

# ISH NEWSLETTER

*building bridges of understanding*



## IN THIS ISSUE

- Letter from the President
- Notes from the President-Elect
- Letter from the Editor
- News from Umbrella Societies:
  - The Milton H. Erickson Foundation*
  - Centro Ericksoniano de Mexico*
  - Society for Clinical and Experimental Hypnosis*
- News from the Committees:
  - Ethics Research*
- Books and Authors
- Congress reviews
- Congress announcements
- News from Constituent Societies:
  - Emergences, Institute de Formation & de Recherche en communication thérapeutique*
- Consuelo Casula interviews...
- Hypnosis Conferences and Congresses

**Visit our website**  
<http://ish-hypnosis.org>

## LETTER FROM THE ISH PRESIDENT



The Congress of Bremen is approaching and the information coming from Bernhard Trenkle, its insightful organizer, and by many other colleagues, give us the impression that we will face one of the most important congresses in the history of ISH. It is not only a question of numbers (we expect

something close to 2000 attendants), but also of the stellar quality of the faculty the Congress Scientific Committee is putting together.

These are certainly wonderful ingredients to build up a successful congress, but in my opinion the most important one is your participation. And even better, the active participation of ISH members.

A congress every three years, gives us the time to prepare ideas, projects, researches, and take advantage of a

[continue on page 2](#)

## NOTES FROM THE ISH PRESIDENT-ELECT



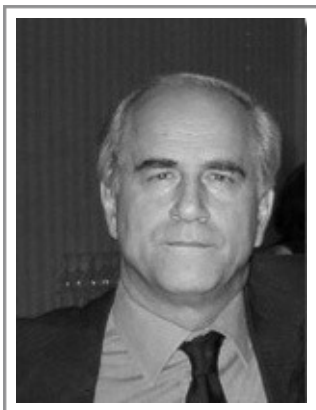
It has been a busy year of travel with a focus on announcing the upcoming conference in Bremen and encouraging our colleagues to join us for the 19th triennial congress. I attended a wonderful conference in

[continue on page 2](#)

# ISH NEWSLETTER

*building bridges of understanding*

continued from page 1



## LETTER FROM THE ISH PRESIDENT

great forum were all of us meet and discuss together about our concerns, our discoveries, our hesitations, our wishes.

Be aware that this is not simply a congress. It is the greatest opportunity of being together that the society can offer you to spend with your like-minded colleagues. And the best we can do is not only to come to Bremen, but also to present our colleagues with the progresses, the results, the understanding we have reached in the field of hypnosis.

All the seeds we have carefully sown in the last few years will contribute to the growth of the ISH new plants, and their many petals that will flower in the garden of this special shared event.

We have seen already in Rome many young attendees returning back to our congress, and we expect them to continue to flow in bringing new vitality and enthusiasm in a discipline that despite being more than 4000 years doesn't lose its youth and appeal.

ISH Congresses have demonstrating over time the value of coming together and exchanging cultural contributions, but also I would say of personal and emotional contributions. So my invitation is to send your proposal of thoughtful and attractive presentations for the congress. But be prepared to bring with yourself your feelings and your affection.

See you in Bremen,

*Camillo Lorieo*  
ISH President

continued from page 1

## NOTES FROM THE ISH PRESIDENT-ELECT



It has been a busy year of travel with a focus on announcing the upcoming conference in Bremen and encouraging our colleagues to join us for the 19th triennial congress. I attended a wonderful conference in Nepal, organized by Bernhard Trenkle, the congress organizer for Bremen. Then to Mexico to the World Association of Eclectic Hypnotherapists (WAEH) where I met colleagues from Europe, the United States and Canada. Our Mexican colleagues were excited to learn about Bremen and the chance to meet clinicians from all over the world. To facilitate more interest in ISH and more understanding of our esteemed history, an article was placed in the ASCH newsletter and made available to other constituent societies that want to familiarize their members

with ISH. We have invited all of the constituent societies to write their own histories and will post them on the ISH website as we receive them. Knowing our roots and appreciating the individuals on whose shoulders we stand is important to our ongoing efforts as pioneers in the field of hypnosis.

*Julie Linden*  
ISH President-elect  
and History Committee Chair

## LETTER FROM THE EDITOR



With this second issue of the ISH Newsletter since the election of the 2009-2012 board, I am sorry to inform the readers that last June the co-editor, Greg Coman, left his position, leaving me alone in this task. For this reason, the issue is

delayed. I promise to do my best to have the third issue ready for 2011 December, full of interesting contributions. This second one is enriched by the kind collaboration of Jeffrey Zeig with an update on the Milton Erickson Foundation, and Teresa Robles who tells us what she and her colleague are doing in Mexico. Furthermore, Claude Virost - the host of the 20<sup>th</sup> ISH congress in Paris, August 26 – 29 2015 - presents his institute *Emergences, Institute de Formation & de Recherche en Communication Thérapeutique* en Rennes, France, and Bernhard Trenkle gives us some ideas of how great the incoming 19<sup>th</sup> ISH congress in Bremen, Germany October 17-21 2012 will be. This issue gives the reader the opportunity to better know Nicole Ruyschaert, the Belgian newly elected ESH president, through an interview made by myself. Concerning ESH, John Lentz offers his impression on the latest ESH congress held in Istanbul August 16-20 2011. Whoever is curious of knowing something new about the life of M. Erickson will be helped by the review written by Maria Escalante de Smith

of the book “Milton H. Erickson, M.D. An American Healer” edited by his daughter Betty Alice and Bradford Keeney.

