

# PRE-CONGRESS PROGRAM

**Tuesday, September 22**

## **PLENARY PRE-CONGRESS DEMONSTRATION**

**JEFFREY K. ZEIG (USA)**

*Experiential Therapy*

## **PRE-CONGRESS WORKSHOPS**

**JULIE LINDEN (USA)**

*Integrating Hypnosis into the Psychological Treatment of Children and Adolescents*

This workshop will present an integrative model for the use of hypnosis with children and adolescents. Utilizing hypnosis with a wide variety of symptoms and disorders will be demonstrated. Emphasis will be on the use of language and play to facilitate the optimization of suggestions for reducing, transforming, minimizing and eliminating symptoms. This workshop is designed for participants who have at least basic facility with both hypnosis and clinical work with children and adolescents.

**TERESA ROBLES and FRANCISCO DI BIASE (Mexico)**

*Building Metaphors with Neurological Concepts.*

According to the latest researches in Neurology, our Brain doesn't distinguish between what we imagine and what we perceive through our senses. That is maybe one of the explanations about the efficiency of the hypnotic techniques.

After a brief theoretical explanation, the presenter will offer to participants of the workshop metaphors representing the latest discoveries on Neurological Sciences. These metaphors can be used for developing abilities and for empowering therapy.

Participants will be encouraged and supervised for building new metaphors from neurological concepts.

**DABNEY M. EWING (USA)**

*Using ideomotor signals in hypnoanalysis*

Ideomotor signals are just another form of body language. Patient/clients can be taught how to use them to express feelings without talking. We will discuss theory, body language in general, how to set up the signals, and how to interpret them. After demonstration and practice with each other, we will review the seven common causes of psychosomatic disorders, with color slide examples of each. Then we will review how ideomotor signals can quickly help identify the most significant psychological factors in an individual case, to confirm or deny acceptance of a suggestion, call up an ego state, or review subconscious imprints of information that does not come up in the conscious history.

**CONSUELO C. CASULA (Italy)**

*Anecdotes, Metaphors, and Hypnotic Suggestion to Enhance Patients' Resiliency*

Resiliency is the ability to get up after a fall, to take life into our own hands, to transform difficulties into challenges, and to learn through pain. Resiliency is a powerful way to overcome different kinds of traumas and to create new paths in a land of open possibilities. Resiliency is to become stronger than despair. When patients come to therapy constrained by destructive emotions and limiting beliefs, the therapist can free them to see different options and favor a change in sensations, feelings, thoughts, attitudes and behavior. The therapist's approach based on the resiliency process is an important tool for creating a deep therapeutic alliance aimed at transforming the patients' negative emotions into empowering emotions. The therapist's trustful and hopeful attitude is another essential instrument for finding the patients' hidden resources and transforming their limiting beliefs into resiliency. The aim of the workshop is to demonstrate how real cases of resilient people, anecdotes from patients, specific metaphors and hypnotic suggestions are valid tools to enhance resiliency in patients.

**ASHLEY A. GOODMAN (USA), GABOR FILO (Canada), SASAN SABAHIEMAN (Iran)**

*Advances in Dental Hypnosis for dentists and Psychology Professionals*

This workshop will review basic, intermediate, and more advanced hypnotic skills including rapid, timesaving techniques as they apply to the providing of effective and comfortable dental care for both the staff and patients. The uses of creative visualization, desensitization, restorative appliance acceptance, control of saliva and blood flow, more rapid healing, pain control, etc., will be demonstrated. Specific applications of clinical dental uses for behavior modification, relaxation, pediatric situations, anxiety and oral habit control, minimizing gagging, enhancing personal communications, and self-hypnosis/stress reduction methods for the dental patient, the dental care provider, and psychologists working with the dental team will be examined.

### **REINHILD DRAEGER-MUENKE & MAX MUENKE (USA)**

*Acupressure and Hypnosis: Healer Heal Thyself*

Acupuncture and acupressure are part of Traditional Chinese Medicine (TCM) and have been developed and practiced over a period of several thousand years. Their goal is to promote optimal health and enhance the quality of life by retaining a balance between mind, body, and spirit, and in case of disease, by regaining this balance and a smooth flow of life's energy (Qi) throughout the body. Indications for acupuncture are far ranging and similar to those that have also been successfully addressed by clinical hypnosis, including the support and restoration of well-being, and the management of stress and pain. To increase the effects of each treatment modality, a combination of both acupuncture and hypnosis has been proposed by Schiff and colleagues (2007). This workshop will present a brief overview of the treatment philosophy of TCM with a special emphasis on acupuncture and acupressure. It will focus on maintaining and reestablishing the flow of energy along selected channels or principal meridians and how to access this energy through acupressure of specific acupuncture points in conjunction with heightened sensory awareness of the smooth flow of Qi with the help of hypnosis. Hands-on exercises will give workshop participants the opportunity to use a combination of acupressure and hypnosis for self-healing to boost the immune system, decrease anxiety, stress or tension, increase energy levels and vitality, and address specific problems including nausea, insomnia, headaches, muscle tension, low back pain, and others, as suggested by participants.

