



# **ESH 2017 Congress**

## **Book of Abstracts**

## Wednesday 23<sup>rd</sup> August 2017

**Keynote 1** 16.00 – 16.45

### **Eliciting hypnotic values**

**Consuelo Casula** – President ESH

Hypnosis has its foundation on the relational values of collaboration and trust. These are two universal values which have existed throughout history and the world. Hypnotic communication is the skeleton key with which to open the treasure chest where patients have hidden their most profound values that have served them in their lives. During difficult circumstances clients think they have lost the guidance these values provided, and hypnosis can help them to re-establish their direction, to find the compass. A succession of values from Aristotle to the present will be presented via clinical cases.



### **Biography**

President of ESH; a psychologist and psychotherapist with a private practice in Milan, a graduate in Philosophy, specialized in the psychology of work and an NLP Trainer, she has used hypnosis in her practice since 1993. She teaches hypnosis at the Scuola Italiana di Ipnosi e Psicoterapia Ericksoniana and other Italian schools of psychotherapy. She has been a member of the Board of Directors of SII as well as on that of the ESH and ISH) for many years. She has given lectures and workshops at congresses in Europe, USA, Japan, Mexico, and Brazil and has published several books on communication skills, leading groups, metaphors, women's development and resilience.

In her practice she integrates hypnotherapy with pragmatic, systemic and strategic approaches, and with positive psychology and mindfulness.

**Invited Address 1** 17.00 – 17.40

### **Auto-hypnosis : the best tool to unlock hidden potential**

**Claude Virot**

We know how much hypnosis can help people to keep comfort during a surgery or a painful care. But hypnosis is limited on two dimensions. First, hypnosis is usually used during the care but not before or after. And second, a lot of dentists or surgeons are not qualified in hypnosis, or don't use hypnosis with all their patients.

For all these reasons, it is very interesting to teach auto-hypnosis to patients before a complex care.

You will see videos of one of my patients which had to be treated for a benign, but large, vesical tumor. I interviewed her a year after the surgery and 3 years after the surgery. She describes with her own words the 5 techniques I taught to her. If this part is very interesting, the most interesting is to hear her describing her motivation to succeed and her personal training before the surgery.

Furthermore, she describes another dimension : how she is been using auto-hypnosis in her own life since these 3 years. Sometimes for pain, but often to get calm and comfortable at work. She says how she discovered and amplified her own potential.

Her conclusions are very astonishing : she invites us to give our patients the opportunity to use auto-hypnosis and to transmit this skill for everybody.



### **Biography**

MD, Liberal psychiatrist since 1988 Training in hypnosis, Paris, 1986. Institut Milton H Erickson of Paris. MD. Thesis : Hypnosis, Strategy and Psychotherapy (88). President of the International Society of Hypnosis & Director of International Congress of ISH. Paris 2015

Award ISH 2009 : Jay Haley Early Career for Innovative Contributions & in 2009 : Distinguished Lifetime Achievement Award : Milton Erickson Institute of the California Central Coast. Ernest Rossi

Founder of Institute Milton H Erickson de Rennes Bretagne

Director of EMERGENCES : Institute of Research and Training in Hypnosis and Therapeutic Communication.  
Lecturer in International congresses

**Invited Address 2** 17.40 – 18.30

### **Hypnosis is like music in my ears: The interplay of structure, improvisation and creative chaos in the hypnotherapeutic process.**

**Matthias Mende**

In this presentation I first describe the structural dimensions of hypnotherapy for planning, conducting and reflecting the hypnotherapeutic process on a student and expert level. The model of the structural dimensions of hypnotherapy results in a pyramid structure, with a general anthropological model of reality at the base and the specifics of trance work at the top. In the second part, I illustrate the learning processes involved in achieving mastery in hypnotherapy and portray the duet of the hypnotherapeutic relationship, following a musical metaphor. In the third part, I sketch some scenarios for utilizing structured interventions as well as improvisation and even allowing for creative chaos to occur in the hypnotherapeutic process - exemplified by case vignettes. To create a vivid lecture, I use a lot of musical examples to illustrate my ideas.



### Biography

Matthias Mende, Ph.D., Clinical Psychologist, Emergency Psychologist, Hypnosis-Psychotherapist. Trainer for hypnosis-psychotherapy of the Austrian Society for Applied Depth Psychology and General Psychotherapy (OEGATAP). Trainer for clinical hypnosis of the Austrian Medical Chamber (ÖÄK). Past President European Society of Hypnosis (ESH). Member of the Scientific Committee of the German Speaking Hypnosis Societies (WBDH). Board Member of Ego-State-International (ESTI). Sharing a private practice with his wife Eva-Maria Mende, PhD. in Salzburg, Austria. Teaches and practices hypnosis-psychotherapy as a full modality integrating behavioral,

systemic and psychodynamic approaches. Special interests are hypnosis and basic emotional needs, trauma, anxiety disorders, stress and burnout.

## Thursday 24<sup>th</sup> August 2017

**Keynote 2** 08.30 – 09.30

### **Functional Changes in Brain Activity after Hypnosis and Hypnotherapy: The Science of Hypnosis and Its Application to Patients with Anxiety Disorders**

**Ulrike Halsband**

A hypnotic session can be seen as a guided induction of various states of consciousness. We looked at brain plasticity changes in hypnosis using functional magnetic resonance imaging (fMRI), positron-emission-tomography (PET), and electroencephalography (EEG) in healthy subjects. In summary, these studies provide an illustrated proof for the detectability of physiological state changes as correlates to different states of awareness, consciousness or cognition during hypnosis.

Hypnosis and hypnotherapy are considered to be powerful interventions against anxiety. Therefore, in a second series of experiments we investigated patients with a specific phobia or music performance anxiety (stage-fright). Using fMRI we analyzed the effects of a brief hypnosis in patients with a disproportional fear of dental procedures. During hypnosis, these dental phobic patients showed a significantly reduced activation in the left amygdala, bilateral ACC, insula and hippocampus. In a separate project we performed a randomized controlled study to investigate the effects of a five-week hypnotherapy treatment in subjects with music performance anxiety compared to a cognitive training (Fresh Minder). Multiple aspects were assessed including physiological measures such as heart rate and heart rate variability as well as subjective ratings on standardized anxiety questionnaires. Results indicate that hypnotherapy was the most promising treatment for stage-fright. Taken together, we found evidence that hypnosis is a most powerful and successful method for inhibiting the reaction of the fear circuitry structures.



### Biography

Ulrike Halsband is a Neuropsychology Professor in the Department of Psychology at the University of Freiburg. She teaches psychology students the use of hypnosis and combines this with research projects on the efficiency of hypnosis and meditation in normal subjects and in patients with specific phobias and anxiety disorders.

**Keynote 3** 09.30 – 10.30

### **How has functional imaging informed our understanding of pain and hypnosis?**

**Stuart Derbyshire**

Pain is typically understood as a simple reaction to injury or disease. That understanding, however, fails to account for the times we are injured but do not experience pain, or for the many patients that appear to be perfectly healthy and yet experience pain. Patients with pain but without injury or disease have posed a major challenge to medicine. Early functional imaging studies demonstrated that brain areas responsive to physically noxious stimuli are also activated by hypnotic suggestion of the same physically noxious stimulus. This finding informed our understanding of pain by demonstrating that brain regions known to mediate pain could also generate pain without a physically noxious stimulus. Thus the finding provided a potential mechanism for pain being created in otherwise healthy patients.



### Biography

Stuart is faculty in the psychology department at NUS and also at the A\*-STAR Clinical Imaging Research Centre (CIRC). His current work involves both theoretical and empirical research on the nature of pain. In particular, Stuart is examining the possible causes of a rising incidence of pain and somatic illness in the absence of identifiable pathology and in the context of improving health and longevity. Consequently, his research abuts psychology, cognitive science, and philosophical ethics.

**Parallel Session 1**  
**11.00 – 12.30**

**Paper 1.1.1**

**Embodied cues facilitate and inhibit self regulation**

**Idit Shalev**

Ample research of embodied cognition suggests that bodily sensations and aspects of the physical environment are stored together with the corresponding psychological concepts in memory, such that activation automatically spreads from concepts of the physical world to their metaphorically-related social concepts. However, little is known of the effect of different embodied signals on facilitation or deterioration of self-regulation. In this talk I will demonstrate the effect of physical and psychological embodied homeostatic cues on self-regulation. The first set of studies will demonstrate the effect of physical temperature on cognitive control (Halali, Meiran & Shalev, in press). The second set of studies will provide evidence that physical, semantic or visual cues of thirst and dryness increase psychological depletion reduce vitality and motivation for change of maladaptive habits (Shalev, 2014, 2016). Use of somatosensory cues and visual images to facilitate implicit self-regulation and psychological change will be discussed.



**Biography**

Idit Shalev, PhD, is a Senior Lecturer of Psychology at Ben Gurion University of the Negev. She is licensed in rehabilitation psychology in Israel and was trained in Clinical-Health Psychology in the US. Her practice combines hypnosis, CBT and strategic system therapy. Her main research has been in the topics of motivation and self-regulation, motivation for change, embodied cognition, automatic and deliberative processes of motivation and use of mental images to facilitate psychological health.

**Paper 1.1.2**

**Is eye-blinks rate measurement an interesting tool to study hypnotic suggestions?**

**Vladimir Zelinka**

Hypnotic communication textbooks abound in all kind of sentences. These sentences have a structure, a content, and a place in the verbal interaction that are supposed to increase their likelihood to elicit desired effects. In our opinion, eye-blinks rate measurement is an interesting way to explore to what extent variations in grammatical structure of specific suggestions would change their influence on a physiological reflex such as eye-blink. More precisely, our study try to determine whether "body-subject" style of suggestions is an effective way to modulate effort demanding behavior such as resistance to eye-blinks. In addition, we believe that modulation of that reflex may serve as paradigm to better understand modulation of other physiological phenomenon that share similar mechanisms. The aim of this presentation is to describe and comment the method and the results of the study exploring that issue.



**Biography**

Psychiatrist and psychotherapist working in private practice in Bruxelles (Belgium). Scientific consultant and researcher at the University of Namur (Belgium). Director of the "Centre de Communication Thérapeutique" ([www.synopsys.be/cct/](http://www.synopsys.be/cct/)).

**Paper 1.1.3**

**From Dead Lines to Live Durations**

**Irit Cohen**

The experience of time accompanies every human perception, and connects directly to our experience as a continuing self. As clinicians we are aware of the difficulties in time-perception and in time-management characterizing personality disturbances; in many psychiatric pathologies it seems as if the fluency of time was arrested and the subject is locked 'there and then'. I suggest that using Time Projections - dealing with 'the passage of time - revives the experience of the dynamic self and , In Bergson's words, reactivates Creative Consciousness.

A case of Flight Phobia will illustrate the potential in time-projections; not only the client's phobia but also other aspects of her life were spontaneously treated.

Bergson expanded his ideas to the physical reality; there too Temporality is central, and unpredicted novelty is still and always to evolve – in contrast to Euclidian-Newtonian deterministic 'habits' of classical thought. There is an affinity between his epistemology and Quantum theory, as wrote Lois De Broglie.

An affinity of hypnosis to quantum theory [e.g. 'indeterminacy principle'] will be suggested.



**Biography**

Irit Cohen, Clinical Psychologist and authorized Hypnotherapist, expert on Learning-Disabilities [diagnosis and treatment]. B.A and M.A in Clinical Psychology at the Hebrew University,

### Panel 1.2

#### **The healing value of hypnosis: The effect of adjuvant hypnotherapy on survival, immune functions and quality of life of intermediate and high risk breast cancer patients**

**Eva Bányai, Edit Jakubovits & Emese Józsa**

The panel reports on the results of a randomised prospective outcome study of the effectiveness of hypnosis as an adjunctive treatment of cancer patients. In this study the effect of hypnotherapy is compared either with the effect of musical assemblies (50-50 patients, randomly assigned to the "hypnosis" or "music" groups), or with the data of 3 control groups with social support (50-50 Ss), recruited for the study on the relationship between psychological well-being and healing. The patients receive 4 AC and 12 PAC chemotherapy treatments according to the international standard protocol. The quality of life, the psychological immune competence of the patients, and their NK cell activity are measured before the first AC and the first PAC treatments, at the end of the chemotherapy protocol, then for 3 years follow-up. The details of the results are presented in 3 separate papers (first authors: Éva Bányai., Edit Jakubovits, Emese Józsa). In summary the main findings show that hypnosis is more effective in mobilising the physical and psychological hidden resources than the other interventions of the research and supports the post-traumatic growth of patients.



#### **Biography**

Éva I. Bányai, PhD, is a Professor Emerita of Psychology at the Department of Affective Psychology, Institute of Psychology, Eötvös Loránd University (ELTE), Budapest, Hungary. After earning her doctorate in psychology at ELTE in 1973, she spent a fellowship year with E. R. Hilgard at Stanford University where she developed active-alert hypnosis. Her main research interest is studying the psychophysiological, behavioural, phenomenological, and social aspects of hypnosis from an interactional standpoint. Recently, she has been involved in developing new

hypnotherapeutic methods for healing cancer patients, and to conduct research on the effect of hypnosis on treating high risk breast cancer patients. She has been heavily engaged in teaching hypnosis research and hypnotherapeutical methods to researchers and clinicians both in Hungary and abroad. She is a Past President and a Honorary Lifetime Member of both the European Society of Hypnosis (ESH) and of the International Society of Hypnosis (ISH). She is founding secretary, a Past President and Honorary President of the Hungarian Association of Hypnosis, is a Past President of the Hungarian Psychological Association, and a Honorary Fellow of the American Society of Clinical Hypnosis. She is the recipient of numerous awards for her contributions in advancing the fields of hypnosis, including the International "Franco Granone" Award of the Centro Italiano di Ipnosi Clinico-Sperimentale (CIICS), Torino, and the Benjamin Franklin Gold Medal of .ISH.

### Paper 1.3.1

#### **The Illness/Non-Illness Model: Hypnotherapy for Physically Ill Patients**

**Shaul Navon**

This session is a focused, novel sub-set of the cognitive behavioural therapy approach to hypnotherapy for physically ill patients, based upon the illness/non-illness psychotherapeutic model for physically ill patients. The model is based on three logical rules used in differentiating illness from non-illness: duality, contradiction, and complementarity. The workshop will discuss the use of hypnotic interventions to help physically ill and/or disabled patients distinguish between illness and non-illness in their psychotherapeutic themes and attitudes. Two case studies illustrate that patients in this special population group can be taught to learn the language of change and to use this language to overcome difficult situations. The model suggests a new clinical mode of treatment in which individuals who are physically ill and/or disabled are helped in coping with actual motifs and thoughts related to non-illness or non-disability.



#### **Biography**

Dr. Shaul Navon, [www.shaulnavon.com](http://www.shaulnavon.com) from Tel Aviv, Israel is a senior medical psychologist and a senior licensed hypnotherapist. He was the Director of the Rehabilitation Services at the Tel Aviv Medical Center and there, he initiated hypnotherapy services at the Gastroenterological institute and in the Rheumatology institute. Also, Dr. Shaul Navon initiated hypnotherapy services at two major sick funds in Israel. Dr. Shaul Navon has a wide professional experience in hypnotherapy and in medical hypnosis. He developed the Illness/Non-Illness Model:

Hypnotherapy for physically-ill patients. Dr. Shaul Navon was awarded for this publication at the *American Journal of Clinical Hypnosis* the best paper for 2014. Dr. Shaul Navon was the Secretary of the Israeli Society of Hypnosis and he serves now as the Fiscal Controller of ESH.

### Paper 1.3.2

#### **A hypnosis framing of therapeutic horticulture for mental health rehabilitation**

**Paul Stevens**

Hypnosis can provide a useful framework for understanding therapeutic horticulture (TH) and other ecotherapies. Interviews with volunteers attending the Cherry Tree Nursery – the largest UK sheltered work rehabilitation project



involving TH – provided conceptual groupings of reported experiences: establishing rapport, induction leading to a change in conscious state, relaxation, establishing a safe place, therapeutic change via reframing and symbolic thinking, and confidence boosting. The role of the natural environment and nature-based activities are thus contextualised as spaces and situations within which therapeutic change is more likely to occur. The widely-used concept of the restorative environment therefore becomes just one component of the overall process – acting to induce a mental and physical state which is more open to change, less egoistic, and more oriented towards social interactions, but not in itself sufficient to bring about the effects described in the therapeutic horticulture literature. Longer-lasting beneficial effects also require appropriate client-centred guidance and facilitation, wherein the client creates an internalised environment which endures when they return to their everyday environments. Therapeutic horticulture is thus reframed as being a hypnosis-like experience involving ‘induction’ processes and changes in a client’s conscious state as well as the environment in which the therapeutic processes take place.



#### **Biography**

After making the break from 20 years of full-time academia, Paul now works as a hypnotherapist and wellbeing consultant at NaturalResourcesWellbeing.com, as well as being a part-time Senior Lecturer in Psychology at the University of Derby. He has a background in (eco)psychology and psychophysiology, with a focus on human-environment interactions, both sensory and non-sensory. He is currently a Director of the Centre for Human Ecology in Glasgow, UK, and Director of Ethics with the National Council for Hypnotherapy.

#### **Paper 1.3.3**

##### **A study of using imagery in a large organisation to increase mental health**

##### ***Asa Fe Kockum***

This is a presentation of an on-going study at KI, Karolinska Institutet, Stockholm, Sweden. A group of co-workers in a large organisation in Sweden, were taught techniques to alleviate tension using imagery to modify intrusive thoughts, feelings, body sensations and behaviours connected to stress. They were then engaged to support their fellow workers with the techniques when requested, so called peer-support, for stress management. The peer-supporters received continuous supervision.

To measure the outcome two similar departments within the organisation were chosen; one as a comparison, one for an intervention. In both departments all personnel were invited to answer questionnaires connected to stress before and after the intervention. The results from the study will be presented.

Mental health problems are the main cause of absenteeism and presenteeism in Sweden and internationally. The suffering, production loss, and lack of development does not only affect the individual but also organisations, and the society as a whole. It is a major issue in Europe today. Research suggests that around one in four workers are experiencing mental health problem related to stress (typically anxiety and/or depression). In some occupational groups this can be as high as 40 per cent. The workplace offers an ideal context for improving people’s psychological health. The majority of distressed employees are unlikely to receive psychological intervention unless it is delivered in the workplace.



#### **Biography**

Her clinical work focuses on those with psychological trauma and stress related problems for which she trains and supervises personnel. Her research focus is mental health problems at the workplace and their prevention. She has served on the board of directors of the Swedish Society for Clinical Hypnosis since 2009. She has also been a SSCH representative to ESH and ISH since 2011.

#### **Workshop 1.4**

##### **A Comprehensive Protocol for Hypnotherapy of Irritable Bowel Syndrome (IBS)**

##### ***Enayatollah Shahidi***

Irritable Bowel Syndrome (IBS) is a common functional gastrointestinal disorder affecting 10-20 per cent of general population. It shows a chronic relapsing pattern usually related to increased stress and anxiety. According to Diagnostic Criteria of Rome III (2006), cramping abdominal pain (discomfort), changes in bowel habits and abdominal bloating are the major symptoms. There are no observable pathologic changes in the bowels and the disorder is wholly attributed to functional disharmony of mind and gastrointestinal tract.

Since 1980’s a good number of researchers including Whorwell, Weydert, Olafur and Palsson have showed the 80% efficacy of hypnosis in the treatment of IBS. In the year 2008, National Institute for Health and Clinical Excellence, has recommended hypnotherapy for the treatment of severe IBS of more than 12 month duration.

In this comprehensive workshop, the presenter, who has successfully utilized the techniques during his 23 years of experience and research in hypnotherapy, precisely explains and practically shows a dozen of various creative and effective hypnotherapeutic techniques with proved physiological as well as psychological effects.

The workshop also includes live application of the potent hypnotherapeutic techniques on a volunteer out of the audience.



### **Biography**

Enayatollah Shahidi, MD, born in 1967, is a licensed Medical Doctor and Cognitive-Behavioral Psychotherapist residing in Tehran-Iran. He is a well-recognized author, translator, lecturer, researcher, and therapist in the fields of hypnotherapy and CBT.

He has been practicing hypnotherapy since 1994 and teaching clinical hypnosis to the professionals since 2001.

BOD member and Co-chair of Education and Training Committee of the International Society of Hypnosis (ISH) since 2015.

BOD member, treasurer, and chairman of International Affairs Committee of the Iranian Scientific Society Clinical Hypnosis (ISSCH) since 2010.

Faculty member of the most important international congresses on hypnosis since 2012.

### **Panel 1.5**

#### **Integration of Attack Therapy, Integrative Psychotherapy and Hypnosis**

This panel focuses on the integration of Attack therapy, Integrative Psychotherapy and use of Hypnosis in the treatment of the cases presented. Video recordings of real life sessions will be shown in pixilated form.

#### **Using Integrative Hypnotherapy for Patient with Panic Disorder and PTSD**

##### ***Enes Bulbul & Tahir Ozakkas***

Male, 35 years of age, blue collar laborer, married with 2 kids, middle socioeconomic level, no significant health problems. At the age of 5 his father and mother were shot in front of his eyes by his uncle. He was brought up in an orphanage.

The patient's symptoms include phobias of blood, sickness, bad news, death, and woman. His panic attacks started and continued after he saw on the news of a woman who cut her husband's throat and drank his blood. While initially his phobia was mainly focused on blood later became more widespread. The patient's main motive was the treatment of these phobias.

Integrative hypnotherapeutic orientation was used during the treatment which included attack therapy, hypnosis, cognitive and behaviorist techniques. Specific methods include: hypermnesia, ecmnesia, reenactment, reframing the trauma, and metabolizing work.

The patient's panic attack, phobias and PTSD was resolved. In the 10 year follow-up period none of these symptoms were found reoccurring. Treatment process was done under video recordings.

#### **Using Integrative Hypnotherapy with Patient with Heroin Addiction**

##### ***Tahir Ozakkas***

Patient was of Turkish decent, male, married, and with one child, living with his mother and father who come from a traditional background. Started using drugs at the time when he was living abroad, in a European city. Getting involved in crime and being deported he moved to Turkey. He continued drug use increasingly.

Patient had been using marijuana, cocaine type drugs and actively using heroin more recently. Feeling distressed by his wife and child leaving him the patient made a radical decision to end his use of drugs. The patient had been to several other hospitals where his treatment was done in inpatient setting but was not successful.

Integrative hypnotherapeutic orientation was used during the treatment. Specific methods of confrontation, response prevention, and systematic desensitization were used under hypnotic trance in an Attack Therapy format as well as ego strengthening techniques. After achieving insight into his defense mechanisms and reaction formation patterns his treatment was successfully concluded. In the follow up, for the next 5 years there was evidence of drug use.

#### **Using Integrative Hypnotherapy for Patient with Social Phobia**

##### ***Reyhan Ozakkas & Tahir Ozakkas***

Single, male, 22 years of age, university student, living with mother and father. He applied to the clinical with his own will. List of complaints were not being able to go to school, unable to intervene in social settings and unable to form social relations and go to the cafeteria, living an isolated life.

In the initial consultation the patient's diagnosis was Social Phobia. Later analysis showed that what presented itself as social phobia had underlying roots in Closet Narcissistic Personality Disorder (Masterson Approach) or Thin-Skinned Narcissistic Personality Disorder (Kernberg Approach).

Integrative hypnotherapy was applied including confrontation with social phobic scenes with the use of hypnodrama, avoidance behavior prevention, and systemic desensitization. Homework was given which further helped in him apply newly acquired skills into his social life. Imagination of a theater scene was induced under hypnotic trance which helped to work with negative thoughts, cognitive distortions, cleaning negative thoughts as well as ego strengthening drama scenes helped to reach success in this treatment.

The patient continued university and was able to integrate himself into social life. In the 10 year follow up none of the previous symptoms reoccurring. Treatment process was recorded.

## **Using Integrative Hypnotherapy for Patient with Gender Identity Disorder**

**Ahsen Ozakkas, Tahir Ozakkas & Gonca Kucuktetik**

Muslim, white, 20 years of age, female, single, primary school education, was living in the suburbs with stepmother and stepfather, middle socioeconomic status. Upon the request of her family to get her married she told her sisters that she would commit suicide if this happened and added "I am not a woman. I am a man. I can never marry with a man." Her family brought her to the clinic in the hopes of finding a resolution.

Patient had been feeling like a man since childhood and had interest in girls and had romantic relationships with them. When it was asked what she thought about being a man or a woman, she replied "I feel like I am a man but if there is a chance I would like to feel the gender that is in match with my physiology." This made therapy applicable. Integrative hypnotherapy was applied where the patient could discover masculine and feminine sides of herself. Dynamically investigating her issue, reenactment scenes were applied to get her feminine sides to be dominant and leader in comparison to her masculine side. In time the patient internalized her woman identity coming up a point where she could feel 'woman' and even starting having feelings towards men. At this point therapy was concluded.

## **Workshop 1.6**

### **Nonverbal Trance Induction**

**Christian Albrech Schmierer**

During the history of hypnosis there were times with nonverbal trance inductions, Franz Anton Messmer used his passes (and the environment and music and the expectations of the clients). With modern hypnosis the accurate sophisticated use of language was developed, mostly with the roots of NLP the use of language and meta-language was researched and utilized.

We want to demonstrate how easy nonverbal trance inductions are and that nonverbal elements are very important in every induction. Our point of view is the mirroring of the therapists trance and how it leads to transference and countertransference of trance. We will point out the importance of seeding, developing the right frame and utilizing the expectations of the client.

We will demonstrate and invite the participants to exercise nonverbal trance inductions.



### **Biography**

Dental technician. Dental exam 1975, Dr.med.dent Dentistry University of Tübingen. Academic teacher 75- 79 University of Tübingen. Private dental clinic Stuttgart. Gestalttherapist (Toni Horn 73-82). Hypnosis in the treatment of TMC from 1980 (Deborah Ross, Marc Lehrer, Franz Baumann, David Cheek). First hypnosis seminar 1982, over 1000 seminars and more than 5000 dentists trained in hypnosis. Founder and president from 1989 to 2012 of DGZH German Society of Dental Hypnosis, with 1500 members. Board member of MEG, ISH, ESH. 4 books, CDs and DVDs about pain, fear, self-hypnosis, mental training ([www.hypnos.de](http://www.hypnos.de)). Board member of MEG, ISH, ESH. Honorary member of MEG, DGZH. Kay Thompson medal ISH, scientific award MEG, member of the American board of hypnosis in dentistry A.B.H.D. Teaching experience at a variety of global conventions.

## **Workshop 1.7**

### **Clinical Cases in General Practice using techniques from autogenics, neurolinguistics and hypnosis.**

**Kathleen Long**

Patients in General Practice constantly underestimate their own abilities. Often if I try to place myself in their shoes I wonder if I could be as resilient as they have been. My workshop will hopefully allow me to share some of my own patient experiences with you and give you some idea of how I as a hypnotherapist and NLP master practitioner try to shed some light on people who are often in very dark places. I try to tap in to their unrecognised potential as quickly and as effectively as possible. I am also trained in MBTI (Myers Briggs Type Indicator) and use stand-alone autogenic exercises.

The workshop will concentrate on therapy that can be done quickly and effectively in a General Practice situation. I hope to cover a lot of territory from anxiety to zephobia. I will take the participants through a series of techniques that I have found useful over the years. The workshop will be interactive attendees should expect to participate in small group work.



### **Biography**

General Practitioner and Cosmetic Practitioner with a private hypnosis practice in Glasgow and North Ayrshire. She started using hypnosis in 1982 and has been involved in teaching and course development with BSMDH-Scotland. She is currently the First Vice President of ESH. Over the past few years she has been Treasurer, Secretary and Academic Secretary of BSMDH-Scotland. She is also mental coach to the Scottish national Netball team in European and World competitions. Her hypnosis work is mainly with PTSD, OCD, Phobias and Stress with particular reference to its effects on physical illness.



## **Workshop 1.8**

### **The Mysterious House Technique**

**Liana Orin Soffer**

This technique was developed in order to diagnose and heal physical, mental and emotional problems. The technique is based on the metaphor.

