

European Society of Hypnosis

NEWSLETTER

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Dear Friends and Colleagues,

Once again Nicole Ruyschaert and her excellent team of the newsletter committee have done a fantastic job in putting together the most relevant information of the latest developments in clinical hypnosis across Europe and adding a wealth of original materials such as inspiring congress reports and in-depth book reviews.

Being the outgoing President of ESH, I want to thank our ESH newsletter chief editor and President-elect Nicole Ruyschaert for maintaining an outstanding quality of the newsletter. The newsletter has become one of the flagships of ESH. It is widely accepted and requested as a forum for the exchange of information and ideas. It is made available to more than 10,000 hypnosis professionals across Europe, thanks to the help of our Constituent Societies who distribute this newsletter to you.

In a few weeks, we will have a chance to meet in Istanbul at the 12th ESH Congress, August 16-20, 2011. On behalf of the ESH Board of Directors and THD, our Turkish organizing society, I would like to take the opportunity once more to invite you cordially to take part in this exciting congress at the Bosphorus and register at www.hypnosis2011.com. There is still time to do so. For this congress, THD, our Turkish organizing society, took full responsibility for putting together an interesting program, selecting an appropriate venue and meeting all organizational challenges. All participants can be looking forward to the legendary Turkish hospitality they will experience at the congress in Istanbul.

“Let’s meet where mind and body meet: hypnosis”. The congress motto was chosen, because bridging hypnosis and neurobiology is one of the big issues in our

field today. The first weekend in July this year there was a congress by the title of "The Neurobiology of Psychotherapy" right here in my home city, Salzburg/Austria. What is so amazing is that today's neurobiological discoveries are absolutely compatible with the basic principles of modern clinical hypnosis. For instance, today we possess scientific evidence that a minor change happening in a nonlinear system - like the nervous system - may result in major readjustments of that system. Haven't we known this all along when we motivated patients in hypnosis to engage in slightly different activities which effected major improvements later on?

I wish you enjoyable and informative readings!

Matthias Mende, Ph.D.

ESH President

Liebe Freunde und Kollegen,

wieder einmal haben Nicole Ruyschaert und ihr exzellentes Team vom Newsletter-Komitee eine fantastische Arbeit geleistet, indem sie die wichtigsten Informationen der jüngsten Entwicklungen in der klinischen Hypnose in Europa zusammengetragen haben und eine Fülle von Originalarbeiten hinzugefügt haben: inspirierende Kongressberichte und in die Tiefe gehende Buchrezensionen.

Als scheidender Präsident der ESH möchte ich der Chefherausgeberin des ESH-Newsletters und der designierten Präsidentin Nicole Ruyschaert dafür danken, dass sie durchgehend für die herausragende Qualität des Newsletters gesorgt hat. Der Newsletter ist zu einem der Flaggschiffe der ESH geworden. Er ist weithin akzeptiert und nachgefragt als ein Forum des Austauschs von Informationen und Ideen. Er wird mehr als 10.000 Hypnosefachleuten in ganz Europa zugestellt, dank der Hilfe unserer Mitgliedsgesellschaften, die die Verteilung übernehmen.

In wenigen Wochen werden wir Gelegenheit haben, uns beim 12. ESH-Kongress in Istanbul zu treffen, der dort vom 16. bis 20 August, 2011 stattfindet. Im Namen des ESH-Vorstandes und der THD, unserer türkischen Gesellschaft, die den Kongress organisiert, will ich nochmals die Gelegenheit ergreifen und Sie herzlich einladen, an diesem hochinteressanten Kongress am Bosphorus teilzunehmen und sich unter www.hypnosis2011.com zu registrieren. Es ist noch immer Zeit, dies zu tun. Für diesen Kongress hat die THD die volle Verantwortung dafür übernommen, ein interessantes Programm zusammenzustellen, einen geeigneten Veranstaltungsort auszuwählen und sämtliche organisatorischen Herausforderungen zu bewältigen. Alle TeilnehmerInnen können sich auf die legendäre türkische Gastfreundschaft freuen, die sie beim Kongress in Istanbul erfahren werden.

"Treffen wir uns, wo sich Geist und Körper treffen: Hypnose". Das Kongressmotto wurde gewählt, weil der Brückenschlag zwischen Hypnose und Neurobiologie eines der großen Themen unserer Zeit auf unserem Gebiet sind. Am ersten Juli-Wochenende dieses Jahres gab es einen Kongress mit dem Titel "Die Neurobiologie der Psychotherapie" gleich hier in meiner Heimatstadt Salzburg. Das Erstaunliche an den neurobiologischen Entdeckungen von heute ist, dass sie absolut kompatibel sind mit den Grundprinzipien der modernen klinischen Hypnose. Zum Beispiel besitzen wir heute den wissenschaftlichen Nachweis, dass eine kleinere Veränderung in einem nicht-

linearen System - wie dem Nervensystem - zu umfassenden Umstellungen in diesem System führen kann. Haben wir dies nicht schon immer gewusst, als wir Patienten in Hypnose dazu motivierten, Dinge geringfügig anders zu machen, was später einen umfassenden Wandel bewirkte?

Ich wünsche Euch/Ihnen eine informative und erfreuliche Lektüre!

Matthias Mende, Ph.D. ESH Präsident

Cari amici e colleghi

Ancora una volta Nicole Ruyschaert, con il suo eccellente team del comitato della newsletter, ha fatto un lavoro fantastico nel mettere insieme le informazioni più rilevanti sugli ultimi sviluppi nell'ipnosi clinica in Europa cui ha aggiunto una notevole quantità di materiali originali, come relazioni stimolanti su congressi e approfondite recensioni di libri.

In quanto presidente della ESH che sta per finire il suo mandato, voglio ringraziare l'editore capo della newsletter e President-elect Nicole Ruyschaert per aver mantenuto una eccellente qualità della newsletter. La newsletter è infatti diventata il fiore all'occhiello della ESH, ampiamente accettata e richiesta come forum per uno scambio di informazioni e idee. È a disposizione di più di 10,000 professionisti di ipnosi in Europa, grazie all'aiuto delle nostre società costituenti che la distribuiscono per noi.

Tra poche settimane abbiamo la possibilità di incontrarci a Istanbul per il 12° Congresso ESH, dal 16 al 20 agosto 2011. A nome del comitato direttivo della ESH e della THD, la società Turca organizzatrice, colgo l'opportunità ancora una volta di invitarvi cordialmente a partecipare a questo stimolante congresso sul Bosforo e a registrarvi su www.hypnosis2011.com. C'è ancora tempo per farlo. Per questo congresso la THD, la società turca che lo sta organizzando, si è presa la completa responsabilità di organizzare un interessante programma, selezionando un luogo appropriato e affrontando tutte le sfide organizzative. Ogni partecipante può pregustare la famosa ospitalità turca che sperimenteranno durante il congresso a Istanbul.

"Incontriamoci dove mente e corpo si incontrano: l'ipnosi". Il motto del congresso è stato scelto perché combinare ipnosi e neurobiologia è oggi uno dei grandi temi del nostro campo. Il primo weekend di luglio di quest'anno c'è stato un congresso dal titolo "la neurobiologia della psicoterapia" proprio nella mia città Salisburgo, in Austria. Ciò che è estremamente affascinante è che le attuali scoperte neurobiologiche sono assolutamente compatibili con i principi di base della moderna ipnosi clinica. Per esempio, oggi possediamo evidenze scientifiche che un piccolo cambiamento che accade in un sistema non lineare come il sistema nervoso può provocare un grande riaggiustamento di quel sistema. Non lo sapevamo già, quando motivavamo i pazienti a impegnarsi in attività leggermente diverse che avrebbero avuto un grande miglioramento in seguito?

Vi auguro una lettura piacevole e istruttiva.

Matthias Mende.

Chers Amis, Chers Collègues

Une fois encore Nicole RUYSSCHAERT et son excellente équipe du comité de la Newsletter ont fait un travail fantastique en colligeant les plus importantes informations des plus récents développements de l'hypnose clinique dans toute l'Europe ainsi qu'une foule de travaux originaux à partir des présentations de congrès et d'une revue exhaustive de la littérature.

En tant que Président sortant, je tiens à remercier Nicole Ruyschaert, nouvelle Présidente et Rédactrice en chef de la Newsletter pour le soin qu'elle a apporté pour conserver la qualité de cette Newsletter. Celle-ci est devenue le « Navire Amiral » de l'ESH. Elle est largement acceptée et consultée comme un Forum d'échange d'informations et d'idées. Elle est distribuée à plus de 10.000 spécialistes en hypnose dans toute l'Europe grâce à nos sociétés membre qui assurent sa distribution.

Dans quelques semaines nous allons avoir l'occasion de nous rencontrer au 12ème congrès de l'ESH qui va se tenir à Istanbul. Au nom du Directeur de l'ESH et du THD, notre société turque organisatrice de ce congrès, je saisis une nouvelle fois l'occasion de vous inviter à participer à ce congrès intéressant sur les bords du Bosphore. Il est encore temps de vous inscrire sur le site : www.hypnosis.com

Pour ce congrès le THD a pleinement assumé la responsabilité d'élaborer un intéressant programme, de choisir un lieu adapté à cette manifestation et de maîtriser tous les défis organisationnels. Tous les participants vont pouvoir apprécier la légendaire hospitalité turque à travers l'expérience vécue au congrès.

