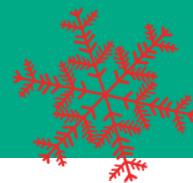
regole o aspettative; i suoi membri sondano le relazioni tra loro e con il leader, e usano come riferimento le esperienze pregresse. Dopodiché, il gruppo entra nello stato di *storming* (conflittualità), caratterizzato da conflitti nel gruppo e con il leader. Successivamente, il gruppo è pronto per la terza fase di *norming* (regolamentazione), a stabilire nuove regole utili sia a governare le relazioni tra i membri che al raggiungimento degli obiettivi. Lo stato di *norming* è quindi seguito dalla fase di *performing* (esecuzione), quando il gruppo, risolte le incomprensioni interpersonali, si focalizza sulle energie collaborative per arrivare allo stadio finale di *adjourning* (conclusione) con la soddisfazione emotiva di aver finalmente raggiunto gli obiettivi.

Dopo un anno il direttivo è pronto a concludere il 2015 e iniziare il 2016 con curiosità. Auguro a tutti voi delle felici vacanze e un proficuo nuovo anno.

#### Post Scriptum

Maria de Escalante Smith mi ha informato che un nuovo lavoro le impedirà d'ora in avanti di tradurre la Lettera dal Presidente. La ringrazio per il lavoro svolto fin ora e le auguro tutto il successo che merita. Do il benvenuto a Jacinto Inbar che d'ora in poi sarà responsabile per la traduzione in lingua spagnola e lo ringrazio per la sua disponibilità.





## Letter from the Editor

By András Költő



### *Fluctuat nec mergitur, once again*

In the previous issue of ESH Newsletter, I recalled memories of Paris, where we participated in the 20th, Anniversary Congress of International Society of Hypnosis, in August 2015. Paris symbolises some of our core European values – most important of those is the liberty of the individual. The [\*Declaration of the rights of Man and of the Citizen\*](#), issued in 1789 by the National Constituent Assembly of France, is a fundamental document for all humanity. Let me cite its first article: “Men are born and remain free and equal in rights. Social distinctions can be founded only on the common good.” Unfortunately, some powers ignore or downright despise this basic principle, and want to punish those women/men who realize it in their private lives and societies.

We have learned with horror that on 13 November, there were coordinated terrorist attacks against different Parisian targets, including cafés, restaurants and a rock concert. On behalf of the Board of Directors of ESH, I wish to express our sorrow and deepest sympathy for the victims, their relatives, and the whole French people. We also send our sincere condolences to family members of victims of the terrorist attacks which took place in other countries – most recently, in Lebanon, Turkey and Kenya.

Besides these terrible tidings, we also have sad news from the world of European and International hypnosis. Two of our beloved colleagues, Claire Frederick from the USA and Rolando Weilbacher from Italy, recently passed away. They both were great teachers and caring friends to those who knew them personally.

There is, however, some good news as well. In the current issue, you can read a report and an interview, introducing two new ESH Constituent Societies. We

are glad to welcome the Baltic Society of Erickson Clinical and Experimental Hypnosis (BSECEH) and the Bulgarian Association of Hypnosis and Hypnotherapy (BAHH)!

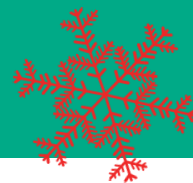
You will also find news on the launching of a great Italian volume on hypnosis (almost 1200 pages and 50 chapters) – if only we could also read it in English! We also prepared some French book reviews, a summary on recent neuroimaging studies on how the brain works in hypnotic state, and a report of a symposium held at the ISH Congress, on the analogues of traditional Chinese healing methods and Western hypnosis.

I am happy to introduce Jacinto Inbar, our next Spanish translator, to you. He is a member of the Israeli Society of Hypnosis, a lecturer at the School of Education and at the School of Social Work at the Bar-Ilan University. He is a clinical psychologist, a therapist and supervisor for couples & families, a cognitive behavioral therapist as well as a cognitive hypnotherapist. We welcome him at the ESH Editorial Team. I also want to say thank you to our dear friend Maria Escalante de Smith, who has translated the President's Letter into Spanish since 2011.

The contributors again sent many texts, which were a pleasure to edit. I am grateful for the thorough language revisions provided by ESH First Vice-President Kathleen Long.

Back to Paris for one more thought: In the previous letter, I recited the motto of the city: [\*Fluctuat nec mergitur\*](#) – ‘The ship may be tossing but she will not sink’. We are grieving for the victims, but we will not let our basic values to be threatened no matter how rough the seas are.





## Claire Frederick passed away

By Susanna Carolusson

It is with great regret we received the information that Claire Frederick passed away 6th October 2015.

I am asked to write a eulogy. Not that I had frequent meetings with Claire, we had a conversation by mail now and then, we talked and discussed in the backyards and hallways at the congresses, always spontaneous and warm meetings. I believe I share that kind of Claire-friendship with many of you!

My first close encounter with this marvelous teacher was when I invited her to teach in Sweden 20 years ago. The audience found her tough and cowboyish, a scholar academic and also comfortably personal and relaxed in her teaching role.

In our last mail conversation she informed me she enjoyed her life in Maine very much. She had moved from California to the Boston area, where she enjoyed the landscape. She sounded as if she would have a long future there.

Nobody expected an energetic clearminded person like Claire to pass away so suddenly. Her colleagues in US met her as usual at an SCEH congress in August, and she was the charming Claire as always. From the reactions in SCEH, I understand even more that Claire was exceptional. Friendly and supportive, never searching the spotlight or the VIP positions, although worth it.

When people discuss the least painful way to die, they often say they wish to die suddenly, in a happy "normal" phase of life, yet old enough to have enjoyed a long stay here. From that perspective, she was lucky. I think she would agree, with her own sense of humour.

I will end my eulogy with Claire's own words in an email from 2nd July this year:

"My schedule's been messed up during the past year because I've had to face some health problems – I have dealt with them, results have been brilliant, and I am doing super, no worries (...) I closed my California practice and moved back to my home in the North Woods of Maine, where I overlook a large Lake. Across the Lake I see the mountains separating the US from Quebec Province in Canada. I think I have at least one more big book in me, and I'm prepping for it by writing articles, did one chapter this year, and have amped up my teaching a bit. I'm trying to get a three 2-day workshop certification pro-

gram in Ego State Therapy for some form of certification started in the Boston area (...) So I am quite busy, but I do have more time to cook fine food and take long walks. (...) I have always loved the European Society's meetings (...) Great having a little email chat with you"

"I have always loved the European Society's meetings." Hmm, I liked that.



Claire Frederick, MD (1932–2015)

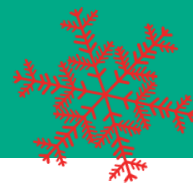
## Claire

By Eva Pollani

I am and was inspired by Claire in so many ways. The Ego State Therapy Community and Hypnosis Community received so much from her contribution.

She was doing a lot of research and writing articles about different important topics in our field. If I look at Ego State Therapy I can hardly find any other author who published so widely within the last years. She developed new techniques and always tried to bridge "the worlds".

Claire's demonstrations of efficient Ego State Therapy work – her non-verbal inductions, her carefully exploring of bonding issues and responding to them within the session – doing such beautiful repair work made her a role model for my psychotherapeutic self and for many colleagues and students around the world.



Claire's work lives in those who met her, were honored to learn from her and those who worked with her on personal topics during workshops or congresses. Her curiosity, not only in topics of psychotherapy, but also in each and every person she connected with made every coming together with her a special event with a long lasting effect – whether it was during lunch time or driving from the hotel to the venue.

Claire was an exceptional woman, a special teacher, a wonderful therapist and mentor. She had an intuitive mind connecting with others, whether it was for a session or just for a chat during a break. In a world where people tend to loose contact with each other, she always connected in such a respectful and warm way.

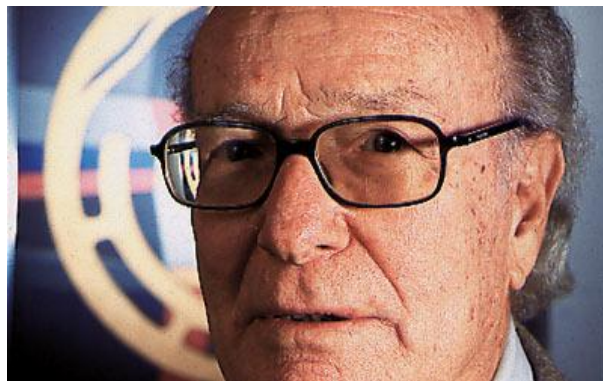
Claire often told me about the “dream group” she was in with special colleagues and friends meeting every now and then. She also encouraged me to found such a group and it made clear that personal growth – at every age – is just absolutely amazing. She emphasized the importance of developing one's personal myth and this was also something she taught so many of us. In a very difficult personal time, when I needed support most, she sat down and offered me help and even mentorship if needed.

Losing someone important like Claire will certainly affect not only me – but many of my colleagues and students.

Her passing is certainly a great loss.