By using "the house technique", it is possible to heal psychosomatic problems and to alleviate symptoms of organic and degenerative diseases.

The principle of the technique is seeing the human body as a house. A person projects himself on a house which he visualizes with the aid of a hypnotic technique. Each area or room in the house represents an organ or a system in the patient's body. This technique enables the patient to observe himself from the outside and to experience what is occurring inside his body. The creation of dissociation enables the patient to confront with internal problems, to cope with them and to treat them successfully. Rehearsing healing visualization many times will bring recovery or make a considerable change in the patient's condition.

The workshop will include live flute music played by Liana's daughter.

This technique is suitable for individual as well as group therapy. This technique is fully described in my book "Hypnotic Dreams", in a chapter "The mysterious house" that was published at 2005 in Hebrew.



#### **Biography**

Degrees:

General Medical doctor MD - License No. 27680. Certified in medical hypnosis - No. 373.

Educational:

1988 – 1987 Medicine studies. Royal Institute of Medicine in Tbilisi.

1997-1998 Hypnosis studies in Israel.

Academic:

2007 Published book "Where is my bed?" hypnosis for children.

2005 Published book "Hypnotic dreams".

Clinical:

1998-2016 Private Practice in Essential Hypnosis. Director of the "Merkaz Or Hanefesh Center".

1994-2000 Medical Practice in Intensive and Ambulatory Care in Israel.

1988-1992 Medical Practice in Intensive Care in Georgia.

## **Workshop 1.9**

### **Unlocking hidden potential through metaphoric communication and conversational trance**

**Stephanie Schramm**

Metaphoric communication and conversational trance offer diverse possibilities to trigger off search processes "in-width and in-depth", to casually remark specific ideas/relevant information to sow different resolutions and ideas. Therapist and client "talk about the problem, without talking (directly) about the problem". Resistance will therefore be avoided and the client decides (consciously or unconsciously) over and over if and to what extent, he identifies with the metaphor or whether he will distance himself from the experience.

The workshop consists of the fundamentals of working metaphorically (substitution- and intersperse technique, selecting and "tailoring" of structurally fitting metaphors, working with client metaphors, metaphoric resources activation and transfer etc.) to unlock the hidden potential of the client (and the therapist) together with the participants and afterwards demonstrate and/or practice.



#### **Biography**

Psychologist, Systemic couple and family therapist, Hypnotherapist (Milton Erickson Foundation Germany, M.E.G.) and Hypnotherapy trainer and supervisor for the M.E.G., Critical Incident Stress Manager and approved ICISF-Instructor (International Critical Incident Stress Foundation). Her clinical practice is in Krefeld, Germany and she worked at the University of Düsseldorf for 5 years. In 2004 she founded her own Institute (intakkt Psychological Solutions), which is specialized in Hypnotherapy (one of the regional institute of the Milton Erickson Foundation

Germany, M.E.G.), Ego-State-Therapy, organizational development, Coaching and Employee assistance. She is on the board of Directors of the M.E.G.-Germany since 2012 and in the board of Directors of the European Society of Hypnosis (ESH) since 2013. Besides her specialization in Hypnosis and Hypnotherapy she is specialized in crisis intervention and suicidal behavior. She has been in the board of directors of the German society for suicide prevention for 8 years. Besides her daily work in her private practice and her institute, she travels both nationally and internationally to give workshops and lectures on the above mentioned topics.

## **Workshop 1.10**

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

**Gunnar O R Rosen**

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.



### **Biography**

Gunnar Rosén is a Clinical Psychologist and has a doctoral degree in pain, brain mechanisms and hypnosis from the Institute of Biological and Medical Psychology, University of Bergen, Norway. He has been the president of the Norwegian Society for Clinical and Evidence based Hypnosis. Gunnar teaches at the university of Bergen, and he is doing clinical work and research at the Institute of Pain Medicine, Oslo. He has published many articles and book chapters of hypnosis and pain, and his lecturing and classes are well recognized in Scandinavia.

## **Parallel Session 2**

**14.00 – 15.00**

### **Workshop 2.1a**

#### **D.R.E.A.M. : a hypnotic model for dream work**

##### **Jane Turner**

Often enough my clients ask me to help them decipher their dreams. Some want to shed light on a possible message hidden in the dream itself; others wish to capture what in the dream has left an echo that troubles their mind upon waking. How to help them explore, understand and appreciate their dreams so that what they've brought back from the land of nod, that place between the waking and sleeping worlds, may serve them in some way?

An answer to this question lies in the hypnotic model for dream interpretation: D.R.E.A.M., which I have developed thanks to my work with clients in psychotherapy and recent research about working with dreams in the therapeutic setting.

During this workshop the basic principles of dream interpretation and dream work in brief therapy will be brought out. The steps in the D.R.E.A.M. model will be presented accompanied by exercises so participants may appreciate this method and become sensitive to the benefits derived from integrating this type of work in their therapeutic interventions.



### **Biography**

Jane Turner is a clinical psychologist working in Paris France. As President of the French Society of Hypnosis (SFH) she supports and encourages the study, development and expansion of clinical hypnosis. A trainer and supervisor in psychotherapy and coaching, she has taught ericksonian hypnosis for over 30 years, regularly presents her work at conferences and is the author/co-author of several books on coaching, NLP and Time Line. She is in private practice with adults whose experiences have helped her formulate the model DREAM and to whom she teaches self-hypnosis as a means for personal development.

### **Workshop 2.2a**

#### **Acquired Brain Injury and PTSD, professional and personal experience**

##### **Susanna Carolusson**

Susanna Carolusson has experience from working with brain injured people and from having a son with acquired brain injury at adult age. She will share her experience as a mother and a professional, regarding how to deal with families during and after acute crisis, in rehab and in community support. Themes: communication skills, secondary traumatic stress, why brain injured people react negatively to assistance and support. Carolusson illustrates detailed examples of communication and hypnosis re PTSD flashbacks from traumatic accidents, near death experience, and post trauma epilepsy. Port traumatic primitive defenses, psychotic reactions and spiritual experiences. Loss of functions such as: sleep rhythm, affect regulation, speech/secondary process & verbal communication fluency and cognition. How recovery from psychotic breakdowns is effectuated by interpretations and ego strengthening combined.



### **Biography**

MSc. Psychology, Lic Psychologist, Lic Psychotherapist, Certified University supervisor and teacher, hypnotherapist, body psychotherapist, organisational psychologist. Started in paediatrics 1979, continued in psychiatry with adults, then started a private practice as a therapist and organisational psychologist. Educational director in several of the educations for Swedish Society for Clinical Hypnosis. Published two books, co-authored four books and written 20 articles on hypnosis and psychotherapy; clinical, scientific, existential, trauma, brain injury and communication. Honorary member, past president of SSCH, a delegate in the ESH COR, and in the committee of the recently founded EST-I. Practising, teaching, supervising colleagues in psychotherapy, hypnosis, family therapy, rehabilitation. Therapist for psychology students at Gothenburg University. Supervising physicians, psychologists and teams in community health-, trauma- and pain clinics. Frequently invited teacher at International congresses.

## **Workshop 2.3a**

### **Helping "hidden" potential evolve with Ego State Therapy**

**Eva Pollani**

Ego State Therapy is part of effective psychotherapy and done in many different ways. When we use Ego State Work and hypnosis we can access deeper states, often those who are dissociated or dysfunctional. But even when working with clients on the other end of the continuum those individuals profit from the unconscious potential hidden within their personalities. In this workshop we will explore the concept of Ego State Therapy and learn ways to helping hidden potential evolve when working with ego states.



#### **Biography**

Eva Pollani, MSc. is Psychotherapist for children, adolescents, adults and couples in private praxis in Lower Austria. She received her training in Hypnotherapy at ÖGATAP (Österreichische Gesellschaft für angewandte Tiefenpsychologie und allgemeine Psychotherapie), where she is now Supervisor and Training Therapist. Eva also received continued training in the application of clinical hypnosis with children. She is trained in Traumatherapy and Ego State Therapy. She integrates different approaches such as EMI (Eye Movement Integration), Impact Therapy and Somatic Experiencing (Peter Levine, in training) as well as therapeutic magic work (Annalisa Neumeyer) into her work. She is Trainer and Case Consultant and Head of OESTA (Ego State Therapy Austria) as well as certified Trainer und Supervisor for EMI and Impact Therapy.

**14.00 – 16.00**

#### **Paper 2.4.1**

### **The Integrative Use of Awareness Under Conscious Hypnosis (AUCH®) Method and Positive Psychotherapy for Unlocking the Hidden Potentials of the Patient**

**Dr. Ali Özden Öztürk & Gizemnur Öztürk**

AUCH® Method has an inherently and systematically integrative therapeutic approach and can be applied in many different fields of medicine for complementary and integrative healing purposes. In this presentation, the active use of Positive Psychotherapy (PPT) as an inherent part of AUCH® treatment will be discussed.

AUCH® has three main principles which are "Awareness, Differentiation and Feeling". These principles can be associated with the three basic aspects of PPT: "Positum, Self-Help and Balance Model". Furthermore, the three main steps of AUCH®: "MAYA® (Making Acceptance with Your Awareness), Induction and Auto-Hypnosis" can be compared with "Observation, Inventory and Situational Encouragement, Verbalization, and Goals Broadening" steps of PPT.

Consequently, it is possible to use AUCH® and PPT efficiently in an integrative and complementary way to unlock primary and secondary capacities and also self-help-potentials of the patient. Thus, the hypnotic approach of AUCH® integrating the balance model of PPT can be used efficiently to unveil the main source of inner conflicts and problems, and then to empower the patient to solve them by becoming aware of and using inner capacities and potentials.



#### **Biography**

He is the founder member and current President of The Society of Medical Hypnosis (THD), Türkiye; former BOD member of European Society of Hypnosis (ESH); holder of European Certificate of Hypnosis (ECH); member of ESH and International Society of Hypnosis (ISH). He is also member of World Association for Positive Psychotherapy (WAPP); and Istanbul Acupuncture and Integrative Medicine Society. As a hypnosis trainer and supervisor, certified acupuncturist, positive psychotherapist and family consultant, he makes interdisciplinary studies to elaborate the mechanism of hypnosis. Besides his studies in universities, he has his private practice with applications of AUCH® (Awareness Under Conscious Hypnosis).

#### **Paper 2.4.2**

### **Of Two Minds: A mind/body concert for healing**

**Nicole Ruysschaert**

*The additional value of Hypnosis in Psychotherapy*

Some neuroscience data of psychotherapy, matching with clinical experience demonstrate which processes are required for promoting health and wellbeing. 'Brain-wise' therapists mobilize these processes. Accessing implicit memories, specific therapeutic communication and interactions, the state of hypnosis contributes to therapeutic reconsolidation processes and lasting changes. Symptoms are seen as the best way one had to deal with some issues when they arose, and/or as an expression of implicit memory, from where one can open doors to find change processes. Therapeutic interactions in hypnosis mobilize hidden potentials in the therapist and the clients alike.



### **Biography**

Psychiatrist-psychotherapist, Immediate Past - President of the ESH, Board of Directors Member of ISH, Past- President and BoD member of VHYP – Flemish Scientific Hypnosis Society. After her medical degree at the university of Ghendt, she started specialisation in psychiatry. As a psychiatrist she worked in different mental health centers and in a private practice since 1979. She took further training in CBT, hypnosis and EMDR. She currently works fulltime in her private practice in Antwerp.

### **Paper 2.4.3**

#### **Life has lots to offer**

##### ***Elisabeth Deltl***

In this session we will explore known and unknown lands with and in Hypnosis, and we will experience the different resources as helpful tool to do so. Case reports will focus on depth psychological diagnosis and therapy. Participants will learn how Hypnosis is a method where relational aspects and intersubjectivity co-exist. Utilizing Ericksonian Hypnosis solution-focused as well as goal oriented helps to fully develop potentials and goals. The importance of therapeutic interventions and the therapeutic attitude will be stressed out.



### **Biography**

Mag. Elisabeth Deltl, psychologist, clinical and health psychologist, psychotherapist, hypnosis, certified child and adolescent psychotherapist. Self-employed in his own psychological-psychotherapeutic practice since 2001, activities: Landeskrankenhaus Mistelbach mainly with alcoholic patients and cancer patients as well as with somatic sufferers in association with depression, angina and panic attacks. Acute Psychiatry SMZ-East Vienna Treatment of psychiatric patients. Various lectures on the subject of alcohol and treatment. Teaching activity in adult education in the Fachschule für Altdienste und Pflegehilfe in Mistelbach.

Training as hypnosis psychotherapist in ÖGATAP Vienna.

### **Workshop 2.5**

#### **Using Hypnotherapy with Our Young People to Help Unlock their Inner Selfie and Find a Healthy Balance Between Real Life and Digital Life.**

##### ***Tobi Goldfus***

The balance of online presence, real life and inner states have dramatically shifted, as well as former definitions of boundaries and confidentiality in the lives of the adolescent/young adult world. While being plugged in, highly skilled and technologically adept is required today and keeps our world connected in phenomenal ways, too much time and activity on social media sites without time for reflection and real life interactions, have also been found to increase symptoms of depression, anxiety, feelings of isolation and compulsive/addictive behaviors. This workshop will present a Social Media Assessment Form (SMA) to expand the clinician's therapeutic effectiveness to include the digital world and experience of the young person in understanding their developmental tasks being mastered online with those in real life. Seven stages of smart phone attachment, cyber friendly scripts, and a new cyberspace glossary of terms will be given to increase tools in evaluating healthy and unhealthy uses and behaviors online. When to unplug, how to and when NOT to will be explored and discussed. Down-regulation techniques such as the ego strengthening Inner Selfie Technique using mobile devices will be taught. Experiential exercises, case examples and how comparing and contrasting online and therapeutic hypnotic phenomena can be utilized for greater emotional impact will be demonstrated.



### **Biography**

Tobi Goldfus is a licensed clinical social worker in private practice in Germantown, Maryland, USA (tobigoldfus@gmail.com). Her upcoming book, to be published October 2016, is titled From Real Life to Cyberspace (and Back Again): Helping Our Young Clients Develop a Strong Inner Selfie. She has taught frequently, both national and international. She has been on the teaching faculty of the American Society of Clinical Hypnosis (ASCH), the Society of Clinical and Experimental Hypnosis (SCEH), the European Hypnosis Society (ESH), the International Hypnosis Society (ISH), the Milton Erickson Institute Brief Therapy Conference(s) and International Congress(es), the Milton Erickson Institute of South Africa (MEISA) and the Center for the Advancement and Training of Clinical Hypnosis (CATCH).



## **Workshop 2.6**

### **Changing the Word in the Heart - when the Word in the Heart Changes, Change becomes easy - A unique 4 session approach to the treatment of Smoking, Alcohol and Ice Addictions**

**Brian Allen**

This innovative four session approach to the treatment of addictions is based on the presenters 38 years of clinical experience in this area. It shows how hypnosis can be utilised to unlock the hidden potential for healing that exists in our clients.

This generic protocol can be adapted to the treatment of any addiction including Smoking, Alcohol, Methamphetamines and Gambling.



#### **Biography**

Brian is a highly experienced presenter, trainer and lecturer at a State, National and International level. He has been in full-time private practice as a Psychologist in Perth Western Australia for the past 38 years and has been the Director of Training for the West Australian branch of the Australian Society of Hypnosis Ltd for the past 23 years. He is a current board member of the International Society of Hypnosis ( ISH ) and is the co-chair of the Policy and Procedures committee of ISH as well as being a member of the Finance committee of ISH He is a Past President of the Australian Society of Hypnosis Ltd and its current Treasurer.

He has been an invited keynote speaker and/or workshop presenter at many national and international conferences including those held in Australia, New Zealand, Hungary, Russia, the Netherlands, France, Italy, Mexico, Denmark, Poland and South Africa. He has been a Faculty member at the last 2 ISH Congresses and the ESH Congress held in Sorrento.

Brian has a wealth of practical experience and his presentations are consistently rated highly and described as being practical, useful and enjoyable. He has had extensive experience in treating addictions utilising an innovative four session hypnotic approach and makes extensive use of dream work in his practice.. In more recent times he has presented keynote addresses and workshops on the topic of "Changing the word in the heart – when the word in the heart changes change becomes easy." This is the title of his upcoming book and is at the core of his innovative work in the area of addictions.

## **Workshop 2.7**

### **Becoming Friends with the Monsters: Hypnosomatic Treatment of Anxiety and Phobia**

**Silvia Zanotta**

Children, adolescents and adults with anxiety or phobia must be approached through mind AND body. As soon as these clients learn to self-regulate and calm down through hypnotic and somatic strategies, they can get in contact with their self-efficacy and their resources and can develop successful coping strategies and overcome their fears.

This practical workshop will focus on the treatment of anxiety and phobia through Hypnosis, Somatic approaches and Ego State Therapy and will emphasize important systemic aspects, illustrated by clinical examples, video and exercises.

Silvia Zanotta will also present a group-therapy which she has developped for people with dog phobia. The principles of this model may be transferred to any treatment of Anxiety or Phobia. In only 4 group sessions, with the assistance of trained dogs, clients overcome their fears and learn how to interact with dogs and often even start to like them.



#### **Biography**

Dr. phil. Silvia Zanotta works as a psychologist and psychotherapist for children, adolescents, adults and families in private practice in Zurich, Switzerland. She is a certified trainer and supervisor in Ego State Therapy, supervisor in hypnosis, as well as founder and co-chair of Ego State Therapy Switzerland.

Silvia Zanotta has certified in Person-Centered-Therapy (Carl Rogers), Trauma-Therapy (PITT), Clinical Hypnosis (MEG and Ghyps), Ego-State-Therapy (FEST and ESTI) and Somatic Experiencing (SE Practitioner), including Energy Psychology in her work. She specializes in the treatment of traumatic stress, anxiety, phobia, OCD, autism and somatic symptoms. Dr. Zanotta has presented at national and international major conferences in Europe and South Africa, she teaches in several European countries and has written various articles/publications on trauma and Ego State Therapy.

## **Workshop 2.8**

### **Healing in the space between the words; Exploring the intersection of Hypnosis, Neurobiology and Quantum Physics**

**Susan Pinco, PhD.**

Ericksonian Hypnosis, NLP and Social Psychology teach us the importance of meta-communication and the power of tone, tempo, and numerous other para-verbal elements.



This seminar will focus on a particular element of meta-communication; silence. Silence as it occurs within the context of speech and within context of our sessions.

In attending this seminar, participants will experience new ways of thinking about, eliciting and utilizing silence drawing from elements of Ericksonian Hypnosis, Brainspotting, TM, mindfulness, quantum physics, interpersonal neurobiology, and somatically oriented therapies.

Attendees will be encouraged to rethink their relationship to the space between words and to develop techniques that enhance their own palette and that of their clients; amplifying effectiveness both in and between sessions.



### **Biography**

Susan Pinco, PhD, LCSW is in private in NYC and teaches internationally, offering courses in powerful, somatically-informed, treatment modalities that bridge the gap between mind and body. Susan is an ASCH certified Hypnotherapist, an EMDR certified consultant, and a certified BrainSpotting (BSP) consultant and trainer. She is also offers training in Crisis Communication and Crisis Response and the Mandala of Being, a Multi-Modal Approach to Spiritual and Psychological Practice. She is currently working on a book that encourages therapists to utilize silence to facilitate integration and healing.

## **Workshop 2.9**

### **Hypnotherapeutic Storytelling in Traumatherapy**

#### **Stefan Hammel**

How to Utilise the Client's own Metaphors for overcoming Trauma / PTSD (1 - 3 hr course)

Milton Erickson used narratives as a form of doing the therapy one step removed from the problem, thus keeping the client in a flexible, creative state while working on traumatic memories. In such a setting, most of the therapy happens in a metaphoric world instead of using "realistic" memories. Using the patient's resources of resilience may mean to use his own specific imagery, i.e., the idioms and metaphors he uses for describing his problem.

Though many of us will use methods of storytelling in traumatherapy we may not always be fully conscious of how we proceed. The participants learn different methods for developing effective stories during a therapeutic session. For this objective, different narrative interventions are described, shown and trained so they can be applied by the participants in their everyday consultation practice.

- Which interventions are hidden in therapeutic storytelling? How is it used on treating trauma?
- How do we use narratives in order to induce trance without any hypnotic ritual?
- How can we decide which stories can be helpful to our client?
- How can we have a useful story at hand any time, yet meet the individual needs of each client?
- Which structures have proved helpful with therapeutic stories (for the therapist and for the client)?
- How can we turn the metaphors of clients from problem descriptions into solution descriptions?

Within the outline of the seminar there is space for experiencing and discussing how the methods shown and trained can be applied to concrete therapeutic situations the participants are dealing with.



### **Biography**

Stefan Hammel, born in 1967, is working as Ericksonian hypnotherapist, systemic therapist, protestant chaplain, head of the Institute for Hypno-Systemic Counseling in Kaiserslautern, Germany, as well as author of books and media for hypnotherapeutic and systemic practice. The focal point of his work lies in the field of family therapy, depression, anxiety and trauma, as well as working with patients and their families in hospital. In his therapeutic approach the use of metaphors, utilisation techniques, multilevel communication and nonverbal techniques of pacing and leading form a network of therapeutic interventions for changing the focus of attention towards resource perspectives.

## **Workshop 2.10**

### **Have you lost your marbles? The use of Zarren's marble induction in hypnotherapy**

#### **Shaul Livnay**

The workshop will be devoted to the demonstration of Jordan Zarren's Marble induction technique. Upon reading the latter, I began to use it and found it to be a very « handy » means of enabling patients to both enter and work in hypnosis while producing a playful atmosphere within to work. The marble provides the patient with a concrete stimulus which he hold in his hand, used as a focal point to use his imagination to allow negative emotions (fear, anxiety, insecurity, shame etc.) to flow from where they « réside » within the body or mind, towards the hand with the marble. When the patient has succeeded in transferring the bothersome contents and sensations, he is then invited to benefit from the « built-in » compass which is thereby used as a guide to working through relevant issues behind the curtain of anxiety. While being very simple and fun to implement, the marble also serves as an excellent tool to promote and teach self hypnosis. In this way, the patient takes with him this « transitional object » in the

Winnicottian sense, promoting internalisation of the therapeutic atmosphere. We will be demonstrating the technique and practicing its use with both anxious and psychosomatic patients.



### **Biography**

I am a practicing Clinical and School Psychologist, utilizing hypnosis in my private practice in Jerusalem and Tel Aviv for the past 32 years. I have taught hypnosis in the Tel Aviv School of Medicine for many years, and have supervised candidates for licensing, as well as practicing hypnotherapists. I have given workshops in Europe as well as Israel on various themes : the integration of hypnosis in Psychotherapy, the use of hypnosis with children, adolescents as well as the elderly, with patients suffering from performance anxieties, the use of non verbal techniques (the Gong), etc. My papers & publications can be found in my website ([www.livnay.ws](http://www.livnay.ws))

**15.00 – 16.00**

### **Workshop 2.1b**

#### **Timeline: experiencing the future**

#### **Michael Capek**

The timeline, sometimes depicted in the metaphor of the Road of Life, is an often-used concept to explore aspects of the client's past. This may be particularly so for allowing the client to heal from past trauma. But what about the future, and particularly the far future?

This will be an auto-hypnosis session. In addition to you enjoying and relaxing in your own space, you will be guided to explore your own personal future.

This experiential workshop is intended to help you enhance your personal development and hopefully allow you to make better life decisions for what you need to do to maximize your potential.

### **Biography**

Not Available

### **Workshop 2.2b**

#### **Enhancing the Inner Healing Resources - A Hypnotherapy Method with Cancer Patients**

#### **Livia Ileana Duce**

The use of ericksonian hypnosis techniques and hypnotherapy with cancer patients will be discussed and demonstrated by clinical examples. Mental Imagery will be explained and will be demonstrated when and how these special techniques can be used in patients with neoplastic diseases. An original thesis of newest frontiers of Human Knowledge (psychoneuroimmunology) will be discussed in order to explain how we can help our patients to get over their emotional distress due to the diagnosis of cancer, due to the surgery operations, chemotherapy, radiation, bone marrow transplantation etc. The author will demonstrate 12 clinical cases of patients with cancer in different moments of their cancer - healing process. Hypnosis is a strong and useful tool that we can use in order to increase the self-healing resources of each patient and when necessary we can use hypnosis even with the partner and/or the family of the cancer patient.



### **Biography**

Psychologist and Psychotherapist of international renown.

Duce specializes in Ericksonian Hypnosis at the Italian Society of Hypnosis and holds a second specialization at the School of Institutional Relationships in Italy, headquartered in Rome.

German citizen, since 1988 resides in Rome.

Her knowledge of European languages has expanded to speak perfectly in addition to the mother tongue (Romanian and German), English, French and Italian.

She has received the following qualifications:

- Classic maturity certificate in 1971.

- Bachelor's degree in foreign languages in 1975 (University of Bucharest-Romania)

- Bachelor's degree in psychology in 1990 (La Sapienza University of Rome).

She has the following specializations:

Systemic-Relational Psychotherapy in 1995 (Italian Institute of Psychotherapy of Roma Couple and Family).

Ericksonian Clinical Hypnosis and Psychotherapy in 1997 (Italian Society of Hypnosis in Rome).

### **Workshop 2.3b**

#### **Emotional Hypnosis Unlocks Additional Resources**

#### **John Lentz**

This is an advanced workshop developed from clinical practice and an awareness of neuroscience. It is based upon science and clinical practice so that it not only works you can know how come it works as well. This workshop will provoke you to recognize how that you already communicate in ways that go beyond words, and touch. By intentionally using emotions to communicate and induce trance to heal we can do so many more things at once

than we thought that we could. The workshop will be experiential as well as didactic. You will receive information and you will be invited to make positive changes that are encouraged with emotions rather than words.

While words will be used to teach, they will not be used directly to demonstrate the techniques that are taught in this workshop. You will discover ways to both protect yourself from toxic emotions, and to impact clients in positive ways beyond words. The author has a book that addresses some of these techniques but the approach is so new that no book offers these approaches. You may discover that you have more resources than you thought you had.



#### **Biography**

Dr. Lentz specializes in indirect communication and methods of hypnotic induction that utilize normal communication patterns. He is the author of 10 books on subjects ranging from manipulation, to love, and from healing sexual addiction to transforming emotions. He is the founder and director of the Ericksonian Institute of Jeffersonville, Indiana. He routinely lectures nationally and internationally on hypnotic subjects. He worked in a women's prison while also teaching the clinical aspects of therapy and as a result learned approaches that work and are more subtle. His workshops tend to be popular, because of how he presents innovative material.

### **Parallel Session 3**

**16.30 – 18.00**

#### **Paper 3.1.1**

##### **Hypnotherapy for cancer-related problems**

**Leslie Walker**

Prof Walker first used hypnosis to help with cancer treatment side effects in 1981 and presented initial findings in 1985 at the First Annual Conference of the British Society of Experimental and Clinical Hypnosis. He will give a personal perspective on the history of hypnotherapy for cancer-related problems and the current evidence base for effectiveness, illustrated with some DVD clips. The lecture will include a description and evaluation of the use of hypnotherapy to treat side-effects (nausea, vomiting, fatigue, negative body image and pain): to improve coping and to enhance quality of life during and after cancer treatments, and to prolong survival (including a discussion of possible psychoneuroimmunological mediators).



#### **Biography**

Emeritus Professor of Cancer Rehabilitation at the University of Hull, UK, has given invited lectures on hypnosis in Europe, Africa and North America. Current research includes psychosocial aspects of Li Fraumeni syndrome; the effects on quality of life of vaccination with human telomerase reverse transcriptase (hTERT) peptides, and psychosocial aspects of cancer screening. Previous research has focused on the psychoneuroimmunology of breast, brain and colorectal cancers; relaxation, hypnotherapy and guided imagery to alleviate the side effects of various cancer treatments and the evaluation of different models of providing

psychosocial care.

He is a Fellow of the British Psychological Society, and a former Fellow of the Royal Statistical Society, the Society of Biology and the Royal Society of Medicine. He has authored over 300 publications. In 2015, he was made an Honorary Life Member of the British Association for Clinical and Academic Hypnosis.