« Rencontrons-nous là où esprit et corps se rencontrent : Hypnose » Ce slogan a été choisi car le pont existant entre l'hypnose et la neurobiologie est un des grands thèmes actuels de notre spécialité. Ce dernier week-end de juillet a eu lieu à Salzburg, ma ville natale, un congrès intitulé « Neurobiologie de la psychothérapie ». Il est étonnant de voir que les découvertes actuelles de la neurobiologie sont totalement compatibles avec les principes de base de l'hypnose clinique moderne. Par exemple, nous avons maintenant la preuve scientifique que la plus petite modification dans un système non-linéaire comme le système nerveux peut induire une modification globale dans ce même système. Ne l'avons-nous pas toujours su, quand nous incitions nos patients en hypnose à faire une légère modification, ce qui entraînait plus tard une grande modification.

Je vous souhaite une agréable et instructive lecture !

Matthias MENDE, Ph.D

Président de l'ESH



Letter from the editor. Nicole Ruyschaert

It's with great pleasure I can offer you the ESH Newsletter, 2011-1. 2011, a special year for ESH with the Istanbul congress in August. I feel grateful to my newsletter committee, and want to thank associate editors: Consuelo Casula for the numerous contributions, congress reports, book reviews, translations into Italian and some new initiatives as 'philosophy and hypnosis'. I am grateful to Christine Guilloux who is extremely valuable in linking the French, American, European world and enriches the newsletter with original contributions, book reviews, poetic and creative contributions. Thanks to Phyllis Alden and Mhairi McKenna, for scrutinizing and rewording the texts. Thank you, Christine Henderson for the lay out and for spreading the newsletter. Thank you, Chantal Calmat for offering help and contributions for translations into French and for some future contributions. Thanks to all European colleagues who sent information and texts. In this newsletter you find congress reports, in different formats: an inspiring dialogue on the brief therapy conference, with Consuelo Casula and myself. Dr. Maria Paola Brugnoli, MD. introduces us into the field of an interdisciplinary conference 'toward a science of consciousness'. We read exciting news about consciousness, study not to omit considering hypnosis as an altered states of consciousness. A field of interest to be followed-up and a chance for further interdisciplinary work.

Matching with the ESH congress theme, ASCH held a conference on 'Mind and Matter' filling the gap, finding the interconnection and thanks to Consuelo Casula attending and making a report you can keep yourself posted of ASCH congress activity.

Especially renewing is a French congress and a new 'Society of therapy from here and there', launching a call to all therapies, cultures and societies to unite. An invitation to question our work "here and there" on change, care, therapy. Looking for what is in common between shamans, a Rogerian psychotherapist, hypnotherapists, Ayurvedian medical doctors. Thanks to Christine Guilloux, and her 'nomad' discovery qualities you read more about that congress also.

Further you get book reviews, announcing new books, and an overview of upcoming congresses and activities all over the world: plenty of opportunities to meeting and enriching your knowledge and enlarge your network of friends and colleagues.

Congress Reports

- 1. Reflecting on the Brief Therapy Congress, organized by the Milton Erickson Foundation “Lasting solutions” held in Orlando 9- 12 December 2010.**



A dialogue between Consuelo Casula and Nicole Ruyschaert.

CC. = Consuelo Casula NR. = Nicole Ruyschaert

CC. After some months which memories do you still have of the congress? Is it still in your mind?

NR. Yes, I cherish nice memories on the congress! The environment, the clear blue sky, the people I met, seeing old friends, interacting with people I hadn't seen before. I was surprised by the warm, cheerful welcome and by everyone asking you with a smile "How are you doing today?" My satisfaction and pleasure started long before leaving Belgium. Confident about the organization, filled with positive expectations, prepared with some handouts, and my program downloaded, I was really in a state of 'preparedness.' As a birthday present I afforded myself 3 days of visiting Disneyland, where virtual and real experiences, magic and reality, regularly brought me in and out of trance states, further increasing my openness for new Congress experiences. At the Congress, I particularly appreciated the open-minded, friendly and warm atmosphere, compensating for the cold weather outside. I am happy to be part of this group of therapists and clinicians from different disciplines, inspiring, enriching, and integrating each other's methods. To rebalance my mind and body, there was also a gym, to have an energetic start of the day after a long, peaceful night, where all experiences could be further worked out, making new links and associative processes. I enjoyed new contacts, a strictly respected time schedule, many choices offered between workshops.

NR. What comes up in your mind, Consuelo, when you go back in time to the congress?

CC What is still in my memory is the warm and friendly atmosphere, in which participants and presenters are kind to each other, sharing knowledge and experiences, reinforced by the sensation of belonging to a big family, united by the value of continued learning.

CC. How did you select where to go, whom to follow?

NR I selected some presenters I had read books of, being curious to meet them personally, like Robert Dilts, Robert Sapolsky, Stephen Gilligan, Thomas Szasz, Judith Beck. Some presenters I wanted to attend their presentations again, because of previous interesting presentations and workshops, to see which evolution they could bring in their work as Jeff Zeig, Donald Meichenbaum, Ernest Rossi, Michael Yapko, Some choices I made because they are matching with my personal interest, like neurobiology, positive psychology, spirituality, post-traumatic stress disorder, stress, mind-body interactions, new therapies like hearthmath.

NR what about you? How do you select?

CC. Usually I look for something new, a new presenter, a new approach, new titles such as *Therapeutic Narratives to Spiritual Images* by Elisa Gottheil, only to name one. And when I don't find something that attracts me, I go for the big names, such as Miller, Meichenbaum, Szasz for brief therapy, or Rossi, Yapko and Zeig for hypnosis because I am sure that I can always learn from them.

CC. Among many workshop, symposia, conferences, dialogues what did you like best? Can you make a synthesis of that?

NR I found much inspiration from the first 'short course' I attended about The Interpersonal Neurobiology of Living in a Competitive "Winner/Loser" World presented by Richard Hill. As a former professional actor, Richard Hill easily enralls his audience. In this course, he gave interesting answers to the question "How the Real World is driving us crazy" and how we disrupt our ability to 'feel happy,' a universal problem. His hypothesis is that a winner/loser mindset reigns all over the world, and that this promotes stress and anxiety. The opposite can be found in a personally challenging endeavor, where a creative, interactive, socially engaged attitude lets people grow. Growth can be seen as a four stages creative cycle according to Rossi's practice. Hill introduced two brief therapy interventions. First was a change in mindset, seeing the problem as a message, and questioning: "What can I create from this?" The second was to develop harmony, an acronym for different characteristics, where each component can be scored and developed. Growth takes place between the field of rigidity and the field of chaos in the zone of 'harmony.' Unfortunately, there was not enough time to fully develop the short therapy methods.

After having read his book on 'The heroes Journey' I was curious to attend Robert Dilts Workshop on Creating a COACHing Container
Diligently and gently, we were introduced to the concepts, necessary to understand the practical work of coaching. Dilts reviewed the concept of "the inner game" played in the mind of the player against internal obstacles such as fear and self-doubt, and "the outer game" played on an external arena. Coaching is a method to bring yourself and your client into a zone where the inner game and outer game are working together. The first step in the process is to set-up a "coaching container." Dilts guided the client into a deep process of transformation. He built a working alliance, prepared a checklist and container, and gently shifted the client from dissociating, to associating

with the “crash” situation. Asking coaching questions helped to mobilize a resourceful experience and increase the impact of that experience. A progressively visible change in attitude and facial expression was evident, as the client worked through a serious traumatic experience. In a second demonstration the ‘second skin’ was introduced. Having worked with the ‘bubble’ in hypnosis, I saw how additional bodywork increased the experience, both for the client and the audience.

I liked Sue Johnson’s New science of love : couple therapy in the 21st century and keep in mind the importance of connection, turning on positive emotion and oxytocin (the cuddle hormone) and a simple question “A.R.E. you there for me? Accessible, Responsive, Engaged <http://www.holdmetight.net/index.php>

I did my best to ingest all the encyclopedic knowledge of Robert Sapolsky, who gave the best of himself in an avalanche of words. To fully benefit from his information I downloaded some of his papers, to digest at my own pace the knowledge he shared with us!

NR What was the most important revelation or news at this congress for you?

CC. To see Rossi’s great recovery has had a strong impact on me. I remember with sadness when he had difficulty in talking and listening after his stroke. Now, seeing him teach, with his masterly elegance, is a clear demonstration of the concept of neuroplasticity. His brain, his body, his soul have changed so much after his stroke that he is the living proof of his own theory.

CC. Was there something you didn’t like, something that disappointed you?

NR. I was not very enthusiastic about the ‘great juggler’ as performance, evening activity. I would have appreciated longer coffee breaks, and healthier food with fruits, vegetables, healthy juices and tea.

NR Did you have any negative experiences?

CC. I didn’t like Meichembaum’s demonstration because it was false. He preferred to have a member of the MEF acting as if he were one of his clients, instead of calling someone from the audience as other presenters do. The lack of authenticity from the “actor” was very evident and disturbed my learning process because I started judging that the performance was not congruent instead of being absorbed by the therapeutic process.