In the next few months up until December I ask all the constituent society to send me information, news, proposal that can be inserted in the next issue. I thank you in advance and I wish you a peaceful and productive end of summer to be ready to welcome the autumn leaves.

I conclude this introduction with a simple question to each of you. What you would like to have from the ISH newsletter? I wait for your answers. Each constituent society and each individual member is invited to give the newsletter his/her contribution. I look forward to receiving your news from around the world.

*Consuelo Casula*

**ISH NEWSLETTER**

*building bridges of understanding*

**ISH NEWSLETTER**

*building bridges of understanding*

**ISH NEWSLETTER**

*building bridges of understanding*

**ISH NEWSLETTER**

*building bridges of understanding*

**ISH NEWSLETTER**

*building bridges of understanding*

**ISH NEWSLETTER**

*building bridges of understanding*

## NEWS FROM UMBRELLA SOCIETIES



Work continues on the Erickson documentary directed by Alex Vesely, grandson of Viktor Frankl.

*Jeffrey K. Zeig, Ph.D*

*The Milton Erickson Foundation*  
3606 N. 24th St  
Phoenix, AZ 85016  
tele: 480-389-4342

[jeff@erickson-foundation.org](mailto:jeff@erickson-foundation.org)  
[www.erickson-foundation.org](http://www.erickson-foundation.org)  
[www.ericksonfoundationstore.com](http://www.ericksonfoundationstore.com)  
[www.evolutionofpsychotherapy.com](http://www.evolutionofpsychotherapy.com)  
[www.brieftherapyconference.com](http://www.brieftherapyconference.com)  
[www.couplesconference.com](http://www.couplesconference.com)  
[www.zeigtucker.com](http://www.zeigtucker.com)  
[www.jeffreyzeig.com](http://www.jeffreyzeig.com)



### THE MILTON ERICKSON FOUNDATION

The *Milton Erickson Foundation* organized [www.brieftherapyconference.com](http://www.brieftherapyconference.com), December, 2010.

Keynotes included Bessel Van der Kolk, Sue Johnson, Donald Meichenbaum and Robert Sapolsky. There was a special tribute to 90 year-old, Thomas Szasz. The program featured many prominent Ericksonians, including Michael Yapko, Stephen Gilligan, Ernest Rossi, and Bill O'Hanlon. The five-session, fundamental hypnosis track was one of the most popular workshops.

The Foundation will hold the 11th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy in Phoenix, December 8-12, 2011. Keynotes include Stephen Gilligan, Helen Erickson and Jeffrey Zeig. For information: [www.erickson-foundation.org](http://www.erickson-foundation.org).

At the end of the year, the Foundation will move into new headquarters, a kilometer from the present location. Currently we working with the architect on the design.

The Foundation purchased 1201 East Hayward, the home and office of Dr and Mrs Erickson, from the Erickson Estate. We are investigating the possibility of making it into a museum of hypnosis and would appreciate suggestions. We are conducting benefit Master Classes in 2011 in the room in which Dr Erickson held his teaching seminars. The Master Classes are scheduled after the Intensive Training programs for the convenience of foreign attendees.



### CENTRO ERICKSONIANO DE MEXICO

ERICKSONIAN CENTRE OF MEXICO'S PROGRAM FOR THE MANAGEMENT OF STRESS AND BURN OUT IN A MEXICAN GOVERNMENT'S HEALTH CARE ORGANIZATION.

During 2010 and 2011, we have been engaged in a very important project together with the organism providing health care to all the employees of the Mexican Government, the ISSSTE. There are treated all the employees of all Ministries and other governmental organi-



zations in México. The ISSSTE has itself 70,000 employees: physicians, nurses, dentists, social workers and all kind of management staff.

We have been asked to train with our two years Master Degree program in Ericksonian Psychotherapy, 120 psychiatrists and psychologists. We also has been asked to develop a protocol for training people in groups to use self hypnosis for prevention and the management of stress and burn out that is one of the major problems in almost all our governmental organizations.

For that purpose:

- I. We created and published a Manual for working with 16 hours groups, step by step.
- II. We produced a 70 minutes CD with the self hypnosis exercises practiced along the group.
- III. We are training 350 psychologists and physicians in an intensive 60 hours course, plus supervision, for applying the manual in groups of 20 participants.

Every one of these 350 psychologists and physicians will work with 10 groups of 20 participants each, all around Mexico, covering the 70,000 employees of the ISSSTE. Participants requiring more attention will be treated by the professionals with the complete two years training in Ericksonian Psychotherapy.

We are very proud of having the chance to collaborate with our country in such a way.

*Teresa Robles, PhD  
Directora General  
Grupo Centro Ericksoniano de México*



## SOCIETY FOR CLINICAL AND EXPERIMENTAL HYPNOSIS

The Society for Clinical and Experimental Hypnosis will present its 62<sup>nd</sup> Annual Workshops and Scientific Program September 14-18, 2011, in New Orleans, Louisiana. Learn, mingle, make new friends, and gain the background and confidence for a successful and evidence-based prac-

tice of hypnosis and be ready for healthcare reform and the modern medical environment. Join a world class faculty and your colleagues from the mental health, social, and medical specialties at the Sheraton New Orleans, right at the entry to the French Quarter. Registration and event details will be available June 1, 2011. We hope to see you there!

For further information, please contact:

*Michele Hart, Executive Director  
Society for Clinical and Experimental Hypnosis*

PO Box 252 | Southborough, MA 01772  
© 508-598-5553 | (F) 866-397-1839  
[info@sceh.us](mailto:info@sceh.us)



## NEWS FROM DOWN UNDER

I am pleased to report that the Australian Society of Hypnosis Limited is entering a very exciting phase of its history.