### **RAFAEL NÚÑEZ, AND JORGE ABIA (Mexico)**

*Ericksonian Strategic Hypnotherapy with Autistic Children: Results for the Treatment of 15 Patients, Puerto Rico 2006.*

In the Post-Graduate Program of Ericksonian Strategic Hypnotherapy, acknowledged by the National Autonomous University of Mexico (UNAM), this treatment was applied to 15 children by 15 students under supervision at the Low Fee Hypnotherapy Clinic in San Juan, Puerto Rico. We obtained very good results applying different hypnotic techniques in ten sessions. Results were measured through pre and post tests with Statistical Significant Difference of  $p < 0.05$ .

We will show the use of a patient's mother like a "hypnotic bridge" in case the autistic patient cannot communicate directly with the hypnotherapist.

In this workshop the attendants will practice a script to induce trance with pendulum, combined with Ericksonian strategic trance, in order to construct solutions for a specific problem.

### **JEFFREY K, ZEIG (USA)**

*Utilization: the Foundation of Solutions*

### **ALBRECHT SCHMIERER (Germany)**

*CMD and chronic pain syndrome*

The combination of standard medical therapy and hypnosis helps with CMD (craniomandibular disorders) such as muscular tension pain and chronic pain syndrome. The multi-level therapy with physiotherapy, psychological approaches, medication and treatment of the dental problems helps to faster and better results. The goal is to help the patient to become the master of his pain, no longer be the pain his dominating master. Systemic approaches and focusing on the increasing percentage of well being, stopping the focus on pain and pain scales, utilising the partner and family of the patient to support only the well being progress, will soon lead to a change in behaviour and pain.

The use of the symptoms and the focus on resources is the principle of the therapy. The first appointment already can lead to a reduction of pain symptoms, by teaching the patient self hypnosis. The systematic step by step program of our treatment will be shown by PPT and will be demonstrated on request.

### **NICOLE RUYSSCHAERT (Belgium)**

*Seeing the whole picture and improving therapeutic efficiency in working with traumatised clients. Where can hypnosis be helpful?*

Many traumatized clients, suffering from post-traumatic stress disorders have pre-existing attachment disorders, are high hypnotizable, have affect regulation problems. Does it make sense to utilize high hypnotizability in a helping way? Respecting the traditional trauma therapy phases of 'stabilisation, confrontation, integration' all therapy starts and is embedded in a therapeutic relationship. One of the first challenges with these clients is to work on, identify attachment styles and finding ways to corrective emotional experiences and (re)discover some safety in the therapy.

Before being ready for 'confrontation' clients need to be stabilized in different aspects. Many stabilisation methods work with imaginary experiences (in hypnosis). Safety experiences, setting limits, ego-strengthening, mobilizing hope, freeing oneself from shame and valuing oneself need to precede other interventions. Identification, containing, and managing affects is an important task in the stabilisation phase, as sadness, shame, anger, anxiety can be overwhelming, interfering with daily life activities. Treatment of attachment pathology can be a very demanding work, testing the therapist and his patience, tolerance, trustworthiness.

Derived from cognitive-behavioral therapy with exposure, varieties of the method in hypnosis are preferred by many clients : screen-techniques, counting methods, counterconditioning methods as safe approaches, without violating the window of tolerance.

After this phase, integration and the birth of a new self, or at least a stabilized self is possible.

The whole treatment often has a 'looping' evolution, and the need of (re)stabilisation during the process.

**WOLTEMADE HARTMAN (South Africa)**

*You will always be in my heart: Grief as a Resource in Psychotherapy*

Traditional intervention strategies to assist clients to overcome traumatic grief reactions have in the past failed to achieve successful treatment outcomes. Dysregulation of affect and other central symptoms of acute stress disorder and PTSD are often the result of dissociative reactions to cope with the traumatic loss. This workshop will focus on grief as a resource and how it could be used as an ego strengthening method to overcome the aforementioned symptoms. Ego state therapy, Ericksonian hypnosis and Eye Movement Integration (EMI) have proved to be successful methods to rapidly facilitate the containment and transmutation of negative affect and to integrate the deceased as an internal resource for the future. The workshop will include live demonstrations.