CC. What did you learn?

NR. Some things you learn without knowing you’re learning: my mirror neurons were activated, I got access to different levels of my being, On an explicit level I learned some more active approaches like sculpting, putting symptoms in a scenery, solution-focused approaches and how different psychotherapy models work toward solution, emphasizing empowerment, resources, mobilizing hope.

NR And what do you take with you?

CC How to pay even more attention to mind-body communication, how to elicit the biology

of memory through some posture, to take care of the details of our work selecting words of wisdom, positive attitude and improving diagnostic skills. And how to build true trust in the underdeveloped potentiality each patient has.

CC. Are you utilizing something you learned there? What and how?

NR. On an explicit level I regularly practice methods, like hearth math and hearth lock-in from Maggie Philips from the workshop “Empowering the self through the heart of healing.” And I really like the sculpting and impact methods from Jeff Zeig. Donald Meichenbaum’s keynote on the core tasks of psychotherapy: what “expert” therapists do is a good reminder of very important basic knowledge.

NR. And what are you using?

CC I already presented a workshop on *Mindfulness and Hypnosis* during one of our national congresses, integrating what I learned from M. Phillips, M. Yapko, A. Alladin and from various books I have recently read on mindfulness.

NR Are there some books you really want to read after this congress or some issue you want to develop further? (from presenters you attended, on a subject that was really meaningful for you?)

CC. I bought books of Siegel, Weiner-Davis, and the one edited by Madeleine Richeport - Haley about her husband Jay Haley, and some DVDs by Scott Miller and James Hillman.

CC.What kind of difference did you notice between ESH congresses and this Brief Therapy conference?

NR I fully enjoyed the courage of the presenters and volunteers in the clinical demonstrations. I liked the whole day of interactive events on Saturday, where I attended the clinical demonstration of Jeffrey Zeig, Donald Meichenbaum, Stephen Gilligan, Robert Dilts, Bill O’Hanlon and Michael Yapko. I was very surprised to see that almost all participants attended all of the keynote lectures, filling up the whole international ballroom North – Center immediately after a short lunch time break and even very late in the evening.

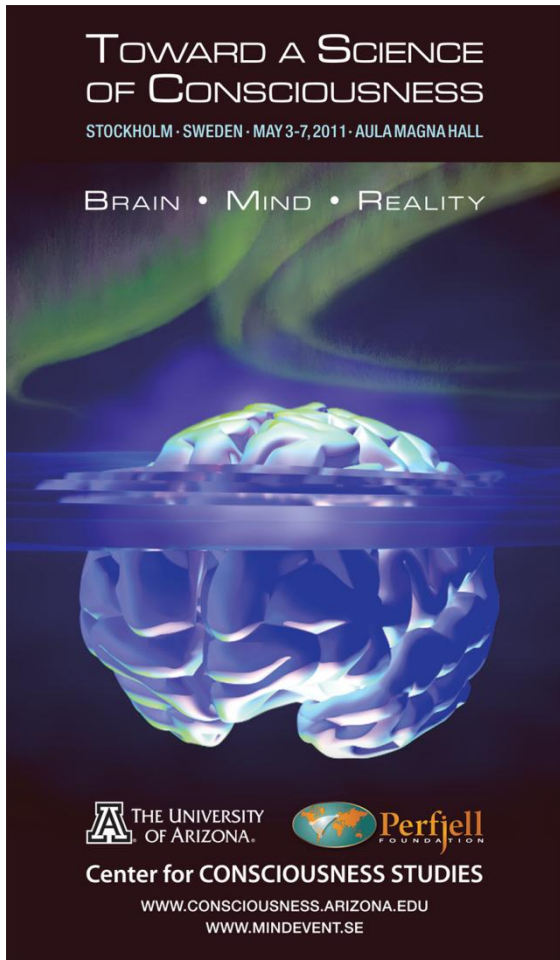
From my European perspective the ‘American way’ was somehow different: very short breaks almost timed in seconds, bringing drinks, breakfast, and lunches into the conference rooms. Is this the way to fully utilize time, with many interesting things to share? Or do we adopt a ‘time is learning and experiencing’ rule? Can food for the brain, food for the body, food from socializing, and food from experiences all be ingested and digested simultaneously to increase the impact?

NR You attended previous brief therapy and Ericksnonian congresses in the past years. Do you see some evolution? Differences? Some tendencies?

CC. What astonishes me is the increasing number of schools of psychotherapy. It is hard to clearly see the differences among so many acronyms, such as ACT, CBT, EAP, AAT, MRI, SFT, ST, SF, SBT, TR, VCR, RBT, EFT, CBBT, IFT. It seems that each therapist needs to create his/her own school even though what s/he does is similar to what others do. Although each acronym tends to underline its own differentiated uniqueness, the therapists share the same commitment to search for what really works in psychotherapy, what really helps patients heal their wounds and bring joy into their lives. Especially when

each school agrees on the fact that what matters most is the therapeutic alliance between therapist and patient.

Thank you, Consuelo for this nice conversation!



2. Toward a Science of Consciousness

STOCKHOLM, SWEDEN · MAY 3-7, 2011 · AULA MAGNA HALL center@u.arizona.edu
www.consciousness.arizona.edu

Congress report by Dr. Maria Paola Brugnoli, MD.

'Toward a Science of Consciousness', has been the eighteenth annual international, interdisciplinary conference in Stockholm, Sweden, May 3-7, 2011, at the University Aula Magna Hall. The Conference was on the fundamental question of how the brain

produces the conscious experience: it was sponsored and organized by the Center for Consciousness Studies, Director Stuart Hameroff, MD., Professor Emeritus, Departments of Anesthesiology and Psychology, University of Arizona.

Toward a Science of Consciousness (TSC) is the largest and longest-running interdisciplinary conference emphasizing broad and rigorous approaches to the study of conscious awareness. Topical areas include neuroscience, philosophy, psychology and clinical hypnosis, biology, quantum physics, meditation and altered states. Held annually since 1994, the TSC conferences alternate yearly between Tucson, Arizona and various locations around the world.

The TSC 2011 Keynotes Speaker was Sir Roger Penrose, Emeritus Rouse Ball Professor at the Mathematical Institute at Oxford, and Emeritus Fellow at Wadham College. He is an historic and world-wide authority on the nature of reality, and renowned for pioneering work in black holes, twisters, space-time geometry, cosmic censorship, Penrose tiling, quantum gravity and other areas. In 1989 he proposed consciousness as a particular form of quantum state reduction intrinsic to the universe, and later teamed with Stuart Hameroff to formalize the process in brain microtubules. His awards include the 1988 Wolf Prize (shared with Stephen Hawking). He has authored numerous books, including *The Road to Reality* and *Shadows of the Mind*. His most recent book, *Cycles of Time*, proposes serial universes preceding the Big Bang.

Other interesting conferences are by Montagnier, Mlodinow, Chopra and Hameroff, among many others. Professor Luc Antoine Montagnier is a French virologist and joint recipient of the 2008 Nobel Prize in Physiology and Medicine, for his discovery of the human immunodeficiency virus (HIV); his conference was about "The Transfer of Biological Information Through Electromagnetic Waves and Water".

Leonard Mlodinow is an American physicist working at [Max Planck Institute for Physics](#) and [California Institute of Technology](#). Between 2008 and 2010, Mlodinow worked on a book with [Stephen Hawking](#), entitled '[The Grand Design](#)'. A step beyond Hawking's other titles, *The Grand Design* is said to explore both the question of the existence of the universe and the issue of why the laws of physics are what they are.

Dr. Deepak Chopra, MD explained in his workshop, according to Vedic science, that consciousness is the ground of all existence that differentiates into mind and matter, subject and object, energy, information, space, time, and the entire universe.

Professor Stuart Hameroff (TSC Director) presented 'Are life and consciousness connected to the fundamental level of reality?' and the 'Penrose Hameroff Orch OR model': The 'Conscious Pilot' is a new model of the neural correlate of consciousness (NCC) consistent with the Orch OR model. The basic idea is that spatiotemporal envelopes of the dendritic gamma synchrony move through the brain's neuronal networks. The movement is sideways to neurocomputational flow, occurring via dendritic-dendritic gap junction electrical synapses. A conscious pilot moving around an airplane while it flies on the auto-pilot is used as a metaphor for dendritic synchrony moving through the brain's neurocomputational networks, conveying conscious experience and choice to otherwise non-conscious cognitive modes.

The TSC conferences are the pre-eminent world gatherings on all approaches to the profound and fundamental question of how the brain produces the conscious experience, a question which addresses who we are, the nature of reality and our place in the universe. The study of human consciousness is one of science's last great frontiers.

Dr. Maria Paola Brugnoli, MD. Specialization in Anesthesia and Intensive Care. President
AIST Italian Association for the Study of Pain Therapy and Clinical Hypnosis

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3. Mind and Matter: Innovations in Hypnosis, Las Vegas 2011, March 4-8 2011

Congress report by Consuelo Casula

The 2011 ASCH Annual Scientific Meeting and Workshops offered to its participants the opportunity to discover the latest innovations reached by hypnosis in the field of medicine, dentistry and psychotherapy.