#### **Paper 3.1.2**

##### **Using structured imagery in psychotherapy**

**Val Thomas**

There are two main ways that mental imagery is used in talking therapies; either in the form of techniques harnessed to particular orientations or as stand-alone imagery-based approaches such as CBT rescripting treatments for trauma. This paper will present a more contemporary synthesis of the two i.e. integrating the use of structured imagery in ongoing therapeutic work (Thomas, 2016). It will explain the way that images representing fundamental dimensions of the self, such as the building image depicting psychological structure, can offer sites for ongoing therapeutic exploration and work. The therapeutic efficacy of structured imagery is discussed in the light of cognitive linguists, Lakoff and Johnson's (2003) theory of conceptual metaphor and McGilchrist's (2009) seminal thesis on brain hemisphere asymmetry. The presentation is illustrated with case material that will show how this type of structured imagery allows a deeper ongoing integration of image and word in talking therapies.



#### **Biography**

Val Thomas, BA (Hons.), PGDip Couns., MA Couns. & Psychotherapy, DPsych, is an integrative psychotherapist, supervisor and trainer. She was formerly a Senior Lecturer with lead responsibility for counselling education at Anglia Ruskin University.

She has had extensive clinical experience developing therapeutic applications of mental imagery. Her recent publication, *Using Mental Imagery in Counselling and Psychotherapy* (Routledge, 2016)

presents a more inclusive framework for practice informed by her research. She is currently developing a second book on the use of mental imagery as a reflective practice for research and work-related creative processes.

### **Paper 3.2.1**

#### **Trauma, Psychosis and Hypnosis**

**Peter Naish**

Why does early trauma often lead to a psychotic condition in adulthood? Why is adult trauma associated with high hypnotisability, and why do hypnosis and psychosis have so much in common? The answers to these questions are clearly to be found in the behaviour of the brain, but unravelling the connections has not been simple. Nevertheless, the prize for gaining a full understanding will be a better appreciation of how hypnosis may be used to modulate the damaging effects of extreme environmental stress. So far it appears that the brain is influenced not only directly by bad experiences, but also indirectly via epigenetics. These processes, and their links with hypnosis, will be explained, together with an indication of how and why hypnosis is a valuable vehicle for therapy in these situations.



#### **Biography**

Following a degree in the physical sciences, Peter took another in psychology, finally moving to the Department of Experimental Psychology at the University of Oxford for his doctorate. Along the way he acquired an interest in hypnosis. His active involvement in the subject has seen him elected to relevant posts, including spells as President of the Royal Society of Medicine's Section for Hypnosis and Psychosomatic Medicine, and Chair of Council for the British Society of Clinical and Academic Hypnosis. He is currently President of the BSCAH.

Peter is a strong advocate of science dissemination, so he is a regular speaker at the major British science festivals, and has lectured at the Science Museum, The Royal Society, the Dana Centre for the Brain and 'Science on the Fringe' during the Edinburgh Festival.

### **Paper 3.2.2**

#### **Two is Better than One: Dual-Track Hypnotherapy Paradigms**

**Shaul Navon**

This paper describes Dual-Track Paradigms (DTP), to deal with stuck and resistant situations in hypnotherapy. DTP is based on the assumption that patients habitually regard their problems as one-dimensional and thus tend to become rigid in their attitudes toward these problems. DTP suggest a hypnotherapeutic process to transform patients' negative and rigid perceptions of their problems into a more positive and functional mental state that provides a dual-dimensional view of the problem, thereby offering them more options and freeing them to contend with their problems in a better way. We introduce a novel hypnotherapeutic tool known as Differentiation/Integration that can provide patients a better way to find solutions for their problems.



#### **Biography**

Dr. Shaul Navon, [www.shaulnavon.com](http://www.shaulnavon.com) from Tel Aviv, Israel is a senior medical psychologist and a senior licensed hypnotherapist. He was the Director of the Rehabilitation Services at the Tel Aviv Medical Center and there, he initiated hypnotherapy services at the Gastroenterological institute and in the Rheumatology institute. Also, Dr. Shaul Navon initiated hypnotherapy services at two major sick funds in Israel.

Dr. Shaul Navon has a wide professional experience in hypnotherapy and in medical hypnosis. He developed the Illness/Non-Illness Model: Hypnotherapy for physically-ill patients. Dr. Shaul Navon was awarded for this publication at the *American Journal of Clinical Hypnosis* the best paper for 2014.

Dr. Shaul Navon was the Secretary of the Israeli Society of Hypnosis and he serves now as the Fiscal Controller of ESH.

### **Paper 3.3.1**

#### **Homo hypnoticus. Is there a hypnosis-prone personality?**

**Burkhard Peter**

From data of personality styles which we are collecting since a couple of years we expect that people who are interested in hypnosis are characterized by special personality features. Are these people different from those who are not hypnosis-prone? Old and new data relating to this question will be presented.

If it turns out that there is a „homo hypnoticus“ who is different from „hypno-phobics“ and hypno-neutrals, what does it mean for (1) the hypnosis research which is based on normal distribution of hypnotizability, (2) for the application of hypnosis in therapeutic and clinical settings, and (3) for the general recognition of hypnosis in science and public?



## Biography

Burkhard Peter, PhD, works as psychological psychotherapist in Munich, Germany. Having studied with Milton H. Erickson, he was founding president of the MEG (1978-1984), served as board member of the ISH (1992-2000), has organized several national and international hypnosis congresses. His publication list is mostly about hypnosis and hypnotherapy. He is editor-in-chief of the German journal *Hypnose-ZHH*. He is a lecturer of clinical hypnosis at the Ludwig Maximilians Universität München, Dept. for Clinical Psychology and Psychotherapy.

### Paper 3.3.2

#### Musical Hypnosis and Energetic Therapy

**Stephane Ottin Pecchio**

The simultaneous use of piano and voice improvisation, added to energetic touch during hypnosis sessions, exerts powerful multi-sensorial stimulations that weaken resistance and lead to confusion and dissociation.

Energetic touch includes the massage of acupuncture points that specially liberate traumatic memories.

This sensorial and verbal hypnosis induces an embodied rather than an imaginative dissociative state.

The pulse of this music, based on breathing rhythms, can be broken into beats whose frequency is similar to a slow heart beat (less than 60 a minute).

Since the heart beats in 3 time, a ternary rhythm is preferred (as in lullabies and waltzes).

Various videos will show this approach:

Manual therapy and hypnosis for pain relief sessions.

A classical piece played in public by a musician accompanied by a therapist.

How to sing on pitch and induce hypnosis through song.

How to learn music with the help of hypnosis.

Sessions can also be accompanied by CD if the music is recorded by a therapist in a trance, for a calm and safe setting.

Rapid decrease of flashbacks in psychological trauma cases (thesis research paper) and the results of an evaluation in a pain relief hospital department will be shown.

## Biography

Dr Stéphane Ottin Pecchio, a médical rheumatologist, who also studied physiotherapy and psycho trauma, practices osteopathy, acupuncture, hypnosis and music therapy. His musical experience includes harmony, composition (CD "Hypnose Musicale"), piano, choir master, singer (concerts). Private and also working at the Tenon Hospital in pain relief service (Paris). His work in musical hypnosis received the Watzlawick Prize at the 7th Conference of french-speaking Federation on Hypnosis and Brief Therapy in 2011 and was presented during the 2012 Bremen congress and the 2015 world congress in Paris. He teaches how to accompany and learn music with hypnosis and energetic therapy.

### Paper 3.3.3

#### Sound, Suggestibility and Hypnotisability: A literature review.

**Peter Bryant**

Music and Hypnosis have many similar qualities and properties. This paper aims to investigate the methods by which music could aid the process of hypno-psychotherapy. A systematic literature review of the topic is conducted. Eighty-four relevant papers are discussed and analysed in order to establish an empirical research base for the topic. It is found that the psychological properties of absorption, dissociation, empathy, expectancy and rapport development are common to both fields and can be used to assist clients with the psychotherapeutic process in multiple ways, as discussed. Recommendations for further research are provided alongside guidance and support for therapists wishing to utilise music within their hypnotherapy and psychotherapy practices.



## Biography

Peter Bryant is a musician, hypno-psychotherapist and psychologist. He graduated BMus (Hons.) from the University of Surrey in 2012 specialising in composition using musical illusions. He then completed an MSc in Music, Mind and Brain at Goldsmiths, University of London undertaking research on binaural beats and pain perception in musicians and non-musicians. In addition to this, Peter has recently completed his Advanced Diploma in Hypno-Psychotherapy through the National College of Hypnosis, Psychotherapy and Mindfulness.

### Workshop 3.4

#### Working with Personality parts in dentistry

**Veit Messmer**

Who are the patients who come to the Dental office? Are they one, are they many? And if they are many or seen as that, which parts can be utilized and evoked in hypnosis to make the treatment pleasant and successful?

How can we work with these parts?

In this workshop you will learn how to communicate with all the parts of the personalities, how to make them conscious, how to make uncooperative and obstructive parts join the Dental party.

How to unite all the resources a patient is bringing with him in one culmination point and lift off.....



According to Schopenhauer the will is the strongest power in the universe. Finding access to the will in Hypnosis leads the patients to their strongest inner sources, their own will!



#### **Biography**

University studies in Comparative Religion, Ethnology, and Geography , Dentistry with medical degree Dr.med.dent. in Dental Medicine at the Albert Ludwigs University in Freiburg, Germany. Certification in Implantology (FFZ) 2005. Licensed private practice since 1994 with specialisation in Prothetics, Implantology and Dental Hypnosis. Established Dental Clinic in 2001. Expert of the Chamber of Dentistry, Department of Prosthetic treatment (KZV Freiburg, Germany) from 2001 – 20011.

Upon completing his training 2004 in dental hypnosis by the DGZH (German Society of Dental Hypnosis) in Stuttgart, Germany, successive DGZH positions including Lecturer since 2007, Editor-in-Chief since 2010 of the Hypnosis magazine DZzH, 2011. NLP Master, DVNLP, Trainer and supervisor (DGZH) since 2011, President from 2013- 2014. Since 2012 speaker and trainer at the University of Kiel, department of Prosthetics.

2016 : Coorganizer of the first World Congress of hypnosis in dentistry, in Mashad, Iran

Memberships. : DGZH,MEG,SMSh,ÖGZH,ESH,ISH

Teaching classes on different topics of hypnosis in Germany, Switzerland, France, Austria, Malta, Iran, Turkey and South Africa.

#### **Workshop 3.5**

##### **The Use of Two Metaphors: Universal Wisdom and Ego's Home's, for Unlocking Hidden Potentials.**

##### ***Teresa Robles & Carlos Castro***

Milton H. Erickson proposed that all our life experiences are learnings and resources in our Unconscious Mind. Carlos Castro utilizes the Ego's Home as a Metaphor for accessing and managing these resources. Teresa Robles complements it with the Metaphor of Universal Wisdom, which includes all human experiences along time and constitutes the Source of Creativity.

After a brief presentation of these two metaphors, presenters will demonstrate how to utilize them for unlocking individual hidden potentials. Then they will offer an 8 step schema for working through this model. Participants will practice it under their supervision, comment and analyze the practice.

At the end, there will be an evaluation about learnings, skills and tools acquired by participants.



#### **Biography**

##### **Teresa Robles**

MA in Social Anthropology, Ph.D in Clinical Psychology, Family Therapist.

Member of the ISH since 1992.

Founder and President of the Board of the Ericksonian Center of Mexico.

Awards: 2011 Lifetime Achievement Award for Outstanding Contributions to the Field of Psychotherapy, from the Milton H. Erickson Foundation.

2013 the same by the Mexican Society of Psychology.

2014 Prize for Outstanding Contributions to the Field of Hypnosis by *Emergences*, France.

2015 The Pierre Janet Award to Clinical Excellence from the ISH.

More than 10 books published and translated into other languages. She teaches around Europe and Latin America.



##### **Carlos Castro**

MA in Clinical Psychology.

Member of the APHCH (Portuguese Society of Clinical Hypnosis and Hypnoanalysis) Chairman of the General Meeting and Vice-Chairman of the Technical and Scientific Council of APHCH.

Member of the ESH and the ISH. Founder and President of the Board of *Be Happy* (Association supporting Old people). Founder and Director of the Clinic: *Lugar Seguro* and the *International Institute for Psychotherapy and Personal Development (IIPDP)*. Articles and chapters published in Mexico.

International Professor at the Centro Ericksoniano de México, teaching in Portugal and other countries. Organizer of the Annual Internacional Congress on Hypnosis (Jornadas) APHCH

#### **Workshop 3.6**

##### **Hypnosis in individual sports and competition**

##### ***Anke Pretcht***

Individual sports on a high level require perfect concentration and stress regulation for practice and competition. In competition, the mental condition of the athlete is very often the deciding factor about defeat or victory.

In this workshop, we will see some of the most effective techniques that can be used for frequent challenges in individual sports and competition as reaction time, pain control, control of stress levels for all phases of a

competition, as well as for challenges in training and preparation as discipline, regeneration, control of nervousness and others.

We will proceed by practical teaching, training and a live demonstration. The workshop is open for all practitioners with experience in hypnosis and interested in hypnosis in sports with or without experience in this domain.



#### **Biography**

Anke Precht practices as a psychologist in Germany. She is specialized in excellence and sports since 2005. She uses hypnosis as a main technique since almost 20 years. She presented in national and international congresses and published several articles about hypnosis. Four of her coachees are world champions.

As an enthusiastic practitioner, she isn't satisfied with the existing limits of practice but expands and tries to accelerate classical methods to achieve change for her clients in very short time and often only one session. Actually, she combines hypnosis with energy psychology, mindfulness, IMO and others.

#### **Workshop 3.7**

##### **Playful hypnosis in couples and family therapy**

##### **Inger Lundmark**

Playful hypnosis in the context of family/couples therapy is utilized in purpose to open up for the resources of the system, increase curiosity, communication and improve attachment.

Short presentation of the study from 2014 and interactive work with the members of the workshop.

There are today about 6000 licensed psychotherapists in Sweden. I don't know how many of these that have had any kind of education or introduction to hypnosis. But I do know- that the two largest, serious associations for hypnosis in Sweden, SFKH and CHP, have all together about 500 members. (so we certainly need you, international colleagues..) Out of these 500, I found that only 25 hypnotherapists uses hypnosis with couples and families! (or SAY they do, anyway..). So I made a study called "Clinical hypnosis within family and couples therapy, (deep interviewing 10 hypnotherapist) framing the questions: To what extent, when, for what reasons, and how is hypnosis utilized in Sweden? This workshop is based on the result, plus my own favorite techniques from my clinic experience.



#### **Biography**

Born 1964

Education: Auth. Dramapedagogue, Leg. Psychotherapist, Familytherapist, Cert. Hypnotherapist (ASCH), Supervisor.

I've worked in a private clinic since 2005, and I also cooperate with the open psychiatry, insurance companies, the Crise & Traumacenter of Stockholm etc.

I work with individual therapy, couples therapy and family therapy. I see adults, adolescents and children. I've been teaching clinical hypnosis to other clinicians since 2006. When I'm off duty, I love to paddle cayak on the baltic or throw on the wheel in the pottery studio....

#### **Workshop 3.8**

##### **OCD, Suggestions in Family System - Hypnosystemic Approach to OCD treatment.**

##### **Krzysztof Klajs**

OCD affects an estimated 2-3% of the adult population and is recognised by therapists as a difficult and long-lasting disorder. A number of useful strategies for working with OCD will be presented in this session, including the combination of hypnosis with cognitive-behavioural strategies in reaction prevention and implosive approaches. I will stress systemic ideas increasing effectiveness of therapy. Time will be allowed for participants to discuss the emotional reactions typically experienced while working with OCD patients.



#### **Biography**

Director and co-founder of Polish Milton H. Erickson Institute (since 1993)

Member of Board of Directors Polish Psychiatry Association, Psychotherapy Division. (since 1990)

Member of Polish Psychological Association, Board of Psychotherapy License Committee (1996 - 2004)

Organizer of 4<sup>th</sup> European Congress of Ericksonian Hypnosis and Psychotherapy, Krakow 2005

Organizer of 5<sup>th</sup> European Congress of Ericksonian Hypnosis and Psychotherapy, Krakow 2014

Co-organizer (with Bernhard Trenkle) International Hypnotherapy Training Seminars in Wigry (Poland) since 1992

Teaching nationally and internationally (Austria, China, France, Germany, Great Britain, Lithuania, Mexico, Nepal, South Africa, Spain, USA)

### Workshop 3.9

#### Emergency Hypnosis: Discovering Latent Resources

**Nazmine Guler**

Translated to English:- Practice of hypnosis in emergency and prehospital (in the ambulance) at the Center Hospitalier Régional de Metz-Thionville since 2012 for the management of acute pain and stress, mainly during the realization of technical gestures: sutures in The child and the adult, reduction of articular dislocations, installation of thoracic drain, realization of lumbar puncture, installation of peripheral venous route ...

In pre-hospitalization, helps manage the stress of myocardial infarction during transport and before the realization of coronary angiography, pain and stress for injured road ... and for all acute pain.

In medical regulation at the Samu-Center 15 or the 112, work on hypnotic communication.

A strong message transmitted to the annual congress of the French society of emergency medicine supported by its president Professor Pierre-Yves Gueugniaud and also the president of Samu-Urgences de France (urgent medical service), Dr François Braun, through a workshop whose goal is to convince emergency physicians to train.

In 2017, the French Society of Emergency Medicine (SFMU) positioned itself and recommended hypnosis as a complementary technique in Emergency Care with recommendations writing.

In the emergencies, the practice of hypnosis is facilitated by the reduction of the resistances of the patients, technique quick and easy to implement.

It brings a well-being to the patients and a better comfort to the emergency doctor in his daily work.



#### Biography

Not Available

### Paper 3.10.1

#### What about dreams? Using hypnosis to explore dreams as metaphors of patient's resources.

##### A Clinical Case Report

**Fabio Carnevale**

Are dreams hyper-significant symbolic productions? Are they dismantled warehouses of semiotic material? Or are they background noises of a standby brain locked into a temporary state of unconsciousness?

Whatever you think about dreams, it is quite common, in clinical experience, that patients tell us their dreams expressing an intense emotional participation.

Using hypnosis to modify, alter or deconstruct the integrity of the original novel dreams material - e.g. by inserting one or more foreign elements - is an effective tool to develop coping strategies, to build metaphors and design hypothesis in order to identify and utilize the patient's unconscious inner potential.

This work, far from psychodynamic orthodoxy, offers a glimpse into the idea that dreams can offer the opportunity for building a therapeutic pathway that is constantly centered on the principles of naturalism, tailoring, and attention to patient's resources.

A clinical case report will be discussed with a view to clarifying this theory.



#### Biography

Fabio was born in Rome, Italy, he is a Psychologist and Psychotherapist with 20 years of private practice in the field of clinical hypnosis. I'm also serving as a Philosophical Consultant in some Italian private companies. At the end of the nineties he was interested in the relationship between Attachment and Eating Disorders. Then between 1999 and 2005 he volunteered at CPO (Paraplegic Center of Ostia – Rome). In that period he wrote clinical papers about physical disabilities and dissociative phenomena in spinal cord injured subjects.

His clinical activity as a hypnotherapist deals mostly with stress related disorders, anxiety, psychosomatics, and sport performance enhancement.

He has begun to present at international hypnosis congresses and has extended his research interests to time distortion phenomena that may accompany traumatic experiences.

He is author and co-author of several publications in the field of hypnotherapy and likes to be involved in multi-disciplinary collaborations with scholars and researchers of many other disciplines, like philosophy of mind, physics and figurative arts.

Currently he is a teacher and supervisor of the Italian School of Hypnosis and Ericksonian Psychotherapy (SIPE). Board Member of SII (Italian Society of Hypnosis) and Advisory Board Members of *2Ipnosi – Rivista Italiana di Ipnosi Clinica Sperimentale*”, official publication of Italian Society of Hypnosis.

### **Paper 3.10.2**

#### **Strong with Tulani - A multisensoric crossmedia approach for children**

##### **Annette Fuerst**

Tulani is a multisensoric crossmedia approach for children to help them getting mentally and emotionally strong in an ever faster changing time and environment. Not only for children that already have problems but also for children in school and kindergarden.

The little brown monkey Tulani serves as identification figure for the children and also as central theme around different topics like social competence, self-esteem, illness, separation of the parents.

The approach combines:

- Tulani as plush toy
- Stories including direct instructions for parents and other attachment figures
- Audio tracks of the stories and exercises
- Interactive videos
- A board game

This combination of different media is unique and completely new. Children nowadays face lots of challenges and Tulani helps them to learn the necessary skills in a playful and easy way. At the same time parents, teachers etc. get clear instructions without having to read lots of books.



#### **Biography**

Focus of Activity

Therapy, Coaching, Teaching Hypnosis and Brief Therapy, Leadership Training

TOMplus - Team für Organisationsberatung und Managementtraining, Leadership training

Academy of German bakers' and confectioners' - Leadership training In-house Trainings in large bakeries und Bäckers throughout Germany

medical airport service GmbH- Occupational health, occupational safety and occupational healthcare training

BTB Remscheid, Train the Trainer - Relaxation technique, stress management and communication coaching

IEK Deutsches Institut für Entspannungstechniken und Kommunikation, Berlin u. Stuttgart - Train the Trainer, relaxation technique, stress management and hypnosis

Schooling and education

University Koblenz-Landau, Graduate Psychology

University of South Africa UNISA, Pretoria, Business Economics

Isaria Reisen GmbH & Co. KG, Munich, Travel Agent

Author

Die Impact Strategie – Führen für Fortgeschrittene, Huber Bern, 2014

Hypnose in der Krebstherapie – ärztliches journal reise & medizin, 2010

Speaker

Biologische Krebsabwehr, Heidelberg 2009

Mentales Stärken 2014, Heidelberg

Filialmanagement Congress, Osnabrück 2014

ISH Congress 2015, Paris

3rd World Congress on Excellence, Chandigarh 2015

Bäcker Gastro Tag, Osnabrück 2016

Reden reicht nicht, Heidelberg 2016

Festival therapeutisches Erzählen, Kaiserslautern 2016

Kindertagung, Heidelberg 2016

## Friday 25<sup>th</sup> August

**Keynote 4** 08.30 – 09.30

### **Hypnotic strategies to optimize the management of pain**

**Marie-Elisabeth Faymonville**

Since 1992, hypnosis has become routine practice in our surgery services. Revivication of pleasant life experiences has served as the hypnotic substratum in a series of over 9,000 patients. In retrospective studies followed by randomised prospective studies, we have confirmed the usefulness of hypnosedation (hypnosis in combination with conscious IV sedation) and local anaesthesia as a valuable alternative to traditional anaesthetic techniques .

Medical hypnosis is also a safe and effective complementary technique in the treatment of chronic pain syndromes. Learning self-hypnosis/self-care improves not only pain but also psychological factors such as depression, anxiety, pain disability and improves patient's global impression of treatment effectiveness .

The relevance of mind-body interventions to reduce emotional distress in breast cancer patients was also studied. Self-hypnosis/self-care learning decreases distress and fatigue, insomnia and increases quality of life, as well as emotional functioning in these cancer patients .

In a context of a socio-economic crisis, it is essential to develop health intervention treatments with a significant effectiveness combined with a low cost for the patient. Futures studies should consider comparing self-care learning and self-hypnosis interventions separately to disentangle the effect of hypnosis from the effect of self-care learning in the management of chronic pain.



#### **Biography**

Professor Marie-Elisabeth Faymonville - head of the Pain Clinic at Liege University Hospital in Belgium, has operated on more than 6,000 patients using hypnosis combined with a light local anaesthetic. She enjoys teaching patients self-hypnosis and self-care learning such that they are able to get out of the vicious circle of chronic pain.

**Keynote 5** 09.30 – 10.30

### **Hypnos never hypnotized: Unlocking hidden potential from the archaic past of hypnosis**

**Walter Bongartz**

When we take a historical look back to the roots of hypnosis it is usually focused on Mesmer's animal magnetism. It will be shown that the roots of hypnosis are very much earlier and that language, interventions and basic therapeutic principles of hypnosis can be traced back to the use of trance in archaic and traditional societies.



**Biography** Taught Psychology at the University of Konstanz and is now mainly interested in the anthropological roots of hypnosis. He is a past president of the German (DGH), the European (ESH) and the International (ISH) Societies of Hypnosis.

**Parallel Session 4**

**11.00 – 12.30**

#### **Workshop 4.1**

### **Mindful Creativity in Children: Unlocking Hidden Resources**

**Julie H. Linden**

This workshop will illustrate the power of integrating hypnotic skills into play and psychotherapy with children. Hypnosis with children differs in many ways from how it is used with adults. It tends to be less formal, developmentally sensitive and often with the child in motion with eyes open. Anxiety, low self-esteem, and insecure attachment are common presentations in children. Each can be addressed quickly with positive results when working hypnotically. Attention to the power of language to correct thinking will be exemplified through case examples. Using novelty and being playful will be illustrated as means to capture and maintain attention. The clinician will learn to identify and utilize the focused trance states of children in order to insert suggestions that can be readily accepted during play, thus keeping evocative material below conscious awareness. Participants are encouraged to bring case material for demonstration.





### **Biography**

Julie H. Linden is a licensed psychologist in private practice. She has over 4 decades of experience integrating hypnosis into a psychotherapy practice with people of all ages. Dr Linden has many interests and specialties within the field of clinical hypnosis, including the treatment of anxiety, depression, somatic symptoms and functional disorders, paediatric play therapy, treatment of traumas, dissociative disorders, pain management, facilitating creativity, and the effects of gender roles in hypnotic practice and interactions. She is the immediate past President of the International Society of Hypnosis and a Past President of the American Society of Clinical Hypnosis. She also served as a member-at-large for the APA Division 30, Psychological Hypnosis.

In 2003 she received the Josephine Hilgard Award from the American Journal of Clinical Hypnosis, AJCH, for her paper, "Playful Metaphors" about the use of hypnosis with children. In 2007 she was again a recipient of the American Journal of Clinical Hypnosis Josephine R. Hilgard Award for Scientific Excellence in Writing on Pediatric/Adolescent Uses of Hypnosis for the article "Hypnotically Enhanced Dreaming to Achieve Symptom Reduction, with Anuj Bhardwaj, MD and Ran D. Anbar, MD.

Dr Linden has taught and presented for ASCH, SCEH, ESH and ISH as well as conducted hypnosis training and consultation in Australia, the Balkans, Canada, China, France, Finland, Germany, Italy, Mexico, Nepal, Norway, Poland, Scotland, and South Africa.

### **Workshop 4.2**

#### **Hypnotherapy for cancer-related problems**

##### ***Leslie Walker***

This workshop will include a description and evaluation of the use of hypnotherapy to treat side-effects (nausea, vomiting, fatigue, negative body image and pain); to improve coping and to enhance quality of life, during and after cancer treatments; and to prolong survival (including a discussion of possible psychoneuroimmunological mediators), from a practical "how to do it" point of view. The workshop will include demonstrations, DVD clips and audience participation in hypnotherapeutic experiences.



### **Biography**

Emeritus Professor of Cancer Rehabilitation at the University of Hull, UK, has given invited lectures on hypnosis in Europe, Africa and North America. Current research includes psychosocial aspects of Li Fraumeni syndrome; the effects on quality of life of vaccination with human telomerase reverse transcriptase (hTERT) peptides, and psychosocial aspects of cancer screening. Previous research has focused on the psychoneuroimmunology of breast, brain and colorectal cancers; relaxation, hypnotherapy and guided imagery to alleviate the side effects of various cancer treatments and the evaluation of different models of providing psychosocial care.

He is a Fellow of the British Psychological Society, and a former Fellow of the Royal Statistical Society, the Society of Biology and the Royal Society of Medicine. He has authored over 300 publications. In 2015, he was made an Honorary Life Member of the British Association for Clinical and Academic Hypnosis.