**DOUGLAS FLEMONS (USA)**

*Indifferentiation: A Relational Theory of Hypnosis and Hypnotherapy*

Drawing on Gregory Bateson's theory of mind, this workshop introduces a relational understanding of hypnosis and a relational approach to inviting therapeutic change. Everyday conscious awareness works by drawing distinctions—to perceive and know “this,” we must separate it from “that.” It follows that our conscious sense of “self” depends on similar acts of boundary marking. We reflexively distinguish a purposeful “I,” separate not only from the world, but also from the rest of the self—distinct from the body, as well as from thoughts and emotions. The insular identity of this “I” is shifted during hypnosis. The induction process creates connections between the hypnotist and client and between the client and his or her experience. These connections override the usual boundaries of the self, allowing for the differences between self and other (client and therapist), and between the “I” and the rest of the self, to become, for a period of time, indifferenced and thus irrelevant. Through indifferenced, the hypnotist is able to invite non-volitional experience (i.e., hypnotic phenomena) and to facilitate a therapeutic shift in the relationship between the client and his or her symptom, freeing up the possibility of spontaneous, non-volitional change. The presenter will outline this relational theory, illustrating the ideas visually and experientially, and he will demonstrate its clinical applications and implications.

**JOSEPH MEYERSON (Israel)**

*“Creative remembering” - Autobiographic Memory reconstruction for therapeutic purposes.*

The prospect of utilizing memory plasticity (constructive and transitory nature of memory) for therapeutic purposes has not been widely recognized, although a number of theoretical and clinical venues throughout the last century have shown its potential application. The intensive research conducted during these last decades, pointed out the possibility of influencing human memory not only in relation to new memories and their specific components, but also showed the feasibility of planting alternative memories of early childhood and by doing so changing the memory of personal history. Moreover, researchers found that memory is naturally very fallible due to every-day phenomena of forgetting, distorting and intrusion of past and present information. The present paper is aimed at shedding light on this most fascinating and broad field of direct and diverse therapeutic interventions on autobiographic memories, and attempts to present a primary map for the clinician.

**STEFANO COLOMBO (Switzerland)**

*Attachment and Hypnosis*

Following the theory of attachment developed by J. Bowlby we will glance through the four types of attachment: secure, avoidant, ambivalent and disorganized. Next we'll look how to detect them so as to assume the best therapeutic attitude. Using video recorded clinical examples, we will show when and how introduce the hypnotic trance and the age regression in order to facilitate the dialogue between the patient and... himself. The goal of this attachment focused intervention is to allow the patient to live a secure attachment that will go with him the rest of his life.

**MICHAEL AND DIANE YAPKO (USA)**

*Teaching discrimination strategies through hypnosis: the importance of distinguishing contexts in decision-making*

The quality of your life is a direct consequence of the choices you make. The key question underlying effective decision-making is some variation of this one: How do you know whether you should do “this” or “that?” This seemingly simple question provides the foundation of this workshop. It is actually a complex question, however, that requires one to make a discrimination, a distinction, between available options in order to choose wisely how to best respond. A discrimination strategy, then, is a series of steps you follow in your thinking and reacting that lead you to form an effective response to the circumstances at hand.

The qualities of your discrimination strategy will be the sole determinant of whether you end up handling a situation well or badly. In this workshop, we will identify dozens of discriminations that must be made well on a daily basis, and we will explore the role of hypnosis in teaching key discrimination strategies.

**GIUSEPPE DE BENEDITTIS (Italy)**

*Hypnosis and Headache. Efficacy, Clinical Strategies and Advanced Hypnotic Techniques*

Interdepartmental Pain Center, University of Milan, Italian Society of Hypnosis, Milano, Italy.

Chronic Primary Headache (CPH) is the most frequent source of disabling pain, producing a great impact on social and work activities, and significantly affecting the quality of life.

Tension-type headache and migraine without and/or with aura are the most common forms of CPH. In addition to pharmacological treatments, alternative or integrative approaches, such as hypnosis, can be helpful.

This workshop will focus upon the phenomenology, clinical characteristics, mechanisms, and clinical strategies of these major primary headaches. Further, the workshop will provide an updated review of the efficacy of hypnosis in the treatment of headaches. The participants will learn hypnotherapeutic strategies (including hypnoanalysis) and advanced techniques for pain relief (both symptomatic and prophylactic) as well as case examples.

#### **LINDA THOMSON (USA)**

##### *Metaphors and Approaches to Habit Disorders in Children*

Habit disorders in children can have significant psychological and physical morbidities. This presentation will describe hypnotherapeutic interventions that can be used with children with habit disorders, that not only give the child skills to solve the problem himself, but also increases self-esteem, bolsters a sense of accomplishment and gives the child a valuable skill that he can adapt to many new situations throughout life. Metaphors are an effective therapeutic modality to use with children. They allow a child to see a new perspective in a non-threatening, engaging and memorable way. Metaphors offer the child a different view of the problem and possibly a solution. By conveying an idea in an indirect way, metaphors bypass natural resistance to change and generate new patterns of consciousness. This presentation will discuss the benefits of metaphorical approaches and offer the participants a variety of engaging metaphors for children. The participants will then be given the opportunity to create metaphors for a variety of case vignettes

#### **SUSY SIGNER-FISCHER (Switzerland)**

##### *Hypnotic strategies to improve children's and adolescents' self-esteem and identity formation*

Self-esteem, self-confidence and self-concept are concepts closely connected with the development of human identity. The enhancement of self-esteem and identity formation can be used effectively in psychotherapy with children, especially in the treatment of anxiety disorders, depression, post-traumatic stress disorder and many other social difficulties. Hypnotic interventions proved to be effective in working with children and adolescents on an individual basis.