During the last four years much has been accomplished. Administrative and accounting procedures have been put in place which will guarantee the financial security of the Society in the years ahead.

In addition ASH Members voted to widen our membership to bring us into line with other members of ISH. There has also been a restructuring of the decision making body so that ASH is now much more democratic and representative of its constituents.

As this news letter goes to print we are on the eve of what promises to be one of the most exciting Congresses held in Australia. The South Australian branch has put together a wonderful panel of speakers. The program which is headed by Michael Yapko, Steven Lynn and Lynn Lyons promises to be a stimulating and absorbing one.

At the recent ESH Congress in Istanbul many people expressed their regret to me that the 2012 Congress would no longer be held in Australia. I would like to extend an invitation to all ISH Members who would like to explore our vast island continent. Come down and visit – you will be among friends.

*Brian Allen  
President  
Australian Society of Hypnosis Ltd*



## NEWS FROM COMMITTEES

### ETHICS

The issue the ethics committee has been dealing with is the question regarding to whom we teach hypnosis. Some Constituent Societies teach to health care professionals who do not meet the current criteria for membership in ISH.

For this reason ISH wants to do a survey and ask each Constituent Society what their position is concerning this important issue.

#### Please answer to the following questions:

*Is your institute/society allowed to teach hypnosis to health care professionals that are not medical doctors or psychologist?*

If your answer is **YES**, can you tell me who are these health care professionals?

*Master Level Nurses*

*Master Level Midwives*

*Master Level Physiotherapists*

*Master Level Speech therapists*

*Others? Please specify*

If your answer is **NO**, do you think that opening to these professionals can be:

*An improvement for hypnosis*

*A detriment for hypnosis*

I wait for your answers and I thank you in advance

*Consuelo Casula  
Chair of the Ethics Committee*

### RESEARCH

In the recent months I have repeatedly attempted to invite Eva Banyai to join the Research Committee and I had to wait several months before the final, unfortunately negative answer came in, due to personal and familiar problems. Subsequently I invited two other distinguished researchers: prof. Giancarlo Carli (University of Siena, Italy) and prof. John Gruzelier (London, UK). Prof. Carli promptly accepted my invitation, while I am still waiting for the final answer from Prof. Gruzelier, following his preliminary acceptance at a recent meeting in Siena.

In the meantime, prof. Carli and I are in the process of starting a worldwide survey of the state of art of the research in the hypnosis field. We are currently setting-up a

semistructured questionnaire to be sent to the most active labs and researchers worldwide. The main topics of the questionnaire will focus on the state of the research in hypnosis, on what's going on and on what is deemed important for hypnosis research. We hope to get a significant contribution from the respondents in order to map the most relevant trends in this research area.

We hope also to present preliminary data on the occasion of the forthcoming International Congress in Bremen (Germany).

*Giuseppe de Benedittis, MD, PhD,  
Chairman of the Research Committee  
Vice-Chairperson  
Council of Representatives*

### MEMBERSHIP

#### **New Constituent Societies**

The ISH has several new Constituent Societies.

#### **Polski Instytut Ericksonowski (PIE)**

The Polski Instytut Ericksonowski founded in 1993 in Lodz by psychologist Krzysztof Klajs. As director Klajs has ensured the Institute presence throughout Poland and even offers training on hypnosis in several cities. PIE was the first private institute in Poland with full license to train psychologists and MD's in psychotherapy: before PIE, only university institutes could train psychotherapists. The institute has already organized several international hypnosis congresses. Since 1993 the Polish Institute and Milton Erickson Institute Rottweil (Bernhard Trenkle) have organized

one-week training and supervision seminars in the Polish Monastery in Wigry. In 2012 the ISH BOD meeting will be held at Wigry, where the ISH BOD members will also teach. PIE is planning an international congress in Krakow to celebrate its 20 years anniversary in 2013. [www.p-i-e.pl](http://www.p-i-e.pl), [info@p-i-e.pl](mailto:info@p-i-e.pl)

#### **Milton Erickson Psychotherapy Society of South Africa (MEPSSA)**

After working together since 1999 in the Milton Erickson Institute of South Africa (MEISA), in 2010, Woltemade Hartman and his colleagues founded the Milton Erickson Psychotherapy Society of South Africa. Woltemade Hartman and his colleagues Idilette Hartman and Callie Hatting have organized during the last 10 years several International Congresses especially in the field of Ego State Therapy and Hypnosis. MEPSSA has three loca-

tions: Pretoria, Johannesburg and Cape Town. MEPSSA members are also teaching in other South African cities and in neighbor countries such as Namibia. They regularly invite international teachers and are planning to organize another World Congress on Ego State Therapy, February 2013.

[www.meisa.co.za](http://www.meisa.co.za), mail: [drw@meisa.co.za](mailto:drw@meisa.co.za)

#### **Iran Scientific Society of Clinical Hypnosis (ISSCH)**

In 1990, an association named Iranian Association of Hypnosis was founded by Dr. Hadi Manafi, MD. In 2001, this association transformed into Iranian Scientific Society of Clinical Hypnosis (ISSCH) and has been officially recognized by the Commission of Scientific Societies of the Ministry of Health, Treatment and Medical Education of

Iran. The founders of this recent Scientific Society are all MD's: Hadi Manafi, Ali Sharifi, Seyed Ali Ahmadi Abhari, Shokrollah Abdollahzadeh, Seyed Reza Jalmalyan, and Seyed Hosein Firoozabadi. ISSCH is organizing an International Congress of Clinical Hypnosis and Related Sciences in April 26-27, 2012 by a collaboration of Iranian Scientific Society of Clinical Hypnosis and Mashhad University of Medical Sciences. International colleagues are invited to teach. Some of them have already accepted their invitation.