### **Workshop 4.3 – New**

#### **Self-compassion for clinicians as resilience**

##### ***Asa Fe Kockum***

"Hypnosis is the oldest Western conception of a Psychotherapy, yet generation after generation forgets and then rediscovers it" says Spiegel in the Handbook of Contemporary Clinical Hypnosis (Brann, Owens, Williamson, 2015)<sup>1</sup>. Self-Compassion is a widespread research area today showing fantastic results with mental health issues, but rarely does it include the notion of hypnosis.

In this workshop I will present exercises used in Self-Compassion, for individuals and groups. These techniques are powerful suggestions for healing the Self. There are certain aspects found in research that are especially relevant when working with Self-Compassion, which will be discussed. I present the exercises within the framework of working with ACT; Acceptance and Commitment Therapy/Training. I use ACT combined with my background in Psychodynamic Therapy.

This will be an experiential workshop, and participants will also have the opportunity to discuss the relevance and efficacy of these techniques.

### **Biography**



Her clinical work focuses on those with psychological trauma and stress related problems for which she trains and supervises personnel. Her research focus is mental health problems at the workplace and their prevention. She has served on the board of directors of the Swedish Society for Clinical Hypnosis since 2009. She has also been a SSCH representative to ESH and ISH since 2011.

#### **Paper 4.4.1**

##### **The Role of Hypnosis in Medical Center Multidisciplinary Teams**

**Zahi Arnon**

Over the past three years, a complementary and alternative medical service (CAM) has been in operation at the Bnai Zion Medical Center in Israel. Hypnosis is included in this service.

The psychologist-hypnotist works on two levels. The first is patient-oriented: pre-surgical preparation and alleviation of post-surgical symptoms. Prior to surgery, in the preparation room, anxiety was significantly lowered due to hypnosis comparing to standard of care. After surgery, other symptoms like pain, nausea and anxiety was lowered due to hypnotic intervention.

The second level is team-oriented. It involves instructing the multidisciplinary medical and nursing staff in the language of hypnosis; conducting workshops for nurses in how to avoid burnout; Conducting workshops for stretcher bearers while speaking to a frightened person before surgery; assimilating hypnotic language into written and verbal explanations of medical procedures; and using hypnotic techniques to improve surgeons' performance in laparoscopic procedures.

In the presentation we will review the process from the perspective of the psychologist-hypnotist, while emphasizing the reciprocal influences: the impact of hypnotic thinking and language on the multidisciplinary medical and nursing staff and the impact of the traditional and alternative medical teams on the thinking and language of the hypnotist-psychologist.



#### **Biography**

Clinical psychologist, Medical psychologist, and Hypnotist in private clinic

Adjunct senior lecturer (specialist) in the Max Stern Yezreel Valley Academic College (YVC), Israel. Hypnotist and mind body supervisor and instructor at Bnai Zion Medical Center, Israel

After being a certified psychologist, I encountered into Buddhism, spiritualism, participated in several Meditation retreats, and healing courses. Fifteen years ago, I also started teaching at the Yezreel Valley College, and seven years ago, I joined the Complementary Medicine service at Bnai Zion Medical Center, which lead to deepening my understanding in the power of the spoken word, hypnotic suggestions, and medical setting communication.

My fields of interest are Positive Psychology, Hypnosis (formal, informal, spiritual), Imagery, Mind body, Mindfulness and Meditation, Behavioral-Medical psychology, Doctor-patient communication, spiritualism.

Accordingly, I wrote the book "The Principles of Positive Suggestive Communication in the Field of Medicine: How to Manage Communication that Influences Patients".

#### **Paper 4.4.2**

##### **Past Life Regression – a revolution in emotional treatment**

**Liana Orin Soffer**

This technique was developed in order to reveal the so called "past lives" and heal the physical, mental and emotional problems.

By using "The Reincarnation Technique" it is possible to heal specific and chronic problems that are related to "destructive" and "self-destructive" behavior. Via this technique the patient is able to get insights as well as getting spiritual consciousness awareness.

The principle of the technique is 'Age regression' in its particular way accompanied by 'Dream creation'.

A person is transported to the other dimension and sees his supposedly previous life/incarnation as a movie. This technique enables the patient to observe his/her existence from another/a different angle while experiencing a certain incarnation.

Dwelling in both Life lines simultaneously enables the patient to see his/her life 'up to date' in a different way and understand all the consequences of his/her lifetime decisions. The patient can cope with them and change them successfully. This technique is very simple but requires professional guidance.

This technique is fully described in both my books "Hypnotic Dreams" and "Where is my bed?" that were published in Hebrew in 2005 and 2007.



#### **Biography**

Degrees:

General Medical doctor MD - License No. 27680. Certified in medical hypnosis - No. 373.

Educational:

1988 – 1987 Medicine studies. Royal Institute of Medicine in Tbilisi.

1997-1998 Hypnosis studies in Israel.

Academic:

2007 Published book "Where is my bed?" hypnosis for children.

2005 Published book "Hypnotic dreams".

Clinical:

1998-2016 Private Practice in Essential Hypnosis. Director of the "Merkaz Or Hanefesh Center".

1994-2000 Medical Practice in Intensive and Ambulatory Care in Israel.

1988-1992 Medical Practice in Intensive Care in Georgia.

#### **Paper 4.4.3**

##### **Healing Effects of Hypnotic Communication in Mental and Physical Health in Traumatizing Circumstance**

**Adrienn Kelemen-Szilágyi**

Our team has developed and tested a psychological support method based on positive suggestions for critically ill patients ventilated in the Intensive Care Unit (ICU). In the last 10 years 220 patients were elected into our prospective controlled randomised trial. Patients treated according to our "evolutionary approach" had 2.5 days shorter ventilation and recovery time that means 25-30% cut off on the treatment.

In addition to the direct healing effect we can evaluate many hidden or not measured positive effects of our presence on the ICU. We analyse effects on costs and on staff mental health due to this hypnotic communication. From the trauma concept point of view we highlight the effect affecting staff as well as patient and relatives. Connecting this trauma concept with our evolutionary approach we can find new ways to help participants – like patient, relatives, staff and the health service- in the ICU's healing process. Along these ideas we suggest methods worth applying both in the ICU environment and in our clinical practice.



#### **Biography**

Clinical psychologist, hypno- and psychotherapist. The only psychologist at an intensive care unit in Hungary. After completing Varga's training, the Psychological Support Based on Positive Suggestions Training started applying positive suggestions with critically ill patients. With her colleagues they ran the world's first clinical trial of ventilated patients with impressive results. Empirical investigation of the method was done and the iatrogen effect of intensive therapy was diminished in line with the physical treatment. She has been working with the goal to achieve that the psychologist be a core member of the ICU team. Board member of Hungarian Society of

Hypnosis.

#### **Paper 4.5.1**

##### **Obstacles to hypnotic involvement: Cold parental behaviour predicts anxiety and negative feelings in hypnosis**

**Andras Kolto**

Hypnosis can just occur if both the subject and the hypnotist are able to mentalize each other. Mentalization, the capacity to read and understand others' and someone's own mental states, is rooted in the relationship between the infant and the primary caretaker. Still, just a few research projects had been conducted to understand how parental rearing style influences adult hypnotisability so far, and these had not considered the possible mediating effect of mentalizing skills.

In a mixed-method study, relationships between recalled parental style, mentalizing abilities, and dimensions of hypnotic susceptibility were investigated. In sum, 298 subjects responded to measures on their mentalizing skills and memories of their parents. Then they participated in standard group hypnosis sessions. Finally, their feelings towards the hypnotist and their hypnotic experiences were assessed.

The most important finding was that recalling cold-punishing parents predicted 1) fear of negative appraisal by the hypnotist, 2) negative experiences in hypnosis. These associations, however, were mediated by alexithymia, the subject's reduced ability for emotional processing. These results are consistent with the social-psychobiological theory of hypnosis, and suggest that regularly punished children experience a performance anxiety in the hypnotic situation, which may have deep impact on their involvement in hypnotherapy.



#### **Biography**

Psychologist and a Specialist of Health Promotion. He is an Assistant Lecturer at Eötvös Loránd University, Budapest, Hungary. He teaches affective psychology, research methodology, and health promotion to undergraduate students. He investigates the associations between hypnosis and affective processing. Besides these activities, he also works at the National Institute of Health Promotion, where he is a Research Associate of the Health Behaviour in School-aged Children (HBSC) WHO collaborative international study. In his private practice, he provides counselling in psychosomatic problems, or to lesbian, gay, bisexual and transsexual clients.

#### Paper 4.5.2

##### Who is hypnotized? The use of the therapist trance

###### Shaul Livnay

From the outset of my training in hypnosis, I discovered that I entered trance each time that I did hypnosis with a patient. A perusal of the literature revealed work by Erickson and mainly by Michael Diamond in the 1980's on the phenomenon. The lecture will elucidate and elaborate the dynamics of the special trance that the therapist enters (externally oriented interpersonal trance state) and detail the uses of it in therapy. The trance enriches the therapist's experience, amplifies his or her perception of and empathy towards the patient, and provides imaginal content for use with the patient. Case material will be presented to explain the use of the phenomenon. Once we as therapist's are aware of the phenomenon, we are provided with further tools to enrichen and diversify our work.



###### Biography

Shaul Livnay is a practicing Clinical and School Psychologist, utilizing hypnosis in my private practice in Jerusalem and Tel Aviv for the past 32 years. He has taught hypnosis in the Tel Aviv School of Medicine for many years, and have supervised candidates for licensing, as well as practicing hypnotherapists. He has given workshops in Europe as well as Israel on various themes : the integration of hypnosis in Psychotherapy, the use of hypnosis with children, adolescents as well as the elderly, with patients suffering from performance anxieties, the use of non verbal techniques (the Gong), etc. His papers & publications can be found on the website

([www.livnay.ws](http://www.livnay.ws))

#### Paper 4.5.3

##### The denied emotions. Sensory memories in the hypnotherapy of functional somatic disorders

###### Flavio Di Leone

Sensory memory of relation is the primitive, stable and embodied component of memory on which the development of attachment and emotional regulation relies on. According to clinic and experimental evidences of hypnotic regression not as a temporal, but as a perceptive regression, this work wants to illustrate an interpersonal theory of functional somatic disorders based on the centrality of the "somatic residue of interaction" in the genesis as well as the treatment of this condition.



###### Biography

Is a Medical Doctor, resident and assistant in the School of Psychiatry of the Department of Neurology and Psychiatry of the Policlinico Umberto I Hospital, in Rome. Since 2005 he has participated in a research project directed by Prof. Camillo Loriedo, dedicated to "Ultra-Short Hypnotic Therapy for Conversion Disorder" with over 200 cases treated with Ericksonian brief term hypnotherapy. At present he is consultant for the hypnotic therapy for Psychogenic Non-Epileptic Seizures (PNES). In 2013, he promoted and initiated the research project "PNES and Functional Connectivity".

#### Workshop 4.6

##### Hypnotic Communication in Surgical Operations with Awareness Under Conscious Hypnosis (AUCH®) Method

###### Dr. Ali Özden Öztürk & Gizemnur Öztürk

In this workshop, the communication between patient and therapist will be illustrated during pre-, intra- and post-operative periods via video illustrations of surgical operations under hypnosis in which AUCH® is used as the sole anaesthetic, while the three steps of AUCH® treatment protocol are being elaborated:

- 1) MAYA® (Making Acceptance with Your Awareness) is a vital step for establishing a proper rapport and a healthy communication between patient and therapist since the roots of the hypnotic/therapeutic interaction is seeded (*attachment*). In this step, patient's and doctor's acceptance and willingness to apply the method is required to begin the therapy.
- 2) Induction improves the interaction between therapist and patient while suggestions are given by therapist. The suggestions help patient to make the necessary and required changes in perception, attention and memory to achieve the aimed treatment results. They are also intended to develop or differentiate patient's self-help-capacities while increasing communication capabilities (*differentiation*).
- 3) Autohypnosis provides patient the ability to use hypnosis with an autohypnotic key given by therapist. In this step, the interaction between therapist and patient is decreased to a certain degree so that patient gets ready to use inner potentials by oneself (*detachment*).



###### Biography

He is the founder member and current President of The Society of Medical Hypnosis (THD), Türkiye; former BOD member of European Society of Hypnosis (ESH); holder of European Certificate of Hypnosis (ECH); member of ESH and International Society of Hypnosis (ISH). He is also member of World Association for Positive Psychotherapy (WAPP); and Istanbul Acupuncture and Integrative Medicine Society.



As a hypnosis trainer and supervisor, certified acupuncturist, positive psychotherapist and family consultant, he makes interdisciplinary studies to elaborate the mechanism of hypnosis. Besides his studies in universities, he has his private practice with applications of AUCH® (Awareness Under Conscious Hypnosis).

#### **Workshop 4.7**

##### **How to Teach Someone to Realize the Power of Words in Medical Practice. Useful Exercises.**

###### **Katalin Varga**

In this workshop I will present some of those exercises that we are using in training medical professionals. These exercises are focusing on the importance of rapport, communicating in situations of emotional involvement, use of suggestive techniques in critical situations, applying simple metaphors, etc. The approach is based on the observation that the patients in medical settings are in a state very close to the hypnotic state, so any comment may function as a powerful hypnotic suggestion.

The participants of the workshop will have the opportunity to take part in these exercises. We will discuss the relevance of these experiences in training professionals (nurses, psychologists, doctors, physiotherapists, etc.).



###### **Biography**

Dr. Katalin Varga is a professor at Eötvös Loránd University (ELTE), the head of the Department of Affective Psychology, and past president of the Hungarian Association of Hypnosis. She was awarded a Postgraduate Fellowship of the Hungarian Academy of Sciences (1986-1990) to study the subjective experiences associated with hypnosis and the role of suggestions in critical states. She was awarded her degree of "Doctor of University" (ELTE) in 1991, and a PhD in 1997 on comparing the subjective and behavioral effects of hypnosis. As a member of the "Budapest hypnosis research laboratory," she is investigating hypnosis in an interactional framework, and in this multilevel approach she is focusing on the phenomenological data. For the past 20 years she has been working with patients in a hospital setting – mostly critically ill patients – applying suggestive and hypnosis techniques. She is the founder and professor of the postgraduate training of suggestive communication in somatic medicine, co-organized by the Hungarian Association of Hypnosis and Semmelweis University School of Medicine, Budapest. She has published numerous articles which present her research findings hypnosis, and the clinical experiences on the application of suggestive techniques with the critically ill.

#### **Paper 4.8.1**

##### **Use of neurofeedback and mindfulness to enhance response to hypnosis treatment in individuals with multiple sclerosis**

###### **Mark Jensen**

The purpose of this pilot study was to determine if neurofeedback (NF) or mindfulness meditation (MM) training might enhance the efficacy of hypnosis (HYP) for decreasing chronic pain and fatigue in people with multiple sclerosis (MS). Based on the ideas that (1) response to hypnosis treatment may be facilitated by an increase in slow wave (especially theta) brain oscillation activity, and (2) NF and MM can increase slow wave activity, we hypothesized that study participants with MS and either pain or fatigue would who received NF or MM training prior to hypnosis treatment would report greater treatment-related improvements than participants who received hypnosis alone. 32 individuals with MS were randomly assigned to one of three treatment condition: (1) NF (10 sessions) + HYP (5 session); (2) MM (10 sessions) + HYP (5 sessions); or (3) HYP-ONLY. Large effects were found for between treatment condition differences in pain intensity (favoring NF+HYP) and small effects were found for fatigue (favoring both NF+HYP and MM+HYP). The findings indicate that the beneficial effects of hypnosis may be enhanced by combining hypnosis with training in mindfulness or neurofeedback. Further research is needed to evaluate the reliability of these preliminary findings.



###### **Biography**

Mark P. Jensen, Ph.D., is a Professor and Vice Chair for Research in the Department of Rehabilitation Medicine at the University of Washington in Seattle, USA. He has been studying pain management for over 30 years. He has published extensively (six books and over 450 articles and book chapters) on the topics of pain assessment and treatment. He has also been evaluating the efficacy and mechanisms of hypnotic analgesia – in particular the effects of hypnosis on brain states and brain activity and how these brain activity changes may facilitate response to hypnotic suggestions. His book on the use of hypnosis for chronic pain management (*Hypnosis for Chronic Pain: Therapist Guide*, published by Oxford University Press) provides a best-selling introduction to hypnosis and hypnotic pain treatment, and won the Society of Clinical and Experimental Hypnosis Arthur Shapiro Award for Best Book on Hypnosis. He has also recently edited a book on hypnotic inductions (*The Art and Practice of Hypnotic Inductions*, published by Denny Creek Press), in which 11 master clinicians describe and model their favorite hypnotic induction.



#### **Paper 4.8.2**

##### **The neuroscience of pain and hypnosis used as an interactive model for treatment strategy**

**Gunnar O R Rosen**

Pain is commonly defined as an unpleasant experience due to ongoing or threatening tissue damaging or described in those terms (Mersky), but what happens in the body and the brain, and how does our mind create the experience of pain in spite of the fact that there is no pain center in the brain. Yes this is a rather complex process due to context, learning, genetics and personality. Now when bringing hypnosis into the picture where and how does it interact with the different underlying pain mechanisms? We know that hypnosis might be a very powerful tool both in psychotherapy and in the treatment of pain. Can we use neuroscience to learn more about making pain and hypnosis a happy marriage by a deeper understanding of this interaction.



#### **Biography**

Gunnar Rosén is a Clinical Psychologist and has a doctoral degree in pain, brain mechanisms and hypnosis from the Institute of Biological and Medical Psychology, University of Bergen, Norway. He has been the president of the Norwegian Society for Clinical and Evidence based Hypnosis. Gunnar teaches at the university of Bergen, and he is doing clinical work and research at the Institute of Pain Medicine, Oslo. He has published many articles and book

chapters of hypnosis and pain, and his lecturing and classes are well recognized in Scandinavia

#### **Paper 4.8.3**

##### **What is the optimal level of trance? Considerations about choosing the appropriate technique for hypnotic induction**

**Udi Bonshtein**

In this lecture the debate of trance state versus hypnotic suggestion will be explored. Theoretical background will briefly be summarized, followed by a discussion on the practical applications. Specifically to be addressed is when, how and with whom there ought to be an emphasis on the production of deep hypnotic states (somnambulism, hypnotic coma state, etc.) and when, how and with whom these methods are useless or even harmful.



#### **Biography**

Ph.D: Ben-Gurion University of the Negev, Israel: 2003. M.A studies in clinical psychology, Ben-Gurion University: 1997. License in clinical psychology: 2001; licensed Supervisor in clinical psychology: 2007; license in medical psychology: 2012. Hypnosis: License in hypnosis: 2002. License in scientific hypnosis research: 2007. Licensed trainer of hypnosis: 2008. Works as senior clinical psychology in the Galilee Medical Center from 2004, chief psychologist from 2011. Founder, manager and teaches in 'Mutuality – licensed institute of hypnosis studies'. President of the Israeli Society of Hypnosis from 2013. Author of 2 professional books ('The inside eye', 2011 and 'Hypnosis – Mind over body', 2014) published in Israel, and professional papers (published in Israel and worldwide).

#### **Paper 4.9.1**

##### **Hypnosis Efficacy for the Prevention of Anxiety During a Coronary Angiography ( HypCor )**

**Nazmine Guler**

**Brief Summary:** The purpose of this study is to confirm the utility for hypnosis in the coronary angiographic examination. The technique would be an alternative to prevent the consumption of anesthetic drugs.

**Methodology:** Efficiency comparative study, randomized, simple-blind (angiography operator in blind), mono-center, routine clinical care only one medical check per patient.

**Expected Benefits:** Since the coronary angiography is an invasive procedure without general anesthesia affecting a noble organ, this procedure could be anxiogenic and even psychologically traumatic emergency. Not practice under general anesthesia prevents potential risks for the patient, but anxiety, non-comfort and pain are existing. We think that hypnosis could improve the patient care psychologically and physically and for any invasive procedure. In this case, fewer or no sedative drugs and pain medication will be necessary, and it would decrease their potential iatrogenesis, the patient care will be improved. It will be an alternative for patient to decrease their drugs consumption.

**Trial Duration:** Expected study start: first semester of 2016 Inclusion duration: 12 months Duration per patient: 1 mois Total study duration: 18 months (including the data analysis et the report of results)

**Primary objective:** To compare the initial anxiety state before the coronary angiographic performing scheduled for adults with no earlier coronary angiography, according to they will undergo a hypnotic session or not before the examination, with posthypnotic suggestions of self-hypnosis to make during the coronary angiography.

**Secondary Objective:**

To compare between the two groups of patients:

- the pain during and after the coronary angiography
- the hemodynamic factors heart rate, blood pressure before and after the examination
- the comfort of operator
- the use of sedative drugs, pain medication and local anesthesia
- the outbreak of major and minor complications.



**Biography**  
Not Available

#### **Paper 4.9.2**

##### **Hypnosis and Thinning Down**

**Aurelie-Rejane Ferrara**

English Translation:- There are cohorts of thin people, who regulate their intake unconsciously, as simply as their brain regulates the beating of their heart on their efforts. For my part, I was overweight and sorry to be so. I started by making diets and all kinds of food rehabilitations that allowed me to be thin and proud ... sometimes ... then fat and discouraged often ... It has been 14 years now that I remain thin while savouring absolutely everything I like without counting. And I teach a thinning method to my patients and my colleagues, based on Cognitive-Behavioral Therapy and Hypnosis.

#### **Biography**

Not Available

#### **Paper 4.9.3**

##### **A French Methode Phobias Treatment by Hypnosis**

**Valentina Kieffer**

Objective: Remove the physical and emotional consequences of phobic stress from patients.

Material and Method: We studied the case of phobia of 8 patients, 4 men and 4 women, aged 21 to 34 years, presenting different phobias. The patient's history of his life and phobia, including the exact moment when the stress triggers the physical signs and the appearance of these in order of arrival were analysed. We teach to the patient the cardiac coherence (breathing technique that stimulates and regulates alternately the two branches of the autonomic nervous system thus allowing to soothe the body and therefore the mind). The patient is then placed under hypnosis with imaginary projection of a stressful phobic situation. During the session, always in a mental projection, he manages his emotions positively by practicing the breathing exercises of "cardiac coherence". In the mental imaginary, he completely dominates the phobic situation by piloting the control of his emotions, thus preventing the appearance of physical reactions. The mental projection ends with a desensitization to the phobic thing, that is to say by confronting it positively and in stages with the phobic thing that it fears, thereby increasing the self-confidence of the patient. As a sports coaching, the patient must have lived under hypnosis by mental projection a situation that he feared but that he learned to manage. In a second time, less than 24 hours after the session, he must live and manage the same situation actually with the help of relatives see the therapist himself. Finally, the negative mental schema in the face of the phobic thing is replaced and anchored by the new positive mental scheme of emotion management and self-confidence.

Results: According to the patients and the degrees of phobias, 1 to 4 sessions are sufficient for the patient to no longer produce emotional stress and physical signs in the face of the phobic thing that he fears.

Conclusion: This method allows to demonstrate in a phobic patient treated under hypnosis by positive mental projections and the anchoring of a new reaction pattern, the possible management of his emotions and the non-appearance of physical signs of stress when the patient is actually faced with a survival situation.

#### **Biography**

Not Available

#### **Workshop 4.10**

##### **Doctor, are you going to hypnotize me like in the movies? Hypnosis in Movies**

**Gaby Golan**

When we offer hypnosis to our patients, it is common that they have misconceptions about hypnosis, mostly due to the hypnosis they saw in movies and TV series. Usually hypnosis is presented in movies as a situation where the subject is losing his control, the hypnotist can do with him whatever he wants and the subject can't resist the hypnotist's suggestions. These misconceptions interfere with the hypnotic therapy as the patient has fears of what the therapist will do to him when he will be under hypnosis. As a result, his benefit of hypnosis will only be partial. During the intake the hypnotist should learn about the patients' misconceptions and be more familiar with its origins – the movies and TV series. Then he can explain to the patient these misconceptions and prepare him to the hypnotic process.

The presentation will include movie scenes and explain the misconceptions that arise from those movies.

## Biography

Not Available

### Parallel Session 5

14.00 – 15.30

#### Workshop 5.1

#### **The effects of systematic and long-term Self-hypnosis, Self-Coaching and Mental Training to unlock potentials in sport and Life**

**Lars-Eric Unestahl**

IMT-Integrated Mental Training, a structured self-hypnotic training, was created by Unestahl 1969 and has been used by millions of people in Sweden and around the world.

The application started in Sport (The National and Olympic Teams in the 1970's), continued with the schools (the first dissertation 1976-1982 in pre- to high-school, and University courses since 1985), Business from the eighties (Over 50% of the 100 biggest companies), Health applications also since the 1980's (from Health development programs (WHO) to over 70 clinical programs). 1990 started a popular use of IMT for Personal and Leadership development, an area which is still expanding today.

Among the international projects can be mentioned one in Irak with the title Mental Training for Peace – From Inner Peace to Outer Peace. It is run together with the government in north Irak (Kurdistan) and has so far reached a large number of people.

Another recent project was with the Swedish U21 football team, who surprised everyone to win the European Championship.

The creation of IMT was based on 10 years of research at Uppsala University and the development of IMT has then been combined with a lot of research about IMT principles and investigations about the IMT effects.

The workshop will demonstrate the main principles of IMT and show how the method can be available to and used by every workshop participant



#### **Biography**

1960's

Uppsala University: Areas: Psychology, Sociology, Philosophy, etc. Licence as a Clinical Psychologist, Fil. Lic and Ph.D . Research about Mind-Body relations, Alternative States of Consciousness and the effects of systematic training.

1970's

Head of the "Department for Clinical and experimental Hypnosis" at Uppsala University.

Psychologist at "reformatory schools", Prisons, National Health Board Organizer of and President

for the "VII World Congress of Hypnosis and Psychosomatic Medicine".

Associate professor at Örebro University

Sport psychologist & Mental Trainer for the Swedish Olympic Teams

1980's

President for "VI World Congress of Sport Psychology" 1985

Visiting professor vid "University of California, Long Beach".

"Distinguished Scholar at Flinders University" in Australia.

Visiting professor at "University of Hawaii", Honolulu

Board Member of ISH – International Society of Hypnosis

Board member of ISSP – International Society of Sport Psychology

Founding President for the "International Society for Mental training and Excellence" 1989

Organization Committee for VII World Congress of Sport Psychology

1990's

Founding President for Scandinavian International University (SIU), President for "1<sup>st</sup> World Congress for Mental Training & Excellence".

Professor in Applied Psychology and Mental Training.

Member of the "Baltic Academy of Science" in Russia.

1990–

Teaching in Universities in Australia, Brazil, Canada, China, Denmark, England, Finland, France, Germany, HongKong, India, Indonesia, Irak, Iran, Italy, Kosovo, Norway, Russia, Singapore, Spain, USA

Invited speaker to over 40 International and World Congresses.

President for the 1st World Congress on Excellence in Beijing , 2008

President for the 2nd World Congress on Excellence in Kosovo, 2011

Organizing Committee for 3<sup>rd</sup> (WCE) in Chandigarh, India, 2015

President for the 4<sup>th</sup> World Congress on Excellence in Sweden, 2019

## Workshop 5.2

### Symptoms as Solutions: Hypnosis and Biofeedback for Autonomic Regulation for Young People with Autism Spectrum Disorder

**Laurence Sugarman**

Autonomic dysregulation has been proposed as a core impairment autism spectrum disorder by which a phylogenetically early autonomic defect leads to sympathetic overarousal and challenges in language and social engagement. Cognitive rigidity and repetitive behaviors manifest as self-regulatory, mitigating efforts. Focusing on the implications of this premise provides more productive therapeutic approaches than existing, symptom-based methods. Self-regulation therapy using hypnosis and biofeedback can be highly effective, especially for young people. Hypnotic strategies can utilize restrictive repetitive behaviors in trance as resources for comfort, mastery and control. Biofeedback training can be tailored to focus on autonomic regulation that increases vagal tone. In this workshop these converging and strength-based approaches will be described, illustrated on video, and role-played for experiential learning. Results of pilot studies with interactive games and media under development will be presented. More broadly, implications of this approach for hypnosis with the people who have developmental differences, the neurodiverse, and for health and care generally will be explored and discussed.