#### **KRZYSZTOF KLAJS (Poland)**

##### *Hypnotic Strategies for Obsessive-Compulsive Disorder in Family Context*

OCD affects an estimated 2-3% of the adult population and is recognized by therapists as a difficult and long-lasting disorder. The most of symptoms are created, conditioned and unconsciously induced in the context of significant interpersonal relationships. This workshop will stress family aspects of the development of and the improvement in OCD symptoms. It will cover ways to identify symptom oriented family trance, the underlying conditions which create them and some of ways in which we can change it towards positive, healing trance in the therapy process.

A number of useful strategies for working with OCD will be presented in this session, including the combination of hypnosis with cognitive – behavioral strategies in reaction prevention and implosive approach. I will stress systemic ideas and ways of involving spouses, parents and siblings to increase effectiveness of therapy. Time will be allowed for participants to discuss the emotional reactions typically experienced while working with OCD patients.

#### **ALBINA M. TAMALONIS (USA)**

##### *Experiencing the Ripple Effect: Six changes to an addiction free lifestyle*

This workshop offers a comprehensive and practical step-by-step hypnotic approach to overcoming addictions, eating disorders and other vicious cycles. The first part of the workshop presents the clinical treatment which is strategic and focused on solutions. It is based on the learning principles of cognitive and behavioral therapy, and to a large extent incorporates the hypnotic ideas of Dr.'s Milton H. Erickson and Michael D. Yapko. Hypnosis is presented to the patient as a healthy escape, an alternative to harmful substances and activities. The workshop delineates the strategic suggestions used in hypnosis. These suggestions help make changes in the six dimensions of life (spiritual, mental, emotional, physical, behavioral and social) which ripple out into an addiction-free lifestyle. The workshop contains two clinical demonstrations of an assessment and hypnotic treatment of a volunteer who wants to change a vicious cycle. One will be at the very beginning and one will be near the end. Five hypnotic protocols will be distributed to participants for their future use. The treatment of a patient suffering with an addiction can be a therapists' greatest challenge. The patient's denial and her conflicting motivations to change need to be addressed. Once recognized a practical step-by-step approach can be utilized. Learning research and Ericksonian techniques are the foundation of this treatment. According to learning theory a person first learns to avoid or cope with a painful situation by engaging in some behavior (alcohol, drugs, food, sex, gambling, etc.). This immediate reinforcement increases the frequency of the engaged behavior. This increased frequency causes long-term negative consequences such as being drunk, physically addicted, fat, sick, or broke. These consequences create new painful situations which lead back to the first learned behavior, drinking, drugging, or eating, and around and around the patients go in a vicious circle. Thus, avoidance and punishment are central to addictions. Published research I conducted on college students learning to avoid a shock indicated that awareness of the problem and having a response alternative with an expectation of success leads to breaking vicious circles. Similar to Michael Yapko, Ph. D.'s presentation of the effects of depression upon a person's life, addictions have multi-dimensional negative effects. Thus, in order to decrease the high frequency of relapse found with all the addictions patients need to make small changes in all the areas of their life to counter these effects in their mental, emotional, physical, spiritual, behavioral and social life. According to Milton Erickson, making small changes

ripples out into bigger changes. Central to the treatment is breaking out of the “all or none” thinking of both the therapist and the patient. Slow and steady steps and the valuing and maintenance of your progress truly create a new way of life. Even if you are not perfect you can still feel good about yourself as you develop and grow. Using hypnosis the patient learns that keeping up progress can be maintained by discovering the power within. Hypnotic protocols aimed at making small changes in these six areas will be distributed to the participants to help them learn hypnosis and use it in their work with patients.

**CLAUDIA WEINSPACH (Germany)**

*Hope & Resiliency: The Power of Healing from Within*

This workshop mainly serves the purpose of understanding some of the main therapeutic Strategies Milton H. Erickson, M.D. used, in order to help his clients.

No matter how hopeless or severe a clinical problem, Erickson always seemed to know of something helpful that could be done. Without a road map to explain their construction, the complexity of his ingenious techniques is intimidating. However, Erickson formulated his overall approach using a few simple strategies. This deeper level of understanding can be learned by most anyone and is especially important when using powerful therapeutic techniques.