[www.issch.ir](http://www.issch.ir), [info@issch.ir](mailto:info@issch.ir).

Bernhard Trenkle  
Chair of Membership Committee

## NEWS FROM CONSTITUENT SOCIETIES

### *EMERGENCES,*

*Institute de Formation & de Recherche en communication thérapeutique,  
Rennes, France*

This year, 2011, the French institute *Emergences*, created by Claude Virot in 2001 has celebrated its 10 anniversary. Ten years of continual expansion with international congresses and specialized trainings. Every year, the institute offers to 600 healthcare professionals more than 16000 hours of training given by 30 teachers.

Emergences also offers hypnotherapy's workshops and supervisions (30 days/year). During the last 5 years it has invited international major lecturers such as: Camillo Lorio, Ernest Rossi, Michael Yapko, Consuelo Casula, Bernhard Trenkle, Betty Alice Erickson, Shaul Livnay, Teresa Robles, Albrecht Schmierr, Eric Vermetten, Gaston Brosseau...

Emergences is involved in the French speaking community as well as in the European and international networks. It is a member - with 22 other institutes - of the CFHTB (French Speaking Confederation of Hypnosis and Brief Therapy), and is an international meeting point: it has offered 3 international congresses, the 5th Forum of CFHTB. Each event assembled between 400 and 600 attendees.

All the Emergences trainers are also involved at international level: they took part of the ISH congresses in Acapulco and Rome, in the ESH congresses in Vienna and Istanbul as well as at the Ericksonian conferences in Phoenix. All the team is at the heart of the latest scientific researches and new experiences in hypnosis.

The founder and the main leader of Emergences is Claude Virot MD, a liberal psychiatrist since 1988. He received his training in Hypnosis and Ericksonian therapy in 1986, and soon after he began teaching «hypnosis and brief therapy». In 1994 he created the Milton Erickson Institute of Rennes

– Brittany; since his training was such a complete success, after 7 years, in 2001, Claude Virot founded “Emergences, institute of Research and Training in Therapeutic Communication”, where everyone has the opportunity to increase his/her area of competence and to update his/her practice.

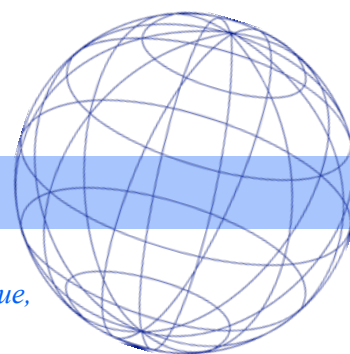
One year after he created a new training on «hypnosis, anesthesia and acute pain», in 2004, «Hypnosis, brief therapy and chronic pain»; in 2008, the first promotion in «Hypnosis and dental surgery» took place. In 2011, Emergences offers again “Hypnosis and physiotherapy”. A part of the trainings is offered on the premises of Rennes, the other part in numerous public or/and private hospitals in France as well as in Belgium and Chili.

In 2004-2005, Claude Virot MD became the president of CFHTB and in charge of the international relationships. During 2008-2011 he has been *Member of the board of the European Society of Hypnosis (ESH)* and since 2009 *he is member of the board of the International Society of Hypnosis (ISH)*.

In 2009, Claude Virot MD is honored by the Jay Haley Early Career for Innovative Contributions ISH Award, and by the Distinguished Lifetime Achievement Award from Ernest Rossi and the Milton Erickson Institute of the California Central Coast.

After having chaired the CFHTB bidding for the 20th Congress of ISH, Claude Virot will still participate to the development of International Hypnosis by organizing and chairing this major event in Paris in 26 – 29, August 2015.

Claude Virot





## BOOKS AND AUTHORS

### **MILTON H. ERICKSON, M. D. AN AMERICAN HEALER**

EDITED BY BETTY ALICE ERICKSON, M. S.  
and BRADFORD KEENEY, Ph.D.

Ringling Rocks Press in association with Leete's Island Books

Sedona, AZ, 2006

MILTON H. ERICKSON, M. D. *AN AMERICAN HEALER*, is a wonderful book that combines his own words and the experiences of his family members and other professionals.

The preface is a heartwarming text written by his late wife Mrs. Elizabeth Moore Erickson. Here the readers have the opportunity to experience Erickson through the eyes and heart of the woman who shared his life for over 40 years. This part includes Mrs. Moore Erickson's memories about Milton H. Erickson as a husband and professional.

As she describes him: "He revolutionized psychotherapy with so many new and different perspectives that have since become fundamental concepts in the professional world as well as for people who are not in mental health or medical fields" (p. 4). She also talks about how poliomyelitis shaped his life and how marrying him shaped hers.

The introduction, written by Bradford Keeney gives readers the opportunity to experience Erickson's persona by remembering that Erickson was "severely color blind, and he was able to truly enjoy only the color purple." (p. 13).

He was also tone deaf, arrhythmic, dyslexic and paralyzed at age 17. To my view these deficiencies shaped his life and he called them "the roughage of life" (p. 13). Thus, Erickson can serve as an inspiration to many people for turning these features that could be seen as shortcomings into resources.

It is also interesting to remember how Erickson was radically empirical and how his work was based on his careful observations rather than theoretical assumptions.