This 53rd annual meeting focused participants' attention on finding and utilizing hypnosis in every encounter with patients in order to enhance their ability to solve their problems related to mind and matter. The process of problem solving goes from discovering reciprocal influences to finding the interconnection between mind and body. For this reason the plenary speakers talked about pain management and how hypnosis helps calm the mind and heal the body. The basic assumption of many presenters was that pain affects the brain and hypnotic suggestions affect the perception of pain. The speakers also invited learning from adaptive people and their ability of self-regulation as well as learning from nature. Learning from the wisdom of the sky that knows that clouds float away and the sun shines again.

In this regard M.F. Roizen proposed how to control the aging process through a better understanding of anatomy and physiology, describing the relationship between chronological, biological and psychological age. D. Patterson and H. Hoffman exposed the participants to the efficacy of virtual reality as a means of controlling acute pain and to the experience of descending in a virtual world to discover the pain matrix and reduce pain activity. P. Lehrer introduced the principle and practice of stress management combining hypnosis, autogenic training and biofeedback. M.P. Jensen demonstrated the hypnotic analgesia obtained through hypnotic suggestions that impact the neurophysiological processes: he also underlined the efficacy of suggestions to bring calm and self-healing into key aspects of life and to diminish patient's pain. E. Vermetten showed how to harness the power of the mind with techniques and tools helpful in changing the process of some brain functions that contribute to pain reduction and symptom relief.

Beside the plenary meetings, the congress offered participants basic and advanced workshops, symposia, scientific sessions, and quickshop workshops. Masters hypnotic experts re-proposed their classical and always useful themes along with their latest innovations. P. Kluft presented his traditional *New Uses of Hypnosis in Treatment*, D. Ewin showed his evergreen posture with *New Uses of Hypnosis and Ideomotor Signaling*, and D. Wark awakened participants' mind and body with his *Alert Hypnosis. Using Hypnotic Phenomena with Eyes Wide Open*.

Some workshops and symposia focused their attention on particular problems connected with "matter" others with "mind". The ones focused on "matter" presented several suggestions on closing the gate of pain applicable in medical hypnosis in cancer patients, and also for pain control, surgery, perioperative pain and sleep dysfunction, skin procedures and disorders, obstructive sleep apnea, smoking cessation and in the dental practice.

The ones centered on "mind" proposed how to use hypnosis combined with Cognitive Behavioral Therapy, Mindfulness or Kabbalistic Meditation, to enhance Emotional Regulation Skills and Motivation so that important decisions be made not on facts but on emotions. The outcome of these presentations was to teach participants

how to manipulate pain description and use healing metaphors so that patients switch attention from the sound of cacophony of pain to the sound of the symphony of wellbeing.

A careful attention to women's issues was presented by H. Adrienne with her workshop on the *Developing Woman and Hypnotic Approaches to the Challenges and Crises Women Face Throughout the Life Cycle* and by J. Linden and C. Casula with their workshop on the *Application of the five E's of Feminist Approach and the seven Women's Strengths*.

The 54th ASCH Annual Scientific Meeting and Workshops is scheduled for March 16-20 2012, in Charlotte, NC, and promises the participants challenging races. The title is " *Racing for the finish line: closing the mind-body gap*". *More info at the website.*

<http://www.asch.net/ASCEducation/2012AnnualScientificMeetingWorkshops/tabid/187/Default.aspx>

4. A new society. Society of therapy from here and there.

Christine GUILLOUX, juin 2011



Une nouvelle association : L'Association Thérapies d'ici et d'ailleurs

Une nouvelle association a vu le jour récemment sous le nom d' « Association Thérapies d'ici et d'ailleurs » (*1) dans une optique « thérapeutes de tous les pays, de toutes les cultures, unissez-vous ». Médecins, psychologues, anthropologues, neuroscientifiques...

« Réfléchissons ensemble sur nos pratiques, grandissons ensemble en échangeant, en approfondissant une réflexion sur le processus de changement en thérapie, en menant des recherches sur les diverses et multiples approches des médecines traditionnelles et leur complémentarité avec les pratiques corporelles et la science.

Isabelle Célestin-Lhopiteau, psychologue et psychothérapeute à l'Unité douleur et Soins Palliatifs de l'Hôpital du Kremlin-Bicêtre, formatrice et enseignante en cycles de formation universitaire en France et à l'étranger, réalisatrice de films documentaires, Paris, France, a rassemblé autour d'elle des professionnels de la santé. En quelque sorte, elle a « pendu la crémaillère » en organisant, les 20 et 21 mai 2011, un colloque « L'art d'être thérapeute » au sein de l'EHESS, École des Hautes Études en Sciences Sociales - qui promeut « une formation à la recherche par la recherche elle-même » - et en publiant les actes du colloque, et bien plus encore, aux Éditions Dunod « Changer par la thérapie » (*2).

Une association, donc, qui nous fait saliver sur ses recherches, son souci de diffusion de ses explorations autant de chemins de pensée que de voies thérapeutiques, son invitation à nous interroger sur nos pratiques d'ici et d'ailleurs, sur le changement, le soin, la thérapie...

« Que peut-il y avoir de commun entre un spécialiste des neurosciences canadien, un chamane sibérien, un psychothérapeute rogérien suisse, une spécialiste du psychodrame à Moscou, des hypnothérapeutes parisiens et des thérapeutes de médecine ayurvédique en Inde ?

La notion de changement, l'art du changement : chacun de ces thérapeutes rencontre des patients immobilisés dans leur vie par une maladie, une souffrance et vont entrer en relation avec eux pour mobiliser un changement, une évolution, pour ramener le patient dans le mouvement de sa vie. »

multiples et variés itinéraires thérapeutiques de par le monde se révèlent efficaces : thérapeutes de France, d'Inde, de Russie, du Canada, la Suisse sont venus illustrer cette variété d'approches thérapeutiques par des cas cliniques, par des présentations filmées et par une compréhension des théories ou des systèmes de pensées auxquels elles se réfèrent. Approches individuelles ou collectives avec les chamans sibériens ou les guérisseurs du Jura Suisse mais aussi les hypnothérapeutes parisiens comme Jean-Marc Benhaiem, les « psychodramatistes » russes comme Ekatherina Mikhailova ou les « mytheadramatistes » suisses comme Charles Chalverat... Regards croisés sur la relation médecin-patient en médecine ayurvédique et en hypnose ericksonienne avec Pascale Haag. Sensorialité à orchestrer sur la base de cinq piliers avec Jean Becchio. Etc.

), et ainsi de dégager un fil conducteur, une réflexion à partir de ces expériences diverses, sur le changement.

Contrastes, ressemblances, différences, complémentarités, entre les façons de soigner dans diverses cultures, présentées par des thérapeutes qui basent leurs pratiques sur des théories et sur des représentations du soin, de la maladie, de la santé, bien différentes les unes des autres. Un fil conducteur, une réflexion sur le changement mais aussi sur le constat, sans cesse renouvelé, de l'art d'être thérapeute, « the artistry » comme le soulignait si bien Milton H. Erickson.

Affaires à suivre donc pour cette dynamique et solide association, itinéraires à explorer. Prochain rendez-vous à guetter pour d'autres tissages, d'autres voyages...

(*1) Association **Thérapies d'ici et d'ailleurs** 100 bd de l'Hôpital 75013 Paris France courriel : sharingtherapists@gmail.com

(*2) Sous la direction d'Isabelle CELESTIN_LHOPITEAU, *Changer par la thérapie, Du chamane au psychothérapeute, Des médecines traditionnelles aux neurosciences*, Dunod, Paris, 2011 ISBN 978-2-10-055944-2

5. Relazioni Interpersonali e relazioni ipnotiche. VII convegno

internazionale della Società Italiana Ipnosi, Orvieto, 8-10 aprile 2011.

Claudio Mammini¹

Sappiamo che nelle relazioni interpersonali si possono sviluppare fenomeni di piena comunicazione e sintonia durante i quali l'interazione può diventare trasformativa. Le opere di Erickson hanno approfondito questo punto dimostrando che l'ipnosi attiene più propriamente a questi momenti. È in quell'attimo che, in qualche modo, l'ipnotizzato si lascia ipnotizzare.

Al VII Convegno Internazionale della Società Italiana d'Ipnosi è stata esplorata l'attualità della relazione ipnotica alla luce dei momenti in cui due menti s'incontrano per generare un'esperienza di cambiamento.

Il congresso si è articolato in un pregresso (con tre workshop, due simposi e due panel) e nel congresso vero e proprio della durata di due giorni, con cinque simposi e quattro workshop.

Il pregresso è stato dedicato ad affrontare le tematiche del modello Eriksoniano nell'ipnosi di gruppo, con gli approfondimenti di Camillo Valerio; la mindfulness, disciplina di vita che promuove consapevolezza, benessere e contatto con l'inconscio, illustrata da Consuelo Casula (ISH secretary/treasurer); le relazioni tra trance ipnotica e teatro, descritte da Emanuele Del Castello; le risonanze empatiche del terapeuta, di Wilma Trasarti Sponti. Altri approfondimenti hanno poi esplorato il ruolo dell'ipnosi in differenti contesti (relazione mente corpo, teoria, clinica, relazione con animali etc..).

La parte congressuale, aperta da Camillo Loredi (Presidente ISH e Presidente SII), Julie Linden (President Elect ISH) e Bernhard Trenkle (Chairman COR ISH, e XIX ISH International Congress Organizer), ha visto i contributi di David Wark (ISH board member), "ipnosi vigile ad occhi aperti e applicazioni nelle situazioni di apprendimento", che ha spiegato come cogliere i momenti di massima recettività del sistema mentale.