Some years ago she told me in a private talk that she considered Helen Watkins as a genuine shaman – I would like to add that Claire was a shaman, too. In many aspects.

## In memoriam Rolando Weilbacher...



Prof. Rolando Weilbacher (1924–2015)

### ...By Camillo Loriedo

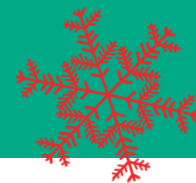
With the death of Rolando Weilbacher, Italian hypnosis loses one of its historic columns. A mindful witness and protagonist, he was involved in all the events that have marked the life of the entire movement from its beginning until today.

A great protagonist of course, but it would be more correct to call Rolando a countercurrent carácter. His innovative ideas and his constant need for research led him to explore new frontiers when many others were hesitant. His elegant and discreet style was that of a true gentleman, always far away from the clamor and the triumphant proclamations that often menacingly lurk the hypnotic community.

He began to take his firsts steps in hypnosis in the late 1950s and early 1960s. He was always animated by a deep passion for hipnosis despite vicissitudes and controversial experiences in the previous century. Still very young, Rolando worked very hard in the first hospital that used hypnosis for the treatment and prevention of Alcoholism and Substance Addiction, the Hospital of St. Andrew in Vercelli, founded by Franco Granone. He also participated in the first course of Clinical and Experimental Hypnosis at the same hospital.

With Giampiero Mosconi and Granone he was involved at the beginning of the newly established Medical Association for the Study dell'Ipnosi (AMISI), where soon become Secretary. In the 1980s and 1990s his name appeared in all the Italian and European societies and he participated in all conferences directly or indirectly related to hypnosis.

Together with a group of friends and colleagues, in 1993, he founded the Italian Society of Hypnosis, (SII), affiliated to the European Society of Hypnosis



and to the International Society of Hypnosis. He became an active and influential member of the Executive Council and remained there for 22 years.

As a psychiatrist who used hypnosis, Weilbacher accumulated a great breadth of clinical experience in all types of interventions based on trance. He gained expertise in the clinical use and the teaching of self-hypnosis, with all types of mental illness that presented to him as a consultant at the Fatebenefratelli Hospital in Milan.

In his tireless practice of hypnotic therapy, his research on the difficulty of treating chronic alcoholism deserves a particular mention. The method he developed, the individual and group multiphase Psicofilinterapia (Weilbacher & Rivardo, 1975), allowed a very impressive number of "impossible" cases over a long period of time to recover. As many Italian colleagues know, Weilbacher was also one of the initiators of the founding of Alcoholics Anonymous in Milan. His long involvement with AA allowed him to offer patients a continuing maintenance therapy with the AA to maintain and support their continuing recovery. Among his major interests we should remember: *The use of hypnosis in behavioral therapy* (1976) and *The convergence of expectations in hypnotic relation* (1983).

Another aspect of hypnotic therapies that Rolando always promoted, achieving unsurpassed levels of experience with many cases, was smoking cessation. In the treatment of smoking he developed a method which was then synthesized with Bosisio, in a practical and effective book, published by Franco Angeli (2010).

He conducted his professional career with great seriousness and commitment. He carried out hypnosis therapy thoroughly and leaves behind him a huge void. Beyond his achievements and important contributions he donated generously his contributions to the world of hypnosis right up until the end of his remarkable 91 years. Beyond his achievements remains the memory of a man who expressed himself with great lightness optimism, kindness, and sincere empathy. He dispensed to all of his contagious smiles, and was able to persuade even the most skeptical with his profound faith in hypnotic methods.

We like to remember Rolando also for his second great passion. He was proud to be an indomitable *gommonauta* (draft driver) that plowed the waves, always looking for a new adventure.

## ...By Giuseppe De Benedittis

At the beginning of his professional career as an internist, in the 1950s, a passion for travel led Rolando to sail the seas of the world as the ship's physician. Besides his contributions to the use of hypnosis in addictions (alcohol and tobacco), his techniques for the reinforcement of the ego were also very important. More recently there was his collaboration with his students on the downsizing of the supposed role of hypnosis in antisocial behavior (ie, robberies using hypnosis). On a personal level, I like to remember his charm, his innate elegance, his almost British sense of humour, carried out with ease until his 91 years.

## ...By Guglielmo Gulotta

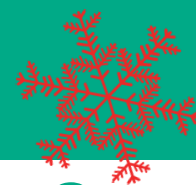
Writing of a colleague who has been a friend for 50 years, since 1965, is not easy. The last time I met him was two years ago, in Rome, at one of those dinners at the end of a conference. As I had not seen him for a while, I thought he had retired. Instead I saw him lively and intelligent as usual. Now when I think back to the events of hypnosis in Italy, the achievements, the contrasts, the similarities and differences of opinion, I feel that his loss for me and all those who knew him is the void that he leaves. This is especially true for those who did not have the good fortune to know him as a person, as a scholar and as a professional.

## ...By Consuelo Casula

The Italian hypnotic community has lost one of the greatest scholars, Rolando Weilbacher, a lovable and rigorous, collaborative and insightful, intuitive and methodical professor. I remember that whenever I sent him a patient who wanted to quit smoking, he thanked me and then asked me, "Why do not you treat him by yourself?". And I replied that his expertise made him so reliable that it was not worth risking uncertain results since he offered a guarantee. I keep alive in my heart his example of a healthy mind in a healthy body, his consistency in keeping his body in a good and athletic shape as well as his mind flexible, ready to explore new possibilities and new solutions.

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## Treaty of hypnosis and other modifications of consciousness

(*Trattato d'ipnosi e altre modificazioni di coscienza*, CLEUP, Padova, Italy, 2015)

By Edoardo Casiglia

It is difficult to explain the renewed interest for hypnosis. For someone hypnosis is simply a curiosity, for others simply a therapy; but on the other hand, if it awakens curiosity, it is not merely a therapy. Between these two extremes there is the fertile world of real hypnosis.

Although different categories of people – therapists, patients, researchers – approach hypnosis for different reasons and in a different manner, the rapport is its final effect. After the psychoanalytical parenthesis, philosophically illuminating but quite demanding from a therapeutic point of view, the world is now discovering the so-called brief psychotherapies.

In the case of hypnosis, this is nothing more than a revival. In fact, hypnotherapy largely preceded psychotherapy. Rather, the latter followed the former according to the “spirit of the time.” Hypnosis is also an extraordinary way to do research, as the book presented here shows.

Franco Granone, psychiatrist and researcher was born in 1911 and died in 2000. He always watched Man’s development attentively. He was, broadly speaking, an anthropologist. The *Treaty of Hypnosis and Other Modifications of Consciousness* by Edoardo Casiglia comes from him and his school. This treaty is, in turn, anthropological in nature. The pre-history and history of Man, who has always practiced hypnosis, often unconsciously, has taken shape in the Treaty. Developed in its evolutionary, anthropological and religious implications, in the multiplicity of its facets, in beauty and elegance of the kaleidoscope that is ego’s consciousness – usual and modified.

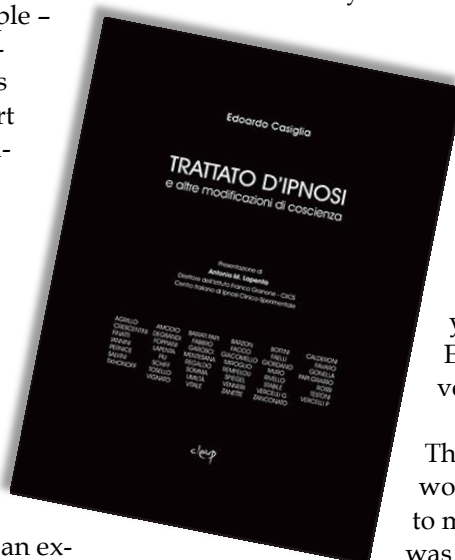
As well as this, the *Treaty of Hypnosis and Other Modifications of Consciousness* (1084 pages, 115 chapters of 50 co-authors, with black and white and color images, for Italian readers, not translated into English yet) there is also a practical manual of hypnosis and a course book. It is designed for medical doctors, psychologists, dentists and nurses who already know the

phenomenology of hypnosis, as well as the beginners and students of the faculties mentioned above.

The *Treaty of Hypnosis and Other Modifications of Consciousness* took advantage of the participation of many teachers of the Franco Granone Institute (CIICS) and of selected experts. It respects the school of Granone’s thought, but it is open to the most recent data and to the suggestions of the new and very illuminating works available in the field of the study the mind.

Open to the new ideas coming from the United States, Europe and Eastern countries, the Treaty has been the basis for consolidating the beliefs of the Italian school of hypnosis. It also represents a summary of the experiences over the last 20 years in the life of the Laboratory of Experimental Hypnosis of Padua University.

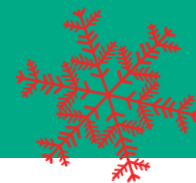
The book required more than two years of work and there was a considerable effort to make the text linear and uniform, as if it was produced by one single person and not by many different experts. The *Treaty* is also a good source of selected references (about 3,000).