Betty Alice Erickson provides an interesting point of view both as a daughter and as a professional. Additionally, it is really nice to read how she recalls Dr. Erickson's interactions with other people and how "Dad listened so intently and with such loving support." By going through her memories we can learn about Erickson's love for nature, for plants like cactuses. I was deeply touched as I read this part of the book, and about the Squaw Peak, a mountain that was so important to Erickson: for this reason, his ashes were scattered on that mountain, in an area that can be seen from his house. I enjoyed recalling how meaningful climbing the Squaw Peak was to me a few years ago.

Roxanna Erickson Klein gives readers a present by including "Memories of my Father" in the book. In this section she explains how "Inviting patients into the home office set the stage for a relationship of wholeness, integrity, respect, and many more therapeutic possibilities than are allowed by the rigid environment of today's professional setting" (p. 85). And then she continues: "The therapeutic atmosphere was further enhanced by the presence and the involvement of the entire family, from Mom to the teens and the younger children, to the family dog when it was appropriate". A large number of memories about family life and interactions with patients are included in this section ... as if we, the readers, had had the privilege to be invited by the Erickson family members.

In the chapter "A Special Inquiry with Aldous Huxley into the Nature and Character of Various States of Consciousness" we can learn about a project where concepts and definitions of different states of awareness were revised, including the state of "Deep Reflection as a preliminary process of marshaling his thoughts and putting into order the thinking"... (220)



It is also interesting to read the chapter “Erickson the Healer: Reflections by Friends and Colleagues” because it shows how Dr. Erickson’s wisdom has influenced other professionals. This part consists of a brief summary of their experience and background and how Erickson revealed them, as Carl Hammerschlag said “guiding principles of healing” where, for example, he learned that a healer will... “See beyond a patient’s pathology, illuminate and mobilize his strengths, and help him move beyond his limitations” (p. 271).

Erickson had a countless number of encounters with remarkable professionals. Among them, Ernest Rossi, utilized the learning during his training with Erickson to recover of a stroke.

Stephen Lankton recalls his first encounter with Erickson and how... “Erickson seemed to be physically limited to such a degree that I wondered whether he had the energy to conduct the training we were undertaking”. He continues with “However, as he began to speak, it was clear that he possessed an uncommon tenacity” (p.290). To Lankton’s opinion, “Erickson did not accomplish this impact on me by means of any trick or technique. He accomplished it by simply being himself” (p. 291).

Dan Short, who has worked with the Milton H. Erickson Foundation archives, explains how “Reading about Erickson’s unique accomplishments has richly contributed to my ability to recognize opportunities for creative problem solving” (p. 301).

Other professionals in different countries like Alida Lost-Peter who translated several of Erickson’s books into German, and Burkhard Peter, with whom she co-founded the MEG (Milton H. Erickson Gesellschaft), explain how they benefited as a result of their encounters with Erickson and still remember his words of encouragement.

I have had the opportunity to participate as a book reviewer at the Milton H. Erickson Foundation’s Newsletter for several years now and as I have done so, I have had the privilege to correspond regularly with Annellen and Alex Simpkins, the editors of this publication. They too, offer their unique perspective about Milton H. Erickson as they describe how Erickson’s teachings shaped their lives and how “He had a unique capacity to be fully present for us and for others at the same time” (p. 321), and they also recalled how he was able to activate what is of value in common human nature. Michele Ritterman, who authored *Using Hypnosis in Family Therapy*, guides readers through a jour-

ney where she makes a recollection of the times she studied with Erickson and how even though, as she explains “I have a kind of skepticism about communications from one person to the physiology of another” (p. 323), she has realized that this type of communication actually happens and that the physiological responses are amazing. To her view, Erickson was an expert in these areas and “he used talking to his own physiology as a daily survival tool” (p. 324).

Rick Landis, the executive editor for the Milton H. Erickson Foundation Newsletter, explains how Erickson nurtured his eagerness to learn new things and why he accepted him as a student “who looked at the world through the eyes of an eight-year-old” and how “The techniques were important but the heart was the magic” (p.331).

Erick Greenleaf, the first recipient of the Milton H. Erickson Award of Scientific Excellence for writing in Hypnosis, takes us through memory lane as he recalls a week he spent with Erickson in training and how he came to his understanding of healing: “We each do it to ourselves in the background atmosphere formed by all the teachers in our lives” (p 336). This learning helped him during a recovery process after a car accident.

Stephen Gilligan also contributes with an interesting section where he explains how one of Erickson’s greatest skills was his capacity to operate in two different realities simultaneously: the interior world and the exterior world. This is something that we as therapists can always use and remember. I would like to end this review with a quote written by Betty Alice Erickson: “As my mother said in her preface, she felt lucky to have had him. So do I feel lucky to have had him as my father. More importantly, I think that good fortune transcends the family. I think we were all lucky to have had him. And he continues to be a healing presence to us, in our memories, dreams and reflections” (p. 353).

Reviewing this book has also been a healing journey for me,

*Maria Escalante de Smith*

**The book offers a DVD with a demonstration of a Erickson's therapy never seen before.**

The book is translated into French, Spanish and Italian.

