



16th EUROPEAN SOCIETY OF HYPNOSIS CONGRESS

ANTALYA

October 26-29, 2023

<https://esh2023.org/>

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ABSTRACT BOOK

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esh2023medicalhypnosiscongress

European Society of Hypnosis
In Psychotherapy and Medicine

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PRE-CONGRESS WORKSHOPS



Working with the Invisible: Recognizing and Using Minimal Cues in the Hypnotic Diagnosis and Treatment

Camillo Loriedo

MD, PhD, University of Rome "La Sapienza", SIPSIC-Italian Society of Psychotherapy, SIME-Italian Milton Erickson Society, SII-Italian Society of Hypnosis)

One of the most important contribution of Erickson's work and of hypnosis in general has been the amount of attention paid to little, apparently unimportant cues and details.

Minimal cues are those indicators, seemingly trivial and irrelevant, of a specific state of mind or internal processes. Since only careful investigation can reveal the specific connections between these indicators and meaningful behavioural responses, usually minimal cues are not considered a signal by untrained observers.

On the contrary, once used consciously by the hypnotist, they prove to be a very useful diagnostic and therapeutic instrument. The intense attention paid by the hypnotist to minimal cues should be considered another crucial therapeutic factor: the subject will in fact consciously or unconsciously respond to the intensity of this attention increasing cooperation to the therapeutic relationship.

Because of their profound impact and implications minimal cues can produce enormous and often unexpected changes in a person's life.

Keywords: Minimal Cues in Hypnosis, Therapeutic Relationship, Cooperation

Hypnosis for Enhancing Comfort in Patients with Chronic Pain

Mark P. Jensen

PhD, Professor and Vice Chair for Research, Department of Rehabilitation Medicine, University of Washington, Seattle, WA

This workshop will provide an overview of hypnotic strategies and suggestions for helping individuals better self-manage chronic pain conditions. It will begin with a discussion of the neurophysiology of pain and hypnotic analgesia, and how hypnotic strategies can be used to target the brain systems involved. A model for performing a complete evaluation of the outcome domains that hypnosis can benefit in persons with chronic pain will be presented, and methods for developing a pain treatment plan based on this evaluation will be discussed. Strategies for integrating hypnosis with other approaches with proven efficacy (e.g. cognitive therapy and Motivational Interviewing) to enhance overall treatment benefits will also be covered. The emphasis of the workshop will be on applied clinical technique; demonstrations, brief exercises and the opportunity for consultation will be included. After participating in the workshop, participants will have the resources and skills to evaluate a patient with chronic pain for hypnosis treatment, and design a treatment intervention that addresses the various problems identified.

Learning Objectives:

1. Understand the physiological, cognitive and behavioral factors that underlie and influence pain and the implications of this for designing hypnotic suggestions that help clients shift from maladaptive to adaptive cognitive processes and pain coping behaviors.
2. Be able to perform a thorough psychosocial evaluation of the psychosocial factors influencing pain and functioning, and design a treatment protocol that addresses each factor.
3. Be able to integrate cognitive therapy and Motivational Interviewing with hypnosis treatment to enhance treatment outcome.

Keywords: Chronic Pain, Neurophysiology of Pain and Hypnotic Analgesia, Hypnotic Strategies to Cope with Pain, Cognitive Therapy, Motivational Interviewing

The Double Mirror Technique- a fast and effective technique 'for a change'

Michael Alan Gow

MFDS RCPS (Gla) BDS (Gla) MSc Hyp (Lon) PGCert (Edin), General Dental Practitioner-The Berkeley Clinic, Glasgow, Past President (2008-10, 2014-16) of the British Society of Medical and Dental Hypnosis (BSMDH)-Scotland

The 'Double Mirror Technique' technique is a method of future rehearsal based on a dual-track model. This is my adaptation of a technique that I first learned from dentist Geoff Graham on the first hypnosis training course that I attended in 2000. Over the last 23 years my version has evolved following my studying similar dual-track and future rehearsal techniques described by Spiegel, Yapko, Navon, Gevertz and others. The technique which will be taught has many effective secondary techniques and Ericksonian language, all of which will be highlighted and explained. As well as these and the inclusion of my own ideas, I have also incorporated techniques that I have learned from the many fabulous hypnotists who teach at events such as the ESH Congress, BSMDH workshops, during my Masters training, from within books. Where possible I will reference the sources, but I would like to sincerely thank all who take the time to teach and pass on skills that help us treat our patients. It is the passion of others to do this that has inspired me to do the same!

I have used this technique hundreds of times and have found it to be fast and effective for anything that requires change in the patient's thinking, motivation, and behaviour. To name a few examples, it can be used for helping patients overcome phobias, addictions (eg smoking), parafunctional habits (eg bruxism, nail biting), hypersensitive gag reflexes, and with lifestyle changes (diet and exercise).

In this workshop I will teach how to establish SMART (Specific, Measurable, Attainable, Realistic, Time-bound) goals with patients and how to utilise effective positive anchoring. These are essential to the technique and indeed are arguably essential tools to use in ANY hypnosis case.

The guideline script that will then be taught in detail and demonstrated should be considered as such. It is a guideline. The best hypnosis techniques should suit the style and abilities of the hypnotist as well as being appropriate to the patient. The guideline script can and should be adapted as required for each case where it is used and this will be discussed. The technique that will be taught will provide a suggested structure and delegates will get the opportunity within the session to practice the technique with other delegates. I invite you to join me to learn 'The Double Mirrors Technique'- a fast and effective technique for a change.

Keywords: Double Mirror, Future Pacing, Future Rehearsal

KEYNOTES



Pathways of Distress and Recovery

Alastair Dobbin

MRCGP, College of Medicine and Veterinary Medicine, University of Edinburgh, Edinburgh, United Kingdom

Recent psychopathological and experimental research studies of memory and resilience have led to a new theory of distress and recovery.