## Wednesday, September 23

### **SPECIAL PRESENTATION**

**ERNEST ROSSI, KATHRYN ROSSI**

*The New Neuroscience of Self Creation*

Neuroscience research currently implies we actually create who we are! Our generation is seeing the emergence of a new scientific literature on “activity-dependent gene expression and brain plasticity.” This implies that the highest states of human consciousness – our thoughts, feelings, and intuitions — can modify the organic structure of our own brain! Philosophers and theologians have speculated about human nature since ancient times. But this is no longer a speculation. Neuroscience now suggests a new profound truth: What we think and dream can change the patterns of activity dependent gene expression in our brain to sculpt new neural networks for our evolving creative states of mind and being! The range, limitations, and ethics of this neuroscience of human nature presents a challenge for understanding the new possibilities of therapeutic hypnosis and psychotherapy to our entire congress.

### **PRE-CONGRESS WORKSHOPS**

**DANIEL P. KOHEN AND KAREN OLNESS (USA)**

*Teaching Children/Adolescents Self-Hypnosis for Managing Chronic and Recurrent Pain*

This Workshop will present unique aspects and considerations in pediatric behavioral medicine. Case vignettes will illustrate the importance of understanding and utilizing developmentally appropriate hypnotic approaches for children and adolescents with chronic and recurrent pain problems. Hypnotherapeutic strategies will be described and illustrated with video examples. Case examples and dilemmas from participants' practices will be solicited for use in group problem-solving and illustration and application of principles presented. Learning will be facilitated through didactic presentations, video-vignettes of hypnotic encounters, and discussion.

**BERNHARD TRENKLE (Germany)**

*Self hypnosis and hypnosis in the treatment of anxiety and phobias*

This workshop will focus on the use of hypnosis and self-hypnosis techniques in the treatment of phobias, anxiety and panic disorders. A new approach for self-treatment approach for anxiety disorders will be addressed. Building hope and diminishing helplessness are essential intervention strategies for achieving psychotherapeutic goals. The presenter will address different ways in achieving these objectives. A specific and very useful self-hypnosis technique will be demonstrated during the workshop. Giving homework assignments, pattern disruption techniques and stabilizing the treatment results are further topics that will be explicated and discussed.

**YOSSI ADIR & SHAUL LIVNAY (Israel)**

*Hypno-Music: Non-verbal strategies & approaches to the enhancement of hypnotic effects in working with clients*

The workshop will enable the participants to learn & experience the introduction of various musical stimuli, movement and using of voices in non-verbal ways, to discover how these can enhance the hypnotic experience. This will be an experiential workshop wherein we will exercise different hypnotic techniques using exciting

and inspiring music from around the world, with the introduction of various instruments (Gong, Tibetan bowls, etc.). The latter provide an object for externalization (therapeutic tertium as used by Burkhard Peter) and, or transitory object (Winnicott), which offers opportunities to enrich the therapeutic process.

### **LILIAN BORGES ZEIG (Brasil/USA)**

#### *Experiential Assessment and Treatment*

Experiential techniques make the therapy session dynamic, alive and fostering change. In this workshop the presenter will demonstrate how to open the phenomenological world of the client, where meaning and solutions are available, and discover how to make our interviews our interventions.

### **CAMILLO VALERIO**

#### *E naufragar m'è dolce in questo mare... Uso del testo letterario in ipnosi terapia (Intermedio)*

Nessuno nega che leggere possa essere un'esperienza ipnotica completa. Non a caso, mentre vi siamo immersi, possiamo sviluppare tanti (tutti?) i fenomeni ipnotici. Ma, se è vero che ogni testo è potenzialmente induttivo, è anche possibile riconoscere alcune strutture narrative che si prestino, meglio di altre, ad essere adoperate in ipnosi(terapia)? E in quali situazioni cliniche farne uso? In che modo, infine, il rapporto svolge una funzione importante 'anche' in questo caso? Queste domande rappresentano alcune linee-guida del workshop, che ha come obiettivo quello di prendere o, per meglio dire, consolidare la dimestichezza con uno strumento il quale, proprio come il volume che ognuno di noi si accinge ad aprire, sta lì, a portata di... mano.

### **REGINA NOHRA (Brazil)**

#### *Integrating two approaches: Ericksonian Psychotherapy and Hellinger's Constellations.*

Neither Milton H, Erickson, neither Bert Hellinger (at least at the beginning of his work, accepted their work was based in a theory, but in an Epistemology).

In this workshop we will easily find the coherence of both Epistemologies.

After a brief theoretical discussion about similarities and differences of both approaches, the conductor of the workshop will present a proposal for integrating them. This will be illustrated with a demonstration. The demonstration will be discussed and analysed by the group,

Depending on the length of the workshop it can include one or more exercises with all participants for helping them for developing the abilities required for working with these approaches.