#### Biography

Laurence Irwin Sugarman is Research Professor and Director, Center for Applied Psychophysiology and Self-regulation at the Rochester Institute of Technology, a behavioral pediatrician at the Easter Seals Diagnostic and Treatment Center, and Clinical Professor in Pediatrics at the University of Rochester School of Medicine and Dentistry.

For over two decades Sugarman has practiced, taught internationally, written, and researched the integration of self-regulation strategies across the spectrum of pediatric care. He produced the award-winning documentary *Hypnosis in Pediatric Practice* and co-edited/authored (with William Wester) the text, *Therapeutic Hypnosis with Children and Adolescents*. His current work focuses on hypnosis for the neurodiverse.

## Workshop 5.3

### The "tooth sleeping pearl" method - and you will have never more a problem to give a child a dental injection.

**Allan Krupka**

In this workshop you will learn the words and the process how to give a child successfully and without any resistance a dental injection.



#### Biography

1955 Born in Sumperk in Czech Republic

1984 Doctorate in medicine in Vienna

since 1986 Dentist in Vienna in his own office

1993 Education in dental hypnosis

since 1997 Chief instructor, speaker and supervisor of the Curriculum "Hypnosis and Kommunikation" for medical doctors, midwives and physical therapists in Austria

since 1998 Founding president of the ÖGZH. "Austrian Society of Medical and Dental Hypnosis"

since 2001 Chief instructor and the responsible for the diploma of the Austrian Medical Chamber in

"Dental Hypnosis and Kommunikation"

International lecturer

Trainer and supervisor of the DGZH (German society of dental hypnosis)

Scientific Advisory Board of the DGZH

## Workshop 5.4

### The power of using dialogue in trance with children and adolescents

**Luc Bouteligier**

Children and adolescents have great potential going in and out of trance. Their ability in using self-hypnosis for healing is astonishing. They use their imagination in so many different ways. They are able to create their own metaphors better than you can do yourself as a therapist. Trance induction with immediate self hypnosis suggestion can limit the therapist's intervention to a single moment at the beginning of the treatment. The next time you see the child or adolescent you can just ask them to go in trance. When in trance you can start the dialogue with her/him in order to address the problem to be solved. Pacing and leading then are the main techniques that are used. The patient has full control over the procedure. This dialoguing can be used in so many problems e.g. pain management through travelling through the body, stress and anxiety by fantasizing positive processing and outcome, worrying, enhancing performance. The trick is to lead patient towards her or his own problem solving. In my experience this method of using dialogue in trance is very fulfilling both for the patient (self-control) and for the therapist (learning to trust the patient's abilities for self-help). It takes some practice for the therapist not to intervene too much in the patient's process and be creative when the patient outs wonderful or bizarre solutions. The workshop aims at stimulating therapists (both psycho and medical) to use the power of children and adolescents to solve their own problems.

In the workshop demonstrations of using dialogue will be given. Participants will be invited to practice in small groups and will be monitored by myself. The workshop will at least take two hours.

### **Biography**

Clinical Child Psychologist, Family therapist, Trainer and supervisor hypnosis with children and adolescents VHYP Belgium

### **Workshop 5.5**

#### **Indirect Trance and Conversation**

##### **John Lentz**

This advanced workshop is designed to offer indirect methods of communication that can be utilized in formal and informal trance. The authors have been employing these techniques for some time and have developed subtle methods that work. Since Hypnosis is in part the art and science of implied meanings for health and happiness this workshop offers clear methods of indirect communication that can be employed. The workshop will be experiential so participants are likely to simply come away feeling better and knowing new methods of inducing trance and altering trance they may not have thought about before. The authors have seen that people like discovering ways they can communicate intentionally with implied meanings, indirect messages and metaphors that work.

The Authors will demonstrate their approach with volunteers wanting to make changes but will also offer to all participants the opportunities to simply feel better from the experience. A power point will be used to offer the techniques sometimes before and sometimes after the technique is demonstrated.



### **Biography**

Dr. Lentz specializes in indirect communication and methods of hypnotic induction that utilize normal communication patterns. He is the author of 10 books on subjects ranging from manipulation, to love, and from healing sexual addiction to transforming emotions. He is the founder and director of the Ericksonian Institute of Jeffersonville, Indiana. He routinely lectures nationally and internationally on hypnotic subjects. He worked in a women's prison while also teaching the clinical aspects of therapy and as a result learned approaches that work and are more subtle. His workshops tend to be popular, because of how he presents innovative material.

### **Paper 5.6.1**

#### **The concept of hypnotizability and its clinical assessment**

##### **Enrico Facco**

Hypnotizability has a wide range of degrees, from not being hypnotizable at all to being able to respond with high intensity to hypnotic instructions: therefore, its clinical assessment is of paramount importance for outcome assessment. On the other hand, any hypnotizability scale closely depends on the definition and construct of the observed phenomenon.

The Division 30 of the American Psychological Association has recently defined hypnosis as an altered state of consciousness including absorption, dissociation, and enhanced capacity for response to suggestions: this implies that their assessment may be a relevant aspect of hypnotizability scales.

The Stanford and Harvard scales are mainly based on the construct of suggestibility and, unlike the Hypnotic Induction Profile (HIP), are not suitable for use in patients, thus yielding an unbridgeable gap between clinical hypnosis and research.

Our data show that hypnotizability, as assessed by HIP, is significantly related to the Dissociative Experiences Scale (DES) ( $p=0.045$ ) and the Interpersonal Reactivity Index (IRI)-c subscale ( $p=0.044$ ), and suggest that hypnotizability is related to: a) stronger perception of the inner world, b) decreased aptitude for managing memory processing, and c) increased sensitivity and empathy.

### **Biography**

Senior Scholar, Studium Patavinum – University of Padua, Italy

Specialist in Anesthesiology and Intensive Care

Specialist in Neurology

Teacher, Inst. Franco Granone – CIICS, Turin, Italy

### **Paper 5.6.2**

#### **On the Origins of Consciousness: Hypothesis as to the roll of glia cells, forked nerve terminals and dendrite arms**

##### **Gary Bruno Schmid**

A hypothesis on the origins of consciousness involving evidenced-based anatomic and quantum physical factors is presented by which



- nerve terminals of every axon
- manifold synapses between nerve endings and dendrites of the next neuron

enable consciousness via recursivity of *in vivo quantum double-slit transport events*, just as synapses determine neuroplasticity (learning): Glia and astrocytes are involved in synaptic information transfer – subjectively experienced as the *hidden observer* – and endow our unconscious *Da-Sein* with a conscious *Bewusst-Sein* via enhanced expression of astrocyte receptors.



#### Biography

Quantum physicist (Ph.D. 1977), Analytical Psychologist (C.G. Jung Institute Zürich 1988), Swiss licensed Psychotherapist ASP. Psychiatric research and clinic with specialisation in psychosis since 1985. Psychotherapy practice in Zürich since 1988. Medical hypnosis since 1992 with emphasis upon treatment of infectious, genetic and psychoneuroimmunological disturbances. Lecturer, trainer, supervisor, director of regional intervention group of the SMSH (Swiss Medical Society of Hypnosis) since 1996. Scientific publications/books: *Death by Imagination: The Secret of psychogenic Death* (2009); *Self-Healing by Imagination* (2010), *Biunity (İkilibilik)* (2008); *Klick! Why we sometimes know something that we actually can't know* (2015); *Fantasy Therapie: Rediscovering Reality in Fantasy* (2015).

#### Paper 5.6.3

##### Mirrors over the Bridge, a technique for change, 30 years on

##### Leon Gevertz

A clinical technique is briefly described, demonstrated and taught which uses (a.) direct removal of negative feelings/ideas by "Dumping Mental Rubbish", their replacement with positive ideas / feelings. (b.) Time progression using mirrors, one of which moves forwards in time, enabling the patients to see themselves succeeding in changing. When the patient has seen themselves succeeding and have become their new self they bring back to the present how they have achieved their desired result. The technique is usually carried out in one session. I have used it for, Pain, Medical and Dental Anxiety / Fear, Gagging, Phobias, Ego- Strengthening and especially Smoking Cessation (500+ cases), Habits, Performance anxiety. The technique described is still evolving, even after 30 years, initially based on ideas by Geoff Graham, as I attend meetings and treat patients, modifications are tried, and if successful, incorporated. The importance of History taking and Rapport cannot be overstressed, as is the Patient's Motivation to change. The technique is usually carried out in one session of between 1 - 1 1/2 hours. I believe any therapy / treatment should be simple and progressive so that it can be terminated by the patient or therapist at any stage.



#### Biography

BDS LDS RCS. UCH London 1972, DCH Sheff. Accred 1993, FBSCAH 2007

General practice 1973-2006 2010-present

Assistant Clinical Director Bedfordshire 2006-2010

Tutor Luton Dunstable Hospital 2006 -2014, VDP teacher 15 yrs.

Hypnosis used since 1980 .

Taught on London courses from 1994.

Presented ESH Netherland, Budapest, Munich (ISH), RSM, BSMDH, BSACAH, BSECH conferences and courses. UCL

Section 63 courses NHS. Edited Primer of Hypnosis

Paper (1996) Mirror-mirror on the Wall Contemporary Hypnosis 13, 80-83

Chair/ Treasurer BSMDH, BSCAH Mets & South.

National Council BSECH, BSMDH BSCAH

Married to Linda 2 Children and 1 1/2 grandchildren

Hobbies Golf, Boating.

#### Paper 5.7.1

##### Introducing hypnosis

##### Kathryn Kinmond

Arguably, stage and celebrity hypnotists such as Paul McKenna have damaged the reputation of hypnosis and any trust of those practising it, for many people. Currently, there is little sound empirical research to support its use. Yet, the benefits of appropriately led hypnosis are evident both to those practicing hypnosis and also to those engaging with it. This paper presents details of two clients who presented to my private counselling practice for whom I felt hypnosis would be beneficial. Both were very sceptical of hypnosis at the outset. This paper will outline their initial fears and resistance, and then discuss their respective journeys through therapy; a major part of which included hypnosis. Details are given regarding steps taken to alleviate and address the clients' concerns. Relevant hypnotic techniques used are also discussed. As hypnosis struggles to regain a respectable academic position within medicine and allied professions the paper will present academic justification for the strategies employed. It will also suggest ways in which a more robust empirical base for hypnosis might be developed.



### **Biography**

Kathryn is a member of BSCAH, a Chartered Psychologist, Chartered Scientist and Associate Fellow of the British Psychological Society, and a Registered and Accredited member of the British Association of Counselling & Psychotherapy (BACP). She is also a Senior Associate of the Royal Society of Medicine. She has over 25 years' experience of working in Higher education as a senior lecturer and researcher. Most recently she has also been Faculty Chair of Research Ethics and Governance. Her research looks at faith-based abuse and also patient experience in health-care. She is an executive member of the division of Spirituality with the BACP. She has a private therapeutic and supervision practice and integrates hypnosis with core therapeutic counselling techniques.

### **Paper 5.7.2**

#### **Hypnosis for Prevention, Diagnosis and Treatment of Cancer**

##### **Linda Harel**

A case of metastatic colon cancer in a 25 year old man is presented with initial hypnotic intervention to relieve severe side effects of chemotherapy and immunotherapy. Suggestions were both for reframing side effects and for adding mindful meditation for increasing effectiveness of therapy.

Outstanding preliminary results of treatment are presented along with hypnotist's impression of what is and what is not feasible when incorporating hypnotic intervention in cancer treatment in a case with very poor prognosis.

A short summary of the literature available for uses of hypnosis in preventive measures, diagnostic procedures, therapeutic interventions and survivor support is presented.



### **Biography**

Linda Harel is an Obstetrician/Gynaecologist and the deputy head of the Ob/Gyn department in Myney Hayeshua Medical Center in Bnei Brak, Israel.

She runs the third most active delivery room in her country with over 13,000 births a year.

She has been practicing medicine for over 30 years.

She obtained her Israeli license to practice hypnosis in 2014. In Israel one has to have a license (granted by the ministry of health) in order to practice hypnosis. This involves a one year course and an exam. Only doctors, psychologists and dentists are allowed to study hypnosis and may practice only with a license and only in one's own field.

### **Paper 5.7.3**

#### **Ideomotor signaling – unlocking hidden potential in a case of cancer related pain**

##### **Hansjoerg Ebell**

*Case history:* A decisive modification of morphine side effects and relief of suffering could be achieved. Having cancer of the kidney and progressive bone and lung metastases Mr. S, 69 years old, experienced good pain relief through morphine. Under its influence, however, his terrifying experiences as a young soldier in World War II were actualized in his dreams. He had for weeks been caught up in a "lose-lose"-situation in which he could either suffer from his pain or from his past. After his "unconscious mind" had agreed, through finger signaling in hypnosis, to resolve this dilemma, the morphine medication continued to be entirely effective as a pain relief, and, during the remaining six months he was to live, it no longer caused the unwanted side effects.

Since any real chance for decisive modifications must originate within the immanent potential of the patients themselves as unique living 'systems', with their own experiences, values, resources and hindrances, hypnosis and self-hypnosis, combined with ideomotor signaling, can be invaluable tools for unlocking hidden potentials for change.

After a detailed description of my therapeutic exchange with Mr. S, I will outline some general conclusions for "unlocking potentials" in the work with cancer patients through hypnosis and self-hypnosis.

### **Biography**

Hansjoerg Ebell, MD, specialist in psychosomatic medicine and psychotherapy, worked in anesthesiology (1976-80) and intensive care medicine (1980-83) before pioneering the interdisciplinary access to pain therapy at Munich University Clinic (1983-92). His interest shifted to using hypnosis in order to help patients deal with psychological issues related to medical care, resulting in a research project (1988-91), funded by the German Cancer Society: "Self hypnosis as an adjunctive measure in patients with cancer related pain" (paper: ISH Paris 2015); since 1992 in private practice. From 1984 Ebell worked as a teacher and supervisor in the field of clinical hypnosis.

### **Panel 5.8**

#### **Case Study Presentations: Integrative Hypnotherapy in Clinical Settings**

This panel focuses on the using the Integrative Approach with emphasis on the use of hypnotherapy in the treatment of the cases presented.

## **Integration of Hypnosis and Dynamic Psychotherapy**

***Betul Sezgin & Tahir Ozakkas***

A wide range of treatment methods are used depending on the disease, patient and the therapist who administers the treatment. Hypnosis is one of the options. It can be integrated to any chosen treatment as a relaxation technique, and can be combined with various other psychotherapy techniques as well. Technically, dynamic therapies attach importance to disclosing the unconscious processes by analyzing them. We cannot change our past but we can change our feelings about the past. We can also change the way of these traumatic memories cognitively processed. The psychodynamic-oriented therapy enables us to reorganize the past memories because of the fact that memory is plastic. It changes the way we experience the memories. It aims the restructuring personality and requires a long time. That is why the integration of hypnosis to dynamic therapy methods is helpful in shortening the duration of treatment, increasing its effectiveness and maintaining its continuity. However, throughout history the view that hypnotic suggestions are directive and they contradict with the dynamic approach has caused its neglect. Nevertheless, hypnotic studies that are structured based on cooperation with the client and that are implemented by abstaining from directly steering the client. Symbolic processes, memories and feelings are accessed easier which eases the exploration and revealing which are among the most important dimensions of dynamic psychotherapy.

## **Case Study - The Place of Dynamic Hypnotherapy in Aviophobia**

***Betul Sezgin & Tahir Ozakkas***

A 38-year-old male patient came in with complaints of tachycardia, perspiration and intense anxiety that used to start before boarding the plane had been going on for 10 years. The client's medical history was taken and it was determined that he was eligible for being treated with hypnotherapy. A 12 week treatment plan was made.

In the first step, the work aimed him to develop skills to control his acute anxiety state, and this was done by relaxation and ego strengthening techniques. In addition, he was trained to control the physiological signs of the panic disorder with breathing techniques. In the second step, his regression to the first time when he experienced this feeling was provided with the affect bridge technique. The client was regressed to his oedipal period when he was 5 years old, it was worked on his oedipal conflicts based on the mother-father-child triangle and therefore his emotion neutralization was provided. An analytic study was done regarding the symbols that emerged as a result of the hypnosis session and dreams. Flight rehearsals were performed with the exposure to hypnotic trance method. The connections of his fear of his panic attack and his anxiety emotions with his oedipal and adolescence periods were uncovered.

## **Integrative Hypnotherapy in Vaginismus Treatment**

***Ender Vardar***

According to the literature review and our case examples, we observed that the integrative hypnotherapy support, in which cognitive behavioral, psychodynamic and existential therapy techniques were implemented under hypnotic trance, increased the effect of the patient's experience, eased learning by experience, helped breaking the resistances that occurred in the therapy, increased the practicability of homework assignments, allowed more effective imagination, helped focusing attention and enabled easier and more effective relaxation. In addition, vaginismus therapy can be more effective with hypnotherapy by changing the systematic mistakes in thought and faulty learning, evaluating the options of alternative thoughts with the practices under hypnosis, relaxation instead of the quasi-panic attack experience during sexual intercourse, providing relaxation and self-confidence, working on the problems originating from the oedipal or preoedipal period over hypnotic metaphors in accordance with the vaginismus formulation of the dynamic theory, revealing sexual harassment – if any – with hypnoanalysis, regulating and reframing it. Hypnosis has come into the picture as a method that enhances the efficiency of the existing practices of the other therapy methods. As hypnotherapy allows for the implementation of many therapy techniques, enables experience and helps breaking the resistances that occur during therapy, these features of it are thought to be the basic ones in making it an effective therapy method.

## **Retrospective Study of 182 Vaginismus Patients**

***Ender Vardar & Tahir Ozakkas***

Vaginismus is characterized as the pain and fear felt and a unwilling muscle tension that disables sexual intercourse to happen that causes sexual dysfunction for the women. In Turkey it is found in 10% of the population and amongst the most frequently complained about. Hypnotherapy is applied next to many other psychotherapeutic techniques such as CBT, dynamic therapy, group therapy and such. It is also commonly used for vaginismus patients and will continue to be used more commonly in the future. It is especially helpful in those who do not complete homework exercises at home, who have high anxiety and those stubborn type patients.

With the "tightfist technique" hand relaxation can be applied to vaginal relaxation, analgesia can be applied for painless intercourse, finger or vaginal dilators can be applied under trance, and person can imagine to having intercourse under trance are extremely helpful techniques with positive outcomes. Using metaphors, ego strengthening techniques, auto-hypnosis have been found especially helpful in stubborn patients.

In this study we will present a retrospective study of a group of 182 patients that have applied with vaginismus problem. Out of 182 subjects, 93.4% of those had completed treatment successfully in 12 sessions. We have found from literature and our own experience that under hypnotic trance, integration of behavioral, cognitive and dynamically oriented techniques increased experienced based learning; imagination was done more vividly and effectively, homework was done experientially, relaxation was easier and more effective. In addition, faulty thoughts, alternative thought inducement is done easier with hypnotic suggestions. During intercourse, relaxation instead of panic attacks, self-confidence is found more readily available. Oedipal or preoedipal conflicts are solved with proper imagination techniques and any sexual assault or sexual abuse related trauma is worked on with hypnotherapy. All these are factors which increase the treatment rate of vaginismus patients.

### **Workshop 5.9**

#### **Therapeutic storytelling : a weapon against hate ?**

**Marie-Jeanne Bremer**

An African tale « The quarrel of two lizards » also entitled « Nothing kills everything » illustrates the escalation of a simple quarrel between two lizards towards a catastrophe. For some years we seem to have had an increase of the phenomenon of radicalisation and hatred. It seems highly important to consider what possibilities we can adopt to prevent radicalisation of young people, or to prevent the installation of hatred in an individual or in a community. Incitement to hatred uses stories: stories of good and bad, of God and the Devil, of the glorification of wars and martyrs. Can we infiltrate this narration by therapeutic stories of an opposite direction, as an antidote?

Three main aspects are interwoven in this workshop

1. Considerations and some theoretical background about the phenomenon of radicalization and hatred
2. Some stories or tales from the intercultural heritage of storytelling
3. Encouragement for the exchange of experiences in the group and the construction of therapeutic stories



#### **Biography**

Marie-Jeanne Bremer is a graduate psychologist of the University of Liège in Belgium. In the period from 1973 to 2016, she worked at the Ligue Luxembourgeoise d'Hygiène Mentale in Luxembourg, a mental health organization. Special domains include the treatment of anxiety, depression, PTSD and dissociative disorders as well as the counselling for families of psychotic or suicidal patients. Since her retirement in November 2016, she is committed to Mosaïques.lu, a non-profit association for promoting mental health and integration of migrants. She is trainer, foundation member and member of the board of the Institut Milton H. Erickson of Luxembourg.

### **Workshop 5.10**

#### **Hypnosis by the body: an alternative to change in chronic processes**

**Bruno Dubos**

English Translation: All of us during our learning of hypnosis, and through our experience, developed skills and strategies to build with our patients a hypnotic state and induce a process of change. These skills mobilize our ability to use language in such a special way by mobilizing the creativity of our patients, at least for a good part of them. Yet we all know "these great moments of loneliness" or nothing happens and or our strategies fail one after the other ..... Some of our patients have lost their creativity, they have stopped and become impoverished, especially when they are entering a process of chronicity. Yet there are other ways to get in touch with such discouraging patients by using what is immediately within reach and always mobilizable: The body. This video workshop aims to illustrate the therapist's possibilities to observe the body of the patient, to identify the body's inscribed resources and its emotional anchorages, and to use them to create hypnotic trance (often in a simple and fast way) To allow the patient to restart physically and emotionally.

#### **Biography**

Not Available

### **Parallel Session 6**

**16.00 – 18.00**

#### **Paper 6.1.1**

#### **The last 24 Hours of Life – How we can Help Patients to Die in Peace?**

**Stefan Hammel**

Hypnotherapeutic Approaches with Dying Patients and their Families

This workshop addresses the question of what we can do for dying people and their families except for palliative care. What is helpful in communication during the last hours of life?

The perspective of this workshop is twofold, bringing into dialogue the millennium-old pictorial traditions of religion with techniques of hypnotherapy like pacing- and leading strategies, the use of metaphors and the utilization of values and convictions of the dying patient and his or her families.

In particular the seminar addresses the questions:

- How can we communicate with dying patients – verbally and nonverbally?
- Which words can we choose that they will understand and find relevant in their situation?

- How can we perceive and interpret nonverbal responses from patients in coma?
- How can we ease the fears and griefs of dying patients?
- How can we reduce pain or breathing problems while we speak with patients?
- How can we help dying patients to let go of life instead of struggling for survival?
- How can religious imagery (the shepherd, heaven as a home, as a meeting place) be used by helpers and for dying persons without any strong religious conviction?

The workshop gives case examples of how hypnotherapeutic and spiritual help can be combined – often in secularized (non-religious) contexts. It shows a number of interventions which can be transferred to other situations and which can be used also by non-religious staff respectively in the encounter of patients without any clear religious background.



#### **Biography**

Stefan Hammel, born in 1967, is working as Ericksonian hypnotherapist, systemic therapist, protestant chaplain, head of the Institute for Hypno-Systemic Counseling in Kaiserslautern, Germany, as well as author of books and media for hypnotherapeutic and systemic practice. The focal point of his work lies in the field of family therapy, depression, anxiety and trauma, as well as working with patients and their families in hospital. In his therapeutic approach the use of metaphors, utilisation techniques, multilevel communication and nonverbal techniques of pacing and leading form a network of therapeutic interventions for changing the focus of attention towards resource perspectives.

#### **Paper 6.1.2**

##### **A handshake, a handshake - Erickson Hypnosis, palliative care: review and reflections in psychotherapy in the end of life**

##### ***Fabio Glielmi***

A report use experiential psychotherapy with terminally ill patients. The use of psychotherapy in oncological diseases such as non-healing hope, but as a tool to resize the experience of illness and death for the patient and for his familiari. Utilizzo of direct and indirect techniques, stages of the disease process and management of the patient's family.



#### **Biography**

Psychologist - Psychotherapist, specialized in business consulting and human resource development.

Specialized in Communication Techniques (NLP First institute by R. Bandler) He has worked with the European Ph.D. On Social Representation and Communication for organizing several international events. Associate Professor at the University of Rome Studies: Rome 3; European University of Rome and at the School of Psychology at the University of Salamanca for the ISSE (International Summer School of Entrepreneurship).

Since 2010 he has been working with several national and multinational companies as a HR consultant for development and re-evaluation plans. Since 2013, WorkplaceOption Consultant for multinational companies specializing in the development of inter-business social dynamics, mourning and related work stress.

Over the last 6 years, he has held more than 400 lectures at various companies on HR topics such as communications, teamwork, time management and relationship management.

He published insights on non-verbal communication with Treccani and various internet sites. For more information: [www.consulenzapsicologica.it](http://www.consulenzapsicologica.it)

#### **Paper 6.1.3**

##### **How it works when nothing works anymore**

##### ***Allan Krupka***

Behaviour guidance and hypnotic communication in critical borderline cases of paediatric dentistry and dentistry with handicapped children.

The treatment of hundreds of referred „non treatable“ children and many handicapped children caused within the years a lot of experience in successful handling of such situations.

The main goal is to build up and to maintain a good rapport.

In the meantime it is a nearly standardised procedure that creates and establishes the positive contact with the young clients and enables their successful treatment.

Because it is good to recognize the details which are to be taken into account within the communication with the child, as well as with its parents I will present also some videos of typical treatment workflows, recorded in my office.

Sometimes pictures say more than thousand words.





### Biography

1955 Born in Sumperk in Cech Republik

1984 Doctorate in medicine in Vienna

since 1986 Dentist in Vienna in his own office

1993 Education in dental hypnosis

since 1997 Chief instructor, speaker and supervisor of the Curriculum "Hypnosis and Kommunikation" for medical doctors, midwives and physical therapists in Austria

since 1998 Founding president of the ÖGZH. "Austrian Society of Medical and Dental Hypnosis"

since 2001 Chief instructor and the responsible for the diploma of the Austrian Medical Chamber in "Dental Hypnosis and Kommunikation"

International lecturer

Trainer and supervisor of the DGZH (German society of dental hypnosis)

Scientific Advisory Board of the DGZH

### Paper 6.1.4

#### Psychological interventions influence patients' attitudes and beliefs about their chronic pain

##### Audrey Vanhauzenhuyse

Background: Patients' changing attitudes and beliefs about pain are considered as improvements in the treatment of chronic pain. Multidisciplinary approaches to pain allow modifications of coping strategies of patients, from passive to active.

Methods: We investigate how two therapeutic treatments impact patients' attitudes and beliefs regarding pain, as measured with the Survey of Pain Attitudes. We allocated 415 patients with chronic pain either to psychoeducation combined with physiotherapy, self-hypnosis combined with self-care learning, or to control groups. Pain intensity, global impression of change, and beliefs and attitudes regarding pain were assessed before and after treatment.

Results: Our results showed a significant effect of psychoeducation/physiotherapy on control, harm, and medical cure SOPA subscales; and a significant effect of self-hypnosis/self-care on control, disability and medical cure subscales. Correlation results showed that pain perception was negatively associated with control, while positively associated with disability, and a belief that hurt signifies harm. Patients' impression of improvement was associated with greater control, lower disability, and lower belief that hurt signifies harm.

Conclusions: This study showed that self-hypnosis/self-care and psychoeducation/physiotherapy were associated with patients' evolution of coping strategies from passive to active, allowing them to reduce pain perception and improve their global impression of treatment effectiveness.



### Biography

Audrey Vanhauzenhuyse, PhD, is postdoctoral researcher and neuropsychologist at the Algology and Palliative Care Department of the University Hospital of Liège in Belgium. Since 2006, she has outstanding expertise in the study of altered state of consciousness (coma, vegetative/unresponsive, minimally conscious and locked-in syndrome patients), as well as in modified state of consciousness such as hypnotic state. She developed clinical and neuroimaging research protocols to better understand mechanisms of hypnosis in healthy volunteers and patients with chronic pain. She is the author of many articles in peer-reviewed national and international journals.

### Workshop 6.2

#### How professional mistakes can unlock hidden potentials and be learning opportunities, for therapist and patient. A Two Voices Workshop

##### Susanna Carolusson & Camillo Lorio

Jean Jacques Rousseau: "the only way of avoiding mistakes is ignorance".