## A Report on the Scientific Congress organized by the Institute Franco Granone-CIICS

By Enrico Facco

The North-East Section of the Institute Franco Granone-CIICS held its annual meeting at the IRCCS Hospital San Camillo, at the Lido of Venice on October 24th, 2015. During the meeting, the new Italian treatise of hypnosis entitled *Trattato di ipnosi e altre modificazioni di coscienza* (CLEUP, Padova 2015), was presented by Edoardo Casiglia, Editor and Chairman of the meeting. The work, a comprehensive book of almost 1,200 pages, includes 115 chapters by 50 authors, dealing with the following main topics:



- a) Physiology and anthropology of consciousness;
- b) The teaching of Franco Granone and its heritage;
- c) Phenomenology, neuropsychology and epistemological aspects of hypnosis and hypnotizability;
- d) Management of hypnosis in counseling, dentistry, disasters, medical disorders, obstetrics;
- e) Psychotherapy, surgery and invasive procedures;
- f) Experimental research in hypnosis;
- g) Meditation, non-ordinary mental Expressions, anthropology of psychotropic agents and shamanic rituals;
- h) End-of life, death and afterlife representations.

During the meeting, which hosted the representatives of main Italian societies of hypnosis (AMISI, Bernheim Institute and SII), Consuelo Casula, ESH President, and Antonio Lapenta, CIICS president, outlined the state of the art on hypnosis in Europe and Italy, respectively.

Their presentations were followed by lectures on hypnotizability and Hypnotic Induction Profile (Enrico Facco), hypnosis in stress related disorders (Rocco Iannini), fast induction techniques (Giuseppe Regaldo), hypnosis for nurses and other health professionals (Milena Muro), and hypnosis and psychotherapy: a story to be rewritten (Ennio Foppiani).

## Learning and enjoying together: Meeting new members of ESH

By Dace Lodzina

Consuelo Casula, President of ESH, held her workshop in Riga, 2-4 of October 2015 with following lectures: first afternoon "Laws and Principles of Hypnotic Suggestions: from Emile Coué to Dabney Ewin"; next full day "How to elicit patient's resilience: the strength of vulnerability"; last half day "Mindfulness and Hypnosis". It was really great that after our Baltic Society of Erickson Clinical and Experimental hypnosis (BSECEH) got membership in ESH, we could all enjoy the fruitful 3 days together with Consuelo. The feedback below covers about 30-40% of participants and gives an overview of different views.

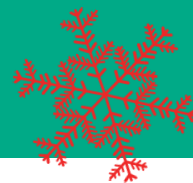
*Consuelo Casula and attendants of BSECEH Meeting*



"One of most important learning's from the workshop was to learn the meaning of time and how important is to utilize that in hypnosis. It is very essential to understand the personal time preferences of the client, how to integrate these preferences into therapeutic process and finally how to make personal reflections with different time meaning of Kairos and Chronos as a therapist."

"For my personal development of therapeutic skills it was very important to learn from Consuelo's practical case analyses. I really enjoyed looking on her unique ability to hear the most important message from the client."

"By attending the seminar I got the genuine joy of meeting the Person who inspires both personally and professionally. She has strong personal power, professional skills, and believes in her goals. From the hope and resiliency workshop I got new insights about professional skills, personal insight and ideas on how to promote hypnosis in Latvia and in other Baltic countries. Consuelo has become one of my leading stars in the vast, infinite and colorful world of hypnosis."



"For me hypnosis is new, and also this seminar was completely a novel experience for me. To study hypnosis was my dream for a long time and I feel really lucky and happy that I attended the workshop Consuelo was leading to start my first conscious steps in the field of hypnosis. I liked that the information was very structured and understandable. Everything was explained for everybody to understand. A lot of precious metaphors were told with a lot of personal experience stories. I really enjoyed those 3 days I spent with Consuelo and other participants. Atmosphere, energy and information during seminar were very enriching."

"The seminar was very inspiring, Themes- topical, interesting demonstrations and memorable case study themes and discussions."

"I am very pleased with the workshop; especially I liked the practical demonstrations. For me personally the most valuable was the demonstration where several techniques were tested in one hypnotic session."



Consuelo Casula with board members of BSECEH, from left: Dace Rolova, Consuelo Casula, Zane Siliaa, Edgars Skrodelis, Dace Lodzina (photos by Laura Grinberga)

"I enjoyed these days together with very inspiring, professional and charming teacher Consuelo. The most important thing for me to learn was the structure of the hypnotic session and how important hope and resiliency are for both the client and therapist in the therapeutic process. I really look forward to our next co-operation and hope that we will be able to host also more ESH members in Riga!"

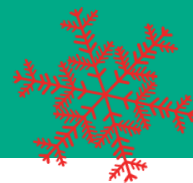
## What can we learn from Chinese tradition?

Analogues of Chinese folk and religious rituals and Western hypnosis  
By András Költő

Hypnosis is ancient. Even though not termed as "hypnosis", hypnotic techniques seem to be as old as mankind. Although we tend to think that the modern form of hypnotic technique – as we use them nowadays – was initiated by Franz Anton Mesmer in the 18<sup>th</sup> Century. Many theorists – most recently, De Benedittis (2015) – argue that it can be traced back to ancient meditation methods. Beside meditation, hypnosis also bears similarity with the Shamanistic rituals, the tribal dances, and religious rituals such as praying or meditation. Such techniques seem to be found all around the world – and China is no exception.

In a symposium on Chinese hypnosis, held at the 20<sup>th</sup> ISH Congress in Paris, four colleagues gave striking and eye-opening evidence of how various rituals and techniques, stemming from ancient Chinese folklore, religion and philosophy are analogous to modern hypnosis. Apart from the obvious value of intercultural understanding, the Western hypnosis professionals cannot ignore the trend that [Asia seems to be the "new Europe"](#). While the economical and the cultural advancements in Europe are definitely slowing down and lacking the potential to renew, the Asian countries are the engine of development and dictating a new pace.

The first speech, by Bin Hao, was about how the traditional *Dao Yin* techniques can be applied in hypnotic inductions. *Dao Yin*, an ancient school of



thought and lifestyle, emphasizes the importance of conscious presence, body adjustment and breathing regulation – all essential in creating the hypnotic state. These three methods reconstruct the imbalance caused by maladies by correcting the harmony of mind and body. The name “Dao Yin” itself sounds powerful for the Chinese, and it includes the meaning “seeking a higher future realm.” *Dao Yin* practices are transmitted through student-master relationships, in which mutual respect and trust are emphasized. This is similar to the relation of the client and the hypnotherapist. *Dao Yin*, like modern hypnotic induction, starts with focusing your attention on either a specific body part or process, or an element in the external environment. *Dao Yin* heavily relies on cultural symbols; in many cases, the healing process is based on simulating the posture and functions of an animal. Those animals symbolize longevity, good fortune, power and other values.

Dr. Hao presented a case of a 35-year-old professor, who, despite his young age, suffered from back and shoulder pain. The “Turtle Breathing” technique was introduced to him. Turtles, as you know, live very long and they are resistant to poor health conditions. The patient was interested in Taoism so applying *Dao Yin* technique for him seemed obvious. He had to mirror the posture of a turtle, and imagine that he was actually a turtle. After some sessions with this imagining, the pain went away. Given that *Yinshu* (The Book of Yin, from 186 B.C.) contains about 86 different postures, you can envision that it offers refined therapeutic solutions for many ailments. *Dao Yin* and a related breathing technique, *Ji Xi* (Double Inspiration Breathing) can be seen as organic ways to induce the trance state, and help the patient to coordinate imagination and body adjustment. This method can be integrated into modern hypnosis, which is especially helpful to those patients who are afraid of hypnosis but are familiar with the concept of *Dao Yin*.

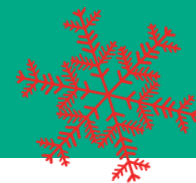
Next, Rudong Zhang presented Buddhist mantras and their therapeutic effects. A mantra is a sacred utterance, which can be a simple sound, a syllable, a word or a whole sentence. Dr. Zhang, who converted to Buddhism decades ago, has acquired ten mantras from the many thousand types and forms. Typically, learning how to utter even a simpler mantra properly, may take up to 10,000 times. The first step of learning mantra meditation is for the student to be trained by an older Buddhist disciple, who is called “Brother in Religion”. After being instructed by his Brother, Dr. Zhang had to recite a simple mantra for three days. Reciting a mantra needs special

preparations. After getting the initial training from the Brother, a Buddhist master usually gathers six to eight students. They go to a calm environment (e.g. a Buddhist temple), where the statues of Buddha are erected. Before starting to recite the given mantra, the master rings a bell. During the recitation, the students are required to do mentalization, in regard to the meaning of the given mantra. They also have to imagine the bodily impact of the mantra, for instance, that some syllables “enter” and impregnate their bodies. (Actually, the vibration induced by the elongated pronunciation, e.g. ‘OMMMMMM’, creates a distinct and specific sensation in the body.)