Teresa Garcia-Sanchez, con il suo case report "un caso di Sclerosi Multipla trattato con terapia ipnotica e medica" ha fornito preziose indicazioni su come coniugare l'approccio ipnotico con quello medico (nello specifico della SM).

Brian Allen (ISH board member), "liberarsi dal fumo (o quello che ho imparato negli ultimi 32 anni su come aiutare le persone a smettere di fumare)", preziosa sintesi di cosa è meglio fare (e non fare) in un intervento di disassuefazione al fumo.

Julie Linden, col suo "ipnosi e genitori", ha approfondito le dinamiche ipnotiche che si celano nelle relazioni familiari.

Bernhard Trenkle con "terapia Familiare senza la famiglia – Approcci ipnosistemici e solution oriented" ha affrontato il curioso e interessante tema di come cambiare una famiglia in sua assenza.

Claude Virod (ISH board member), "dalla depressione al cambiamento", ha mostrato, con l'ausilio di un video, come trasformare una depressione solo apparentemente intrattabile in successo terapeutico.

Camillo Loredi, con il suo "la relazione ipnotica di coppia", ha approfondito il tema delle dinamiche ipnotiche di coppia mostrandoci come operare nelle situazioni di crisi coniugale.

Altri partecipanti si sono occupati di sviluppare ulteriori temi di notevole interesse che solo per dovere di sintesi non possono essere accolti in queste brevi note. Mi scuso con il lettore e coi numerosi colleghi che ho avuto il piacere di seguire con curiosità e

¹ Psicologo Psicoterapeuta, Società Italiana Ipnosi

attenzione dalla platea delle sale congressuali della splendida e accogliente città di Orvieto.

3. News from constituent societies.

Swedish Society for Clinical Hypnosis

News from Swedish Society of Clinical Hypnosis

Unethical Hypnosis?

We receive more complaints than ever before, from colleagues and patients about the "hypnotists" who offer hypnosis for personal development, enhancing self-esteem, smoking cessation, bad habits, phobias, worry, etc, without having what we in ESH call "proper training". The hypnotists very often copy our web page information about hypnosis and even refer to science and evidence. This is, as you know, illegal in Sweden, but the governmental lawyers can only take action against registered professionals, who use hypnosis legally in treatment. The others must be investigated by the police, and the police are not very well informed and not really motivated to act. I even suspect they have been persuaded with NLP communication by skilled suspects. At least I know three cases, when police officers have interrogated hypnotists, whom I had reported to the police. No results were reported, only a message that the case was closed down.

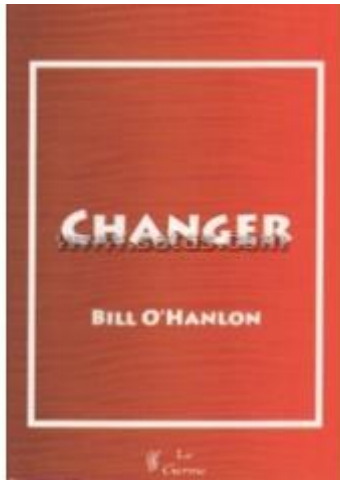
Our president Michael Rundblad has decided to open a column on our web page, where we will publish complaints, anonymously. That is one way to act. We also cooperate with organizations for licensed psychotherapists, who have similar problems with "psychotherapy". Our principle has been summarized very well, long ago, by Martin Orne. We find it up to date!

"If a person is not professionally qualified to treat something without hypnosis, then they're not qualified to treat something with hypnosis, either. First you look for that professional certificate on the wall – physician, dentist, clinical psychologist, or whatever. Then you look for the certificate of hypnosis"

Martin Orne

4. Book Reviews.

Christine GUILLOUX, juin 2011



Changer

Bill O'HANLON

Éditions Satas, collection Le Germe, Bruxelles, 2007

ISBN 978-2-87293-101-9

Traduction française de

Change 101

A Practical Guide to Creating Change in Life or Therapy

Bill O'Hanlon

W.W.Norton & Company, New York . London, 2006

Paul Pearsall, Ph.D., suggérerait de nous transformer personnellement et socialement alors que le monde autour de nous bouge, se bouleverse en tous sens. Joël de Rosnay pointe du doigt les modifications déjà constatées de nos fonctionnements. Bill O'Hanlon, bien connu de nous, thérapeutes et hypnothérapeutes, par ses ouvrages sur la thérapie centrée solution, a produit un ouvrage de petite taille, « *Changer* » que nous pourrions relire avec profit pour naviguer avec plus d'aisance en ces flots et ces vagues du changement. Opportunité de découvrir de nouveaux chemins, de nouvelles clés pour développer en soi les forces du changement.

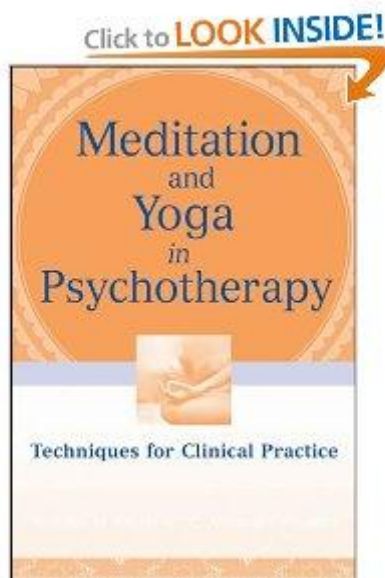
Ce guide pratique met l'accent sur votre propre motivation comme celle de la motivation du client à changer. La motivation peut s'appuyer sur l'espoir d'un monde meilleur. L'amour pourrait-il être une piste ? Entre « s'éloigner de » ce qui déplaît et « aller vers » ce qui est désiré, les liens, ténus ou musclés, sont à tisser.

Enclencher des petits pas d'expériences, d'actions, de concrétisations amènent progressivement des changements de point de vue, d'engagement dans la relation au temps et à l'espace... Rompre les schémas et faire autrement, autre chose, ailleurs invite à sortir du « toujours le même problème ». Utiliser l'occasion offerte d'une crise bouscule croyances, modes de fonctionnement, suspend le jugement, invite à piocher nos filons inexploités, provoque de nouvelles explorations comme de nouvelles connexions. S'inspirer de nos modèles et de nos mentors conduit à réviser nos copies, sortir des ornières du quotidien, écarter les injonctions ou les prédictions négatives, apprendre autant des échecs que des réussites, dépasser nos limites, encourager nos énergies et stimuler notre créativité. Recadrer nos habitudes, réorienter nos perceptions comme nos visions du monde sur la vie, les autres, l'environnement apporte des éclairages nouveaux sur ce que nous considérons comme « problème »...

Bill O'Hanlon tape dans des croyances à la mode dans nos milieux de thérapeutes : « On ne peut pas changer quelqu'un d'autre, on ne peut qu'évoluer soi-même. » « On ne devrait pas se changer soi-même pour une relation ou pour les beaux yeux de quelqu'un d'autre. » L'influence est permanente. Nous nous changeons en permanence au contact des uns et des autres. Rappelons-nous Paul Watzlawick : « on ne peut pas ne pas communiquer » Influences mutuelles, digitales et analogiques, à reconsidérer comme essentielles pour nous accepter nous-mêmes et progresser dans et grâce à nos interactions.

Chemins à prendre, chaos et ornières... Nous pouvons sourire à la lecture des onze stratégies proposées pour rester bloqué et inviter les autres à se bloquer.

Nous questionner sans cesse sur le changement en thérapie. Qui change qui ? Qui s'illumine de quoi ? Secouons et stimulons nos neurones. « Nul vice n'est plus implacablement puni par la Nature que celui consistant à résister au changement. »



Book Review

Meditation and Yoga in Psychotherapy. Techniques for Clinical Practice. Annellen M.Simpkins & C. Alexander Simpkins. Publ. John Wiley & Sons, Inc. 2011. 296 p.

Reviewed by Nicole Ruysschaert.

Previously published reviews of the Simpkins books (ESH Newsletter 2010-2) and the title of this one were sufficiently inviting for me to start reading. Practicing plenty of sports activities and yoga, I sometimes feel annoyed by the immobility in classical psychotherapy settings. Even the work with hypnosis, bringing about mental activity, flexibility, creativity is most of the time characterized by some immobilization of the body, keeping patients and therapists in some fixed position.

As for different therapeutic methods, evidence is necessary for methods to be integrated in professional practices: the authors start with an overview of efficacy and neuroscience research where studies on yoga and meditation are reviewed. Surprising is the "Maharishi Effect" where is illustrated that "crime, illness and other negative aspects of social life diminish sharply when about one percent of city's population meditates. "(p.9) Hopeful for our ever larger group of elderly is that yoga and meditation slows aging processes and can rejuvenate to about 12 years younger than biological age. An interesting question about how yoga works is answered by summing up ingredients illustrated in some studies: spirituality (and changing pain threshold), absorption, self-regulation, dual action of relaxation and activation as showed in EEG patterns. Research in neuroscience could demonstrate that yoga practices increase executive functions in the frontal lobe (p25), useful for self-control and affect regulation. They get more of the brain activated or increasing coherence, useful in education and stress control. Breathing rebalances the autonomic nervous systems, and different postures or mantras activate different brain patterns. "One of the most important tools of yoga is meditation and the key component is attention." (p. 30) Where direct voluntary control of attention can be seen as quite similar to induction in hypnosis, further aspects of meta-attention, open-ended forms of meditation, with free flowing attention and engagement of unconscious processes seem to be somehow different processes, with different neurophysiological aspects.