Inspired by many years of Hypnotherapy practice in primary care, and particularly by observations of using age regression Sheila and I contacted an innovative Canadian group researching into the emotional impact of memory structures and collaborated in an experimental study of an audio programme. This uncovered a pathway which provides a theoretical base that could underpin both: a) emotional distress and: b) emotional regulation and recovery: caused by the non-integration of a dysfunctional memory within a network of associated needs-thwarting self-determining episodic memories **or** the integration of the dysfunctional memory within a network of associated needs satisfying memories in which the needs satisfying memories may have sufficient transferable skills such that they can create an effective action algorithm to create a visualisation/expectation of positive goals, creating positive emotions thus building resilience and recovery from depression and distress. This speech explores the possibility that a key mechanism of psychotherapeutic change and recovery has been uncovered supporting a trans diagnostic theoretical model of distress and recovery which encompasses expectation, adverse childhood experiences, self-determination theory and a goal regulation theory of positive affect within a computational (Bayesian) psychiatry and memory structures framework. Parsimony suggests that this model should be preferred over current structural theories that do not have identifiable key mechanism of distress and recovery and may also offer an opportunity to simplify the burgeoning domain of discrete psychotherapies.

In this keynote presentation Alastair will describe the research programme which underpins this key mechanism and will briefly explore the implications for the science of hypnosis and Neuro-linguistic programming.

Keywords: Episodic Memory, Bayesian, Self-Determination, Goal Regulation, Mechanisms

Health in the Body, Peace in the Soul

Ali Özden Öztürk

MD., European Society of Hypnosis Treasurer and BOD Member, President of the Society of Medical Hypnosis (THD), Istanbul, Türkiye

Do we aware of the life? Do we aware of ourselves? Who am I?

In my sight, life is **awareness**, and being alive is living in conscious awareness.

Yunus Emre, the Turkish Sufi Poet and philosopher, says : "I, Yunus, become visible to eyes by wearing flesh and bones".

Do we only an object made of flesh and bones, a physical existence, a body?

Do we only a subject having intelligence, a mental being having consciousness, a mind?

Yunus Emre also says : "There is an inner core-self beyond myself".

In order to be able to experience the ultimate conscious awareness, we need to be able to **differentiate** and **feel** what behaviors, emotions, thoughts and actions lead us on the path to have a balanced life.

"Awareness, Differentiation and Feeling" are the three aims of the AUCH treatment method. The therapists should be aware of their capabilities and capacities that can be helpful for the treatment of a patient, and for the better and proper application of hypnosis.

Also, the patients should be aware of their problems and the potential solutions to these problems. They should be aware of their inner capacities and capabilities that can help them to differentiate the negative and positive aspects of their lives, behaviors, thoughts and emotions.

The therapist should also differentiate the problems of the patient and their solutions, while aiming to foster the positive feelings of the patient during the treatment and during their lives after the treatment.

In this presentation, we will try to see how efficient hypnosis as a treatment tool to gain "Awareness, Differentiation and Feeling", and why these are vital while leading a person to a path aiming to find a balanced harmony of "Mind, Body and Soul".

Keywords: Conscious Hypnosis, Awareness Under Conscious Hypnosis (AUCH), Awareness, Differentiation, Feeling

Individual Approach, Based on Personality and Psychopathological Characteristic, For Using Hypnotherapy of Gambling Disorders

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We have conducted a study, aimed at developing a treatment program, which based on the personality characteristics. We analyzed the effectiveness of treatment different groups of patients. All patients who applied to the clinic for treatment of pathological gambling were thoroughly diagnosed: pathopsychological examination, assessment of general physical condition, individual psychological characteristics. A motivational interview and psychiatric examination were conducted with each patient in order to establish that the gaming behavior was not related to a manic episode.

We divided the patients who sought treatment into three groups (depending on the examination results): 1. patients with pronounced depressive syndrome and anhedonia; 2) patients who independently decided on the need for treatment and turned to the clinic, remaining socially adapted and mostly with sthenic reactions; 3. patients who lack motivation for treatment, but who came to the clinic at the request of family members. The greatest effect of hypnotherapy was established in the second group and, partially, in the first group (after the reduction of depression symptoms). For patients of the third group, a course of treatment was offered for the purpose of forming motivation and work with family members within the framework of the program for codependents.

LEARNINGOUTCOMES:

1-We have observed an increasing number of patients with pathological gambling in Ukraine. This trend has appeared since the beginning of the COVID-19 pandemic and received a new impetus with the beginning of the war in Ukraine.
2-For each category of patients has developed a local clinical protocol for treatment (in-patient and outpatient treatment), including hypnotherapy. The local protocol includes pharmacological intervention, psychological intervention / psychotherapy and family therapy.
3-The criteria according to hypnotherapy is recommended as the main component in the complex therapeutic program were established.

Keywords: Pathological Gambling, Hypnotherapy, Personality Characteristics

From the Dark to the Light: How to Overcome the Emotional Impact of Severe Traumatic Experiences

Camillo Lorio

MD, PhD, University of Rome "La Sapienza", SIPSIC-Italian Society of Psychotherapy, SIME-Italian Milton Erickson Society, SII-Italian Society of Hypnosis).

Focal Traumas, Complex Traumas and even Family Neglect frequently produce a profound and long-lasting experience of emotional distress. Dissociation is one of the most common consequences, and the emotional dysregulation is usually a severe symptom difficult to treat. The use of hypnosis to treat traumatic dissociation and dysregulation of has been limited for many years solely to the search of abreactive responses, obtained through intense and even forced age regressive emotional experiences. Only in recent times the use of specific Hypnotic Integrative Metaphors seems to provide a more effective and less painful alternative to repair the trauma's damages. Hypnosis can reactivate the natural process of mind, to reconnect dissociated mind and body parts, both the into a functional and unified self, particularly after traumatic experiences. The role of specific techniques designed to reestablish integration will be described, as well as the role of rapport, the special hypnotic relationship.