After practicing the *Om Mani Padme Hum* mantra together, Dr. Zhang presented some cases where combining mantra and self-hypnosis helped the patients to improve emotional regulation, and to control their pain. Just as in the case of *Dao Yin* techniques, it is striking to see how many similarities mantra and hypnosis have. For instance, Kirsch (1993) emphasizes the special communication style of the hypnotherapist. In everyday speech, it would sound strange or even nonsensical if we repeated ourselves many times. Hypnosis “allows” the therapist to repeat the key suggestions, which enhances their efficacy. Just think how effective a healing mantra can be, repeated 10,000 times!

The third speaker, Zhong Jiang introduced a hypnotherapeutic intervention of a traditional Chinese healing method used to treat “stolen soul” syndrome. According to the Chinese traditional approach, the psyche is considered to consist of ten parts, three souls (*Hun*) and seven senses or spirits (*Po*). The body, according to this belief, is a container of these components, which are in constant interaction with each other. In Yunan canton, human illnesses are attributed to damage a “soul stealer” made in this system, by robbing one or more components of the *Hun* and/or *Po*, or by entangling their balance.

Dr. Jiang recalled when he was eight years old, making a trip to a nearby forest. While walking, he noticed two mating snakes, which is considered to be a bad omen in China. Soon after this episode, he started to have nightmares, he lost his appetite and he became increasingly exhausted. His mother healed him with the method of “soul calling”, which resulted in a complete recovery in a week. According to Dr. Jiang, many elements of this method are functional equivalents of hypnotherapy. The aim of “soul calling” is to find the lost soul part(s), or restore their balance.



The soul calling is carried out by an older person to heal a younger one. A bowl, some rice, and an egg are needed for the ritual. The bowl symbolizes the body – as the container of the soul. The rice represents resources and nutrition for the missing soul part, while the egg stands for the wholeness and the integrity of the soul. The patient is sitting, while the healer is standing, holding in her or his hand the bowl, with the rice and the egg in it, calling back the missing element of the soul. When it happens, the healer changes the position of the egg, representing the restored balance and integrity. This ritual has a similar theoretical system as hypnosis. They both require a mutual attunement of the healer and the patient; their relationship must be based on trust. In both methods, the patient experiences alterations in her/his consciousness; many subjects describe the experiences of the healing process as being in a state of trance. Finally, the healer in the soul calling utilizes a thought which equals a posthypnotic suggestion: “All three *Hun* and seven *Po* are back in your body, and you won’t suffer again.” Let us notice that the symptoms Dr. Jiang suffered from correspond to those of posttraumatic stress disorder. He reported that in his practice, combining hypnotherapy and soul calling proved useful in many cases of PTSD or other psychological problems.

The fourth paper was presented by Wei Ren (in lieu of Xin Fang). She introduced *I Ching*, a classical Chinese divination book (“The Book of Changes”), which has much psychotherapeutic relevance. Its main topics include harmony, clear thinking, longevity and health. These can be approached through logical principles, expressed with numbers. These have strong bearing on everyday Chinese life. For instance, the even numbers represent *Yin*, the negative, weak, soft side of life. (In the *Yin-Yang* symbol, it is the white colour: That is the reason Chinese wedding dresses are not white but red; the latter symbolizes happiness, good luck and youth.) In turn, odd numbers are attributes of *Yang*: the positive, lucky, strong side of life. If you check a Chinese dress, it will also have an odd number of buttons – the Mao suit had five of them –, thus bringing good luck to the owner.

It has to be noted, however, that *Yin* and *Yang* are complementary, and are necessarily bound together. While in many Western countries, a “good” life is considered to be one that has as little negativity as possible, in Taoism, the balance of positive and negative aspects constitutes a “full” life. This thought leads us to another core principle of *I Ching*: One can be divided into two, while two can be combined into

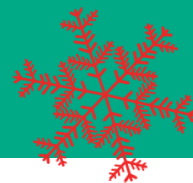
one. We can consider this principle to be the theoretical basis of the binary language used in modern computing devices.

This thought proceeds to a next level: One creates two, two creates three, and three creates everything. You can see this logical principle behind many biological, chemical and physical processes. Unity, duality, trinity, and their interactions appear in many symbols of human civilizations. Just think about religious traditions: Divinity is a unique entity, but the Good and the Evil are also fighting with each other – this duality is archetypic across different peoples and cultures. Deity exist in three “persons” or aspects, not just in Jewish and Christian, but in Zoroastrian (*Ahura*), Buddhist (*Trikaya*) and in Hindu (*Trimurti*) religions, too. These principles, according to Dr. Ren, create analogues between *I Ching* and Ericksonian hypnosis, especially the communication techniques Erickson used to induce trance in his clients.

In my opinion, the papers presented in this symposium provided insights into traditional Chinese philosophy, spiritual practices and healing techniques, and demonstrated that some elements of hypnosis – including interpersonal trust, attunement, holistic thinking and suggestion – are universal. If only we had more possibilities to learn and merge Eastern and Western resources of knowledge on hypnosis.

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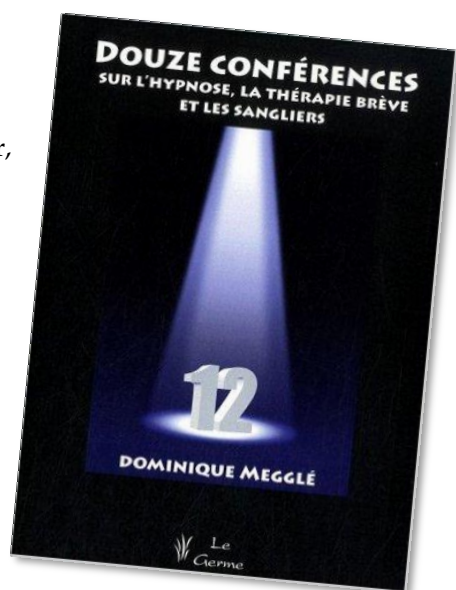


## French Corner

By Christine Guilloux

*Douze conférences  
sur l'hypnose, la thérapie brève et les sangliers*  
**Dominique MEGGLÉ**  
Satas, collection Le Germe, Bruxelles, 2011  
ISBN 978-2-36-101-006-5

Vous n'avez pu assister à toutes ses conférences et vous savez la verve, l'humour, la provocation et les propos de côté de Dominique Megglé, qui, depuis une certaine lurette, nous incite à aller là où personne n'a raison, là où personne n'a tort.



Dominique Megglé, psychiatre, a bourlingué en Côte d'Ivoire comme en France, en pratique militaire et en pratique libérale, et s'est fait porteur de l'état d'esprit de Milton H. Erickson : reconnaître le patient avec ses croyances, ses valeurs, sa vision du monde, l'accepter tel qu'il est, le nourrir de lui-même et s'appuyer sur ce qu'il véhicule comme levier de changement.

Alors, faire un pied de nez aux théories et aux théoriciens du psychisme et s'engager dans un partenariat où chacun joue son rôle. Il n'est qu'un réel thérapeute, qu'un réel expert : le patient lui-même.

Effervescence, fourmillement, truculences... pour mettre du bazar dans le système, remettre les choses à leur place, rendre les thérapies à leurs véritables auteurs.

Douze conférences donc dans cet ouvrage qui bouscule les sangliers autant que les antimites, les idées reçues, les modèles et les approches, les stratégies et les tactiques... Sun Tzu, Hippocrate sauraient-ils se retourner dans leur tombe ? Laisser le

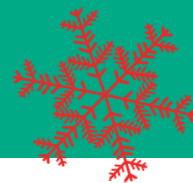
thérapeute faire confiance à son inconscient, suggérerait Erickson. A condition d'y avoir semé, de l'avoir nourri pour pouvoir récolter ce qu'on y a semé. Histoires et cas cliniques en illustration de la démonstration : les nourritures viennent du patient lui-même et non de catalogues de trucs, d'astuces ou de recettes d'hypnose et de thérapie brève... Hors des sentiers battus. « La thérapie est un art au service d'une création nouvelle, inédite que nous appelons le changement... La thérapie est un art inspiré. »

Laissons-nous porter par ces invitations de Dominique Megglé à revisiter notre pratique, à applaudir le courage de ceux qui sonnent à notre porte, à nous inspirer sans nous aspirer, à développer sans cesse une présence plus attentive, plus fluide dans ce cheminement de travail, d'intuition et de co-création.