Reviewing the long tradition and history of yoga, you read how it matches with the human search of people to find truth and is as well a philosophy as a practical system. In the historical overview, the authors bring you back to ancient traditions, to the 5th -2nd century BCE....Some words and concepts you may have heard before as 'Vedas' 'Upanishads' 'Bhagavad Gita', now are explained, with their meaning, historical roots, contexts and teachers. You learn about different kinds of yoga, to help you choose which yoga classes match with you. You see how f.i. Kundalini Yoga method combines the flow of prana energy and the pranayama breathing, easy to integrate as personal training or as method to share with clients. The method is combined with chakra's concepts. They are represented by specific lotus-flowers with a particular number of petals, colors and location. Chakra work offers a nice map for transition from one emphasis and concern in life to another, matching with development and with symbolic work as in hypnosis.

Yoga and the link with psychotherapy?

One of the main ideas in this book is linking the philosophy of yoga with aims of psychotherapy. What is really and essentially necessary for people in need of psychotherapeutic help? What can psychotherapy do and how can yoga be helpful. Starting with the concept that clients want to free themselves from illusions, develop

clarity of perception, help resolve conflicts and find inner peace, yoga meets these demands. Read thread in this book is the eight limbs of yoga, from Patanjali's system, essentially a system to help "master relationship between material and mental, direct focus toward consciousness and bring awareness of our true nature." (p.75)

- Yama's (what not to do or abstinences) and Nijama's (what to do or observances) as the first two limbs, seem common and simple, but sticking onto these practices will require discipline and practice.

- Asanas (the third limb) refer to postures, requiring focus and discipline, train discipline and entailing some confrontation with oneself. Some postures have a symbolic as well as a practical meaning. They are learning experiences, and because of that considered as important teachers.

- Pranayama, involves focusing attention on breathing for control, distribution of prana or vital energy. This is particularly important in psychotherapy where body postures with breathing patterns bring "emotions with their corresponding mental states into consciousness" (p 82), opening a window to client's inner world.

- Pratyahara, the fifth limb is withdrawing from engagement with outer world, a form of renunciation, which in psychotherapy is a way to "disengage from unhealthy patterns, emotions or behaviors" (p.83)

- The higher 3 limbs help to reach Samyama – Dharana as one-pointed focus of attention, limb 7 or Dhyana where there is a free play of thought and feeling and Samadhi, the 8th limb, where there is union, joining with the object. Enlightened consciousness can emerge through the practices of Samyama.

In chapter 5 you discover how yoga and meditation can be integrated into clinical practice.

No need to perform complex poses for therapeutic effect. Practitioners are "put back into the driver's seat of their cognitive processes." (p105) The brain is enhanced, the body improved and the mind sharpened and then much more becomes possible. Down-top work, changes in the body or in attitudes as explained on p. 90 'attitudes can be encouraged and even adopted physically first, thereby paving the way for an easier cognitive and emotional change' offers a different entry. Asana's – moving into a pose, holding and coming out - go along with directing attention, unifying thought and action together, holding a point of focus. Even practitioners who don't feel ready to introduce asana's, will find ideas in specific breathing techniques, discovering how it acts "as an internal activity that forms a bridge between outer and inner world"(p.100).

Guidelines and rationale for breathing exercises and asanas are clearly explained, introduced step by step being a help to get started. As you're reading you can practice yourself, take a pause now and then and turn to some exercises. Your own experience as a reader will help to share these experiences with others. You can discover which changes the simple asana's bring about, how breathing is useful for emotion regulation, self - control and activation of Kundalini energy, how meditation helps to withdraw from problematic behaviors, thought patterns and emotions.

Authors use nice metaphors like "how do you quiet down a group of children who want to play?"(p106) to illustrate Pratyahara control. You can allow thoughts, being aware, and discovering how they settle down like children after running and jumping around. Dharana as one pointed attention comes late in the process, in contrast with

hypnosis f.i. where it's a starting point. Dharana on a mantra like "OM" combines the sound, visualizing the word, contemplating the meaning of unity and creation. Effect of holding the focus in a meditative process, is that a transformation begins to happen, that in contemplating self and object join together as one flowing process reaching the state of "dhyana, a current of unified thought".

When as a reader or therapist you study the eight limbs carefully and start knowing each one thoroughly, the appropriate application will readily come to mind, as a do-it-yourself project. When you know what meets your client's demands, you may feel ready to introduce one of the limbs into their therapeutic process.

Part III on clinical applications, gives specific guidelines for overcoming stress, anxiety, depression, working with children and elderly people.

In my opinion, this book can be considered as an all-in-one work, where you find information on yoga and meditation from the fields of neuroscience, research, history, clinical practice and applications. Even readers who have neither experience in yoga nor in meditation can get started with the well described exercises; therapists can find which exercises to teach or share with their clients, how and for which indications, enrich their therapeutic approach. Text is enriched with illustrations of lotus flowers and asanas. The idea that "the wise therapist incorporates yoga" (p. 160) might sound over enthusiastic for some therapists, but is worth while to give it a try.

The reading stimulates me to reflect on integration of Eastern and Western practice. The first time meditation was brought onto Western soils was at the "World Parliament of Religions" 1893. Vivekananda "encouraged people to embrace an experience of universal oneness" (p. 60)

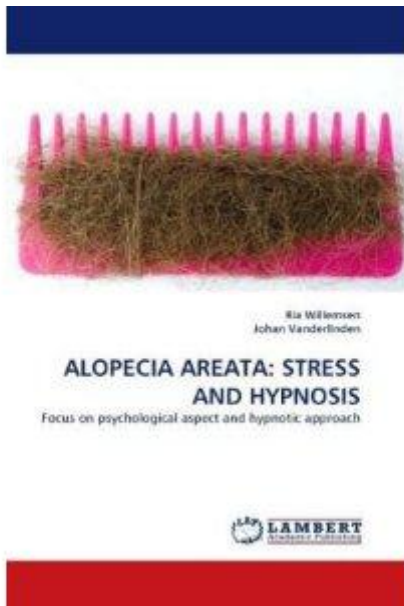
It still sounds up to date in our contemporary efforts on unifying mind, body and brain in therapy, on integrating body work in therapy, on using symbols or postures as a way to facilitate change, on bridging East and West.

By reading you can feel interested in further study of similarities, parallels and differences between hypnosis, meditation, mindfulness and yoga. The wisdom of this book invites to reflect on the essence of psychotherapy, to open up yourself for other approaches and utilize new entries for treatment and development. You also are encouraged to add a spiritual dimension or to discover spirituality in your work with clients. Is therapy a philosophy? What philosophy or spirituality do you have as therapist and which impact does it have on your work? How can you bring this dimension into your work? How do we look at ourselves: with neuroscience glasses, seeing that we are embodied beings, or according to yoga theory that we are *en-souled*, and that we can see that "the soul is knowledge itself." (p241) How far are you as therapist in this discovery? Can a therapeutic process be seen as helping clients to attune to their "deeper inner sensing, to find an anchor in troubled waters, a way to steer the ship through treacherous storms"? (p. 242)

This book can be considered as an enriching present for therapists, colleagues and clients stimulating personal reflection. It is written in an accessible language, covering common and new concepts and stimulating further study and reading.

Nicole Ruysschaert

2011 May 15th



Alopecia Areata: Stress and Hypnosis. Focus on psychological aspect and hypnotic approach. Ria Willemsen & Johan Vanderlinden. Lambert Academic Publishing. 149 pages.

Book review by Nicole Ruyschaert

Isn't it a complex issue, at first glance? Can it be inviting to the reader to follow authors in their search for understanding interactions between stress and the puzzling disease? How can hypnosis affect the disease? Which evidence for treatment with hypnosis? The book is the result of a doctoral thesis, a huge work of the first author, Dr Ria Willemsen, to get a doctoral degree in medical sciences. The pioneering work, offers the reader up-to-date reviews of numerous scientific studies, helpful for anyone who wants to do further research in the areas covered. You can follow the authors in their fascinating journey, being guided into the field, curious about the outcome of studies and research. The book is well structured, information organized and nicely illustrated with original drawings of Dr. Willemsen herself. Even readers who are not familiar with one of the topics get enough basic knowledge and information to understand what it is all about. And as in a detective story, with every finding new questions arises and ideas for future research, fascinating the reader and the search for truth and new discoveries.

Part 1 gives a global introduction of Alopecia areata, "a highly unpredictable, autoimmune skin disease resulting in the loss of hair on the scalp and elsewhere on the body". (p11). Possible new concepts as 'immune privilege' (losing it, means the body attacks its own hair follicles) are explained in a separate box. The discovery of the "brain-hair follicle" axis (p28) and further evidence for local neuroendocrine skin axis that operates as an important "brain-skin" connection (p 48) announces the important interactions between stress, emotions, and hair/skin. "Controversy on the association between stress and AA is still going on"(p.25), despite quite a lot of studies, mostly focusing on recent stressful events. A personal research study filled the gap, showing an association between AA and early life stress. Authors take the opportunity to emphasize long term health consequences of early traumatic experiences in childhood, all dependent on "reduced ability to control HPA-axis response to psychological stress", and surprising results that "more than 10 % of low-grade inflammation is attributable to childhood maltreatment" (p.43).