Keywords: Hypnosis, Traumas, Emotional Distress, Dissociation, Metaphors

Qu'est-Ce Qui Se Montre De L'hypnose ?

Charles Joussellin

Hospital Physician and Doctor of Philosophy, CHU Bichat-Claude Bernard, Paris, CFHTB-Council of the Francophone Hypnosis and Brief Therapies Confederation, French Association of Hypnosis

L'hypnose est-elle un état modifié de conscience ?

Pour répondre à cette question nous proposons, à la façon des phénoménologues, de nous mettre en suspens sans jugement *a priori*, de retenir ce qui se montre puis de s'interroger :

Qu'est-ce qu'un être humain ?

L'Homme vit parmi les autres Hommes et, sans cesse, il se préoccupe de ce qui l'entoure et se soucie de lui et des autres Hommes : c'est la condition humaine (Heidegger, Arendt)

Qu'est-ce que la conscience d'un être humain ?

L'Homme est conscient lorsque qu'il possède la capacité de rapporter à lui-même ce qu'il perçoit autour de lui ou en lui-même ; lorsqu'il est capable de dire « Je ». La conscience n'est pas une chose ni un état, mais une capacité de rapporter à soi-même ce qui se déroule au monde et en soi-même.

Comment un être humain perçoit-il le monde dans lequel il vit ?

Pour percevoir le monde, l'être humain, au centre du monde, utilise sans cesse ses capacités de mouvements, de réflexions, et ses différentes facultés sensorielles (VAGOK et proprioception) alliées à ses capacités de vigilance ; ses capacités d'attention.

Qu'en est-il de l'attention au monde de l'être humain ?

La vigilance et l'attention d'un être humain à ce qui se déroule au monde autour de lui et en lui-même joue un rôle majeur dans sa présence au monde. Cette vigilance et cette attention fluctuent sans cesse de différentes façons notamment lors d'un accompagnement en hypnose.

L'hypnose représente un processus de modification de notre relation au monde

Keywords: Phénoménologie, Conscience, Vigilance, Attention, Relation Au Monde

Healthy Mind in Healthy Body: Combining the Five Tibetan Rites with Clinical Hypnosis

Consuelo Casula

Clinical Psychologist, Italian Society of Hypnosis

The keynote proposes a combination of two ancient disciplines, hypnosis and the Five Tibetan Rites. Over the centuries, hypnosis has been shown to be a flexible instrument able to stimulate a dynamic process that infuses plasticity, malleability, agility and resilience of/to the mind. Over the centuries, the Five Tibetan Rites have shown that they are able to instil flexibility in the body and the mind of those who practice the rites in a disciplined manner.

The keynote will present some clinical cases in which mantras connected with the Five Tibetan Rites have been used as therapeutic process suggestions combined with body exercises inspired by Polyvagal and Somatic Experiencing.

The aim of the keynote is to offer a new perspective to encourage clinicians to integrate into their practice suggestions that enhance patients' imagination and flexibility to solve anxiety problems. The focus is on how clinicians may expand the Tibetan Rites into systemic therapeutic interventions, enriched by universal wisdom, metaphors, and creative imagination. Another focus of the keynote is on how gaining the collaboration of the patients, within and outside the therapeutic setting is important. The cultural background of the keynote ranges from alert hypnosis to mindfulness, from the classic suggestions of E. Coué to the most recent research on neuroplasticity stimulated by hypnosis.

Learning outcomes:

Listening to the keynote attendees will learn how:

The mantras suggested by the Five Tibetan Rites can be utilized in clinical hypnosis to solve anxiety problems,

The creative imagination combined with the Five Tibetan Rites enhance mind and body flexibility,

The Five Tibetan Rites can inspire universal metaphors on natural wisdom.

Keywords: Clinical Hypnosis, the Five Tibetan Rites, Mantras, Metaphors

Hypnosis a Long Journey: The Evolution of Hypnosis in Alignment with Contemporary Aspirations

G rard Fitoussi

M.D., General practitioner, President of the European Society of Hypnosis (2023-2026)

This conference delves into the recent evolution of hypnosis, closely intertwined with societal changes and individual aspirations. Over the past years, hypnosis has undergone a significant transformation, adapting to the changing needs of individuals. This presentation sheds light on how hypnosis aligns with contemporary aspirations, exploring the challenges and opportunities that lie ahead in the coming years. By analyzing advancements in the practice of hypnosis, we gain a better understanding of how it can contribute to addressing the growing needs of modern society. Emphasis will be placed on the work to be done to maximize the benefits of hypnosis and harness its full potential in areas such as health, well-being, stress management, and personal development. By integrating individual aspirations within the current context, this conference will provide stimulating insights for hypnosis professionals and pave promising paths for its future application.

LEARNING OUTCOMES:

- 1-Understanding the evolution of hypnosis
- 2-Recognizing the alignment between hypnosis and contemporary aspirations
- 3- Identifying future prospects and opportunities in the field of hypnosis

Keywords: Hypnosis, Evolution, Society, Transformation

University and Hypnosis: Fruitful Relationship

Katalin Varga

PhD, Prof., Department of Affective Psychology, Institute of Psychology Faculty of Education and Psychology, Eötvös Loránd University, Budapest, Hungary, Hungarian Association of Hypnosis

In this presentation I invite the audience what are the factors that made it possible that despite political difficulties, hypnosis at the Eötvös Loránd University Budapest is in its renaissance, inspiring students, and researchers, who take a very active part in the international hypnosis scene.

Hypnosis and hypnotherapy were forbidden for decades until the 1970s, sometimes are still viewed as occult phenomena. Nevertheless: now it is widely used in clinical settings, internationally acclaimed researchers from Hungarian universities contributed to our collective knowledge, with paradigm shifts such as active-alert hypnosis and interactional approach among others.