*Les livres prennent soin de nous  
Pour une bibliothérapie créative*  
**Régine DETAMBEL**  
Actes Sud, Paris, 2015  
ISBN 978-2-330-04851-8

Les bibliothèques recèlent de trésors si peu exploités... Seront-elles taxées, un jour, d'exercice illégal de la médecine car elles possèdent en leur fonds tout ce qui peut nous accompagner à prendre soin de nous, à cultiver ce que Michel Foucault a nommé « souci de soi et que bien d'autres auparavant, Sénèque, Épictète, Marc-Aurèle, avaient préconisé. « S'occuper de soi n'est pas rien : il y faut des exercices du corps, un régime diététique, des tâches pratiques. Il y a aussi, et surtout, les méditations, les lectures... Pour garder notre maîtrise face aux événements qui peuvent se produire, nous avons besoin de discours vrais et raisonnables, que Plutarque compare à des médicaments. »

Aux bibliothécaires de se former davantage en matière de santé, clame Régine Detambel, kinésithérapeute et écrivain. *Les livres prennent soin de nous !* Pas n'importe quels livres bien sûr, pas ces ouvrages dits de « développement personnel » qui ronronnent les mêmes conseils de bon sens, mais ces romans et ces poésies faites de chair et de sang, « où se jouent les échanges entre le monde psychique et le monde extérieur », ces textes de littérature, ces livres «



plus vivants que la souffrance » qui nous engagent dans des confirmations, des projections, des explorations, des créations... Marc-Alain Ouaknin nous avait sensibilisé à la bibliothérapie dans un ouvrage de grande érudition talmudique et biblique, Bibliothérapie, Lire, c'est guérir. Les Anglo-Saxons ont développé une bibliothérapie, un usage guidé de la lecture visant un résultat thérapeutique. La France est encore frileuse bien que convaincue des bienfaits thérapeutiques de la lecture... Aux livres d'empêcher d'être malade d'être malade...

Les livres nous tendent des miroirs..., nous bousculent, nous chahutent, donnent du souffle, impulsent des rythmes, réveillent des musiques, revigorent des énergies, raniment nos âmes... Le livre a une force, est « cérémonial de guérison magique » : « D'ailleurs, quelque chose qui détermine en vous un changement profond, dans un choc presque physique, un frisson



*d'excitation qui dilate votre sensibilité à tel point que vous vous mettez à observer les objets familiers comme si vous les voyiez pour la première fois, ne peut être que magique. »*

Laissons-nous également porter et prendre au corps par ce texte riche et dense, par les propos toniques de Régine Detambel qui nous ramène aux vrais principes actifs de la bibliothérapie, nos essentiels..., par le livre plurivoque, épais feuilletage de sens avec « le bonheur de la répétition, l'hypnose revigorante de la rime, la mémorisation délectable, l'émerveillement devant le texte intraitable... »

(\*) Bibliothérapie, Lire, c'est guérir, Marc-Alain Ouaknin, Éditions du Seuil, Paris, 1998

## International Corner

By Katalin Varga and András Költő



*We hypnosis professionals are in the very favourable situation that there is a close alliance between the International and the European hypnosis societies. To make our collaboration even stronger, we have decided to make an "interactive corner" between the ISH and ESH Newsletters. We will regularly have one article from each Newsletter published in the other society's bulletin. We believe both associations will benefit from such an exchange. It can raise the awareness of our readers to what is happening on the international and European hypnosis scenes. In the present issue of ESH Newsletter, you can read an article by Dr. Athena Demertzi that presents the latest findings on the "Hypnotized Brain."*

## The brain's intrinsic activity during hypnosis and altered states of consciousness

By Athena Demertzi

Institut du Cerveau et de la Moelle épinière (ICM), Paris, France; Coma Science Group, GIGA Research and Cyclotron Research Center, Liège, Belgium

Even when the mind is free to rest and do nothing, spontaneous cognition tends to gravitate toward thoughts and feelings. This means that the apparently idle brain is constantly active. Using functional magnetic resonance imaging (fMRI), the brain's activity at rest is characterized by low-frequency fluctuations in the range of 0.01-0.1Hz. Such fluctuations organize the brain in various networks or systems. These systems can subserve the functioning of sensory modalities, such as auditory, visual, somatosensory or can represent higher-order function, such as attention and mind wandering (Raichle et al., 2001).

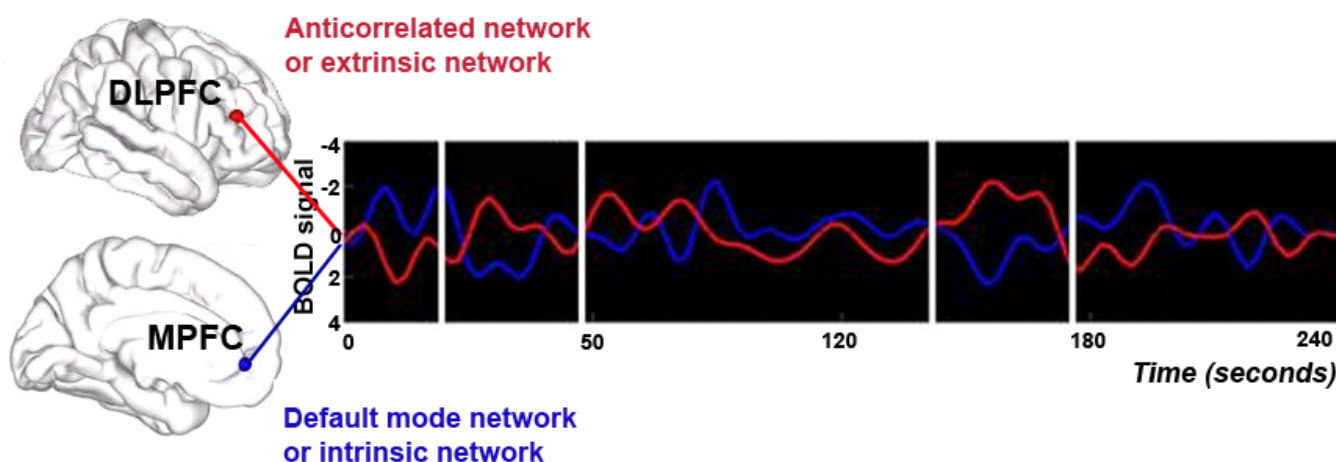


Dr. Athena Demertzi

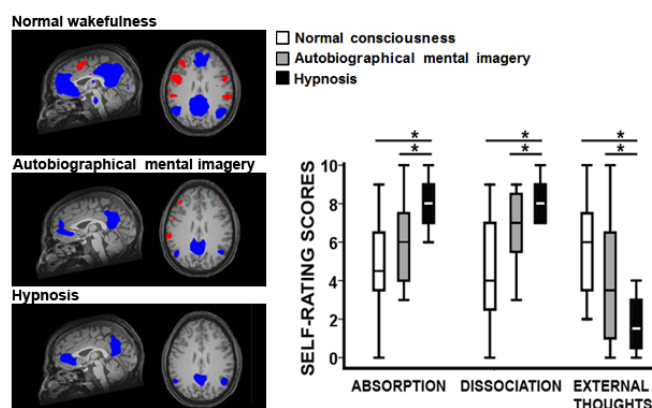
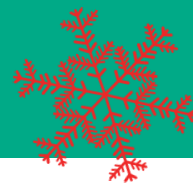
Particular consideration has been paid to two networks that function in an antagonistic manner (Fox et al., 2005). Specifically, there is a default mode network (encompassing mainly medial anterior and posterior regions) that has been linked to self-related cognition. And an anticorrelated network of mainly frontoparietal areas that is otherwise active during task performance (Figure 1). In short, these can be described as intrinsic and extrinsic brain systems that support the notions of internal and external awareness respectively (Vanhaudenhuyse et al., 2011). Specifically, external awareness refers to everything we perceive through our senses (what we see, hear, feel, smell and taste) and internal awareness refers to stimulus-independent self-related thoughts. Because the resting state paradigm does not require

sophisticated experimental setup and surpasses the need for subjects' collaboration, it is an ideal means to study cognitive function of subjects and patients who are unable to communicate in a functional way. To test the hypothesis that the anticorrelations are linked to conscious reportable awareness we first aimed at quantifying how the intrinsic and extrinsic systems are modified under an altered subjective state, such as hypnosis (Demertzi et al., 2011). In our experiment, healthy subjects were scanned with eyes closed under three conditions with counterbalanced order, namely under normal wakefulness, during autobiographical mental imagery (i.e., subjects were recollecting own pleasant memories) and hypnosis (i.e., subjects had to revive these pleasant memories after hypnotic induction). We found that, compared to autobiographical mental imagery, in hypnosis there were profound reductions in the brain's functional connectivity in the anticorrelated or extrinsic system. Interestingly, these reductions were parallel to subjective ratings of increased sense of dissociation from the environment and reduced intensity of external thoughts, next to a relatively lower connectivity of the intrinsic system (Figure 2).

With regards to the clinics, the resting state fMRI paradigm has been proven to be particularly appealing. This is because after severe brain injury patients may end up in coma or post-comatose non-communicating condition widely known as disorders of consciousness. Disorders of consciousness represent a devastating spectrum of clinical conditions involving profound disruption in consciousness level due to massive brain damage (Posner, Saper, Schiff, & Plum, 2007).



**Figure 1.** During resting state, the brain's activity as measured by functional MRI shows an antagonistic functionality between two networks. The default mode network or intrinsic network represents mainly self-related cognition and anticorrelates with an extrinsic network mainly subserving orientation to the external world through sensory perception. The panel illustrates the fMRI BOLD signal anticorrelated activity across time between key regions of each network, namely the dorsolateral prefrontal cortex (DLPFC) of the extrinsic the medial prefrontal cortex (MPFC) of the intrinsic (figure adapted from Demertzi & Whitfield-Gabrieli 2015).