It is important for therapists, not to ignore mistakes, but use them as learning experiences for both clients and ourselves. Admitting mistakes reduces the gap between therapist and patient, helps the patient to realize that the therapist is human, and demonstrates the therapist's authenticity. It can also help to induce therapeutic change, a "corrective emotional experience". The presenters consider mistakes and errors, compassion and involvement, as crucial ingredients in each therapeutic relation.

Susanna, now an experienced individual therapist will share what she learned from mistakes she did long ago as a beginner, and also the kind of "mistakes" which are enactments of the client's negative past relations, which often happen in the first interview.

Camillo as a family therapist consider this theme as one of the most useful ways to understand the patients' relationship with the therapist and with their families. Camillo will present cases in which the therapist's mistake became an important cue to therapeutic solution.

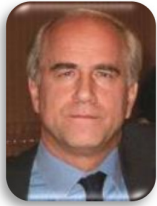
After this introduction there will be a Q&A discussion with the audience, and if time; an opportunity for sharing in small groups: your professional mistakes and what you learned from them, followed by a future oriented group hypnosis on this issue.



### Biography

#### Susanna Carolusson

MSc. Psychology, Lic Psychologist, Lic Psychotherapist, Certified University supervisor and teacher, hypnotherapist, body psychotherapist, organisational psychologist. Started in paediatrics 1979, continued in psychiatry with adults, then started a private practice as a therapist and organisational psychologist. Educational director in several of the educations for Swedish Society for Clinical Hypnosis. Published two books, co-authored four books and written 20 articles on hypnosis and psychotherapy; clinical, scientific, existential, trauma, brain injury and communication. Honorary member, past president of SSCH, a delegate in the ESH COR, and in the committee of the recently founded EST-I. Practising, teaching, supervising colleagues in psychotherapy, hypnosis, family therapy, rehabilitation. Therapist for psychology students at Gothenburg University. Supervising physicians, psychologists and teams in community health-, trauma- and pain clinics. Frequently invited teacher at International congresses.



### Biography

Professor of Psychiatry and Psychotherapy in Sapienza University of Rome.

Director of the *Psychiatry and Eating Disorders Unit*, in the Policlinico Umberto I, Hospital of Rome.

Private Practice, Rome, Italy

Hypnosis Societies Appointments

Past President, International Society of Hypnosis (ISH).

Past President, European Society of Hypnosis (ESH).

President of the Italian Society of Hypnosis (SII).

President, Società Italiana Milton Erickson (SIME).

President, Italian Society of Psychotherapy (SIPSIC).

Member of the Board of Directors, Milton Erickson Foundation.

### International Awards:

In 2001 received the Milton H. Erickson Lifetime Achievement Award *for outstanding contribution to the field of Psychotherapy*.

In 2011 received the Fellowship of ESH, *in recognition of his outstanding contribution to the European Society of Hypnosis*.

In 2012 received the highest ISH honor, the Benjamin Franklin Award, for the *highest achievement in promoting academic and clinical efficacy of hypnosis worldwide*.

In 2012 received the *Shirley R. Schneck Award* from the Society of Clinical and Experimental Hypnosis (SCEH) for *the Physician who made Significant Contributions to the Development of Medical Hypnosis*.

### Publications

He has authored over 370 scientific papers and 32 books, among them:

LORIEDO, C., VELLA, G., *Paradox and the Family System*, (English Revised Edition), Brunner/Mazel, New York, 1992.

LORIEDO, C., PETER, B. (Eds.), *The New Hypnosis: the utilization of personal resources in Ericksonian practice and training*, Hypnosis International Monographs, Munich, 2002.

LORIEDO, C., ZEIG, J.K., NARDONE, G., *Tranceforming. Ericksonian Methods*, Milton Erickson Foundation Press, Phoenix, 2010

### Workshop 6.3

#### How to confidently Cure Anxiety and Panic in just 4 x 30 minute consultations

##### Patrick McCarthy

This workshop will cover historical intake (how to take a useful history), the profound parasympathetic predominance of self-hypnosis, the displacement and replacement of unwanted emotions/thoughts/feelings and images and how to think like an optimist.

There will be a demonstration of the above with a simultaneous Powerpoint micro-analysis of the hypnosis involved.

### Biography

Trained as a medical doctor MB CHB 1980 Glasgow Scotland

1991 Attended first training in hypnosis NZSH 1992 Gave first workshop in hypnosis

1993-5 and 1997-1999 President of NZSH

1992 till present day Hypnotic workshop presenter and keynote speaker in Auckland, Wellington, Christchurch, Dunedin, Gisborne, Greymouth, Wairoa Invercargill Masterton (NZ)

Sydney x 2, Melbourne x 5, Perth x 3, Brisbane, Adelaide, Fraser Island and Norfolk Island (Australia) New York, San Diego x2 , Phoenix (USA) Los Angeles x 2 Vancouver, Banff (Canada) Glasgow x2, London, Birmingham (UK) Paris (France)

Author of Relax : Say Goodbye to Anxiety and Panic and

Quit: Say Goodbye to Smoking

Playwright 2014 Immaculate Deception - a murder mystery play concerning hypnosis.

#### **Workshop 6.4**

##### **Unveiling Hidden Health Resources**

**Walter Schweizer & Gary Bruno Schmid**

Your organism intuitively knows what it needs for health. Every defence and healing process, whether induced through injury or illness, ultimately serves self-protection and self-healing. Modern, evidence-based medicine has come to the insight that the patient - one's own 'inner healer' - plays an essential role in both the course of illness and of healing: *'Every healing is ultimately a self-healing/Imagination as elixir.'*

Trance, vitalised in imagination by six salutogenic factors (A. Antonovsky, G. B. Schmid) and their narrations and empowered with medical hypnosis, helps one successfully challenge difficult life situations such as those posed by severe illness.

The methods of medical hypnosis and the narrative creation of an individually designed relaxation and self-healing mythos enables one to employ their imagination as a remedy by actively mobilizing one's own self-healing powers within the context.



##### **Biography**

Quantum physicist (Ph.D. 1977), Analytical Psychologist (C.G. Jung Institute Zürich 1988), Swiss licensed Psychotherapist ASP. Psychiatric research and clinic with specialisation in psychosis since 1985. Psychotherapy practice in Zürich since 1988. Medical hypnosis since 1992 with emphasis upon treatment of infectious, genetic and psychoneuroimmunological disturbances. Lecturer, trainer, supervisor, director of regional intervision group of the SMSH (Swiss Medical Society of Hypnosis) since 1996. Scientific publications/books: *Death by Imagination: The Secret of psychogenic Death* (2009); *Self-Healing by Imagination* (2010), *Biunity (İkililik)* (2008); *Klick! Why we sometimes know something that we actually can't know* (2015); *Fantasy Therapie: Rediscovering Reality in Fantasy* (2015).

#### **Panel 6.5**

##### **Clinical Case Presentations**

This panel focuses on clinical case examples that can be considered exemplary. Real case video recordings will be shown in each of the presentations. Integrative psychotherapy was used in the treatment of these patients with emphasis on methods of hypnosis.

##### **Case Study Returning the Host Alter in DID Patient**

**Reyhan Ozakkas & Tahir Ozakkas**

This is the case study of a single session with a female patient with DID. In consultation the patient was behaving, talking and mental capacities were like a 5 year old. She was scared to be alone therefore persuaded to stay in the room with her eldest daughter by her side that seemed to be mothering as if she was mothering a child.

She was induced into deep trance using a children's game. Hypermnnesia and ecmnesia were applied. The traumatic events were reenacted in order to see at which age the "child alter" had presented itself. The child was presenting itself for the past 10 years which could last from days to months. At those times the patient tried to run away from home, going outside of the house, not completing her responsibilities and had tried committing suicide several times. Under hypnotic trance "the host" alter was invited. It was suggested that the host alter take control of the body. Through negotiations with alters, post hypnotic suggestion was made that she would wake up with the host alter in control, return to her healthy self and that she continued the treatment. After the patient had returned to her 'normal' self the session was concluded. There is a video recording of this session which will be presented in pixilated form.

##### **Case Study Geriatric OCD Patient**

**Nimet Zenginir Kirisci & Tahir Ozakkas**

65 years of age, married, 3 children and 5 grandchildren. Had obsessions of contamination which followed with compulsions of cleaning and staying clean. She mentioned she had been an OCD type the past 10 years. She washed her hands often, couldn't have guests in her house, had her set of clothes for outside and inside.

Psychohypnotherapy with cognitive and behaviorist methods in focus was used. Ego strengthening methods were applied to obsessions related to cleaning as well as confrontation, response prevention, and systematic desensitization. After intervention the patient continued her life symptomless but every three to six months she would reapply and ask for ego strengthening and desensitizing work under hypnosis.

During one of the sessions, the dynamic roots of her OCD problem rose under hypnosis and were investigated further. When the patient was 18 years old, she had romantic love feelings for a man who lived in her neighborhood. These obsessions and compulsions were related to her thoughts of "What if I start yelling in front of everyone that I was in love with this man." This fear which was induced by her mental thoughts in relation to this man led her to feel dirty and to develop compulsions of cleaning. When these thoughts and fears were shared with her family the effect of these compulsions faded. Her treatment sessions were recording all throughout. 5 minute video will be shown in pixilated format.

### **Contraindication Risk under Hypnotic Trance Trauma Activation Leads to Attempted Suicide**

***Tahir Ozakkas***

This case sets an example of when hypnotic trance induction might be risky.

Female patient, symptoms of depression and suicidal thoughts, exposure to sexual abuse and sexual assault multiple times including some of the therapists she had been to. Her life was full of trauma. She was diagnosed with schizoid and schizotypal personality disorder as well as a depressive character.

The patient started integrative dynamically oriented psychotherapy. In one of the sessions where hypnotic induction was applied, the patient went to one of her memories of rape. This traumatic scene reenacted where the patient felt helpless and desperate. With a blind impulse she headed towards the window in an attempt to throw herself out. With the immediate intervention of the therapist the patient was saved and secured back inside the room. When she was out of the traumatic moment and back to reality, she described what had happened as severe helplessness faced with her rapist again pertaining as the therapist. When she saw the window she saw this as an option of escape and wanted to die.

While working with hypnotic trance induction in therapeutic settings one should be aware of risks of trauma reenacting and emerging which could create potential risks for the therapist. The ego should be strengthened before such studies where it could be a preventative method in dealing with trauma patients.

This case shows us how important it is to creating a safe environment beforehand which should prove safety of the patient and the therapist. The whole treatment of this patient was under video recording. A scene from the session will be shown pixilated.

### **Sexual Trauma behind Panic Disorder Trauma of an Adolescent who was Sexually Abused by an Elderly Woman**

***Ahsen Ozakkas, Tahir Ozakkas & Meliha Tuzgöl Dost***

38 years old patient with generalized phobias: staying alone, sleeping in the dark, going to the cemetery, coffins, dead people, sound of the ambulance and closed spaces. He had distress in his sexual relations with his wife and also a reoccurring nightmare.

Under hypnotic trance, hypermnesia, ecmnesia was induced. In one of the sessions a traumatic memory was activated from 5 years of age in which he saw one of his friends being murdered by a truck right in front of him. He mentioned seeing his friend's naked body being washed at the mosk, enshrouded and watched the prayer ritual from afar.

Second significant event happened at 17 years of age. His first sexual encounter with an elderly widowed woman in his town was traumatic and caused feelings of panic and guilt which pertained into his relations with his wife. These sexual relations continued for months; a part of him really wanted to be with her while another part of her had the fear of being caught and accused guilty by the townspeople.

Later in depth studies showed patient's panic attacks were related to the reoccurring nightmare. Further techniques of hypnodrama, desensitization work and methods to help increase cognitive insight helped conclude the treatment process. All of this treatment process was recorded and there will be a 5 minute video shown pixilated.

### **Case Study Fear of Death behind OCD**

***Sahin Ucar & Tahir Ozakkas***

60 years old female, married with 4 kids and 8 grandkids. She applied to the clinic because of her obsessions. They had been living and working abroad and decided to move back to Turkey after her husband retired. They made a big mansion like house in the suburbs where she is originally from. She had many obsessions regarding the symmetry, cleanliness towards the new house. She wasn't able to go into the house. She had been to several other therapists for solving her OCD but wasn't successful.

Under hypnotic trance sessions, it was finally obvious why other CBT focused therapies were not successful because the reason behind her obsessions was the fear of death which was never worked on. From the townspeople it was found out that where this new house was built was actually where the old cemetery used to be.

There is a cultural belief that, this house will bring death and it won't be fortunate to live on top of a cemetery. The people who live in such a house might die, including their children and grandchildren. She had worry that there would be death in her family. She wasn't able to put these worries to words and express them directly but they existed unconsciously which pertained as OCD symptoms as a mechanism to avoid her going into the house. All sessions were under video recording and a 5 minute pixilated video will be shown.

## Workshop 6.6

### Hipponosis – Helpig Children Help Themselves

**Linda Thomson**

The workshop will describe hypnotic interventions that can be used with children and adolescents with medical or psychological challenges.

Hypnosis not only gives the child a tool to better cope with or 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. How to match hypnotic strategies to the developmental level of the child will be illustrated by using video clips. The principles and practice of integrating hypnosis into clinical encounters in child and adolescent healthcare for a variety of common pediatric habit disorders, anxiety and pain will be presented.



#### Biography

Education: Hartwick College, Northeastern University, University of Massachusetts.

Employment: Nurse Practitioner in primary care and medical hypnosis

Pioneer Valley Pediatrics, Enfield, CT & Longmeadow MA

Springfield Medical Care Systems, Bellows Falls, Springfield & Ludlow, VT

Co-Director, Hypnovations: Clinical Hypnosis Education and Training Programs.

Memberships: Past President, American Society of Clinical Hypnosis

Past President, New England Society of Clinical Hypnosis

Past President, Northeastern Mountain Society of Clinical Hypnosis

Member, International Society of Hypnosis

Honors or Awards: Approved Consultant in Clinical Hypnosis

Diplomate, American Board of Medical Hypnosis

Hartwick College Distinguished Nursing Alumna Award

Fellow, American Society of Clinical Hypnosis

Diplomate, American Board of Hypnosis in Nursing

Award of Merit, American Society of Clinical Hypnosis

William Wester Award for Excellence in Clinical Hypnosis

Advisory Editor, AJCH

Publications: Harry the Hypnototamus: Metaphorical Tales for Children, Volumes I and II.

Stress Free Surgery: A Self Relaxation Program to Help you Prepare for and Recover from Surgery

Book chapters, professional journal articles

Presentations: ASCH, SCEH, ISH, ESH

## Workshop 6.7

### Refugees and Asylum Seekers in the UK

**Geoff Ibbotson**

There will be an advanced workshop Refugees and Asylum Seekers in the UK presented by Dr Geoff Ibbotson. This workshop is suitable for those who may come in contact with refugees or asylum seekers in their professional life. The use of imagery and metaphor will be demonstrated using case vignettes. The challenges of working with language and cultural differences will be considered. Social interventions and challenges in providing therapy for this group will be addressed. Participants will understand the importance of befriending and social inclusion as a major part of interventions.



#### Biography

Born:

Bradford, West Yorkshire

Occupation:

Independent Medical Practitioner

Hypno-psychotherapist (UKCP Registered)

Clinical supervisor of therapists

Previous Appointments:

GP Principal 1973 to 1995

Psychological Therapist in Primary Care Mental Health Unit, Bury 1996 to 2010

Memberships:

Fellow of the British Society of Clinical & Academic Hypnosis

UK Register of Expert Witnesses

Publication:

Treatment of PTSD using Trauma-Focussed Hypnosis (Contemporary Hypnosis Vol. 27, No 4, 2010)

Book contribution:

Post Traumatic Stress Disorder

Working transculturally



### **Workshop 6.8**

#### **Hypnotic-Motivation-Generators (HMG): Hypnotic techniques for creative enhancement of motivation**

**Udi Bonshtein**

A relationship exists between motivation, initiative and change. Specifically, it is believed that motivation is a crucial component when it comes to change. Motivation has the ability to improve outcomes, boost collaboration, enhance the therapeutic process as well as ultimately increase the likelihood of a successful hypnosis experience. In instances where motivation for change does not appear to be stemming from within the patient but instead from their surrounding environment, such as parents, spouse, etc. the recommendation is to not engage in treatment until 'real motivation' for change is present.

Workshop agenda and design: A hypnotic adaptation to Miller & Rollnick's 'motivational interviewing' will be presented. The participants will learn about, and experience hypnotic enhancing motivation methods, or what we term as: Hypnotic-Motivation-Generators (HMG). The theoretical viewpoint driving the methodology presented postulates that motivation (just like hypnosis itself) is an interpersonal phenomena. This particular workshop experience is geared towards participants who work with patients, with challenges in the area of motivation and enjoyment. Through the workshop experience, the clinician, and later the patient will be given the ability to enhance motivation and apply it to foster positive change.



#### **Biography**

Ph.D: Ben-Gurion University of the Negev, Israel: 2003. M.A studies in clinical psychology, Ben-Gurion University: 1997. License in clinical psychology: 2001; licensed Supervisor in clinical psychology: 2007; license in medical psychology: 2012.

Hypnosis: License in hypnosis: 2002. License in scientific hypnosis research: 2007. Licensed trainer of hypnosis: 2008.

Works as senior clinical psychology in the Galilee Medical Center from 2004, chief psychologist from 2011. Founder, manager and teaches in 'Mutuality – licensed institute of hypnosis studies'. President of the Israeli Society of Hypnosis from 2013. Author of 2 professional books ('The inside eye', 2011 and 'Hypnosis – Mind over body', 2014) published in Israel, and professional papers (published in Israel and worldwide).

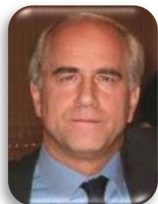
## **Saturday 26th August 2017**

**Invited Address 3 08.30 – 09.10**

#### **Dissociative Disorders and Traumatic Experiences: the Therapeutic Relationship and Treatment**

**Camillo Lorio**

Connecting and Integrating different parts into a functional and unified self. Dissociation can be described as the failure to integrate information and self-attributions that should ordinarily be integrated, and as alterations of consciousness characterized by a sense of detachment from the self and/or the environment. The strong connection between Hypnosis and Dissociation is known since the time of Pierre Janet's pioneer work. Dissociative hypnotic intervention demonstrated to be very useful in treating pain, anxiety disorders and many other conditions. But hypnosis can as well reactivate the natural process of mind, to link differential parts (distinct modes of information processing) into a functional and unified self, particularly after traumatic experiences. Rapport, the special relationship that is able to create intense interpersonal links, and at the same time profound disconnections with the non hypnotic reality, is a crucial aspect of the therapeutic approach to dissociative conditions. How to use rapport as well as other new specific therapeutic interventions to reestablish the natural integrative links in a dissociative mind system will be outlined in this presentation.



#### **Biography**

Professor of Psychiatry and Psychotherapy in Sapienza University of Rome.  
Director of the *Psychiatry and Eating Disorders Unit*, in the Policlinico Umberto I, Hospital of Rome.  
Private Practice, Rome, Italy

Hypnosis Societies Appointments

Past President, International Society of Hypnosis (ISH).

Past President, European Society of Hypnosis (ESH).

President of the Italian Society of Hypnosis (SII).

President, Società Italiana Milton Erickson (SIME).

President, Italian Society of Psychotherapy (SIPSIC).

Member of the Board of Directors, Milton Erickson Foundation.

#### International Awards:

In 2001 received the Milton H. Erickson Lifetime Achievement Award *for outstanding contribution to the field of Psychotherapy.*

In 2011 received the Fellowship of ESH, *in recognition of his outstanding contribution to the European Society of Hypnosis.*

In 2012 received the highest ISH honor, the Benjamin Franklin Award, for the *highest achievement in promoting academic and clinical efficacy of hypnosis worldwide.*

In 2012 received the *Shirley R. Schneck Award* from the Society of Clinical and Experimental Hypnosis (SCEH) for *the Physician who made Significant Contributions to the Development of Medical Hypnosis.*

#### Publications

He has authored over 370 scientific papers and 32 books, among them:

LORIEDO,C., VELLA,G., Paradox and the Family System, (English Revised Edition), Brunner/Mazel, New York, 1992.

LORIEDO,C., PETER,B. (Eds.), The New Hypnosis: the utilization of personal resources in Ericksonian practice and training, Hypnosis International Monographs, Munich, 2002.

LORIEDO,C., ZEIG,J.K., NARDONE,G, Tranceforming. Ericksonian Methods, Milton Erickson Foundation Press, Phoenix, 2010

#### Keynote 6 09.10 – 10.00

##### **Hypnosis in Dental Treatment: why, when and how? - A survey of different techniques and methods in Dental Treatment**

###### ***Veit Messmer***

Hypnosis in Dentistry has seen a revival during the last twenty years, especially in Germany, where the DGZH has generated 1600 certified members who treat patients in hypnosis every day. Dentists need to have quick results; the hypnotic intervention is fast, safe and effective.

It is successfully used for:

- Pain reduction- Diminishing and eliminating fear and panic states
- Reduction of gag reflex
- Treatment of myoarthropathic diseases and malfunctions
- Bruxism
- Positive influence on oral diseases and healing processes after surgery

During this presentation diverse techniques of Dental Hypnosis will be presented, that can be applied in Dental Treatment. They are fast and effective. The speaker's own concept of what is working very effectively over ten years, will be presented with words, demonstrations and movies.

The audience will get many hints and helpful information for daily practice, that will enrich their own hypnotic treatment, will enrich their own practice in office or clinic, because it works, making patients and the whole team content and happy.



#### **Biography**

University studies in Comparative Religion, Ethnology, and Geography , Dentistry with medical degree Dr.med.dent. in Dental Medicine at the Albert Ludwigs University in Freiburg, Germany. Certification in Implantology (FFZ) 2005. Licensed private practice since 1994 with specialisation in Prothetics, Implantology and Dental Hypnosis. Established Dental Clinic in 2001. Expert of the Chamber of Dentistry, Department of Prosthetic treatment (KZV Freiburg, Germany) from 2001 – 20011.

Upon completing his training 2004 in dental hypnosis by the DGZH (German Society of Dental Hypnosis) in Stuttgart, Germany, successive DGZH positions including Lecturer since 2007, Editor-in-Chief since 2010 of the Hypnosis magazine DZzH, 2011. NLP Master, DVNLP, Trainer and supervisor (DGZH) since 2011, President from 2013- 2014. Since 2012 speaker and trainer at the University of Kiel, department of Prothetics.

2016 : Coorganizer of the first World Congress of hypnosis in dentistry, in Mashad, Iran

Memberships. : DGZH,MEG,SMSh,ÖGZH,ESH,ISH

Teaching classes on different topics of hypnosis in Germany, Switzerland, France, Austria, Malta, Iran, Turkey and South Africa.

#### Keynote 7 10.00 – 10.40

##### **European Hypnosis – The State we are in**

###### ***Martin Wall***

As I take on the role of President of ESH this is a view on where we are, and some thoughts on where we might wish to go.

My title plays on the multiplicity of meanings that the word 'state' has in English, a multiplicity that reflects in many ways the diversity of the usage and perception of hypnosis that operates throughout Europe. And it is this wide diaspora that I feel is both our strength and our challenge.

Within this lecture I will reflect on our past, informed by my experience of chairing the Committee for Educational programmes in Europe for the last six years, and I will then present a three-year manifesto for the future. A future that will I hope engage and enthuse all of our fourteen thousand member clinicians, some of whom I suspect are not even aware of their membership of this our precious community.



#### **Biography**

President Elect of ESH, qualified at University College Hospital London as a Bachelor of Dental Surgery in 1972 and is also Chair of the Committee on Educational Programs in Europe. Martin is Past President: Royal Society of Medicine, Section of Hypnosis and Psychosomatic Medicine, and presently Chair of Training Committee and a Council member. He currently teaches at The Peninsular College of Medicine and Dentistry.

### **Parallel Session 7** **11.10 – 12.40**

#### **Paper 7.1.1**

##### **Clinical and experimental hypnosis: are they the same?**

##### ***Michael Heap***

Is hypnosis as it is applied in the clinical context the same as hypnosis as it is investigated in the laboratory and on which theories of hypnosis are based? By referring to the results of laboratory research and the latest theories of hypnosis, the speaker will argue that clinical and experimental hypnosis have gradually grown apart and there is now only a small overlap. The consequences of this for the practice of clinical hypnosis will be discussed with particular reference to induction procedures.



#### **Biography**

Clinical and forensic psychologist in private practice and an Honorary Lecturer in Psychology at the University of Sheffield. He has practiced and taught hypnosis over the last 38 years in the UK and other European countries, Canada and the USA. He has published many learned papers and chapters on hypnosis and several books describing its clinical application.

#### **Paper 7.1.2**

##### **Hypnosis as self-deception; Meditation as self-insight**

##### ***Zoltan Dienes***

A theme among many theories of hypnosis is that hypnotic response is a form of strategic self-deception about what mental state one is in (e.g. Dienes & Perner, 2007; E. R. Hilgard, 1977; Spanos, 1986). Specifically, hypnotic responding involves having executive intentions while not being aware that one has those intentions. By contrast, a theme for many meditation practices, Buddhist as well as some non-Buddhist, is that they involve and cultivate mindfulness; and mindfulness, where it succeeds, involves being aware of the mental states one is in with accurate higher order thoughts. Thus, by this argument, hypnotic response implies a lack of mindfulness, at least for those particular mental states about which one is strategically deceived. This talk will consider the argument, its strengths and weaknesses, and present new empirical evidence for a tension between hypnotic response and mindfulness, using, amongst other things, the Libet paradigm to look at awareness of intentions.



#### **Biography**

After completing his PhD at Oxford University, Zoltan's first lectureship was at the University of Sussex in 1990, where he has been ever since. He has published two books and over 100 scientific papers on the distinction between the conscious and unconscious, computational modelling of learning, catching cricket balls, and more recently on hypnosis, and the use of Bayesian statistics as an alternative to significance testing. He has been running active research lab into hypnosis since 2007, where hundreds of people are screened for hypnotisability each year. Currently he is supervising two PhD students on hypnosis research, one of them (Peter Lush) is investigating the issues discussed in the talk, and the other (Gyrgy Moga) will investigate the psychopharmacological distinction between analgesia produced by hypnosis, mindfulness, placebo and CBT.

## Workshop 7.2

### Both at the same time - How to treat ambivalence

#### **Annette Fuerst**

"I would like to take better care of myself but...." - Do you also often hear that sentence from your clients? Stuck in the ambivalence trap - and sometimes it's not only our clients...

The reasons they come up with are very good. Their arguments might even lead to the therapist being caught in the same trap.

Torn between two sides - e.g. being "egoistic" or taking care of others. They think they have to decide. Either one way or the other. Right or left. 0 or 100. Caught in their system of beliefs, they try to solve the task to decide which way to go. Most of the time they choose to think it over and over again without coming to a solution. In the end they even feel torn between thinking and feeling.

What if there was a technique that provides the solution "both at the same time"? There is! In this workshop I will show a hypnotherapeutic approach combining an ideomotoric approach with time progression. There is no need to decide on one side! The ideomotoric component makes allowance for the inner pace of our client. Therefore the unconscious sends the signal when to start the time progression and experience a future with both aspects at the same time.