I argue, that apart from some key persons – like Prof. Mészáros and Prof. Bányai – the change was possible to the university context. Now both the university and the topic of “hypnosis” enjoy the win-win situation: many university scholars are working hard to make sure hypnosis takes its place in psychology, medicine and academia.

Keywords: Hypnosis, University, Academic Freedom, Hypnosis Research

Hypnosis. A Therapy that Stands the Test of Time

Kathleen Long

General Medical Doctor, Glasgow Scotland, Past President of British Medical and Dental Society(BSMDH), ESH President

Hypnosis, a truly integrated therapy that has stood the test of time... Hypnosis has survived being trivialised, discounted, and ignored by many in the face of increasing specialism and the drive to adhere to protocols. Will hypnosis survive in a future that may become increasingly influenced by AI? The ESH's role in ensuring Hypnosis not only survives but thrives for the future generations.

Key words: Hypnosis, Future of Hypnosis, European Society of Hypnosis (ESH)

Cooperation in Hypnosis

Krzysztof Klajs

Dipl. Psych., Founder (1993) and Director of The Milton H. Erickson Institute of Poland, President Elect of the International Society of Hypnosis

For decades hypnosis specialists have been focused on improving their techniques of trance inductions and expanding varieties of effective suggestions. After many clinical observations and scientific researches confirming a vital rule of client's motivation in the processes of changing – the specialist's cooperation skills started to become more and more essential. Hypnosis can be effective across many different areas. Each specialist applying hypnosis should have in mind the client's goals, hopes and reasons why they are here as well as the social context of the situation. It means not only respecting the client's motivation or inviting the client's both conscious and unconscious expectations to the office it's much more. It is building a whole hypnotic process around client's drive and resources. During the presentation different ways of cooperation in hypnosis will be discussed, not only the ones between client and hypnotherapist, but also the cooperation between family system and collaboration inside the professional hypnosis field.

Key words: Cooperation, Client's Motivation, Client's Resources

Effects and Mechanisms of Psychological Treatments in Individuals with Chronic Pain

Mark P. Jensen

PhD, Professor and Vice Chair for Research, Department of Rehabilitation Medicine, University of Washington, Seattle, WA

This talk will present the findings from a recently completed randomized clinical trial examining the effects and mechanisms of three psychological pain treatments (cognitive therapy [CT], self-hypnosis training focusing on pain reduction [HYP-Pain], and self-hypnosis training focusing on changing thoughts about pain [hypnotic cognitive therapy; HYP-CT]), relative to a pain education control condition (ED). Consistent with prior research, all treatment conditions were associated with medium-to-large effect size reductions in average pain intensity and pain interference. Mediation analyses found support for one hypothesized mediator; changes in pain control beliefs mediated the effects of CT and HYP-CT on both pain intensity and pain interference, relative to the control condition. Eight additional mediator variables (harm beliefs, disability beliefs, pain control beliefs, activity engagement, depressive symptoms, catastrophizing, skill practice between sessions, and therapeutic alliance) were associated with improvements across all treatment conditions. Moderator analyses identified significant ($p < .05$) moderation effects for one hypothesized moderator (more alpha = worse response to CT and better response to HYP-CT), and two exploratory moderators (more delta power = worse response to HYP-CT; more gamma power = better response to HYP-CT). Non-significant trends ($p < .10$) emerged for hypnotizability as moderating the effects of CT (less hypnotizability = more reductions in pain intensity and pain interference in response to CT) and both HYP-Pain and HYP-CT (more hypnotizability, more improvements in depression), and for theta moderating the effects of HYP (more theta = more improvement in depression). The findings suggest that although different psychological pain treatments result in similar outcomes on average, they are not the same. They appear to operate via different mechanisms, and people respond more or less to them as a function of their trait characteristics, including trait brain activity patterns. The findings support the possibility that treatment efficacy may be improved by (1) designing treatments so that they more effectively target key mechanism variables (e.g., maximize therapeutic alliance, increase pain control beliefs, decrease catastrophizing) and (2) better matching patients to the treatments they are most likely to benefit from (aka precision medicine).

Key words: Chronic Pain, Cognitive Therapy, Hypnotic Cognitive Therapy, Self-Hypnosis

Hypnosis in Dentistry – An Update and Future Perspectives

Randi Abrahamsen

Dentist PhD, Private Hypnosis Clinic, Researcher, Teacher, Trainer and Supervisor in the Danish Society of Clinical Hypnosis, European Society of Hypnosis President-Elect

Various studies reveal dental anxiety to affects 10-42% of the adult population. The vicious circle of avoidance behaviour among adults suffering from phobia often leads to dental problems with reduced quality of life. 13-29% of children suffer from dental fear, anxiety or phobia, present difficulties to cope with dental treatment. Dental treatment under sedation or general anaesthesia will solve the dental problem, but the anxiety will remain or even aggravate. Hypnosis can help patient cope with fear and overcome dental treatment. Use of good communications skills, building of strong rapport with the patient, principles of tell - show and -do during desensitization, awareness of patient's body language, respecting stop signal and patient's limits, combined with hypnosis may reduce anxiety. Hypnosis may increase patient's trust in the dentist and empower patient's ability to cope with dental treatment. Hypnosis can be very effectful and quickly develop the patient's resources before dental treatment.

The presentation will give an update of the literature of clinical and experimental studies of dental anxiety and hypnosis and try to look into the future for hypnosis in dentistry. How can we develop hypnosis and expand the use in dentistry for the benefit of patients?

LEARNINGOUTCOMES:

- 1- Update from clinical and experimental studies of hypnosis for dental anxiety
- 2- Empowerment of the patient with dental anxiety
- 3- Ideas for expanding hypnosis in dentistry.

Key words: Dental Anxiety, Develop Resources, Empowerment, Literature Background, Future Perspectives

INVITED SPEECHES



Rethinking Traditional Hypnotherapy and Reaching More People with Hypnosis through Books, Apps and As Internet-Based Self-Help Therapy

Anna Knakkegaard

Medical doctor, clinical hypnotherapist, Underfund / Minmagi

It's a well-known challenge in the world of clinical hypnosis that there is often a disconnect between the demand for and availability of qualified therapists.