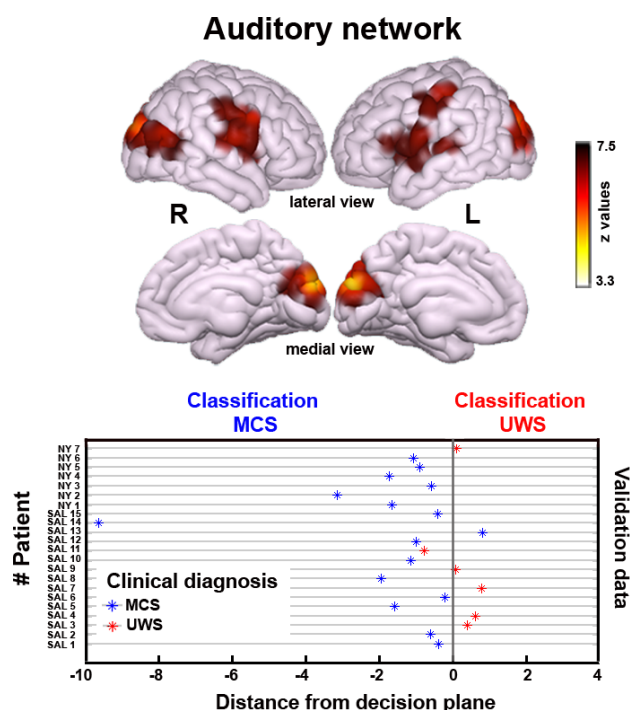
**Figure 2.** Hypnosis modulates brain's intrinsic activity. The functional connectivity of the default mode network (in blue) is relatively preserved but the extrinsic system (in red) shows profound reductions in functional connectivity moving from normal wakefulness, during autobiographical mental imagery and disappears after hypnotic induction. Interestingly, such brain-level modifications are accompanied by altered subjective reports where subjects self-rate higher levels of absorption and dissociation as well as lower levels of external thoughts when in hypnosis (figure adapted from Demertzi et al 2011).

For example, patients in a vegetative state, also known as unresponsive wakefulness syndrome (UWS; Laureys et al., 2010) retain wakefulness as evidenced by eye-opening but their behavioral repertoire is restricted to reflexive motor activity; therefore, they do not exhibit signs of awareness of themselves and/or their environment. When patients show signs of fluctuating yet reproducible non-reflex behavior (e.g., visual pursuit, command following) but remain unable to communicate in a functional manner, they are considered to be a minimally conscious state (MCS; Giacino et al., 2002). Emergence from the MCS is denoted when patients are able to accurately communicate with their surroundings and/or use objects by executing movements which are generally compatible with the object's specific function (Giacino et al., 2002).

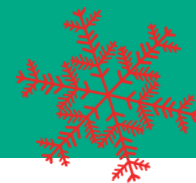
The boundaries between UWS and MCS are not always sharp. Typically, to tell whether patients hold some sort of consciousness, clinicians examine their responsiveness. This can be done behaviourally by asking them to make simple movements or by observing non-reflex behaviours, like when they track their faces in a mirror. It can also be done with brain imaging technologies, when brain activity is either measured after applying a physical stimulus (e.g. auditory, tactile) or when patients are asked to imagine a certain scenario in their minds, like they are playing tennis. Patients, however, may suffer from blindness, deafness, language or attention deficits or motor paralysis. Consequently, they may not be able

to respond to these techniques and as a result their level of consciousness will be underestimated, leading to an erroneous diagnosis.

In terms of spontaneous fMRI brain function, it has been found that the default mode network was indistinguishable between controls and patients with locked-in syndrome (i.e., conscious but severely paralyzed), relatively preserved in patients in MCS, significantly reduced in patients in UWS (Demertzi et al., 2014; Vanhaudenhuyse et al., 2010) and could not be identified in brain death (i.e., irreversible coma with absent brainstem reflexes) (Boly et al., 2009). More recently, we aimed to determine the clinical utility of intrinsic brain activity by diagnosing patients in an automatic way. In particular, six brain networks that are classically identifiable during resting state were tested if they can separate patients into the two clinical groups.



**Figure 3.** The visual-auditory crossmodal interaction supported by the auditory network was present in patients in minimally conscious state (MCS) and severely constrained in patient in vegetative state/unresponsive wakefulness syndrome (UWS). This pattern was a sensitive feature to discriminate automatically 20/22 independently assessed patients scanned in two other clinical centers. The lower panel summarizes the connectivity values of each of these new patients and their distance from the decision plane of the classifier which determined the discrimination between the two clinical populations (figure adapted from Demertzi et al 2015).



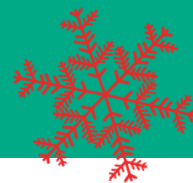
It was found that all networks managed to categorize patients with high accuracy (>80%). This means that the classification matched the behavioral diagnosis. Nevertheless, it was the auditory network that achieved the highest accuracy. The regions of the network included both auditory and visual areas (**Figure 3**). An automatic procedure was then trained to “recognize” the connected auditory-visual areas as the characteristic pattern of patients in minimally conscious state and classify those patients who did not show it as in vegetative state. The procedure was finally tested on 22 patients assessed in the two other clinical centers. This automatic classification accurately discriminated 20 out of these 22 patients (**Figure 3**) (Demertzi et al., 2015).

Taken together, research in resting state fMRI suggests a tight link between intrinsic anticorrelations and reportable subjective awareness (Demertzi et al., 2013), indicate that the modified contents of awareness can be measured behaviorally, and provide leverage for investigations of more challenging altered conscious states, such as anesthesia, sleep and pathological disorders of consciousness.

Athena Demertzi is a researcher in cognitive and clinical neuroscience. She graduated from the Faculty of Psychology at the Aristotle University of Thessaloniki, Greece, in 2005. Soon after, she pursued the Research Master's in Cognitive Neuroscience, Neuropsychology, and Psychopathology, at Maastricht University, The Netherlands. She graduated in August 2007 and has next joined the Coma Science Group as a doctoral student. Under supervision of Prof. Steven Laureys, she has investigated attitudes of healthcare workers towards medico-ethical issues concerning patients with disorders of consciousness, such as pain perception and end-of-life. Realizing the persistence of such controversies in the medical community, she aimed to increase the understanding of the underlying pathophysiology of these patients by means of objective neuroimaging tools. Using functional magnetic resonance imaging (fMRI) she has investigated resting state brain function both in healthy volunteers in waking conditions and hypnosis and in patients with disorders of consciousness. She received her PhD in Medical Sciences from the University of Liège in 2012. For two years she was appointed with the FNRS postdoctoral fellowship to continue her work at the Coma Science Group. Since October 2014 she is a postdoctoral researcher at the Institut du Cerveau et de la Moelle épinière (ICM) in Paris working with Prof. Lionel Naccache.

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## Interview with Dr. Bernhard Brömmel, president of Österreichische Gesellschaft für Angewandte Tiefenpsychologie und Allgemeine Psychotherapie (ÖGATAP)

By Stefanie Schramm



Dr. Bernhard Brömmel

**STEFANIE:** First, please tell us about yourself. What is your profession? How did you first get involved with hypnosis? How much do you use hypnosis in your practice? What is your professional background and is your main interest in treatment of patients/research or both?

**BERNHARD:** I have to admit that I am no hypnotist. Since the ÖGATAP (Österreichische Gesellschaft für Angewandte Tiefenpsychologie und Allgemeine Psychotherapie) is a psychotherapeutic association hosting three psychotherapeutic methods (Hypnosis-psychotherapy, Guided Affective Imagery, Autogenic Psychotherapy) I happen to be a therapist trained in guided affective imagery. Although I have done a few seminars in hypnotherapy I asked my expert colleagues in hypnotherapy to assist me in answering your questions.

My other professional background is Transference Focused Psychotherapy, a psychoanalytic approach to treating patients with borderline disorders. From this background and maybe also due to my training as a psychiatrist I strongly believe in the necessity of research work in psychotherapy, an issue that hypnosis has identified as being important a long time ago.

When and how did you become president of your society? What do you hope to achieve during your presidency? What are your main goals and what is the term of your presidency? Is the role as president for one term only or if the president be re-elected? If your society allows more than one term as president is this the first time you have been president or have you previously held this post with your society?

My presidency started one year ago, it is my first presidency, and it is scheduled to go on for another two years.

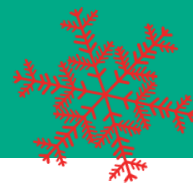
My main goal – and I am glad I am sharing them with my other colleagues on the board – is to enhance a scientific attitude in our society. Besides that we are trying to establish a patient service where psychotherapists in training and also graduated therapists can treat patients in an outpatient setting. We are also planning to implement cooperation with a state university and other psychotherapeutic associations to provide therapists in training with a university degree for graduation.