The Italian version "Milton H. Erickson, un guaritore americano" is edited by Edizioni Dialogi-

## CONGRESS REVIEWS



### 12<sup>th</sup> International Congress of Hypnosis of the European Society of Hypnosis (ESH)

August 16-20, 2011 – Istanbul, Turkey

Wow! The whole congress was amazing. The presentations were creative, imaginative and they were offered by some of the best practitioners in the world. With unlimited space I would mention all the great workshops, unfortunately, I can't. Besides I wasn't able to attend all the workshops since many were offered at the same time. It makes you want to attend all you can and to appreciate how difficult the decisions are in choosing where you would spend time. During one two hour block your choices were between a symposium on Integrating Hypnosis and Spiritual care, Self Hypnosis and Hypnosis in the treatment of anxiety and phobias, The Use and Abuse of Hypnosis in conversations, Patient and Treatment Profile of the Hypnosis Research and Application of the Istanbul Neuropsychiatry hospital in the last year, Studies of the Hypnosis Research and Application unit of Istanbul Neuropsychiatry Hospital, Novel Therapy for Headache, and How to integrate Hypnotherapy with a Narrative Approach.

If I just mention the Key Notes of one day you can get an idea of how impressive the conference was. Camillo Loredio presented, Mind –Body Hypnotic Treatment of Conversion Disorders. There was a demonstration of Turkish Music and Movement Therapy. The next two hours brought a Turkish concert. Then Nicole Ruyschaert spoke about "Bridging East and West in Waves of Trance" and Gunner Rosen offered "Evidence based use of Hypnosis in the Treatment of Pain." That isn't including the presentations of Ann Williamson, Shaul Livnay, Julie Linden and Gisela Perren-Klingler, which were at the same time as the Turkish Concert.

The Complete Board and all the folks from the Turkish delegation that made this Congress happen helped created a superb learning experience. Everyone helped create a community where you feel appreciated and at home, with professionals who are really committed to improving their work.

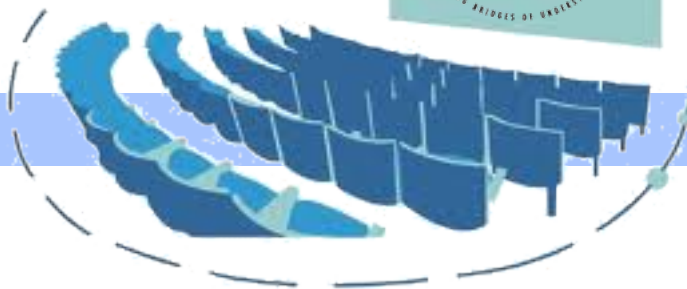
In addition to being in a 5 star Hotel with Buffet Lunches every day built in to the schedule, and coffee breaks with delicious cookies and fruit, there were individual bottles of water for attendees, and on hand staff members who took care of any need you might have. The social program included a dinner cruise on the Bosphorus, a get acquainted cocktail hour on the 26<sup>th</sup> floor of the Hotel with a panoramic view of the city, a Turkish Cuisine Night with a belly dancer, and a Gala and Awards Dinner. Most attendees found time to visit some of the sites of Istanbul such as the Blue Mosque, town central and the Sultan's Palace.

No matter how wonderful the presentations, the social programs, or even the venue of Istanbul, the thing that is so memorable about the congresses is the people you meet. There are not that many places on earth where you can make friends with people from all over the world who really understand and "get it", when it comes to the complexity and simplicity of Hypnosis, and who appreciate that you do as well.

Sincerely,

*Dr. John D. Lentz*

# CONGRESS ANNOUNCEMENTS



## 19<sup>th</sup> International Congress of Hypnosis of the International Society of Hypnosis (ISH)

October 17- 21, 2012 – Bremen, Germany

The 19th International Congress of Hypnosis has been relocated from Melbourne, Australia, to Bremen, Germany. Bremen is a beautiful old city and a perfect location for the congress. It is a city-state with a long and rich history. There are interesting sights within walking distance from the congress. Next to the congress center is one of the most beautiful parks in Germany. It is excellent for walking, biking, jogging, and rowing boats.

Until now, more than 800 colleagues from German-speaking countries have already registered and the International Registration and call for papers is now open. See: [www.hypnosis-congress.com](http://www.hypnosis-congress.com). We invite the Constituent Societies to send their own “stars”. Our goal is to connect and bring together young colleagues as well as the experts. If you have any suggestions or proposals for the 19th International Congress 2012, please contact us: [mail@bernhard-trenkle.de](mailto:mail@bernhard-trenkle.de)



The congress is organized by Bernhard Trenkle and his team of Milton Erickson Institute Rottweil, with the sponsorship of the Milton Erickson Society of Germany M.E.G. Bernhard is member of the Board of ISH as well as of the Milton Erickson Foundation

Here is a preview of the program of the congress with some names of the chairs: many other colleagues will take part. Of course, psychotherapeutic applications of hypnosis will be the core of the congress.

- A symposium on “Hypnosis and Depression” will be organized by Claude Virot with Michael Yapko in the faculty.
- Combining hypnotic approaches and systemic family therapy, “hypnosystemic” approaches, will be offered by Gunther Schmidt, Ben Furman and Camillo Lorio.
- Hypnosis in Medicine will be offered by Elisabeth Faymonville, Ernil Hansen, Sebastian Schulz-Stuebner, among others
- Placebo and Nocebo effects will be discussed by Elvira Lang, Katalin Varga, and Gary Bruno Schmid.
- Hypnosis and Pain Control will be taught by Dave Patterson and Mark Jensen.