There are indications that the COVID-19 pandemic may have significantly increased the demand of psychotherapy across the world, while simultaneously forcing practitioners to look at innovative ways to reach all those in need.

Anna Knakkegaard is a Danish medical doctor, who has developed contemporary tools and means to offer therapy to mainly children and adolescence. Her experience including from the paediatric psychiatric ward, led her to identify an increasing demand for mental health services and has driven her into developing and trying out new methods of hypnotherapy to supplement existing resources to reach a wider range of people in need.

Anna has incorporated hypnotherapeutic techniques into children's books and apps helping children with sleep problems. Furthermore, she has developed a treatment app with hypnosis for women and couples struggling with infertility as well as supporting well-being for a better pregnancy and tackling the challenges of childbirth. Most recently she has developed an internet-based self-help treatment program for families with children with functional abdominal pain.

In her presentation, she shares her experiences with rethinking traditional therapy in order to help more people through new, innovative modalities.

Keywords: Clinical Hypnosis, Innovative Modalities in Hypnosis, Hypnotherapy for Children and Adolescence, Hypnosis through Books, Apps and as Internet-Based Self-Help Therapy

Integrating Hypnosis in an Academic Hospital: Practice Guidelines, Clinical Protocols, and Techniques for Different Disease-Specific Settings

Chantal Berna

MD, PhD, Professor, Chair of the Integrative and Complementary Medicine Center at Lausanne University Hospital (CHUV), Switzerland, Fellowship at Massachusetts General Hospital, Harvard Medical School, Boston, USA, Swiss Society for Medical Hypnosis (SMSH)

This talk will highlight how the Center for integrative and complementary medicine at Lausanne University Hospital, Switzerland is promoting the use of hypnosis in this academic setting, with illustrations and techniques from different sectors. Tools for a structured introduction of hypnosis have been developed with a parallel research-clinical practice orientation in selected services. This has been done in collaboration with experts of the concerned sectors, such as sleep medicine, palliative care, digestive surgery, neurology (functional neurological disorders & neurorehabilitation) as well as neurosurgery. Furthermore, a specific program has been developed to serve the needs of patients suffering from chronic pain.

Techniques from these different sectors will be presented, some of them illustrated by videos, and others to be practiced during the workshop.

Keywords: In-Patient Care, Academic Hospital, Integrative Medicine

Placebo and Nocebo Effects: Implications for Hypnosis

Fabrizio Benedetti

*MD, Professor of Neurophysiology and Human Physiology, University of Turin Medical School, Turin, Italy,
Director of Medicine & Physiology of Hypoxia, Plateau Rosà, Switzerland*

Although placebos have long been considered a nuisance in clinical research, today they are an active and productive field of research and, because of the involvement of many mechanisms, they can actually be viewed as a melting pot of concepts and ideas for neuroscience. For example, brain mechanisms of expectation, anxiety, reward are all involved, as well as a variety of learning phenomena, such as Pavlovian conditioning, cognitive and social learning. There is also some evidence of different genetic variants in placebo responsiveness, and these give rise to high response variability. Overall, the concept that is emerging today is that placebos and drugs share common mechanisms of action. The understanding of these mechanisms in placebo responders and nonresponders has important clinical implications and applications for both pharmacological and nonpharmacological treatments, including hypnosis.

Keywords: Placebo, Nocebo, Doctor-Patient Relationship, Clinical Trials

Hypnosis and Digital Universes

Maria Cristina Perica

Licensed Psychologist and Psychotherapist, Member of the Board of Directors of the Italian Society of Hypnosis, Teacher at the Italian School of Hypnosis and Ericksonian Psychotherapy (SIPE)

In this presentation, I would like to share an explorative journey into a naturalistic way to use virtual universes in hypnotherapy. During an interview about virtual reality and neuroscience (1), the neuroscientist Vittorio Gallese said, "We inhabit a multiplicity of worlds, and the borders that separate these worlds are much less solid, seen from the point of view of the brain than one might have imagined". This exploration was inspired by three patients, who referred to feeling "stuck" and showed anxiety or avoidance with reference to some activities. One patient showed depressive symptoms and couldn't experience new situations in hypnosis; the two others considered hypnosis too far from their lives to allow them to cope with difficult situations. The utilization of virtual reality as a bridge between the therapeutic experience and the patients' day-to-day lives is exemplified through these clinical cases. The integration of hypnosis and virtual reality took place following cues or elements proposed by the patients in a naturalistic way, which seeded the hypothesis of the digital universes as an extension of the possibilities in the therapeutic setting. What is exposed needs to be considered in the singularity of the clinical intervention with that patient in a specific emotional and relational context. Therefore, the clinical cases are proposed with an evocative rather than descriptive purpose of possibilities in therapeutic interventions. Finally, I'll briefly present the scientific evidence about virtual reality hypnosis and the need for further evidence-based studies.

Learning outcomes:

After participation, attendees will be able to:

- Identify opportunities and weaknesses offered by using digital universes in hypnotherapy;
- Have a map of how to use virtual reality in hypnotherapy in a naturalistic way;
- Explore possibilities in integrating hypnosis and virtual reality (e.g. hypnosis before, during and after the virtual experience);
- Identify the potentialities of using virtual reality hypnosis as an indirect technique.

REFERENCES:

1. Gallese V. (2013), The Virtual and Neuroscience, Interview made for Psychiatry on line Italia videochannel for the centenary of Karl Jaspers, link: <https://youtu.be/MoyN4OyBaEo>

Keywords: Hypnosis, Virtual Reality, Digital Universes

Healing Stories - The Use of Metaphors and Ericksonian Hypnosis in the Treatment of Somatic Illness

Marta Nowak Kulpa

Psychologist and psychotherapist, Department Of Oncological And Reconstructive Surgery in Maria Skłodowska Curie Oncology Center Institute - Gliwice/Poland

The experience of serious illness is often a dissociative one. Patients, in a defensive reflex, distance themselves from their suffering body. At some level, they experience the alienation of their body, which is changing, becoming different or weak. Healing needs safe association - reaching out to one's resources to make good use of them. What makes it difficult to be close to oneself during illness is often the fear of suffering, pain or helplessness.