**Please tell me about your team. How many people are involved in the operation of the Constituent Society (CS)? How many members are in your CS?**

The board of the ÖGATAP consists of eight members. The ÖGATAP has approximately 800 members of which approximately 150 are hypnotists.

**When was your society established? When and why did it become a member of ESH? Please tell us about its history and development**

The ÖGATAP was founded in 1969 as “Ärztliche Gesellschaft für Autogenes Training und allgemeine Psychotherapie”. From its beginning it qualified doctors and psychologists in the three methods: autogenous psychotherapy, hypnosis-psychotherapy and Guided Affective Imagery. In 1989 the ÖGATAP became a member of the ESH and organized in 1993 the 6th congress of the ESH in Vienna. In 2008 the ÖGATAP supported the execution of the ESH congress 2008 in Vienna. The ÖGATAP is, since it's joining to the ESH an active member as Constituent Society and provided between 2008 and 2001 with Matthias Mende the president of the ESH. The members of the ÖGATAP represent the three methods Guided Affective Imagery (GAI), hypnosis-psychotherapy and autogenous psychotherapy. The ÖGATAP has beyond its members approximately 150 hypnotists.



## INTERVIEWS

**Please share which professions/specialisations constitute your membership (e.g. medical doctors, psychologists, dentists, other health care professionals such as nurses, midwives, social workers or others).**

The ÖGATAP qualifies medical doctors, and psychotherapists with varying backgrounds, psychologists, philosophers, theologians and other academic professions, taking the Austrian psychotherapist statute into account. In addition further trainings, qualifications are offered in hypnotherapy for solely psychotherapists and clinical psychologists.

**Does your CS have formal or informal working relationships with traditional medicine? Does your society collaborate with Medical Universities? Does your society have publications in scientific journals?**

The ÖGATAP is currently working on a project on an academic training in the three methods hypnosis psychotherapy, KIP/GAI and autogenous psychotherapy.

This project is planned to be carried out with other psychoanalytic-psychodynamic oriented psychotherapy associations and the medical University of Vienna. It is however, still in it's initial planning state.

**Can you give some examples of the best practices in your society (research, teaching, congress organisation, clinics...) and how your society has developed them over the years?**

The ÖGATAP hosts three international seminars per year, in which hypnosis-psychotherapy is taught. Additionally, the „International Congress for Applied Depth Psychology“ is held annually in Vienna. In 2016 it will bear the title „Extremism – or from extreme psychic life.“

**Please indicate if your CS involves, or has members who are involved in, hypnosis research. We would be grateful if you could tell us about the most interesting or renowned research projects that your society has been, or is currently, involved in. If your society undertakes research can you tell us who the principal investigators are? Is there any interaction between researchers and clinicians in your society?**

The ÖGATAP is currently running an effectiveness testing about the three methods in collaboration with

the University of Kassel (Fr. Univ. Prof. Dr. Heidi Möller, Univ. Prof. Dr. Svenja Taubner) In our society the dialogue between research and practice is always expanded.

**What is the next project of your society?**

The next project in our society is the expansion of the legal standardized qualification in psychotherapy/hypnosis-psychotherapy with the acquisition of an academic certificate, which incorporates a written research project.

**Now a change of topic! This is about the relationship between your society and ESH. What would you like to have from ESH? How can ESH help you to achieve the goals and projects that you want for your society? What do you think the main role of ESH should be? How can ESH improve relations with each CS and between CSs? What do you think should be the main role of ESH congress?**

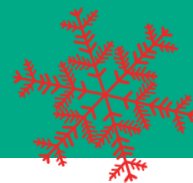
The central function of the ESH is the networking of societies within and outside of Europe. As further goals we see the establishing of standards for the training and qualification in hypnosis, hypnotherapy and hypnosis-psychotherapy. The ÖGATAP has a great interest in an Europe-wide protection of the method and the ensuring of a high professional and scientific standard. Exchanging scientific practice and research experience with other national and international societies would be helpful too.

## Interview with Kalin Tzanov, president of Bulgarian Association of Hypnosis and Hypnotherapy (BAHH)

By Consuelo Casula

**CONSUELO:** First, please tell us about yourself. What is your profession?

**KALIN:** I have a Master's degree on "Special Education of Children and Adults with Neuro-somatic Diseases" and I am the director of the Sociopsychological Private Center of Transitional Type for Rehabilitation and Resocialization „Green valley“ <http://greenvalleybg.com/index.php/en/Kazanluk>, Bulgaria, and psychologist of children involved in anti-social activities at the State Commis-



sion for Prevention of Anti-social Activities of Children, Sofia, Bulgaria. I am also lecturer in "Neuropathology", "Pathopsychology and psychodiagnostics" and "Psychodiagnostics" at the Sofia University "St. Kliment Ohridski", Faculty of Pre-school and Primary School Education.

## How did you first get involved with hypnosis?

My interest in hypnosis came when I was a University student. In 1999, the professor Milen Nikolov (unfortunately he has since passed away) who then gave lessons at the University of Sofia in Psychology, discipline of personality, responded to the questions I had concerning hypnosis and awakened my interest regarding this science. In 2000 he invited me to take part to the basic course of hypnosis, and since then I develop my skills in the field of suggestion and hypnosis.

## When and how did you become president of your society?

I became the President of Bulgarian Association of Hypnosis (BAH) in 2007. In 2012 the General Assembly Board of BAH took the decision to rename the BAH into Bulgarian Association of Hypnosis and Hypnotherapy (BAHH) and I was re-elected as its President for other four year term.

## What do you hope to achieve during your presidency? What are your main goals and what is the term of your presidency?

One of the main goals was to become a member of the ESH, now that we have been accepted last June 2015 we are grateful, happy and willing to establish a partnership and collaboration with ESH and with other international organizations. We aim at popularizing hypnosis and hypnotherapy in Bulgaria among physicians, dentists, psychologists and students from the above mentioned specialists as well as non-specialists. We would like to increase the level of qualification of the specialists in the field of hypnosis and hypnotherapy, also through collaboration with Universities, NGOs and Governmental organizations focused on the topics related to the mental health. We also want to support investigations in the field of hypnosis.

## Please tell me about your team. How many people are involved in the operation of the CS? How many members are in your CS?



Kalin Tzanov

BAHH General Assembly Board (GAB) is formed by a President, two members of GAB and two international secretaries: one of them is responsible for our relations with the Russian Federation and Republics of Russia and the other is responsible for the relations with the other countries. BAHH has its head office in Sofia and three central offices in Varna, Burgas and Veliko Tarnovo.

## When was your society established, and when did it become a member of ESH?

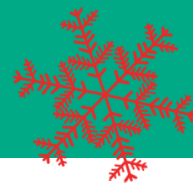
BAHH was established in 2012, as a development of the the previous BAH, which was established in 1999. We sent the application form ro ESH in 2014, and we have been accepted in June 2015.

## We would like to know something regarding BAHH history, its development, and the different professions/specialisations of your membership.

According to the Bulgarian Health Law, hypnosis can be practiced only by medical doctors, psychologists, and dentists after they had successfully completed the training courses in hypnosis and hypnotherapy. BAHH members are medical doctors, psychologists and dentists, special pedagogues and logopedicians as well as students from the above mentioned professions which had successfully completed the training courses in hypnosis and hypnotherapy with a minimum total number of 220 hours.

## Does your CS have formal or informal working relationships with traditional medicine?

According to a contract signed between BAHH and University of Sofia, BAHH is responsible for the implementation of the course on hypnosis for the students in Master's degree in Clinical psychology.



There is also a partnership between BAHH and the Bulgarian Psychiatric Association.

## **Does your society collaborate with Medical Universities?**

BAHH collaborates with Sofia University "St. Kliment Ohridski". Since 2011 BAHH has signed a contract with the Sofia University to deliver training to the students studying for a Master's degree in "Clinical Psychology".

## **Does your society have publications in scientific journals?**

Dimitrina Mitreva, one of our colleagues, is working on the scientific work of Milen Nikolov in the field of hypnotisability. She wrote her master thesis on a questionnaire to investigate hypnotisability. I have several publications in non scientific journals.

## **Can you give some examples of the best practices in your society and how your society has developed them over the years?**

BAHH collaborates with the Society of the Psychologists in Bulgaria, with the Bulgarian Psychiatric Association (BPA), and with private and state clinics and organizations. During the XXII Congress of BPA between 31 October and 2 November 2014 in Pomorie, Bulgaria, BAHH presented a research related to the use of "Hypnosis and hypnotherapy in the clinical practice" (written by Kalin Tzanov and Dimitrina Mitreva).

## **What is the next project of your society?**

We are issuing a manual on hypnosis and hypnotherapy in 2016, and we will have some training in Ericksonian Hypnosis in May 2016 with you.

## **Now a change of topic! This is about the relationship between your society and ESH. What would you like to have from ESH? How can ESH help you to achieve the goals and projects that you want for your society?**

We would like to have ESH collaboration with an exchange of new ideas and achievements in the field of hypnosis and hypnotherapy.