- Speech Pathology will be addressed by Bernhard Trenkle and others leading colleagues in the field.
- Hypnotherapy for children and adolescents will be proposed by Daniel Kohen, Siegfried Mrochen, Karl-Ludwig Holtz, Susy Signer-Fischer and Julie Linden
- The Dental Hypnosis will be presented by Albrecht Schmierer and his colleagues.
- Ego State Therapy will be addressed by Woltemade Hartman, Maggie Phillips, Arreed Barabasz, Luise Reddemann and Jochen Peichl.
- Mesmerism, a symposium addressing important contributions of women to theory and practice of hypnosis will be chaired by Julie Linden.
- Active Alert Hypnosis in Psychotherapy, Sports and Teaching will be addressed and compared with other kinetic trances forms like Sufi dancing.
- Philosophy, Spirituality and Hypnosis will be addressed by Consuelo Casula

We will have an excellent cultural program with good music and comedy with “Martin O” and “Mnozil Brass” (see youtube).

A collection of 2000 comics and caricatures about hypnosis will be presented.

Friday 19 the biggest feast of North Germany commences with its 975 year tradition will take place in front of the congress center.

*Bernhard Trenkle  
Organizer of the 19th Congress  
Chairperson Council of Representatives*





## CONSUELO CASULA INTERVIEWS...



### NICOLE RUYSSCHAERT



*You are the new ESH president how do you feel?*

I appreciate the way presidency was handed over at the ESH congress in Istanbul. I could feel the trust, support, confidence of ESH members and board members. This is a great feeling, giving energy and fuel for my presidency in a cooperation with all other people involved in ESH. I am happy with the evolution ESH is making, and how building on the fundamentals of the past we can make our way to the future.

*What are your plans for the next 3 years of your presidency?*

As I pointed out in my presidential address at ESH congress, "ESH bridging East and West" many projects can be developed. Further promoting hypno-

sis, reaching out to more countries and societies. Using new "terminology" or "names" to motivate and inform more people about hypnosis, like "Mind-Body Regulation", "Trance-Focused Therapy", "Training in Utilization Spontaneous Trance" and "Conversational hypnosis". Finding ways to improve the sense of belonging, the identity of all health care workers, practicing professional hypnosis. Fostering cooperation and exchanging information with other professional societies. Stimulating training in hypnosis, even integrate it as mainstream in the curriculum of health care workers and medical training.

*What have you learned during your participation as ESH BOD member?*

I was elected ESH BOD member in 2002, became 2<sup>nd</sup> vice president in 2005, and President-elect in 2008. Participating at all the meetings, getting involved in different activities, learning about the obstacles and how to overcome them, with creativity, perseverance, and mutual support, was enriching and helped me to become familiar with how things are running in the ESH. Beside I could actively participate in the development and decision making process. We have different committees now that were settled and developed. I was in charge of the newsletter committee, website and journal committee, and these activities offered me in-depth information from other societies.

During the past years I had contact with different societies, participating at as many congresses as possible to know more people in the field. As content manager of the ESH website and editor of the ESH newsletter I could increase my network of contacts.

I was helpful in organizing ESH congresses, all congress activities of VHYP, planning, organizing and inviting speakers.

I learned how goal-setting, persuasion, good companionship and flexibility help to overcome many obstacles.

*You have a specialization on stress and burnout, how did you start studying them?*

I have a medical background, and never wanted to give up that part...In studying stress and stress-related disorders, mind-body interactions, I found a matching or meeting between neurophysiology, neurosciences and psychology, where all my previous training and knowledge enriches the understanding of mind-spirit-body processes. I started group sessions on self-hypnosis and stress management in the mental health centre and in my private practice since the nineties. I worked quite a lot with post-traumatic stress disorders.

Since 1996 I started giving training sessions on stress-management for people working in the European institutions. I wanted to contribute to decrease the suffering and improve the quality of life of many people at work. I wanted to be helpful with teaching (self)hypnosis as well and promote the application of hypnosis to the wider community.

Enlarging my interest to positive psychology I am now getting more interested in the prevention of burnout, finding passion for life and work, fulfilment, enjoying life, improving quality of life and how hypnosis can contribute to flourishing in life. I also had the opportunity to do some coaching training, working on development, focussing on the positive resources where you can see beyond limitations or pathology.

*Is there a difference in working with health-care professionals and other professions?*

People who are not working in the field of health care and attend training sessions are very interested in psychology, and, as they choose themselves to attend, they absorb all the information and really want to get more control on their life. After getting insight in the fact that “blame-storming”, blaming the company or organisation isn’t helpful at all, we can switch to “brains-storming” and find out where they have control, what they can do to improve quality of life, despite difficult work circumstances. They are curious, open for experiencing hypnosis, eager to learn it and get the benefits of it. Who is more directed to medical interventions without consideration of the total personality or psychological impacts as contributing to disease or illness, the medical scientific community, is often critical to hypnosis. But there too, I see an enormous evolution and to my surprise in Belgium, medical students, internal medicine specialists, and anesthesiologists, are becoming more and more interested in hypnosis. A group of medical students in Belgium took the initiative to organize training in hypnosis.

I like teaching health care professionals in the field of hypnosis: Once they have had a training, we

have the advantage of speaking the ‘same language’ and more immediate positive interaction and motivation, being on the same wave-length and in supervision sessions working together to work out the best approach.

*When did you start studying hypnosis? Who are you teachers, who are your models? Both men and women.*

I started studying hypnosis in 1983, right after my cognitive-behaviour therapy training following somehow the path of our teacher, Dr. Jan Lehembre founder of the behaviour therapy society and of the Flemish hypnosis society as well.