## **PRE-CONGRESS DEMONSTRATIONS**

### **PCD2. JEFFREY LAZARUS (USA)**

#### *Treatment of Migraine Headaches with Hypnotherapy*

This one-hour workshop will briefly review the current medical therapies that are being used today. Unfortunately, these are not as effective as clinical hypnosis is. An entire protocol of how to treat this condition will be taught, including how to encourage positive expectancy before even meeting the patient. Video clips of patients with this disorder will be shown in order to demonstrate specific techniques that will further enhance the attendee's skills.

Dramatic improvement is usually seen after only two or three visits, plus, there are no side effects.

DA TOGLIERE PERCHÉ SI È RITIRATO

### **PCD3. BRENT B. GEARY (USA)**

#### *Generating Resourceful Associations*

One of the primary purposes for using hypnosis is to stimulate ideas, images, memories, and/or emotions in the patient. The aim is to create such associations in a manner that is constructive and beneficial. This demonstration will exemplify the ways in which hypnosis can create experiences for patients that are useful and can be utilized as resources after and beyond the actual session.

## **PRE-CONGRESS RESEARCH**

### **PCR1. MARIE-CLAIRE GAY (France)**

#### *Effectiveness of an Hypnotic Imagery Intervention on Reducing Alexithymia*

The therapeutic potential of the use of mental representations, such as mental images, might be an interesting approach in the treatment of people who are severely impaired with respect to the processing of emotion, and in particular the activation of mental images. That is the case of alexithymia, which is a multifaceted construct comprising (a) difficulty identifying feelings and distinguishing between feelings and the bodily sensations of emotional arousal; (b) difficulty describing feelings to others; (c) a restricted imagination, as evidenced by a paucity of fantasies; and (d) a cognitive style that is literal, utilitarian, and externally oriented (Taylor & Bagby, 2000). 31 alexithymic female students were randomly distributed into two conditions: hypnotic imagery condition and control condition. Participants of the hypnotic imagery condition took part in an 8-session individual training program. The findings indicate that hypnosis is an effective technique for obtaining a decrease in alexithymic scores. The findings also indicate that changes in mood states are not involved in the change in alexithymia scores. This suggests that hypnosis has exerted a direct effect upon alexithymia (not attributable to anxiety or depression), and consequently demonstrates that it is possible to exert an effect (i) upon alexithymia without targeting a decrease in anxiety or depression scores, (ii) upon alexithymic people with no anxiety or depression problems, as anxiety and depression are not the therapeutic determinant of the therapeutic response.

Key words: alexithymia, hypnosis, mental imagery, training

## **PRE-CONGRESS WORKSHOPS**

### **CAMILLO LORIEDO (Italy)**

#### *Hypnosis with Families*

The use of hypnosis with families appears to be an easy and natural process because family provides the most common context for early hypnotic experiences. Therapists working with families learned by their experience how one can be deeply influenced by the family spontaneous inductions. On the other side, the role played by the identified patient in facilitating trance in the family system is certainly very relevant.

The study of the family natural tendency to induce trance is one of best ways to learn how to utilize hypnosis with families. Specific direct and indirect techniques are required to activate family resources and to induce a deep and meaningful change of the most rigid family patterns.

In this framework hypnosis will be presented no more as an individual/linear event but rather, within a system perspective, as a circular and evolving process.

Indications on how to recognize the peculiar family hypnotic patterns and how to use them in order to bring in the therapeutic change will be given to the participants.

The demonstration of a family hypnotic session gives a clear idea of the powerful and subtle resistances a family may develop in the course of the hypnotic treatment as well as of the many different solutions a therapist may adopt to overcome these resistances.

Indirect as well as direct forms of hypnosis to be used in the family interview will be presented and special attention will be dedicated to the criteria to follow in order to combine properly direct and indirect in the different phases of the therapeutic process.

Key Words: systemic trance, family induction, direct and indirect approach

### **GUNNAR ROSEN (Norway)**

#### *Clinical use of hypnosis in the treatment of chronic pain*

Uncovering underlying mechanisms and the personal experience of pain and the use of the patients resources is seen as a therapeutic interaction between patient and therapist each contributing with their own expertise due to personal experience and clinical know how. Patient's individual experience of pain and own resources are then used together with the therapists clinical skills

as a platform for customizing the hypnotherapy. Building bridges between sensory feelings of pain to more comfortable experiences of the patient's choice. Demonstrations, cases and exercises are giving an opportunity for training and shaping up your therapeutic skills in the field.