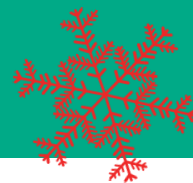
## **Welcome to ESH 2017**

**By Ann Williamson**

The British Society of Clinical and Academic Hypnosis (BSCAH) and The European Society of Hypnosis (ESH) would like to welcome you to Manchester in August 2017. The Hilton Deansgate is a great hotel and we are using the whole first floor which is a dedicated conference area. There will be plenty of space for exhibition stands so if anyone has contacts with companies that might like to sponsor a stand to exhibit their wares do please get in touch. Why not decide to display a poster on your work or research? We will be calling for applications to run workshops and present papers from early in the New Year. We will also soon be taking bookings on the website [www.esh2017.org](http://www.esh2017.org). Members of ESH constituent societies can book all four days of the conference at the very early bird rate of £325 (€455). Students and those from B countries (see list on website to check) £225 (€315). Very early bird registration for non-members is £400 (€560).

*We look forward to welcoming you to Manchester in August 2017!*

For further information on the Congress please visit [www.esh2017.org](http://www.esh2017.org).



## Calendar of forthcoming events

By Christine Henderson

### 15th January 2016

**Dates:**

15 et 16 janvier 2016

19 et 20 février 2016

18 et 19 mars 2016

20 mai 2016

**Horaires:**

**Chaque vendredi :** de 16h à 22h30 (cette session se termine par une conférence donnée par un expert dans des domaines variés) – repas prévu sur place

**Chaque samedi :** de 9h à 18h30 (lunch prévu sur place)

La journée de rencontre le 20 mai 2015 : de 9h30 à 18h30

**Lieu:** Service d'Algologie – Soins Palliatifs, Bloc Central + 2, CHU Liège, Domaine Universitaire du Sart Tilman – B 35, 4000 Liège, Belgique

**Orateur invités:**

FAYMONVILLE Marie-Elisabeth (CHU Liège, Belgique)

NYSSSEN Anne-Sophie (Université de Liège, Belgique)

TRIFFAUX Jean-Marc (CHU Liège, Belgique)

DOUTRELUGNE Yves (Tournai, Belgique)

IGNACE Isabelle (Paris, France)

HALFON Yves (Rouen, France)

KAISER Kenton (Herve, Belgique)

COLOMBO Stefano (Genève, Suisse)

**Langue utilisée:** Français

**Tarifs:** 1.850 Euros

**Courriel:** mfaymonville@chu.ulg.ac.be

**Téléphone:** + 32 4 366 80 33

**CUHL:** Cycle d'initiation à l'utilisation de l'hypnose et des techniques de communication spécifiques dans la prise en charge des douleurs aiguës et chroniques

### 19th February 2016

**Dates:**

19 et 20 février 2016

18 et 19 mars 2016

20 mai 2016

**Horaires:**

**Chaque vendredi :** de 16h à 22h30 (cette session se termine par une conférence donnée par un expert dans des domaines variés) – repas prévu sur place

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**MEG: 2016 Congress – Erschöpfung-Burnout-Depression Hypnotherapeutische Wege zu gesunder Balance**

### 3rd March 2016

**Dates:** 3 – 6 March 2016

**Venue:** Bad Kissingen

**Keynote Speakers:** Michael Yapko, Irving Kirsch

**Language:** German

**Translations:** Sporadic (Keynote Speaker)

**Fees:**

Bis 15.12.2015: 350€ (MEG-Mitglieder 300€)

Ab 16.12.2015: 410€ (MEG-Mitglieder 360€)

**Registration Website:** [www.meg-tagung.de](http://www.meg-tagung.de)

**Email:** [mail@cwcongress.org](mailto:mail@cwcongress.org)

**Tel:** +49-30-36 28 40 40

**CUHL:** Cycle d'initiation à l'utilisation de l'hypnose et des techniques de communication spécifiques dans la prise en charge des douleurs aiguës et chroniques

### 18th March 2016

**Dates:**

18 et 19 mars 2016

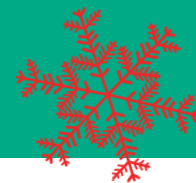
20 mai 2016

**Horaires:**

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## 20th May 2016

**Date:**

20 mai 2016

**Horaires:**

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**IMHE de Nice Cote D'Azur: colloque sur l-Apport de l'hypnose en sexologie a Nice**

## 5th June 2016

**Dates:** 5 / 6 / 7 juin 2016

**Horaires:** 9:30 – 17:30

**Lieu:** Nice, France

**Orateur(s) invité(s):** Joelle Mignot

**Langue utilisée:** Français

**Traductions:** Possible a partir de 20 personnes parlant Anglais

**Tarifs:** 570 Euro

**Site de reservation par internet:**

[www.abchypnose.fr](http://www.abchypnose.fr)

**Courriel:** [contact@abchypnose.fr](mailto:contact@abchypnose.fr)

**Telephone:** 00 33 04 93 13 89 69 or 00 00 06 11 16 11 87

**IMHETO: Accordage thérapeutique**

## 23rd June 2016

**Dates:** 23 au 25 juin 2016

**Horaires:** De 9h à 17h

**Lieu:** Toulouse

**Orateur(s) invité(s):** Jeffrey Zeig

**Orateur(s) invité(s):** Anglais

**Traductions:** Français

**Tarifs:** 510€ pour toute inscription avant le

28/02/2016 560€ après le 28/02/2016

**Site de réservation par internet:**

<http://www.imheto.com/jeffrey-zeig-accordage-therapeutique/>

**Courriel:** [Hypnose.toulouse@gmail.com](mailto:Hypnose.toulouse@gmail.com)

**Téléphone:** 0033 0960127901 or 0033 0684404645

**DGZH: Hypnose-Kongress Berlin 2016**

## 8th September 2016

**Dates:** 8 – 11 September 2016

**Times:** 09:00 – 17:30

**Venue:** Steigenberger Hotel Berlin

**Invited Speakers:** To be announced

**Language:** German

**Translations:** None

**Fees:** 400 Euro ESH Constituent Society Members  
550 Euros Non-Members

**Registration website:** [www.hypnose-kongress-berlin.de](http://www.hypnose-kongress-berlin.de)

**Congress Organisation Email:** [mail@cwcongress.org](mailto:mail@cwcongress.org)

**Congress Organisation Tel:** 030 36284040



IMHE Ile-de-France: APPEL À COMMUNICATION  
Pour le SYMPOSIUM

**11th November 2016**

**Dates:** 11-12 novembre 2016

**APPEL À COMMUNICATION Pour le  
SYMPOSIUM**

**Sur le theme: NOUVEAUX REGARDS SUR  
L'HYPNOSE**

*2 journées avec alternance de conférences et  
d'ateliers présentant recherches, innovations,  
apports conceptuels, transdisciplinarité, éthique...*

**Date: DEADLINE 31 DECEMBER 2015**

**Lieu:** Paris

**Langue utilisée:** Français

**Traductions:** non

**Site de réservation par internet:** Instructions pour  
l'envoi des propositions sur :

[https://imheidf.wordpress.com/symposiums-  
2/symposium-11-12-novembre-2016/](https://imheidf.wordpress.com/symposiums-2/symposium-11-12-novembre-2016/)

**Courriel:** [imheidf@gmail.com](mailto:imheidf@gmail.com)

ISH: 21st International Congress: Hypnosis and  
Synergy

**23rd August 2018**

**Dates:** 23 to 25 August 2018

**Location:** Montreal, Canada.

Further details will follow.

## XIV ESH congress

hosted by

**British Society of Clinical  
& Academic Hypnosis (BSCAH)**

**23rd – 26th August 2017**

**[www.esh2017.org](http://www.esh2017.org)**



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*The value of hypnosis in communication, health and  
healing in the 21st century*





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many other beautiful and interesting places

### Keynotes already booked:



**Prof. Dr. Walter  
Bongartz** - taught  
Psychology at  
the University of  
Konstanz and is now  
mainly interested

in the anthropological roots of  
hypnosis. He is a past president of  
the German (DGH), the European  
(ESH) and the International (ISH)  
Societies of Hypnosis.



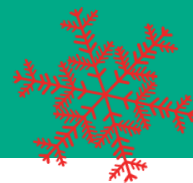
**Professor  
Marie-Elisabeth  
Faymonville** - head  
of the Pain Clinic  
at Liege University  
Hospital in Belgium,

has operated on more than 6,000  
patients using hypnosis combined  
with a light local anaesthetic. She  
enjoys teaching patients self-  
hypnosis and self-care learning such  
that they are able to get out of the  
vicious circle of chronic pain.



**Stuart Derbyshire**  
is an Associate  
Professor in the  
Department of  
Psychology and the  
Clinical Imaging

Research Centre at the National  
University of Singapore. Stuart will  
present his research examining  
the effects of hypnosis on pain  
experience and associated brain  
activity measured with fMRI.



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*We wish all members of ESH Constituent Societies  
and their beloved ones*

*Season's Greetings and Happy New Year.*