The presentation will provide descriptions of coping with these difficulties, using Ericksonian psychotherapy techniques - especially hypnotic storytelling.

The topic will focus on the Ericksonian approach to helping patients heal themselves, experience comfort and restore bodily homeostasis. The skills of using metaphors, stories and hypnotic conversation to help patients experience a deep connection with themselves so they can survive and even grow after life-changing treatment will be demonstrated. Clinical examples of patients in long-term treatment and after traumatic experiences, including patients from the Department of Oncologic and Reconstructive Surgery, will be presented.

An emphasis will be placed on how best to tailor psychotherapy to the patient's individual needs, abilities and resources.

During the session, participants will learn:

- How to construct and use metaphors during long-term treatment
- Ways to find the patient's resources needed for recovery;
- Techniques for nurturing a medic's own resilience, which is essential when working with seriously ill patients
- The use of trance phenomena to support recovery. What to disassociate from, what to connect to.

Keywords: Ericksonian Hypnosis, Healing Metaphors, Homeostasis after Trauma

The Non-invasive Brain Stimulation to Alter the Hypnotic Experience: State of the Art and Future Perspectives

Rinaldo L. Perri

PhD, University Niccolò Cusano, Lab of Clinical and Experimental Neuropsychology, Rome, Italy, De Sanctis Clinical Center, Rome, Italy

Non-Invasive Brain Stimulation (NIBS) is a cutting-edge technology widely adopted by researchers and clinicians to alter cognitions, emotions and behaviour. The most common NIBS techniques are the transcranial Direct Current Stimulation (tDCS) and the Transcranial Magnetic Stimulation (TMS): both are capable of exciting or depressing the neural activities of the targeted cortical area. NIBS has been recently adopted in the hypnosis research with the aim of modulating the excitability of the brain areas associated with hypnotic phenomena. The few studies available so far targeted mainly the dorsolateral prefrontal cortex (DLPFC) to alter hypnotizability. Findings from this research line appear exciting as they could promote a novel and neuroscientific approach to boost the hypnotic experience and the responsiveness to hypnotic suggestions. Moreover, unlike the traditional psychological approaches, NIBS could produce fast and operator-independent alterations in hypnotic response, giving researchers the opportunity to investigate the causal role of the targeted brain areas in the hypnotic phenomena. This talk reviews the main approaches adopted to date to modify hypnotizability, with a main focus on recent NIBS investigations: the neurocognitive mechanisms of action are discussed, as well as their possible implications for hypnosis research and practice.

Keywords: Non-Invasive Brain Stimulation, Transcranial Direct Current Stimulation, Transcranial Magnetic Stimulation, Hypnotisability, Hypnotic Experience

ORAL PRESENTATIONS



Clinical Hypnosis for Pain Reduction in Breast Cancer Mastectomy: A Randomized Clinical Trial

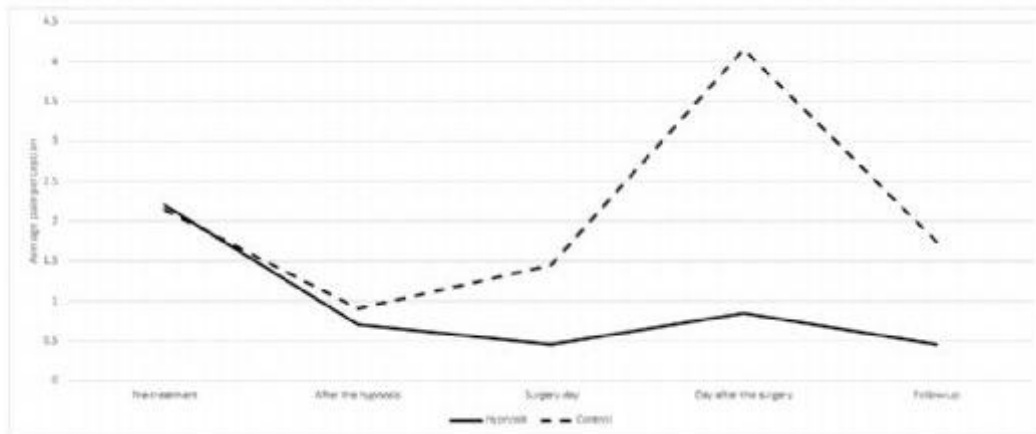
Arnoldo Téllez, Carolina Moreno, Arturo Valdez, Teresa De Jesus Sánchez

Health Psychology Unit, Psychology School, University of Nuevo León, Monterrey, México; Mexican Association of Clinical Hypnosis

Surgical procedures for breast cancer treatment are commonly followed by pain. Clinical hypnosis has been shown to be effective in reducing pain during and after surgery, but most of the studies have used analogical scales, which only measure pain intensity. The aim of this study was to evaluate the effect of clinical hypnosis on pain intensity and its interference in daily activities in patients before and after mastectomy. The patients were evaluated using the Brief Pain Inventory. Forty patients were randomly assigned to an experimental or control group and evaluated 5 times: 1) baseline, 2) after clinical hypnosis session, 3) before surgery, 4) 1 day after surgery, and 5) 1 week after the surgery (follow-up). The results showed that after surgery the hypnosis group had a statistically significant reduction in pain intensity, less interference of pain with daily activities, sleep and life enjoyment compared with a control group. Clinical hypnosis may be recommended as a complementary treatment procedure for postmastectomy pain reduction and improving the quality of life of these patients.