#### Biography

##### Focus of Activity

Therapy, Coaching, Teaching Hypnosis and Brief Therapy, Leadership Training

TOMplus - Team für Organisationsberatung und Managementtraining, Leadership training

Academy of German bakers' and confectioners' - Leadership training In-house Trainings in large bakeries und Bäckers throughout Germany

medical airport service GmbH- Occupational health, occupational safety and occupational healthcare training

BTB Remscheid, Train the Trainer - Relaxation technique, stress management and communication coaching

IEK Deutsches Institut für Entspannungstechniken und Kommunikation, Berlin u. Stuttgart - Train the Trainer, relaxation technique, stress management and hypnosis

#### Schooling and education

University Koblenz-Landau, Graduate Psychology

University of South Africa UNISA, Pretoria, Business Economics

Isaria Reisen GmbH & Co. KG, Munich, Travel Agent

#### Author

Die Impact Strategie – Führen für Fortgeschrittene, Huber Bern, 2014

Hypnose in der Krebstherapie – ärztliches journal reise & medizin, 2010

#### Speaker

Biologische Krebsabwehr, Heidelberg 2009

Mentales Stärken 2014, Heidelberg

Filialmanagement Congress, Osnabrück 2014

ISH Congress 2015, Paris

3rd World Congress on Excellence, Chandigarh 2015

Bäcker Gastro Tag, Osnabrück 2016

Reden reicht nicht, Heidelberg 2016

Festival therapeutisches Erzählen, Kaiserslautern 2016

Kindertagung, Heidelberg 2016

## Workshop 7.3

### Metaphor, Mindfulness and Ericksonian Communication for Hypnotic Healing

#### **Liliana Cane**

In this workshop we will explore the strategic Ericksonian communication techniques that create a fast, secure and trusting therapeutic relationship. By listening closely to our patient, we'll identify their choice of metaphors in their expressing of their problem. This will be the base to establish the hypnotic healing relationship.

Metaphors are communicative events that convey different associations to the mind both for the client and the therapist. By listening carefully to the nature of the metaphors that clients use to describe their experience, and entering a creative dialogue that produces an expansion in consciousness, we will trigger hypnotic dissociative states, and convey therapeutic suggestions in a non-directive manner. This is the beauty of the Ericksonian approach to metaphor and hypnosis.



Mindfulness on the other hand, is a state of concentrated awareness of the present experience. It includes an attitude of curiosity, and a sense of relative emotional detachment from the inner experience. We will explore in which clinical situations this might be the treatment of choice.

These strategies, integrated with care and creativity enhance the hypnotic process of healing. In this two-hour workshop we will explore in detail the above elements, illustrated with different clinical vignettes (anxiety, depression, PTSD). This will be followed by a live demonstration and a discussion.



#### **Biography**

Dr. Liliana Cane, Ph.D., Clinical psychologist and founding director of the Milton H. Erickson Institute of Montreal. Dr. Cané has over 30 years of clinical experience, is multilingual and has a strong transcultural approach to therapeutic communication. She teaches internationally the Ericksonian approach to hypnosis, psychotherapy and mindfulness in Universities and Clinical Organizations. Presently in private practice, she has worked in hospital settings, developing and directing specialized clinical programs. Dr. Cane is committed to the highest standards of care in her daily clinical activities, training of health professionals and clinical supervision. She adheres to

Erickson's view that we have the potential to confront all life challenges with our own inner resources. The therapist's task is to stimulate the client's creative adaptive potential.

#### **Workshop 7.4**

##### **Rapid Hypnosis: A practical mastery workshop**

**Gabor Filo & Ashley Goodman**

Today's Twitter paced 140 character world has sped up psyches and expectations. Global healthcare economic realities, as well as profession specific characteristics have also robbed the clinician and more importantly the patients of the luxury of time. Protracted inductions, though of great value, in certain contexts may limit the clinical intervention rather akin to being stuck at the boarding gate and not en-route in the air.

In this workshop the participant will be introduced to various rapid and instantaneous hypnotic inductions which can be modified for *any* profession, in any context, but will be of greatest value to hands-on healthcare providers. They will acquire an understanding of the prerequisites and the mechanics. Through group practice participants will acquire the skills for facile rapid inductions.

Participants will acquire new or refresh existing skills for Monday morning in their practices in this experiential workshop.



#### **Biography**

Dr Filo graduated from the University of Toronto. Since then he has been an ardent and passionate proponent of dental hypnosis proselytizing to colleagues at most of the major dental conventions in North America for the last two decades.

He is a Diplomate of the American Board of Hypnosis in Dentistry, a Fellow of the American Society of Clinical hypnosis and an Honourary member of the Canadian Society of Clinical Hypnosis – Ontario Division. He has belonged to the major hypnosis societies, participating organizationally and as faculty both nationally and internationally.

Dr. Filo has published articles in dental publications, book chapters and a DVD on Rapid Inductions. His private practice emphasizes the non-pharmacological care for dental anxiety and phobia.

#### **Panel 7.5**

##### **Silence falls upon the internet; Full Frontal Living**

**Susan Pinco, Tobi Goldfus & Eva Pollani**

This panel will explore the ways that targeted utilization of and disconnection from the ever present stimulation of the internet can lead to increased connection to self and others; paving the way to full frontal living. This quartet of teachers from disparate cultures will engage the audience in a lively exploration of what is possible when we challenge the boundaries of "common" knowledge and invite the wisdom of uncommon practices to inform our work.

Tobi Goldfus: The use and "unuse" of digital devices

Eva Pollani: The creative power of boredom

Susan Pinco: The hidden potential of silence



#### **Biography**

**Tobi Goldfus** is a licensed clinical social worker in private practice in Germantown, Maryland, USA (tobigoldfus@gmail.com). Her upcoming book, to be published October 2016, is titled *From Real Life to Cyberspace (and Back Again): Helping Our Young Clients Develop a Strong Inner Selfie*. She has taught frequently, both national and international. She has been on the teaching faculty of the American Society of Clinical Hypnosis (ASCH), the Society of Clinical and

Experimental Hypnosis (SCEH), the European Hypnosis Society (ESH), the International Hypnosis Society (ISH), the Milton Erickson Institute Brief Therapy Conference(s) and International Congress(es), the Milton Erickson Institute of South Africa (MEISA) and the Center for the Advancement and Training of Clinical Hypnosis (CATCH).



**Eva Pollani**, MSc. is Psychotherapist for children, adolescents, adults and couples in private praxis in Lower Austria. She received her training in Hypnotherapy at ÖGATAP (Österreichische Gesellschaft für angewandte Tiefenpsychologie und allgemeine Psychotherapie), where she is now Supervisor and Training Therapist. Eva also received continued training in the application of clinical hypnosis with children. She is trained in Traumatherapy and Ego State Therapy. She integrates different approaches such as EMI (Eye Movement Integration), Impact Therapy and Somatic Experiencing (Peter Levine, in training) as well as therapeutic magic work (Annalisa Neumeyer) into her work. She is Trainer and Case Consultant and Head of OESTA (Ego State Therapy Austria) as well as certified Trainer und Supervisor for EMI and Impact Therapy.



**Susan Pinco**, PhD, LCSW is in private in NYC and teaches internationally, offering courses in powerful, somatically-informed, treatment modalities that bridge the gap between mind and body. Susan is an ASCH certified Hypnotherapist, an EMDR certified consultant, and a certified BrainSpotting (BSP) consultant and trainer. She is also offers training in Crisis Communication and Crisis Response and the Mandala of Being, a Multi-Modal Approach to Spiritual and Psychological Practice. She is currently working on a book that encourages therapists to utilize silence to facilitate integration and healing.

#### **Panel 7.6**

#### **Clinical Case Presentation: Advantages of Using Hypnotherapy in Clinical Settings**

This panel focuses on the benefits of integrating hypnotherapy into psychotherapy practice.

#### **Case Study: Changing Memories with Hypnotherapy**

##### ***Erdem Akgun & Tahir Ozakkas***

27 years of age, female, working as a prostitute at the time came in for therapy and stated that she wished to leave the man who introduced her to this business and is forcing her to work as a prostitute. She explains her situation as feeling addicted to this man and can't leave him even though she has tried many times each time returning back to him. From the background information it was found that she put this man in the place of her father and even though it was a harmful relationship she could not escape from it. His father had relations with significantly younger women and this pattern now pertains in our case's life with her pimp who is older than her. She told that she cannot have sexual relations with this man sober and does not enjoy it.

She was found highly suggestible so found suitable for hypnotherapy. Through hypermnnesia and ecmnesia her past memories with her father were restructured. During this time she was using higher dosage of drugs so she could have sexual relations with her clients. For her drug use ego strengthening techniques were used to help her deal with her drug use. In the following months she stated that she had started saving money to open up a café with her best friend. After 4 months she stopped coming for therapy. When contacted she stated that she had moved to another city and started up her café so she was busy and couldn't come it. After 2 years when contacted for getting information regarding this presentation she said she was still working the cafeteria and had overcome most of her unhealthy habits.

#### **Case Study: Use of Hypnotic Suggestibility in Psychosomatic Disorders**

##### ***Erdem Akgun & Tahir Ozakkas***

Female patient, 24 years of age, master's student. She comes from an authoritarian background. Her complaint was that whenever she felt the smell of meat or saw a dish made with meat she would faint. She didn't like meat since she had known and had never eaten it. She comes from a city where meat dishes are famous for. Her way usually passes by restaurants so it's troubling for her when she's travelling. Also when she goes to restaurants with her friends she passes out at the smell of meat.

Under hypnosis amnesia was induced and she went to a memory around 5 years old where it was Eid celebrations when it is the feast of sacrifice. She remembered that she was forced to go to her grandmother whom she didn't like and show her respects. She further went to 3 years old when no visual memory was active but she could reminisce a bad smell. Under hypnosis, with the help of ego strengthening methods, parts when the visual memory was active was restructured and parts where no visual memory was active, the bad smell was switched with a new smell and a new emotion. At the end of the study she still didn't wish to eat meat but she could bare the sight of it. When she was contacted after this treatment she stated that she had no further problems with relation to meat.

#### **Children's Hypnosis used in Sibling Jealousy and Speech Impediment (Stuttering) Case**

##### ***Kevser Akgun & Tahir Ozakkas***

Mother has come to the clinic with the complaint that her 8 year old daughter has stutturing problem. She described her daughter as having fluid speech before but since 4 years old started to stutter at certain periods. The mother told that she is a sociologist and has been observing her daughter. She said that the period and length of the

stuttering changes but she wasn't able to connect it with anything solid. She told that when her daughter was 6 years old she gave birth to twins and since then has been having trouble with sibling jealousy.

The problem of stuttering was dealt with breathing exercises and hypnodrama was used for sibling jealousy. During the work, it was observed that this girl couldn't express her anger and she couldn't regulate her anger in a controlled way thus presenting itself in the form of stuttering. Through hypnodrama this anger she had built up found ways to expression and during this period her stuttering has shown a decrease in a significant way. Through expressing her real feelings in the hypnodrama sessions she was able to reach a potential to be able to do this in real life and further given behaviorist homework so she could experientially live out these potentials.

### **Workshop 7.7**

#### **Hypnosis for children with irritable bowel syndrome (IBS) or functional abdominal pain (FAP)**

##### **Carla Frankenhuys**

Hypnosis brings lasting relief to children with IBS or FAP, a small study suggests.

Researchers led by Dr. Arine M. Vlieger, of St. Antonius Hospital in the Netherlands and Professor Dr. Marc Benninga of the Academic Medical Centre Amsterdam, found that of 52 children with IBS or FAP, who had six hypnosis sessions with therapist, Carla Frankenhuys and practiced self-hypnosis at home, two-thirds were free or mostly free of abdominal pain, compared to 20 percent of children who were given standard therapy alone.

The results were published in the American Journal of Gastroenterology.

Five years later, 68 percent of children in the hypnosis group were still largely free of abdominal pain, compared to 20 percent of children who received standard care.

The results of the last study have been published in 2017. In this study 260 children with IBS/FAP (8-18 years) had individual hypnotherapy with a therapist or home based treatment with cd's.



##### **Biography**

Carla Frankenhuys is a (hypno) therapist in Amsterdam/the Netherlands who specializes in the use of hypnosis in chronic pain conditions. Together with Professor Dr. Marc Benninga and Dr. Vlieger she has done research in the effectiveness of hypnosis in children with abdominal pain. Currently they are conducting a research project in children with functional dyspepsia and nausea. She also teaches medical hypnosis in pediatrics throughout the Netherlands in various hospitals and teaching facilities.

### **Workshop 7.8**

#### **From my to I and Self Esteem**

##### **Vilma Trasarti Sponti**

The workshop intends to illustrate how dependency relies on lack of belonging, which can be traced on various moment of lifetime cycle.

Few slides will summarize the important concept of Belonging and Separating and how in hypnosis the therapeutic Rapport, and the attention to the bilateral minimal cues of the subject and of the therapist may allow us to understand better the problem and start to recuperate belonging. Many psychological problems starts out in adolescence such as eating disorders, drug addiction, bullying behaviour, obsessive rituals etc.

In maturity we can have alcohol dependency, compulsive shopping, work alcoholic, money, power, success dependency, love addiction and jealousy.

Workshop will more widely treat Love Addiction and Paranoid Jealousy. Clinical cases, illustration and explanations of cases will complete it. Particular attention will be given to the problem of passing from the possessive concept of MY to the more fluent concept of expression of I emotion and reciprocity in relationship which include an I – You US in a equilateral triangle on which bases you can jump and dare to enjoy freedom.

Group exercises to work on the relevant subjects will be carried out

Cases presented by participants can be considered

Questions and suggestions are welcome

A Group Hypnosis will close the workshop to leave us with capacity of turning any new experience in a suggestion of our own responsibility and freedom.



##### **Biography**

Vilma Trasarti Sponti received her doctorate degrees: 1) Modern Literature at University La Sapienza in Rome; 2) Clinical Psychology at University La Sapienza in Rome.

She worked as member of the Family Therapy Department of Psychiatric Science and Psychological Medicine at University La Sapienza from 1976 to 2008 (now on jubilee as Dirigent of 2<sup>nd</sup> level). Her responsibilities included teaching, research and supervision of psychiatry residents for the section of psychotherapy. Trained in Systemic Relationship Therapy, in Clinical Hypnosis, and in Ericksonian Psychotherapy, since 1982 she has held and still holds positions in post graduate teaching and supervision at both Istituto Italiano di Psicoterapia Relazionale (IIPR) as well as at Scuola Italiana di Ipnosi e Psicoterapia Ericksoniana (SIPE). She is a founding member of the Italian Society of Milton Erickson in Italy (SIME) and Società Italiana Psicoterapia Relazionale Sistemica (SIPRES). She is a member of the Board of Directors of the Società Italiana di Ipnosi (SII) since its constitution. She was also a member of BOD of the European Society of Hypnosis (ESH), particularly interested in Continuous Educational Program (CEPE). In her long career, she has become a member of Clinical and Teaching Researches in various occasions. At the present, she is member of the Commissione Didattico-Clinica of the Società Italiana di Psicologia e Psicoterapia Relazionale (SIPPR). In her clinical work, she became interested in the Synergy of Systemic Relational Family Therapy and Hypnosis as a new method of therapeutic intervention called Systemic Hypnosis. She teaches and utilizes this model together with her Conjoint Disjoint Model particularly in Eating Disorders, in Obsessive Compulsive Disorders, in Adolescence Problems, in Addiction Problems and in Parents and Couple Problems. At the time being, within the Model of Symbolic Experiential Psychotherapy by Carl A Whitaker and the model of Psychotherapy centered on Psychotherapist by C. Loredio, she is interested in Mirror Neurons and Quantum Physics to be utilized in Psychotherapy. She travels nationally and internationally to lecture and give workshops in Europe, Mexico and Brazil. As presenter at numerous national and international Congresses, she has authored more than 300 articles and book chapters. She teaches, practices psychotherapy and resides in her native city of Rome Italy.

#### **Paper 7.9.1**

##### **Unlock the hidden potential in alcohol addiction**

**Henriette Walter**

The burden of alcohol addiction for men has reached the first place in Europe. Women are at place 3 of DALYs. In our department we offer in- and outpatient treatment, whereby the inpatient treatment aims at full abstinence (because of a more severe illness course) and the outpatient treatments (1 hrs daily from Monday to Friday) vary in their treatment goals. We step out from the idea that treatment goals have to be defined mutually, by the patient and the doctor.

Hypnotherapy can support the afflicted person in many ways. An outline of these possibilities will be presented. Examples that use these possibilities are: developing a suitable and mutual therapy goal, offering tailor made anti-craving strategies, using the fitting metaphors and asking during hypnosis precise questions, which show where the point of return might be found, where pitfalls are and what person/symbol could be a support. A hypnosis study on decrease of alcohol craving will be presented.

#### **Biography**

Not Available

#### **Paper 7.9.2**

##### **Group hypnotherapy for addiction: a dual-diagnosis approach.**

**Denis Mirlesse**

The study was conducted with 100 clients of a leading UK provider of drug and alcohol services. Participants were all enrolled in a 12-week abstinence programme. Levels of stress, depression and anxiety were repeatedly measured using a statistically valid and reliable self-assessment questionnaire. During the programme, a control group had weekly sessions of mindfulness-based relapse prevention, while the test group had weekly sessions of scripted hypnotherapy targeting co-morbid psychological conditions. Results showed that the test group achieved a significantly higher reduction in mood disorders than the control group. This study provides significant evidence in support of a dual approach for the diagnosis and therapeutic strategy of substance misuse and addictions, which should be considered in the UK.



#### **Biography**

Denis Mirlesse practices hypnotherapy and ear acupuncture in London. He specializes in the treatment of stress, depression and anxiety, and has worked for a number of years with substance misuse organizations. Denis holds an MSc in Clinical Hypnotherapy from the University of West London, and has also been trained by Michael Yapko. He is a Graduate Member of the British Psychological Society.

#### **Affiliations:**

University of West London, School of Human and Social Sciences  
Royal Society of Medicine, Hypnosis and Psychosomatic Section  
International Society of Hypnosis  
Acupuncture Society



### Paper 7.9.3

#### The effect of hypnotherapy on Alcohol Dependence/ severe Alcohol Use Disorder

##### **Irene Shestopal**

The aim of this study was investigating the effect of hypnotherapy in severe AUD. It was conducted at Vangseter klinikk. Persons with AUD and other substance use disorders were admitted there for 6 weeks long inpatient treatment program, which consisted of extensive group therapy five days a week and one hour weekly of individual therapy, namely Motivational Interview. Hypnotherapy was offered to all the patients who suffered from AUD. 31 volunteers were randomised into a treatment and control groups. In the treatment group Motivational Interview was replaced with weekly hypnotherapy sessions. The treatment method was Ericksonian Hypnosis with focus on the positive resolution of the problems and conflicts, not only the ones related to alcohol. Anxiety, depression and other problems were addressed. Patients were visualizing the future, where they abstained from alcohol in a positive way. They imagined the ways to maintain the sobriety, when temptations were present. The treatment program was completed by December 2016. The endpoint of the study was a sustained reduction in alcohol consume. It will be measured by administering questionnaires during 2017. By August 2017 some preliminary results will be available.



##### **Biography**

Irene Shestopal, M.D., psychiatrist and a family practitioner was born in Ukraine, but lived in Scandinavia since 1981. I graduated from Universidad de Navarra in 1985. I had been mostly working within the Family Practice (11 years) and Psychiatry (16 years). I got a title of family practitioner in 2000 and of psychiatrist in 2008. I practiced hypnoses since 2009. I am a board member of Norwegian Society of Clinical Evidence-based Hypnosis. I am a certified Functional Medicine Practitioner as well. In 2015 I got a stipend to study the effect of hypnosis on alcohol abuse.

### Workshop 7.10

#### **ECH (European Certificate Holder) Workshop**

##### **Martin Wall & Asa Fe Kockum**

Open to ECH holders and those on the verge of applying

How can and do we use hypnosis in our working life?

Exploring hypnotic interventions in different professional fields; Psychiatry, Psychotherapy, Dentistry etc

ECH holders are practitioners who have a certified excellence in the use of hypnosis within their professional field.

This workshop presents various approaches in different disciplines through showing clips of films with hypnotic interventions that are then discussed and reflected upon by the participants in the workshop.

The aim of the workshop:

- Developing the ECH community – promoting understanding, communication, and cooperation between ECH holders.

Objectives:

- Discussing, reflecting and interacting; how do we use hypnotic interventions in our professions in different situations?
- Continuing the discussion – research through ECH holders and in the community of ECH holders.
- Planning for the future.



##### **Biography**

###### **Martin Wall**

President Elect of ESH, qualified at University College Hospital London as a Bachelor of Dental Surgery in 1972 and is also Chair of the Committee on Educational Programs in Europe. Martin is Past President: Royal Society of Medicine, Section of Hypnosis and Psychosomatic Medicine, and presently Chair of Training Committee and a Council member. He currently teaches at The Peninsular College of Medicine and Dentistry.



###### **Asa Fe Kockum**

Her clinical work focuses on those with psychological trauma and stress related problems for which she trains and supervises personnel. Her research focus is mental health problems at the workplace and their prevention. She has served on the board of directors of the Swedish Society for Clinical Hypnosis since 2009. She has also been a SSCH representative to ESH and ISH since 2011.



**Parallel Session 8**  
**Saturday 13.45 – 15.45**

**Paper 8.1.1**

**Improving the efficacy of clinical hypnosis for the management of non-specific low back pain and dysfunction**

**Alan Szmelskyj**

Low back pain is the most prevalent musculoskeletal complaint in developed nations with a point prevalence of 12%, and a one-year prevalence of 40%. Non-specific low back pain (NSLBP) may account for 85% of cases. Many patients experience multiple episodes of back pain in the years after the initial onset, with 5-10% developing chronic low back pain.

Limited research indicates some efficacy for the use of hypnosis in the management of low back pain. However the draft 2016 UK National Institute for Healthcare and Clinical Excellence guidelines do not mention the use of hypnosis in low back pain patients.

This paper posits that the management of NSLBP can be enhanced, and the risk of chronicity potentially reduced, by utilising hypnotically derived interventions in specific sub groups of low back pain patients; particularly those in whom known risk factors for chronicity are adequately identified.

Practical ideas on how to increase the individualised efficacy of hypnotic approaches, including using motor imagery, in the clinical setting with non-specific low back patients will be outlined.

From the existing published evidence base of hypnosis and low back pain trials, some suggestions for possible directions for future research will be recommended.



**Biography**

Alan Szmelskyj graduated as an Osteopath in 1985. As well as academic and research positions at several UK osteopathic educational institutions and occupational health appointments at NHS Trusts, he was also Editor-in-Chief of the Journal of Osteopathic Education and Clinical Practice. He has a Psychobiology of Stress MSc awarded by the University of Surrey, and an Advanced Diploma in Clinical Hypnosis and Stress Management from Staffordshire University. Currently he is a director and Senior Clinician, at True Health Clinics, Cambridgeshire, and is a member of BSCAH, BMAS and an RSPH Fellow. He has published on osteopathy, back pain and hypnosis.

**Paper 8.1.2**

**Hypnosis in Childbirth**

**Linda Harel**

Childbirth is often the most memorable event in a woman's life. A heightened state of awareness is almost always inevitable. During this state of heightened awareness, in presence of physical and emotional stress and often great physical discomfort, the patient is extremely open to suggestion.

Presented are some useful hypnotic tools for recognizing and treating patients during labor and delivery. Two cases of formal hypnosis are presented:

The first is a case of a post trauma patient whose trauma was from a catastrophic car accident ten years before her delivery. During the first moments after the accident she was treated in the usual way in the acute trauma emergency room in a hospital but her recollection of the incident was of group rape. She had an elective Cesarean delivery with hypnosis and regional anesthesia.

The second case is an officer in the Israeli Defense Force in her third delivery having hypnosis only for pain control. Included is a full recording of the pre-labor session and of the actual birth.



**Biography**

Linda Harel is an Obstetrician/Gynaecologist and the deputy head of the Ob/Gyn department in Myney Hayeshua Medical Center in Bnei Brak, Israel. She runs the third most active delivery room in her country with over 13,000 births a year. She has been practicing medicine for over 30 years. She obtained her Israeli license to practice hypnosis in 2014. In Israel one has to have a license (granted by the ministry of health) in order to practice hypnosis. This involves a one year course and an exam. Only doctors, psychologists and dentists are allowed to study hypnosis and may practice only with a license and only in one's own field.

### Paper 8.1.3

#### **It's a Family Affair: Healing the Child Within**

##### **David Byron**

The paper outlines the process of the use of hypnosis with an eleven year old boy. Excluded from school on several occasions and about to be permanently excluded for threatening behavior to other children and adults. The paper illustrates how introducing hypnosis at this point had the facility to provide a private and non-intrusive approach to enabling healing to begin and control and feeling of ownership to be placed in the hands of the recipient. The interactive nature of behaviour is also illustrated as changes in the behavior of the child are also reflected in changes in the health of the carer.



##### **Biography**

David qualified as a Specialist PE Teacher in 1968 at Borough Road College, London. In the following 13 years of teaching in Middle and Secondary Schools he coached gymnastics, qualified as an ASA swimming club coach and was awarded an Honours degree by the Open University and an MA in Psychology of Education at the Institute of Education, London University.

The award of an MEd in Educational Psychology at Birmingham University began his career in Educational Psychology, initially with Avon CC, where he also lectured at Bristol University on a course for teachers returning to work. In 1989 he was appointed to a Senior EP post with Hampshire CC. David completed a Diploma in Applied Hypnosis in 1999 at UCL. David is also a qualified and experienced EMDR Practitioner. Applying hypnosis and EMDR and applied psychology David developed a successful 9 year government funded Standards Fund Project which enabled pupils with a variety of school attendance problems to resume their school attendance.

David completed a Doctorate at UCL in 2007. His thesis compared the effects of training in self-hypnosis with that of progressive muscular relaxation on student anxiety and performance. David then developed a private therapy practice in the UK and later in the USA enabling young people and adults to address issues of anxiety, depression, trauma and also performance issues in sport.

David has contributed to the Journal of Contemporary Hypnosis, The Handbook of Contemporary Hypnosis, teaching on the Mets and South hypnosis course and has disseminated his work at both National and International Conferences.

### Workshop 8.2

#### **Age regression therapy: an effective method for creating corrective experiences utilizing hidden resources and others**

##### **Michael Schekter**

Our patients consult to change ongoing repetitive ways and symptoms into more adaptive behavior. Life experiences shape our unique personalities. Which moments contribute to symptom formation? Are patient resources available to promote positive changes? By sharing personal history and insights the patient enlightens us. But how can we help the patient to realize his difficulties and to bring about his needed changes? Age regression hypnotic therapy can answer these questions. We share our method through a step-by-step presentation using power point and video sequences:

A disturbing moment in the patient's life is targeted. His actual body feelings and emotions are codified and used as an affect bridge to travel to the origins of his disturbances. The patient in a trance state, in dialogue with his dissociated self, creates new ways to successfully deal with the difficulty. These are recovered and integrated within the patient's self. Behavioral changes occur leading to more successful adaptation to everyday life.

This method treats: situations producing anxiety, phobias, PTSD, conversions, somatoform pain, OCD, psychosomatic illness, pathological grief, feelings of abandonment, etc. Psychiatrists, psychologists and medical doctors currently use it.



##### **Biography**

Dr. Michael Schekter is an independent clinical psychiatrist and psychotherapist FMH in Switzerland and member of the SMSH, ESH and ISH.



Mrs. Martine Oswald, member of SMSH and Ghyps, is a clinical psychologist FSP in private practice in Switzerland.

Both have taught and supervised regularly in Switzerland and have presented workshops in English and French for the ISH and ESH and IFC with the ambition to promote comprehensible,

safe and ethical clinical hypnosis : methods of stabilisation, the important use of the safe place, the four squares technique combining hypnosis, EMDR and drawing, helping hands method and age regression therapy,

### **Workshop 8.3**

#### **Quantum Physics Unveiling Hypnosis**

**Veit Messmer & Gary B Schmid**

A simple, and for the layperson easily understandable overview of many important quantum physical concepts (particle-wave duality, uncertainty principle, entanglement etc.) which will be shown to be relevant to hypnosis is discussed.

Quantum theory possesses several unique characteristics which have a fascinating potential for the development of psychological models. The same things which can be said in quantum physics about particles can be just as well expressed in psychology about mentations (sensory impressions, thoughts, feelings, intuitions and imaginations). In particular, five important quantum theoretical relations between the observer and the object under physical observation are unique in physics and at the same time have particular relevance to hypnosis when translated into the language of psychology. These lead to five analog statements about the relationship between the observer and the object under psychological observation.

On hand these relationships, open hypnotic suggestions can be used to enable the establishment of highly unstable, polyvalent mind-body states which can be consolidated by the so-called hidden observer during guided imagery or self-hypnosis leading to five hypnotherapeutic exercises. Participants of our workshop will be able to personally experience these therapeutically relevant mind-body states and will learn how to apply the corresponding techniques within the context of their individual practice.