### **JEFFREY LAZARUS (USA)**

#### *Treatment of Tics in Patients with Tourette Syndrome with Training in Self-Hypnosis*

Tourette Syndrome (TS) is a complex neurobehavioral disorder characterized by multiple motor tics, as well as vocalizations, which wax and wane. Many people believe that these tics and vocalizations are involuntary. However, many patients are able to exercise some control over these behaviors. Self-hypnosis (SH) has been used successfully to treat tics in patients with TS. It can be used either as a primary therapeutic modality, without the use of medication, or as an adjunctive therapy in addition to medication. When used as an adjunct, medication can often be decreased or even discontinued.

In this two-hour interactive workshop, attendees will be taught an entire protocol of how to treat this condition, including how to encourage positive expectancy before even meeting the patient. Video clips of patients with this disorder will be shown in order to demonstrate specific techniques that will further enhance the attendee's skills.

Dramatic improvement is usually seen after only two or three visits, plus, there are no side effects.

### **GIUSEPPE DUCCI (Italy)**

#### *The use of hypnosis in the hypnotherapeutic training process*

Hypnosis training often deals only with technical aspects, leaving out all of the trainees' personal problems. Nevertheless, it is widely recognized that a great number of psychotherapy students, although graduated in Medicine or in Psychology, can present emotional disorders that causes personal distress and professional impairment.

To deal with this serious and often neglected problem, the therapeutic use of trance should be considered the approach more congruent with the hypnotic model. Indirect use of hypnosis with students, particularly through the use of non verbal communication, metaphoric language, age regression, building rapport, should be useful for the development of trainees' empathy and competent support to their subjects. Other aspects that should be part of a personal training are tied to enhancing life experiences and usual existential roles in the practice of psychotherapy, as well as re-establish proper attachment patterns.

After 15 years of personal experience as clinical supervisor, the author, focuses on some peculiar aspects of the use of hypnosis in the course of a psychotherapeutic training process: the cognitive-evolutionistic perspective, the embodied simulation (from the mirror neurons research), the cognitive linguistics.

### **MARIA S. TISCHLER (Austria)**

#### *The Effectiveness of Combining Hypnosis with Biofeedback: Stressed Children and Adolescents find their own way to Self-Awareness, Well-being and Joy*

Many children and young adolescents find themselves involved in external circumstances or living conditions that don't meet their needs and oppress their personal growth. In response to these problematic situations, such as their

parents' divorce, disease of a family member, never ending conflicts, or persisting pressure to perform, some children show stress-related symptoms up to the development of psychosomatic problems, whereas others can deal with them in a beneficial way.

As psychotherapists or psychologists we can empower children to overcome their difficulties and their suffering, and foster their personal development. This workshop will address a combination of hypnosis and biofeedback in the form of a short-term therapy. By the use of a variety of hypnotherapeutic techniques like peaceful breathing, suggestions, and imaginations the young clients become aware of the power of their own thoughts and feelings, and come in contact with their personal resources inside them. This process will be supported by monitoring heart rate, heart rate variability, temperature, and skin conductance level with the help of biofeedback, thus enabling them to experience autonomy over their physiological reactions. This therapeutic approach is tailored to the child's particular needs and effectively combines the advantages of hypnosis as well as biofeedback. It aims at increasing a child's ability to relax, reducing stress and anxiety, restoring balance and vitality, improving physical and mental well-being, self-esteem, and self-awareness, and the experience of joy. In the workshop, these ideas will be presented and highlighted by practical examples like video demonstrations and the opportunity for self-experience.

#### **NORMA AND PHILIP BARRETTA (USA)**

*The Methuselah Phenomenon: Helping the neuron to keep up with. The physiology in the 65 plus group.*

#### **MARIO MARAZZI e LUISA MARTINI (ITALY)**

*Incontri e confronti nell'analisi di casi clinici: orientamento psicodinamico, ottica sistemico-relazionale, ipnosi ericksoniana.*

Il workshop si propone di analizzare alcuni casi clinici visti con gli occhi del terapeuta ad orientamento psicodinamico, ad orientamento sistemico relazionale e dal punto di vista di un terapeuta ericksoniano, al fine di individuare le specifiche somiglianze e le differenze nella lettura del caso, nella formazione degli obiettivi terapeutici e nelle conseguenti tecniche di trattamento. Eventuali casi clinici, proposti dai partecipanti, verranno analizzati con le medesime modalità.

#### **ÉVA I. BÁNYAI (Hungary)**

*Hypnosis and suggestive techniques in healing cancer patients*

The workshop demonstrates the view and complex treatment method developed by the workshop chair on the basis of her self-healing process after a diagnosis of metastatic cancer, and of her experiences in helping cancer patients.