Keywords: Clinical Hypnosis, Pain, Breast Cancer, Mastectomy

figure 1



Differences between the hypnosis group and the control group, and the average levels of pain perception since pre-treatment through follow-up.

Table 1

Pain intensity	m(SD) Hypnosis	m(SD) Control	X2(p)	d
After the intervention	-1.50(1.54)	-1.25(1.92)	.84(.360)	-.14
Surgery day	-1.75(1.92)	-.70(3.40)	3.79(.051)	-.39
The day after surgery	-1.35(3.22)	2.00(4.30)	8.13(.004)*	-.89**
Follow-up	-1.75(2.42)	-.40(2.26)	3.00(.083)	-.58*

*Score changes of pain intensity perception at different time points. *medium effect size, **large effect size*

Kid Sedation without Medication in Dentistry Office

Banafsheh Yaloodbardan

Dentistry faculty, Mashhad University of medical science, Mashhad, Iran

Handling Children in dental office has always been a challenge.

Many techniques are taught in universities to guide the children, but still children in the office can be tough for some colleague.

In my presentation, I want to share some of my own hypnotic techniques, working good even with children coming the first time or children with horrible experiences from dentistry procedures in the past.

Child hypnosis is different from adult hypnosis, children do not sit on dental chair with close eyes and my technique are all done with open eyes.

The techniques are self-developed based on hypnotic techniques I learned from Iranian and international colleagues.

In my Presentation I will explain some of them and show brief video examples of my work in dental practice in rural part of Iran.

In contrast with the common belief that children are less worried when they feel less discomfort, I believe that children feel less discomfort and pain when they are less worried and actually less focused on the treatment!

Techniques do not have a universal name and they might seem strange, literally because they are self-developed.

Number 1: Tongue Depressor Technique

Right Before Injection I give a tongue depressor to the child and ask him/her to keep the other end clean so that I can examine his/her teeth after the end of the procedure.

This way the kid is not touching the clinicians hand, does not try to move a lot and is focused on his task which is keeping the tongue depressor clean.

Number 2: Tooth is 100 Times Stronger than Nail

When I want to use any instrument which the kid find it scary, I have one extra of that in my tray and this one is just to test the instrument on the child's nail.

What children are so scared of is sharpness and when they feel elevators(as an example)are not sharp and does not hurt the nail and the fact that tooth is 100 times stronger than nail they are significantly less stressed.

Number 3: Imaginary TV on the Ceiling

I ask the kid to imagine a screen on the ceiling. Then I ask which program would you like to watch on this screen?

Next I start to talk about the animation film or any other program in detail.

It only can be applied when the clinician is familiar with children's content.

Keywords: Hypnosis, Kids, Dentistry

Lightening the Soul, Lightening the Body

Cecilia Fabre

Clinical Psychologist, PhD, CEO of the Ericksonian Center of Mexico A.C., CEO of the Milton H Erickson Institute of Cancun, Member of the Board of Directors of the International Society of Hypnosis

PRESENTATION OF THE ERICKSONIAN GROUP MANUAL TO RESOLVE OVERWEIGHT AND OBESITY

In the origin of overweight and obesity there are many factors. During the conference will be presented: the characteristics that make this group Ericksonian, among them the way the group coordinator works, as well as the universal themes that make appear and maintain the overweight and obesity and that are worked in the group. But also the general model of work will be presented where it is essential to change the relationship with food and through that the relationship with the world.

LEARNINGOUTCOMES:

1. To establish why an Ericksonian group and what makes it different and more efficient than other models 2.
2. To learn how to facilitate further self-hypnosis work.
3. To learn the general themes that are worked on in this group.

Keywords: Ericksonian Hypnosis, Overweight, Group Work

Hypnoanesthesia Practices with Awareness Under Conscious Hypnosis (AUCH) Method In Dentistry

Ekrem Tokatlı¹, Ayşe Nur Yüce Tokatlı¹

¹*Dt, Society of Medical Hypnosis(THD)*

This is a presentation of hypnoanesthesia cases carried out using the Awareness Under Conscious Hypnosis (AUCH) Method. This method was founded by M.D. Hüsni İsmet Öztürk in early 1950's and it has been developed over the years by using in many cases.

The aim is to accomplish tooth extractions and tooth preparations by administering hypnoanesthesia with AUCH Method.

In these cases, the procedures were performed only by providing hypnoanesthesia without using any anesthetic, analgesic or sedative drugs.

One of these cases is about tooth preparation in prosthetic treatment with hypnoanesthesia. In the patients who are in hypnosis, the gag reflex is prevented, dental fobia is eliminated and the patient's comfort getting better.

The other cases are about tooth extractions in surgical dentistry with hypnoanesthesia. In this method during the surgical process, along with hypnoanesthesia by using hypnotic suggestions; haemorrhage can be controlled and the healing rate can be increased.

Learning Outcomes:

- 1- Hypnoanesthesia in Dentistry
- 2-Using Hypnosis in Bruxism
- 3-Using Hypnosis in Dental Phobia

Keywords: Awareness Under Conscious Hypnosis (AUCH) Method, Hypnoanesthesia, Tooth Extraction, Tooth Preparations

Evaluation of Efficiency of Auricular Chromotherapy Supported Hypnosis Usage in Bruxism

Emel Gökmen

MD, Neurologist, Private Office

Introduction: Bruxism, due to central excitations it creates, obstructs central processing of posture. Studies on preventing bruxism will have a great impact on the success of treatments. It is a fact that bruxism develops via the subconscious, especially amygdala.

Aim: Aim was to gather successful results by working at subconscious level on bruxism. It was planned to make the hypnosis based work on accessing subconscious and suggestion process easier by using the known fact that exposing light at certain frequencies on the ear lobe that represents the areas of the limbic system eases the process.