During my training I was asked to take the responsibility of my group, and to help organising training and congresses. In the early days we learned a lot from Brian Alman, Kees Hoogduin, Onno Van Der Hart, Alan Schefflin, Camillo Lorio, Ton Wilken, Eva Bányái, Jeff Zeig, and Bernhard Trenkle who were invited to Belgium to give training sessions. My first hypnosis congress was in The Hague in 1988, where I attended workshops of John and Helen Watkins, and many other leaders in the field. Since then I attended most of the ESH – ISH congresses, and some Ericksonian Congresses and most of my travelling was ‘hypnosis-directed’ or linked to hypnosis congresses. Since 1996 I started teaching hypnosis, and presenting at national and international hypnosis congresses.

*How do you integrate hypnosis in psychotherapeutic work?*

Many of my clients come to see me with a direct request to work with hypnosis, expecting a more formal induction, and specific work done in hypnosis. Other clients are rather reluctant and need some preparation, get information and some pre-hypnosis experiences to smoothly let them discover the power and possibilities of hypnosis. A therapeutic relationship, safety and trust are essential to create the best circumstances for them to discover hypnosis. Sometimes we work more problem-oriented, to find solutions and relief. At other times, we work more on the relation, repairing and overcoming suffering from the past. Many people with post-traumatic stress disorder for example still have consequences of early life experiences, like abandonment, emotional deprivation, mistrust, shame, defectiveness and these patterns are often reactivated in their daily life. With hypnosis we can work with them on a deeper level, they can experience how it feels to meet (imaginary) parents who care for them, how this fundamental acceptance changes the way they view

themselves. From their observations and the way they tell their stories, I can create some metaphors, working indirectly, helping them to view themselves from another perspective, to feel loved, accepted, and to accept themselves.

*Do you see new developments in working with hypnosis?*

Yes. Bridging and integration are new concepts we should emphasize. The official journal of ESH now is "Contemporary Hypnosis and Integrative Therapy". It is important to make people aware of suggestive elements in many other approaches, in a way that they avoid unwanted suggestions, and use positive communication strategies. We could focus on prevention, long-term applications in analogy with mindfulness, meditation, yoga practice to improve wellbeing, prepare people for confrontation with daily hassles, and to make them more resilient. Many of our knowledge and experience becomes integrated in EMDR, Acceptance and commitment therapy, mindfulness. We can learn from Eastern practices, meditation, stories, metaphors from the

far East. As the world becomes "smaller", mutual fertilization of methods, discovering similarities can help to make a further evolution in the field. We need research, maybe standardized approaches and protocols to meet demands of 'evidence-based practices' and to guarantee to hypnosis the place it deserves in healthcare.

*What do you like most of hypnosis?*

Working in a creative way, pacing with the patient, some unexpected reactions, a matching, and combination of scientific working mechanisms and creativity, having a living proof of mind-body interaction, the extended field of applications, of working with hypnosis in different fields of health care.

*What suggestion, advice would you give to a young student who wants to study hypnosis?*

My advice to them is to take a proper training, to experience how hypnosis can be helpful for proper development, to have an open mind and to welcome different experiences.

## HYPNOSIS CONFERENCES AND CONGRESSES INFORMATION

Swiss Society for Clinical Hypnosis

*Applying Hypnosis in Strategic Psychotherapy*

30 September – 2 October 2011

Bern, Switzerland

<http://www.hypnos.ch/>

The Milton Erickson Foundation

*11th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy*

December 8-12, 2011

Phoenix, Arizona

[www.erickson-foundation.org](http://www.erickson-foundation.org)

Society for Clinical and Experimental Hypnosis

*Presentation of 62<sup>nd</sup> Annual Workshops and Scientific Program*

September 14-18, 2011

New Orleans, Louisiana

[info@sceh.us](mailto:info@sceh.us)

## IF YOU WANT TO CONTACT ISH



### ISH CENTRAL OFFICE

go to <https://www.ish-hypnosis.org>  
or e-mail [contact@ish-hypnosis.org](mailto:contact@ish-hypnosis.org) or [info@ish-web.org](mailto:info@ish-web.org)

### THE CONTRIBUTORS OF THIS NEWSLETTER

Julie Linden

[JulieHLinden@comcast.net](mailto:JulieHLinden@comcast.net)

Giuseppe De Benedittis

[giuseppe.debenedittis@unimi.it](mailto:giuseppe.debenedittis@unimi.it)

Consuelo Casula

[consuelocasula@gmail.com](mailto:consuelocasula@gmail.com)

Bernhard Trenkle

[mail@bernhard-trenkle.de](mailto:mail@bernhard-trenkle.de)

Teresa Robles

[tere@grupocem.edu.mx](mailto:tere@grupocem.edu.mx)

Nicole Ruysschaert

[nicole.ruysschaert@skynet.be](mailto:nicole.ruysschaert@skynet.be)

Brian Allen

[Bjallen@iinet.net.au](mailto:Bjallen@iinet.net.au)

John Lentz

[Lentzhome@aol.com](mailto:Lentzhome@aol.com)

Maria Escalante de Smith

[maryclimber@hotmail.com](mailto:maryclimber@hotmail.com)

Claude Viro

[claud.virot@free.fr](mailto:claud.virot@free.fr) - [www.emergences-rennes.com](http://www.emergences-rennes.com)

This is the *second* issue of the ISHNEWSLETTER of the new ISH Board of Directors, and we would like to receive your comments, contributions, ideas, news and proposals.

The aim of the newsletter is to *create bridges of understanding* between you and us, between each individual member and each constituent society and ISH.

We wait for your collaboration. Please contact with your contribution at

[consuelocasula@gmail.com](mailto:consuelocasula@gmail.com)

LAYOUT AND DESIGN: Camillo Valerio