Alexithymia is "a personality trait characterized by difficulties in differentiating and describing feelings" (p 45). I was quite surprised to read a prevalence of 10%-13% among general population samples, assessing alexithymia with a TAS, Toronto Alexithymic Scale- TAS20, self-report. As it is a triggering factor for many medical and psychiatric disorders, and related to changes in sympathetic activity, immunity and brain activity, all medical doctors and specialists should be aware of alexithymia. High alexithymic scores were found in patients suffering from IBS, Myocardial infarction and severe asthma (p.48), and alexithymia is also linked to other diseases. As publications on alexithymia show relationship between dermatological diseases (alopecia areata, psoriasis, atopic dermatitis), it makes sense that dermatologists screen for alexithymia.

With AA – alexithymia and early life traumatic experiences – authors feel ready for new questions and research: to their and my surprise, in their research alexithymia scores are not associated with emotional neglect or childhood experiences. A statistically significant difference was found for the level of education: the current analysis showed statistically significant results with regard to correlation between alexithymia and level of education, a low level of education increasing risk of alexithymia.

Part two, on hypnosis and alopecia areata, you get some introduction on what hypnosis is, on brain mechanisms in hypnosis and on how "high tech revolution in brain research

provided evidence for some ‘low tech’ interventions such as psychotherapy and hypnosis” (p 77) Information is clear and useful for readers who are neither familiar with hypnosis nor with applications and usefulness in medical setting. Experts in hypnosis alike, get useful up-to-date information on recent research in brain function, mechanisms of pain modulation, possible modulation of immunology by hypnosis. 2 studies reported decrease in activation in the precuneus (involved in consciousness) in hypnosis: other states with hypometabolism in this area are vegetative states, drug-induced anaesthesia and sleep. A short overview opens up a window to hypnosis practice, practical applications in surgery, analgesia, different medical indications, underpinned with scientific studies – RCT, Cochrane, meta-analysis.

Despite usefulness in dermatology, “no evidence based studies for some of our common and routinely used conventional dermatological treatments” were found. At first glance one could expect less results for hypnosis in alexithymia patients, because of their lower imaginative capacity. Surprisingly a recent study by Gay, Marie-Claire (2008) could prove effectiveness of hypnotic imagery intervention on reducing alexithymia.

The first of the 3 personal research studies on hypnosis for AA, added hypnosis to conventional treatment for AA or offered hypnosis as the only treatment. Psychological wellbeing improved, with decrease of anxiety and depression, and hair growth. Filled with hope, another study was planned for treating patients with refractory AA, and daily self-hypnosis. Average quality of life improved, decrease of anxiety and depression scores was found, but without conventional treatment no influence on hair growth.

Symptom oriented suggestions created by the author, or co-created together with the clients are inspiring: sun, imagining gardening, a tree metaphor, and clients invited to identify with the tree to absorb everything they need to grow, explore ingredients that can help and healing imagery, all show ways to foster regeneration and growth. Here again, the scientific spirit remains active, looking for explanation of why some suggestions in hypnosis work: vasodilatation, change in cytokine expression by lymphocytes leading to local immunomodulation.

I can recommend the reading to students and professionals working with hypnosis in medical and psychotherapeutic settings, and to all dermatologists and seriously curious in the field of psychoneuroimmunology. For all of them, something new is to discover in this book. The extended literature review gives a very good base for further study and research in one of these areas.

As research gave evidence of the importance of early-life trauma and alexithymia, I am curious to read more about results of (hypnosis) of consequences of trauma, and alexithymia, besides the symptom oriented and ego- strengthening methods described in the book, on the outcome of AA. Perhaps this was not the aim of this study, and came along the line of research as discoveries. The demands and restrictions of delivering a scientific work perhaps set limits on some creativity and clinical work. Despite this I fully appreciate the richness and content of this concise work, and the courage and efforts of authors to deliver this work.

Dr. Nicole Ruysschaert

2011, May 30th



Hypnose, douleurs aiguës et anesthésie. Claude Virod, Franck Bernard

Arnette, Rueil Malmaison, 2010

ISBN 978-2-234-06452-2

Compte-rendu Christine GUILLOUX, juin 2011

Deux compétences, actives et pro-actives dans la formation en et le développement de ses applications, se sont associées pour aborder le traitement des douleurs aiguës. Parcours au long cours, exercices de style, pratique éprouvée. Claude Virod, psychiatre et Franck Bernard, anesthésiste réanimateur, nous emportent non dans un ouvrage de débroussaillage des idées reçues mais plutôt dans un panorama sur ce qu'est l'hypnose, ce qu'elle peut apporter dans le traitement des douleurs aiguës et en quoi elle s'avère une alternative efficace à l'anesthésie générale. Les recherches depuis les années 1950, les apports des neurosciences plus récemment nous ont appris combien l'importance de l'interaction médecin/malade, praticien/soigné et la prise en compte des ressources du patient sont des alliées précieuses pour chaque acte thérapeutique. L'hypnose permet aux patients de mobiliser et d'utiliser leurs ressources disponibles et d'être capable de s'occuper d'eux-mêmes.

L'ouvrage définit les bases de la communication thérapeutique et de l'alliance thérapeutique: les mots, les gestes, les positions autant que les suggestions, que la stratégie utilisationnelle. Les étapes successives du début à la fin de la séquence relationnelle, de l'induction de la transe à la sortie de transe... sont décrites avec précision et illustrées de nombreux exemples tout comme les protocoles, les techniques de sécurité, les techniques dissociatives que ce soit en cabinet, en parcours de soins, au bloc opératoire, en situation d'urgence...

Guide pour se repérer, identifier les chemins à explorer, les accompagnements en hétéro-hypnose, les apprentissages de l'auto-hypnose, les résistances du patient comme

celle du thérapeute, *Hypnose, douleurs aiguës et anesthésie* est un ouvrage à tiroirs pourrait s'assimiler à une technique d'ensemencement... Clin d'œil à Milton H.Erickson, à Ernest Rossi. Invitation à une meilleure écoute de soi et de l'autre, à une danse relationnelle. Incitation à réveiller en soi la créativité et l'audace thérapeutique sur les chemins de l'hypnose, à approfondir son savoir faire par une solide formation et une pratique assidue. Initiés et non initiés sont bienvenus

Christine GUILLOUX, juin 2011

5. Obituary

Double hommage to Susan Velasco and Jeanine Elder

Susan Velasco has passed away on April 28th, 2011. Jeannine Elder has passed away on April 14th, 2010. Within one year !

They were two anchors and two living treasures. They had the depth and the openness, the respect and the discretion, the "empathy" and the tune to others in the spirit of Milton H.Erickson.

They both have served the Foundation for about 16 years.. They have been the heart of the Foundation. Susan has served the Foundation as an administrative assistant, and then as Business Manager. She was responsible for the day-to-day operations of the Foundation, and the logistics of conference organizing.

Susan was always ready for spending some time with people and open to discuss about the world, the institutes, projects and very discrete about herself, about her life. At the same time, so much was said without words. Subtle, light and somehow floating, she was an incredible presence. Simplicity as a way to honor life.

Susan, Jeannine have been the heart of the Foundation and let us continue to beat a rhythm, to dance and to breathe in the same spirit of Milton Erickson. Humanity, openness, presence and heart to be transmitted around us and to you...

We continue to grow in this amazing and thrilling gift that life is and that life has given to us with those memories in the nest, in the core of ourselves. Peace in her, peace in them, peace in us.

Christine Guilloux "The French nomad cooks" Psychologist-Psychotherapist Vice-President of the French Society of Hypnosis. Founder of the Milton H.Erickson Centre-France

Souffle coupé

Vingt quatre heures sans se
retourner

Elles partirent sur la pointe des
pieds

Jeannine, Susan se sont
effacées sans mots

Souffrances et joies évanouies

Les Parques ont décidé de
couper le fil

Poussières d'étoiles.

Remembering Jeannine Elder,
20 years as coordinator of the Milton H. Erickson Institutes
A grande dame and a great friend



If you had not met her, you would have loved to have made her acquaintance - you would have indeed loved her much. Jeannine Elder, coordinator at the Milton H. Erickson Foundation in Phoenix, passed away on April 14, 2010. The 'crab' brutally took her away from us in a few months, quicker than her snow skiing mountain descends.

Jeannine gave twenty years of intense dedication and loyal presence at the bosom of that Foundation, always 'weaving and knitting' the connections between conference Faculty and the participants, between the psychotherapists and the Institutes, and among all the ones passionate about psychotherapy. She was, indeed, a kingpin, a 'living treasure' in this organization. Jeannine was truly a 'grand orchestrator' of numerous congresses and conferences of the Foundation, three of which main gatherings the Francophone world is familiar with: the "Ericksonian Approaches to Hypnosis and Psychotherapy"; "Brief Therapy", and the "Evolution of Psychotherapy".