Quantum physics also provides a fundus on useful metaphors as resources for hypnotherapeutic utilisation. Participants will be encouraged to ask questions and to share experiences from their own cases which might be relevant to what they will learn about the connection between quantum physics and hypnosis.



#### **Biography**

##### **Veit Messmer**

University studies in Comparative Religion, Ethnology, and Geography , Dentistry with medical degree Dr.med.dent. in Dental Medicine at the Albert Ludwigs University in Freiburg, Germany. Certification in Implantology (FFZ) 2005. Licensed private practice since 1994 with specialisation in Prothetics, Implantology and Dental Hypnosis. Established Dental Clinic in 2001. Expert of the Chamber of Dentistry, Department of Prosthetic treatment (KZV Freiburg, Germany) from 2001 – 20011.

Upon completing his training 2004 in dental hypnosis by the DGZH (German Society of Dental Hypnosis) in Stuttgart, Germany, successive DGZH positions including Lecturer since 2007, Editor-in-Chief since 2010 of the Hypnosis magazine DZzH, 2011. NLP Master, DVNLP, Trainer and supervisor (DGZH) since 2011, President from 2013- 2014. Since 2012 speaker and trainer at the University of Kiel, department of Prosthetics.

2016 : Coorganizer of the first World Congress of hypnosis in dentistry, in Mashad, Iran

Memberships. : DGZH,MEG,SMSh,ÖGZH,ESH,ISH

Teaching classes on different topics of hypnosis in Germany, Switzerland, France, Austria, Malta, Iran, Turkey and South Africa.



##### **Gary B Schmid**

Quantum physicist (Ph.D. 1977), Analytical Psychologist (C.G. Jung Institute Zürich 1988), Swiss licensed Psychotherapist ASP. Psychiatric research and clinic with specialisation in psychosis since 1985. Psychotherapy practice in Zürich since 1988. Medical hypnosis since 1992 with emphasis upon treatment of infectious, genetic and psychoneuroimmunological disturbances. Lecturer, trainer, supervisor, director of regional intervention group of the SMSh (Swiss Medical Society of Hypnosis) since 1996. Scientific publications/books: *Death by Imagination: The Secret of psychogenic Death* (2009); *Self-Healing by Imagination* (2010), *Biunity (İkilibirlik)* (2008); *Klick! Why we sometimes know something that we actually can't know* (2015); *Fantasy Therapie: Rediscovering Reality in Fantasy* (2015).

### **Workshop 8.4**

#### **Hypnosis: Medico-Legal and Forensic Issues**

**Michael Heap**

There are occasions when an expert in hypnosis is asked for an opinion for legal purposes. For example: Should there be laws about who may use hypnosis? Should hypnosis be used for the interrogation of witnesses in criminal investigations? Can hypnosis be used to make people commit crimes? Can a hypnotised person be unable to resist assault by the hypnotist? Can false memories of sexual abuse be created by hypnosis? How does one assess a claim of psychological harm due to hypnosis (including stage hypnosis)? The workshop will include group

discussions of actual cases with which the workshop leader has been involved and participants will be able to share their own experiences.



### Biography

Clinical and forensic psychologist in private practice and an Honorary Lecturer in Psychology at the University of Sheffield. He has practiced and taught hypnosis over the last 38 years in the UK and other European countries, Canada and the USA. He has published many learned papers and chapters on hypnosis and several books describing its clinical application.

## Workshop 8.5

### Treating Chronic Pain and Fibromyalgia with Hypnosis - An integrative approach

#### Jose Cava

Hypnosis has been largely evaluated in the setting of Chronic Pain (CP), with positive results, especially when a more integrated approach is used. Although Fibromyalgia (FM) is a heterogeneous condition, not yet very understood and with a different etiology than CP, hypnosis is also one of the best tools available today in its treatment, as shown in the latest research. However it should also be integrated in a more global treatment strategy to be most effective.

FM is characterized by a number of symptoms, such as widespread musculoskeletal pain, hypersensitivity in specific body regions, fatigue, sleep and cognitive problems that may cause permanent psychological distress and impairment. Many research data suggest that central sensitization is one mechanism involved in FM patients. The diversity of FM patients renders a "one-size-fits-all" approach unlikely to be broadly efficacious.

In this workshop, we will review the similarities and differences between CP and FM conditions and treatments, and what strategies and specific hypnotic techniques can be used to get better results, including cognitive and behavioral dimensions, with practical demonstrations.



### Biography

Licensed Psychologist, Telecommunication Engineer, Psychotherapist, Codirector Institute Erickson Madrid, president of AEHE.

*Presenter at:* 10 World Congress of Psycho-Oncology (Madrid 2008); ESH Congresses (Vienna 2008, Sorrento 2014); ISH Congresses (Bremen 2012, Paris 2015); Ericksonian Congress (Phoenix 2011, 2015); 23 World Congress on Psychosomatic Medicine (Glasgow 2015); I HIPNO-SIC (Lima 2015).

*Teaching:* Institute Erickson Madrid; Facultad de Medicina of Universidad Autónoma de Madrid.

*Participation in the translation of:* Ericksonian Glossary, "Trancework", M. Yapko; "The Neuroscience of Psychotherapy, Therapeutic Hypnosis and Rehabilitation", E. Rossi, K. Rossi.

*Articles:* journal of Medical Association of Madrid; Milton H. Erickson Foundation Newsletter.

Member of ISH, ESH, FEAP.

## Workshop 8.6

### Hypnotic Scaling an Ericksonian Focused Self-Hypnotic technique to resolve any stress, anxiety, depression or other negative emotion

#### Paul Koeck

This is a workshop with live Hypnotic Scaling clinical demonstration and practical exercises!

Hypnotic Scaling is a simple Ericksonian & Solution Focused self hypnotic technique, developed by Paul Koeck, MD to help your client self control and resolve any Stress, Anxiety, Depression or other negative emotions. You will be able to teach your client to freely choose where (s)he wants to be at a scale from 0 to 10 at any moment or in any context using (Self) Hypnotic Scaling.

*With Hypnotic Scaling your patient will:*

1. Gain (rational AND emotional) insight in the micro dynamics of his problem pattern AND solution pattern
2. Be able to choose freely how much (s)he wants to move up or down on the solution scale
3. Be able to condition himself/herself on specific moments (depressive moods, anxiety, panic, stress, job interview, business meetings, press interviews, dating a (wo)man, ...)
4. Have experienced hypnotically that he/she can change feelings, thoughts and behaviors within less than 30 minutes □ the ability of change becomes undeniable after this first session, because it has happened □ you co-constructed together a new exception !!!
5. Feel more in charge of his/her life, emotions, thoughts, behaviors or habits: the locus of control is in his hands now



### Biography

Paul Koeck, MD is director of the Milton H. Erickson Institute of Antwerp, Belgium in Europe ([www.Erickson.be](http://www.Erickson.be)). He studied medicines, philosophy and sports medicines at the Catholic



University of Leuven in Belgium. He obtained his Master of Business Administration (MBA) at the Vlerick Business School in Belgium and became a certified Solution Focused Therapist and a also a Master in Ericksonian Hypnotherapy at the Korzibsky Institute in Belgium.

Paul Koeck, MD created as author the Solution Focused Ericksonian Self-Help Program [www.15Minutes4Me.com](http://www.15Minutes4Me.com) and authored several books in Dutch language.

He taught and trained people all over the globe in over 20 countries on 4 continents in 5 languages: English, Dutch, French, Spanish, German.

### **Workshop 8.7**

#### **Jediatics and Jediodontics - the art of rapport, language and communication for health and healing in medicine and dentistry**

##### **Mike Gow**

In the 'Star wars' films the Jedi use 'mind tricks' in ways that allow them to influence the thoughts and actions of others. The Jedi usually adopt a confident, suggestive tone of voice and use distinctive physical gestures. They make the process appear swift and effortless and are sworn to only ever use their skills for 'good'.

There are certainly some similarities between these fictional Jedi techniques and some of the techniques of rapport, language, and communication that are often taught to those who study hypnosis.

Many would agree that these techniques are among the most important skills that can be learned and developed by anyone working in health and healing professions regardless of their level of training and competence in hypnosis.

This workshop is therefore designed to introduce some of these important concepts and techniques, especially to those who are new to studying hypnosis. The workshop will be entertaining and interactive with videos, demonstrations and practical exercises. The workshop will likely provide some new ideas for those who attend who have more experience in hypnosis, and who will also find it a useful refresher workshop, reminding them of some things that they had forgotten that they knew.



##### **Biography**

Michael A. Gow BDS (Gla) MFDS RCPS (Gla) MSc Hyp (Lon) PGCert (Edin)

Mike is a general dental practitioner at The Berkeley Clinic in Glasgow, Scotland and regularly gives hypnosis talks and workshops. He has a Masters in Hypnosis Applied to Dentistry and holds the European Certificate of Hypnosis. He is a Past President (2008-10, 2014-16) of The British Society of Medical and Dental Hypnosis (Scotland). He has published many papers on subjects including hypnosis, dental phobia management, gag reflex and bruxism. He had a chapter on 'Dental Hypnosis' published in the book 'The Fearful Patient: A Guide to

Understanding and Managing' (Ed by Prof. A. Weiner). Mike has appeared on TV on a number of occasions (including for BBC's Horizon) demonstrating the use of hypnosis in dental pain control.

### **Paper 8.8.1**

#### **Searching our Sisters: Where are the Women in the History of Hypnosis?**

##### **Marianne Martin**

We tried a first beginning to fill an almost empty section in the reported history of hypnosis. There, most of the publications offer the names and the working of famous men – of course, they are very important. But, we asked ourselves: Where are the women? The women not serving as skilled subjects or patients but actively using trance, suggestions, and mesmerizing? Searching our sisters we included the areas of myth, superstition, religion, preparing for fighting – as it is done in the reports about hypnotising men. This paper will offer our findings arranged in three parts: antiquity, the middle ages, and modern times. Please be prepared to some overlapping. Our searching led us from goddesses and priestesses to female druids and wise women, from mystic visionaries to so-called witches, and – to female magnetists! The first one we discovered lived in Bern/Switzerland. We were lucky enough to read about the existence of other sisters. Our report will end with a female show hypnotist also teaching self-hypnosis. We do hope our first beginning may start a process leading to a more realistic view of the history of hypnosis.



##### **Biography**

Psychotherapist (Autogenic Training/Autogenic Psychotherapy, Guided Affective Imagery, Hypnopschotherapy), clinical and health psychologist. Working with hypnosis since 1983. Points of interest: habit control, phenomena of transference and counter-transference. Born 1949 in Vienna, Austria and living there. Retired but still enjoying few working including supervision, pleased to attend and to give workshops. Delighted to have leisure time for the family and also for the occupation with special topics.



### **Paper 8.8.2**

#### **Hénin de Cuvillers, Designer of hypnosis**

##### **Remi Cote**

Félix Étienne d'Hénin de Cuvillers conceptualised hypnosis from the ancient greek "Enypnion", meaning "sleep accompanied by dreams". He created hypnosis techniques like hypnology, hypnoscopy, hypnocracy. His main induction technique was derived from the Hinduist "abaya-mudra" that he called the "Abéaston".

Cuvillers's was an "imaginationniste" who strongly believe in the power of imagination. His aim was to demystify and "rationalise" magnetism and its main mechanism of action, the placebo effect, that is, belief and conditioned expectations to experience positive effects. Conversely, according to the concept of Hénin de Cuvillers, the "psychological" mechanism of action of hypnosis resides in the access it gives to the imagination. Unlike magnetizers, he does not rely on the virtues of beliefs or in "unfalsifiable" dogmas, but rather on the virtues of the imagination. On the physiological level, his writings invoke the virtues of muscular relaxation, relaxation and blissful immobility offered by Abéaston's posture where the hypnotized person concentrated on his own hand, on the sensations of warmth, energy and benevolent protection. We will see that hypnosis is not a placebo belief because it involves an investment in the imagination that is made with the enlightened consent of the hypnotized person.



##### **Biography**

Dr. Rémi Côté Ph.D. psychologist - School psychologist since 1993, psychotherapeutic and motivational follow-up for students with learning or adaptation difficulties. Hypnotherapist since 2002.

Member of the Board of Directors of the Société québécoise d'hypnose (SQH). As such, I am responsible for the publishing of the hypnosis-Québec newspaper and am a webmaster of the SQH.info website.

Member of the Board of Directors of the XXle ISH Congrès mondial d'hypnose médical et clinique, to be held in Montréal in 2018. [www.hypnosis2018.com](http://www.hypnosis2018.com)

### **Paper 8.8.3**

#### **Post-hypnotic responses to hypnotic suggestions: an empirical observation**

##### **Vladimir Zelinka**

The variety of post hypnotic responses is virtually infinite. Beside emotional, cognitive and behavioral responses, there are physiological reactions which, in the context of scientific research, have the advantage to be measurable and very difficult to pretend. In a recent study, we have observed and filmed several post-hypnotic abundant lacrimal reactions, out of any emotional context, seven days after the end of a single group hypnosis session during which the suggestions of lacrimation were proposed. The aim of this presentation is to describe and comment the method and the results of that study and explain the communicational technics that were used to elicit these suggested physiological post-hypnotic reactions.



##### **Biography**

Psychiatrist and psychotherapist working in private practice in Bruxelles (Belgium). Scientific consultant and researcher at the University of Namur (Belgium). Director of the "Centre de Communication Thérapeutique" ([www.synopsys.be/cct/](http://www.synopsys.be/cct/)).

### **Paper 8.8.4**

#### **Pathological Postural Scheme Treatment with Hypnosis.**

##### **Alessandro Fedi**

I will describe an implied directive to modify the body postural scheme as a model of non-verbal induction directly by the body proprioception and exteroception.

An unbalanced posture is a common health problem. People usually simply try to be treated at gyms in fitness and sporting centers to improve their posture and their health and figure as well. In other cases people undergo medical, osteopathic or chiropractic treatments because in postural alterations the muscular tensions produce abnormal pressure and joints overload which can lead to chronic or acute pain all over the body. But to disrupt the pathologic postural body scheme memorized by the patient, when it refers not only to physical but also or especially to emotional trauma, those treatments are often insufficient. For this purpose the Hypnosis is very effective and can be associated successfully to the traditional treatments.



##### **Biography**

Medical Doctor (1981, Florence University). Dental Medicine Doctor (1987, Florence University). Orthodontics and Gnatology Degree (1997, Cagliari University). Master Biomedical Science Writing Degree (2007, Florence University). Ericksonian Psychotherapy Degree (2015) SIPE,

Rome. Co-Author of "La prevenzione dei disordini dell'A.T.M." ("Prevention of T.M.J. disorders") Solei 1994. Lecturer in medical summits : the last in 2014 at SII in Orvieto, in 2015 at EHS 2014 Sorrento (Italy), in 2016 at World Congress of Hypnodontics in Mashhad (Iran). Main interests: Aesthetic Dentistry, Gnathology and Posturology, Dental Anxiety treatments and Psychotherapy with Hypnosis, disseminating his innovative dental office design stimulating a routine natural hypnosis.

#### **Workshop 8.9**

##### **A hypnotic first aid kit for treating panic and anxiety disorders**

###### **Matthias Mende**

In this workshop I will combine practical teaching and demonstrations to familiarize participants with a hypnotic intervention to be utilized as a first aid intervention to help panic and anxiety patients regaining mastery over their alarming psychophysiological anxiety symptoms. The resulting symptom relief helps patients feeling confident enough to confront avoided activities and situations (again). The approach covers psychoeducation, cognitive restructuring and hypnotic learning processes involving the autonomous nervous system. In the workshop, I will give a step-by-step tutorial how to define the elements of the first aid kit, how to utilize them from a dissociated and associated perspective and how to empower patients to utilize it for themselves with the help of easy self-hypnotic techniques. The hypnotic first aid kit can be applied at the very beginning of the therapy. The resulting experience of mastery facilitates confidence that something can be done about the panic/anxiety disorder and builds up motivation to engage in further hypnotherapeutic treatment. Participants will learn how to establish this hypnotic first aid kit, how to install it and how to teach the patient different ways to utilize it to overcome the anxiety of becoming afraid and to reduce panic and anxiety symptoms on scene.



###### **Biography**

Matthias Mende, PhD, Clinical Psychologist, Emergency Psychologist, Hypnosis-Psychotherapist. Trainer for hypnosis-psychotherapy of the Austrian Society for Applied Depth Psychology and General Psychotherapy (OEGATAP). Trainer for clinical hypnosis of the Austrian Medical Chamber (ÖÄK). Immediate Past President European Society of Hypnosis (ESH). Member of the Scientific Committee of the German Speaking Hypnosis Societies (WBDH). Board Member of Ego-State-International (ESTI). Sharing a private practice with his wife Eva-Maria Mende, PhD, in Salzburg, Austria. Teaches and practices hypnosis-psychotherapy as a full modality integrating behavioral, systemic and psychodynamic approaches. Special interests are hypnosis and basic emotional needs, trauma, anxiety disorders, stress and burnout.

#### **Workshop 8.10**

##### **Quels sont les apports des techniques d'induction rapide dans ma pratique de médecin anesthésiste?**

##### **What are the contributions of the quick induction technics in my anesthetic doctor practice?**

###### **Christian Schmitt**

Dans cet atelier, nous explorerons quelques techniques d'inductions rapides qui nous permettent de débloquer les potentiels cachés de nos patients dans une activité anesthésique.

En effet actuellement en raison des contraintes de temps, qu'elles soient en rapport avec le caractère d'urgence de la prise en charge ou tout simplement en rapport avec le rythme de notre travail, l'utilisation de techniques d'induction dites rapides sont nécessaires.

Nous insisterons sur la création de l'alliance pour brièvement décrire quelques techniques dites Ericksoniennes, mais avec un focus sur les techniques peu étudiées et utilisées en France qui découlent de celles transmises par Dave Elman.

L'atelier proposera des vidéos, des démonstrations et quelques exercices en fonction des demandes de l'auditoire.

In this workshop, we will explore some rapid induction technics, which allow us to unlock the hidden potentials of our patients during anesthetic work.

In fact nowadays, because of the time constraints, due to the emergency status of the medical management or simply due to our pace of work, the use of rapid induction technics is necessary.

We shall insist on the establishment of the alliance for shortly describe some technics so-called Ericksonian, but too with a focus over technics little studied and used in France, which come from Dave Elman.

The workshop will offer videos, demonstrations, and some exercices according to the demands of the audience.



###### **Biography**

Dr Christian Schmitt

Médecin Anesthésiste Réanimateur

Secrétaire de l'IMHESA (Institut Milton H. Erickson Strasbourg Alsace)

Past-President et trésorier de la CFHTB

Formateur de l'institut Emergences (Rennes)

#### **Invited Address 4 16.00 – 16.45**

#### **The life and discoveries of Dr James Braid: 'The father of hypnosis'.**

##### **Mike Gow**

On Saturday 13<sup>th</sup> November 1841, Dr James Braid paid half a crown to attend an event with Swiss magnetic demonstrator Charles Lafontaine at the Manchester Athenaeum.

This talk takes an unusual perspective to reflect on the fascinating life story of Dr James Braid and the events which led up to his attending Lafontaine's 'conversazione'.

Details of Dr Braid's observations from this and subsequent nights will reveal the sequence of events that then led to Braid's first personal successes inducing hypnosis at his home on 22<sup>nd</sup> November and his very bold decision to then give live demonstrations, back at the Athenaeum in front of an audience on the 27<sup>th</sup> November. This was just two weeks after first observing Lafontaine's magnetism and only 5 days after his own first successful hypnotic inductions.

Following on from his discoveries in Manchester, Dr James Braid went on to recognise and document the 'value of hypnosis in communication, health and healing' in the 19<sup>th</sup> century.

In 1843 he wrote: *"I consider the hypnotic mode of treating certain disorders is a most important ascertained fact, and a real solid addition to practical therapeutics, for there is a variety of cases in which it is really most successful, and to which it is most particularly adapted; and those are the very cases in which ordinary medical means are least successful, or altogether unavailing. Still, I repudiate the notion of holding up hypnotism as a panacea or universal remedy. As formerly remarked, I use hypnotism alone only in a certain class of cases, to which I consider it peculiarly adapted — and I use it in conjunction with medical treatment, in some other cases; but, in the great majority of cases, I do not use hypnotism at all, but depend entirely upon the efficacy of medical, moral, dietetic, and hygienic treatment, prescribing active medicines in such doses as are calculated to produce obvious effects"*



##### **Biography**

Michael A. Gow BDS (Gla) MFDS RCPS (Gla) MSc Hyp (Lon) PGCert (Edin)

Mike is a general dental practitioner at The Berkeley Clinic in Glasgow, Scotland and regularly gives hypnosis talks and workshops. He has a Masters in Hypnosis Applied to Dentistry and holds the European Certificate of Hypnosis. He is a Past President (2008-10, 2014-16) of The British Society of Medical and Dental Hypnosis (Scotland). He has published many papers on subjects including hypnosis, dental phobia management, gag reflex and bruxism. He had a chapter on 'Dental Hypnosis' published in the book 'The Fearful Patient: A Guide to Understanding and Managing' (Ed by Prof. A. Weiner). Mike has appeared on TV on a number of occasions (including for BBC's Horizon) demonstrating the use of hypnosis in dental pain control.

## **Posters**

### **P1**

#### **Phenomenology of Active-Alert Hypnosis**

##### **Eniko Kasos**

Pekala's Phenomenology of Consciousness Inventory is a well established tool to describe the subjective experience of altered state of consciousness in different situations. While traditional hypnosis and active-alert hypnosis has many similarities they differ in very important areas that make the subjective experience of participants interesting.

The aim of the present study is to examine the different aspects of active-alert hypnosis. We conducted 48 active-alert hypnosis sessions using a standardized text with healthy subjects in our Budapest Hypnosis Labor.

Comparing the subjects' PCI responses with those filled out after the control condition and the influence, hypnotizability had on the subjective experience of participants, resulted in very interesting findings.

Within subject results indicated that highly hypnotizable participants showed more positive effect, volitional control, altered state of consciousness and imagery. Results of the hypnosis condition only, showed that highly hypnotizable participants scored higher on the altered experience, positive effect, imagery, attention, volitional control while scored lower on the self awareness and memory subscales than low hypnotizable subjects.

The importance of this study is to better understand a clinically valuable technique that is very different from traditional hypnosis, whether this difference is expressed in the subjective experience of participants and how hypnotizability influences these differences.

## **P2**

### **Bilateral Electrodermal Activity in Active-Alert Hypnosis**

**Krisztian Kasos**

Measuring electrodermal activity (EDA) unilaterally has a long tradition in hypnosis research with inconclusive and contradictory results. Bilateral monitoring of EDA has been mostly neglected in the field, except for the pioneering work of Gruzelier and colleagues highlighting dynamics of the left hemisphere fundamental to the induction process. The present study measured EDA from both shoulders of 16 high and 16 low hypnotizable participants in two counterbalanced conditions: active-alert hypnosis and a control condition where music replaced the hypnotic induction. Changes in EDA level over time showed a significant condition, hypnotizability and time interaction on the right side ( $p < 0.02$ ), but no significant interaction was found on the left side of the body. Those with high hypnotizability showed the highest EDA level on their right side towards the end of the induction phase, those with low hypnotizability showed an opposite pattern. Using a laterality coefficient, time pattern of lateral changes were markedly different according to conditions and hypnotizability ( $p < 0.04$ ). In conclusion, these results point to laterality differences in both level and pattern of arousal for those with high and low hypnotizability. To our knowledge this is the first study using bilateral electrodermal measurement during active-alert hypnosis. Understanding individual patterns of electrodermal laterality can help us further explore the nature of high and low hypnotizability

## **P3**

### **Does dissociation can inform about hypnotisability?**

**Audrey Vanhauzenhuyse**

Background: The usual measure of hypnotizability is to apply protocol encompassing induction and suggestions. The experimenter observes reactions of subjects along defined criteria and scores the level of hypnotizability as "low", "medium", or "high". These protocols are time consuming, limited to behavioral responses and do not consider feelings of subjects. We propose to evaluate hypnotizability with three visual analogic scales assessing absorption, dissociation and temporal disruption.

Method: 57 subjects were included ( $24 \pm 5$  years). Hypnotizability was assessed with the Stanford Hypnotic Susceptibility Scale: Form C (SHSS) (Weitzenhoffer, 1959) and the 3-items scale on two different days. The procedure used for the 3-items scale started with a hypnotic instruction encompassing a 3-min induction involving muscle relaxation and eyes fixation. Subjects were invited to re-experience a pleasant memory. Hypnotic state was maintained during 15 minutes. SHSS and the 3-items scale assessments were randomized across subjects. Kruskal-Wallis tests were conducted to compare hypnotizability as assessed with the 2 scales. Results were considered significant at  $p < 0.05$  (Bonferroni corrected).

Results: 24 subjects were high (score  $> 7$ ), 21 medium (between 5 to 7) and 12 low ( $< 5$ ) according the SHSS. Dissociation was different across the 3 categories (high, medium, low) of the SHSS. Dissociation score was also different when low and high subjects were directly compared. No difference was found when medium and low subjects were compared. No difference was found when absorption and temporal disruption scores were used to compare SHSS categories.

Conclusion: Self-rated dissociation allows to disentangle high, medium and low hypnotizable subjects as defined by the SHSS.

## **P4**

### **Managing Hypersensitive Gag Reflex: A Case Study**

**Mike Gow**

The gag reflex is usually a normal, healthy defence mechanism that prevents foreign bodies from entering the trachea, pharynx, or larynx. However, the reflex can become abnormally sensitive.

A hypersensitive gag reflex can prevent dentists from carrying out essential treatment with patients. The reflex can have psychogenic or somatogenic aetiology; however, it is most commonly a combination of both. The case study describes an integrated approach using a combination of traditional and complementary techniques. The patient presented with a tooth requiring restoration, but was unable to tolerate any dental instrument in his mouth.

An integrated management approach involving hypnosis, breathing techniques, distraction, nitrous oxide, acupuncture, desensitizing trigger zones with topical anaesthetic, and systematic desensitization allowed treatment to be successfully carried out. Importantly, in addition to the successful completion of the treatment, the patient reported that the experience had instilled in him a greater confidence and sense of control about having future dental treatment.

## **P5**

### **Utilizing client's metaphors in hypnotic process**

***Petr Sojka***

In ordinary English, we use about six metaphors per minute: similar densities are found in other languages. Noticing and utilizing the client's *own* metaphors, rather than metaphors introduced by the therapist has been shown to elicit focused self-absorption similar to natural trance state. We introduce a concept of embodied metaphors and a specific set of questions with the aim of minimizing the introduction of content from the therapist. We illustrate how these questions facilitate development of rich metaphors and induce a state of self-absorption. Moreover, we discuss similarities with hypnotic trance state. This approach was devised by David Grove, an enthusiast for Ericksonian hypnosis, in the 1980s and recently developed as a both therapeutic modality and qualitative research tool.

## **P6**

### **Hypnotic Approach for 121 chronic pain patients; how chronic pain altered in hypnosis?**

***Miyuki Mizutani***

Recent advances in neuroscience suggest that a certain experience of pain is "memorized" incessantly and actually influences the future pain perception.

Hypnosis elicits a functional shift in the brain, which corresponds to a subject's pain experience (Rainville P, et al., 1997, etc.). The shift achieved by hypnosis is far more definite than by mere imagination (Derbyshire SW et al, 2004).

Thus hypnosis creates real experiences. How can it be possible to create experiences that surpass the ongoing chronic pain experience?

The brain has a massively parallel architecture. In competition among the "coalitions" of neurons, the winning coalitions determine the contents of consciousness at a given time (Crick F & Koch C, 2003).

We hypothesized that focusing the attention on non-pain body sensations in a non-pain emotional state would automatically create analgesia and increase the potential for the patient's "chronic pain memory" to be replaced by a new memory.

The aim of the present study was to confirm the effects of non-pain experiences on chronic pain, in 161 outpatients. We describe our experiences of hypnosis practice in a multi-disciplinary pain center.