The process of working through the trauma caused by the life-threatening diagnosis of cancer, reframing the illness as a chance for survival and a chance for improving the quality of life, the methods of mobilizing inner resources, suggestive techniques to decrease pain and other unpleasant symptoms of the illness and side-effects of chemotherapy treatment will be illustrated by vignettes of cases. The role of hope will be discussed. Interactive and experiential techniques will be used to yield an opportunity to practice and analyse the special hypnotherapeutic methods used in healing cancer patients

#### **DAVID M. WARK (USA)**

*Alert Hypnosis: Using Hypnotic Phenomena with Your Eyes Wide Open*

This workshop covers several of the developing applications of alert hypnosis. Participants will briefly review research findings, and observe a rapid alert induction. They will be invited to experience alert hypnosis. While role-playing clinicians and client, they will talk and listen in alert hypnosis, then discuss their experience and reactions. Participants will pair up and do guided exercises teaching a client to enter alert, eyes open self-hypnosis. A handout will coach the procedure. The workshop will end with a discussion of treatment planning and cases using alert inductions.

#### **WILMA SPONTI TRASARTI e ANNA MARIA RAPONE (Italy)**

*Ipnosi e Terapia Sistemica dei DCA (Base)*

1<sup>a</sup> ora

- Rapido excursus della Nuova Ipnosi, del significato delle Resistenze, dell'Utilizzazione e del Tailoring. Esempi clinici.
- Rapido excursus del sistema famiglia ed inquadramento del DCA come significato del sintomo all'interno del ciclo vitale della famiglia. Esempi clinici.
- Rapido inquadramento dei DCA Esempi clinici.
- Utilità della terapia congiunta-disgiunta, individuale/familiare come isomorfismo (metafora) dell'appartenenza/separazione.

2<sup>a</sup> ora

- Esempificazione di Casi e dimostrazione dei conduttori.
- Simulata con i partecipanti
- Discussione della simulata

3<sup>a</sup> ora

- Esercizio a gruppi di partecipanti su patologia definita dai conduttori
- Discussione

**EMANUELE DEL CASTELLO (Italy)**

*Ipnosi e Memoria Autobiografica: La Regressione di Età e La Dissociazione tra conoscenza semantica ed episodica*

In questo workshop, l'Autore illustra quelle che sono le conoscenze attuali sulla memoria autobiografica. In particolare, viene gettata luce sulla dissociazione tra il sistema della memoria semantica e quello della memoria episodica, che le evidenze neuropsicologiche attribuiscono a circuiti neuronali diversi.

Nella dimostrazione con soggetti volontari, l'A. intende mostrare come la tecnica della regressione d'età possa produrre esperienze che contribuiscono ad una auto-narrazione più coerente, proprio utilizzando i meccanismi messi in atto da questi due differenti sistemi di memoria.

Come è noto, infatti, uno dei prodotti più tipici di un attaccamento insicuro è la dissociazione tra la conoscenza episodica e quella semantica, e il superamento di tale dissociazione costituisce l'obiettivo di molti trattamenti psicoterapeutici.

**JORGE ABIA and RAFAEL NÚÑEZ (Mexico)**

*Ericksonian strategic hypnotherapy for family violence: results for the treatment of 12 families, in Mexico 2007.*

In the Post-Graduate Program of Ericksonian Strategic Family and Couple Hypnotherapy, acknowledged by the National Autonomous University of Mexico (UNAM). 12 families with a diagnosis of family violence, were treated, with 12 sessions, in average, 1 hr. each one, by 12 students under supervision at the Low Fee Hypnotherapy Clinic in Aguascalientes City, México. We obtained very good results applying different hypnotic techniques. Results were measured through pre and post tests with  $p < 0.05$  difference statistical.

We will show the use of Violence Externalization Technique, from the Narrative Model of family therapy, adapted as a hypnotic technique. In this workshop the attendants will practice a script to induce family hypnotic trance combined with ericksonian strategic trance, in order to externalize violence.

**NAOKI WATANABE (Japan)**

*Hypnotherapy combined with Morita Therapy*

Morita Therapy is a traditional Japanese Psychotherapy founded by Japanese Psychiatrist Masatake Morita (1873-1938) in 1921. This Therapy is based on 2 Principles, namely "Acceptance of Natural Rhythms" and "Obedience to Circumstances". Human Being is a part of nature and we live normally in harmony with the natural rhythms inside and outside of ourselves. Neurotic Clients, however, tend to stick on their rigid thinking and feeling which would harm the harmonic rhythms of nature. Hereby they would experience sufferings as disorders of bio-psycho-socio-cultural existence. Such kind of sufferings would also come out from "problematic" circumstances. It does not mean that we should accept and endure those circumstances but it means that we firstly accept them as reality and secondary consider and do what needs to be done related to harmonic nature. In the trance state of hypnosis clients firstly experience and express their sufferings and try secondary to accept the reality as it is and try thirdly to image doing their daily life in harmony with nature. Those process could be facilitated by Therapist.