Jeannine Elder shared twenty years of commitment to Life and to the well-being of others - twenty years of 'ministry to others' while she herself was facing serious adversity. She was always calm, listening, with compassion and enthusiasm circulating between erudite and subtle compositions. Humble and discreet, she was always sparkled silently; her gentle moods and feelings, her words, her attention to others, all came from the deepest depths of her being. She sang of Ireland, and of Bretagne, she loved good cuisine, nature, and the simple things of life. She dearly loved her four adult children and her two grandchildren, and she appreciated every being, culture, and world views. Jeannine breathed Life as a sacred act, and each day was another sacred ceremony to enact.

It is up to us now to continue celebrating Life.

Christine Guilloux "The French nomad cooks" Psychologist-Psychotherapist Vice-President of the French Society of Hypnosis. Founder of the Milton H.Erickson Centre-France

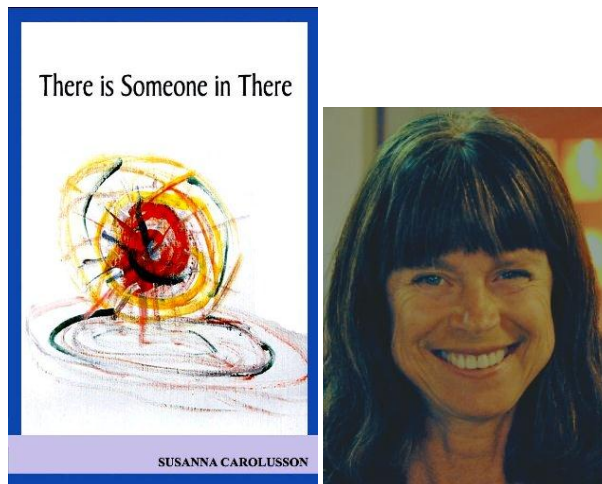
6. New Book releases

To be reviewed in the next issues

Consuelo Casula. Jardiniers, Princesses et Hérissos. Métaphores pour l'évolution personnelle et professionnelle. Consuelo Casula. Le Germe. Satas.

Dan Short. Transformational Relationships. Deciphering the Social Matrix in Psychotherapy. Zeig, Tucker & Theisen.

Joseph Tramontana. Sports Hypnosis in Practice. Scripts, strategies and case examples. Crown House Publishers



Carolusson, Susanna. (2010 / 2011) There is Someone in There.

Susanna Carolusson begins her book with the words, "This is a book about a perfectly healthy 23 year old who acquires a lifelong disability." In reality, however, her book is not only about her son, Tobias, the person who has suffered a nearly fatal accident, but also about Susanna and the rest of her family. In an instant, not only Tobias' life, but the lives of his entire family are ripped to shreds. This is a book about struggle, joy, sorrow and desperation. It is written by a woman who suddenly finds herself simultaneously in the role of both mother and professional, and both are put to the test. I have worked with brain damaged individuals, both young and old, for almost 20 years. One of the most important things I have learned is that the kind of injury that happened to Tobias affects the entire family and the entire network of which s/he is a part. Neither the changes in the injured person's immediate world nor the situation in which s/he finds him or herself can be described in strictly medical terms. But Susanna shares these with us in a personal, intimate way. It takes courage to do this. Susanna has an unusual, and at times, almost brutal passion for justice. No feelings or situations come up without her reviewing them critically. It is exactly this confrontational expression of her integrity that makes her story so gripping. She gives us a story about a terrible tragedy and makes it possible for us to begin to understand something so painful that it is almost impossible to comprehend. At the same time, her story helps give us the courage to try to act effectively in similarly difficult situations.

Peter Währborg,

Senior Physician & Professor, Sahlgrenska University Hospital, lic psychologist, lic psychotherapist

Introduction

This is a book about a perfectly healthy 23 year old who acquires a lifelong disability. It is about the greatest fear parents have concerning their children that their child will be the victim of an accident and will be deprived of their ability to think, move, speak or do anything we associate with the ability to live a full life.

I am the author, as well as the mother of this book's main character. Sometimes I appear to be the main character myself, since this account is told from my perspective and influenced by my own personal feelings. In spite of this and with the distance that comes from time, I have come to realize that my feelings should be left uncensored, partly because they accurately represent the reactions of family members, and partly because, looking back, I can see that these feelings gave me the strength to act in the interest of my son. I also feel my reactions were in touch with reality. This goes against most crisis theories that teach that denial and being out of touch with reality are the normal reactions to be expected in a crisis.

I have described separate happenings and reflections which took place during a long and significantly more complicated process than I am able to do justice to on paper. Instead of simply reading a detailed story, the reader is invited to consider his or her own reactions to a series of events which make up an endless chain of events.

For online pdf version; Order from Alom Editores <http://www.hipnosis.com.mx/ebooks.htm>
For Book version; order from susanna@carolusson.se

Mastering the Power of Self-Hypnosis. C. Roy Hunter. Crown House Publishing

7. Calendar Activities

2011- July 30-31. Change Your Mind. Skills for Success in a Constantly Changing World. Sedona Creative Life Center. Presented by Christine Guilloux. Registration online at: www.SuzanneConnolly.com/christineguilloux

2011 – 16-20 August. ESH congress. Istanbul. <http://www.hypnosis2011.com>

2011- 22-26 August – World Congress on Excellence in Sports and Life. Pristina. Kososvo. <http://www.worldcongressonexcellence.com/>

2011- October 1st “Mindfulness and how it relates to hypnosis”. Venue: The Huntingtower Hotel. Perth. Please visit our website www.bsmdhscotland.com for updates and application form.

2011 – 17-20 November – Die Macht der Worte. Suggestion, Trance und Kommunikation. Deutsche Gesellschaft für Hypnose und Hypnotherapie E.V. Bad Lippspringe. www.hypnose-dgh.de

2011- December 8-12th Eleventh International Congress on Ericksonian approaches to hypnosis and psychotherapy. Early Bird registration extended to July 31st – the same deadline date as the Hyatt's room registration discount. This way, you can save up to \$300 on Congress registration (compared to onsite fees), and book your room at \$119 for a single / \$139 for a double.

We've tried to make it as easy as possible for you to take advantage of this offer.

When you log on to EricksonCongress.com to register, the very first screen called STEP ONE has a blank titled "Promotion Code." Just type in the word EARLY (all caps) and you will be registered at the July 1st discount, good through the end of this month. Congress website, <http://www.ericksoncongress.com/>, and click on the Register link at the top of the page.

2012 – February 4th and 5th Scandinavian symposium in cooperation with The Danish Psychological Society for Clinical Hypnosis and Swedish Society of Clinical Hypnosis. Malmö, Sweden

2012. 10-11 March. March Symposium Weekend. Hypnosis in Brain Trauma/Damage. Venue. Glynhill Hotel. Renfrew. Please visit our website www.bsmdhscotland.com for updates and application form.

2012 Lund 17-18 March. Elisabeth Faymonville. Anaesthesiologist. Lund Sweden. Organisation SSCH Contact: larz.jespersen@hypnosforeningen.se

2012 24–25th March 2012 Richard Kluff, MD, Ph.D The Value of Clinical Hypnosis in treatment of traumatic dissociation (in English). Stockholm Sweden. Organisation SSCH <http://www.hypnosterapi.nu/images/stories/kluff-annons.pdf> Contact: susanna@carolusson.se / anna@insidan.se

2012 – 22-25th March - annual conferences of the M.E.G.

2012 – 26th March - 5th April Annual Supervision Seminar in Gozo (Malta) www.dgzh-stuttgart.de/gozo.htm More Information: Sabine Hühnerbein, DGZH-Regionalstelle Stuttgart mail@dgzh-stuttgart.de

2012 – 17-19 Mai. Hypnose et Douleur. Du bien-être aigu au confort chronique. Palais des Congrès de Quiberon. <http://www.emergences-rennes.com/formations-hypnose/4e-congres-international-hypnose-et-douleur/>

2012 – 7th - 9th September 2012 Annual Meeting of the German Society of Dental in Berlin www.hypnose-kongress-berlin.de More information: Marion Jacob, Office Management DGZH e.V. mail@dgzh.de

2012 – 17- 21st Oct ISH congress Bremen Germany. <http://www.dhg-rottweil.de/ish/>

2013 – 14. – 17. March annual conferences of the M.E.G.:

2014 – 27. - 30. March annual conferences of the M.E.G.:

Hypnosis Training

Training and open seminars SSCH - Sweden

Our basic training in hypnosis (64 hours) is continuously offered in Stockholm and Lund 2011 and 2012.

After that training we offer three options for advanced training 2 years:

- A basic psychotherapy-with-hypnosis training 2 years, in Stockholm and Gothenburg, for those who do not have basic psychotherapy training in their University exams. This education attracts Social workers, licensed nurses, and other licensed medical and health care professionals.
- A medical hypnosis training 2 years, in Lund. This education attracts those who have a license as physicians, dentists, physiotherapists and in SSCH we have since long accepted dentists' nurses.

- A psychotherapeutic hypnosis training 2 years, in Gothenburg. This education attracts those who have the basic psychotherapy training within their previous university exams, as licensed psychologists, specialized social workers, psychiatrists and those who have done the basic two years training in SSCH.

Danish Society of Clinical Hypnosis: Upcoming courses Practical Education in Clinical Hypnosis (diploma course) for health professionals_6 weekends spread over 1 year, 116 hours of training. Next course starts April 2012. Contact: info@hypnoterapi.com

2011 July, 8th