Method: Studies were performed over 50 patients who had postural syndrome and had bruxism related to problems with usage of manducator apparatus. Patients consisted of 36 who were aware of bruxism and 14 who weren't. Access to the subconscious was provided by technical usage of hypnosis. Symptoms on the body were used as entry basis. Progression continued by using auricular chromotherapy. Progress has been accelerated by using light on limbic system counterparts of active points on the ear. Hypnotic therapy has been used to regulate emotions that cause bruxism.

Result: Various levels of reduction on bruxism have been observed on all of the patients who are aware. Got results from 4 of the patients from the unaware patient group who had cervical area pains.

Discussion: It is necessary to perform studies on how using auricular chromotherapy like cerebral integration techniques of hypnosis increases effectiveness on bruxism treatment.

Keywords: Bruxism and Hypnosis, Auricularchromotherapy, Hypnosis and Ear Acupuncture

Spontaneous Unfolding Movements during Hypnotherapy as "Nourishment" for Body and Mind

Erika Chovanec¹, Univ. Prof. Karl Garnitschnig²

¹*Growth-Motivation Centre Vienna*

²*Sigmund Freud University Vienna*

In this lecture, the so-called unfolding movements and images are presented as novel spontaneous healing phenomena, along with sequences of spontaneous complex movement, which can be evoked during hypnotherapy. Unfolding phenomena may represent 'nourishment' in terms of need satisfaction for both body and mind through the unfolding processes, involving an intuitive state of consciousness.

The functions of these unfolding phenomena in fostering hypnotic induction, promoting resource mobilization, and facilitating reorganization and adaptation processes, as well as their functioning as hypnotic phenomena, are discussed. In the practical segment of this lecture, the emergence of unfolding movements and images is illustrated through short case examples and video samples, showcasing the phases in which they concretely emerge during the so-called balancing and healing sets.

This study is grounded in Maslow's theory of motivation (Maslow, 1962) and extends the hypnotherapy approach of Ernest Rossi. It builds upon existing work on the development of psychic functions (Garnitschnig, 1998), draws on research on communication and needs (Chovanec, 2005), and incorporates case studies derived from eight years of hypnotherapy practice.

A forming unfolding process during hypnotherapy is explored, highlighting its key components. Influenced by intuitive perception during hypnosis, the unfolding scheme—phylogenetically stored in memory—communicates with other organizational levels through specific instruments. This ideodynamic interaction promotes spontaneous unfolding movements during hypnotherapy, bridging the mind, psyche, and body.

Besides their application in hypnotherapy and psychotherapy, these phenomena offer insight into psychiatric diagnoses in medicine, and, due to their link with fixed action patterns, may inform future human ethology research. The process phases and sequence of occurrences can also provide valuable insights for neuroscientists and developmental biologists.

Based on the findings of the study presented herein, a proposal for a research project, which could be conducted across institutes, hospitals, and universities in Europe, is made. Within this project, these phenomena will be introduced and utilized, considering various research possibilities and applications in psychotherapy, medicine, ethology, and evolutionary biology.

Keywords: Hypnotherapy, Spontaneous Complex Unfolding-Movements, Unfolding-Scheme, Human Motivation, Psychological Functions

Beyond the Cure: Ericksonian Hypnosis in Psychiatry

Fabio Carnevale

Clinical Psychologist, SII (Società Italiana di Ipnosi) Italy, ESH BOD Member

The concept of trauma has changed dramatically over the past century.

The scientific literature dealing with psychopathology has increasingly highlighted the etiopathogenic potential of micro-traumatic episodes in childhood as predictors of the development of severe mental illness in adolescence and adulthood.

From analyzing the most up-to-date research in etiopathogenesis and diagnosis of psychiatric disorders, the speech will provide reflections and technical tools for treating severe mental illnesses with hypnosis.

Categories of hypnotic phenomena and their use in psychiatric settings will be described in detail.

In particular, I'll discuss treatment criteria and hypnotic intervention strategies with subjects who have undergone experiences of maltreatment and neglect.

In addition, a clinical case will be presented as an illustrative example.

Keywords: Hypnotherapy, Psychiatry, Rapport, pFactor, Hypnotic Phenomena

Use and Efficiency of Hypnosis Applications in Fibromyalgia

Figen Üzer

MD, Uskudar State Hospital, Hypnotherapy Clinic, GETAT (Traditional and Complementary Medicine) Department, Istanbul

Fibromyalgia Syndrome (FMS) is a chronic disorder characterized by fatigue, sleep, memory and mood problems accompanied by widespread pain and sensitivity in the musculoskeletal system. Since it is associated with comorbidities such as fatigue, muscle stiffness, sleep disturbance, depression, anxiety and gastrointestinal complaints in many patients, it is very difficult to classify and treat. Fibromyalgia, a common disease, negatively affects the quality of life of patients.

It is not yet fully determined what causes fibromyalgia. However, as a result of research, it has been understood that some factors trigger the disease. These factors; genetic factors are factors such as trauma, stress, personality structure.

Studies show that providing optimal benefit in treatment can only be with treatment approaches where pharmacological and non-pharmacological treatment options coexist, which take into account the severity, symptoms and functional condition of the patient. Here; Hypnosis, which is among the complementary and alternative medical treatments, is in the first place in the treatment of fibromyalgia as a non-pharmacological treatment option. Hypnosis, one of the traditional and complementary treatment methods (GETAT), is safely used as a primary or complementary method in the treatment of many acute and chronic diseases. The application of hypnosis, whose scientificity and effectiveness has been proven by many studies, in hospitals and clinics increases over time. In this study, both the use of hypnosis in fibromyalgia patients in general, its mechanism of action and T.C. Hypnosis applications in the treatment process of fibromyalgia patients who are followed up in the hypnotherapy clinic opened within the Ministry of Health GETAT will be mentioned. In the presentation, the effect of hypnosis on the healing process of fibromyalgia patients will be explained within the framework of these patients' complaints of applying to the clinic, additional disorders, treatment methods applied and hypnotherapy processes.

As a result; The presentation of hypnosis methods and effectiveness applied to fibromyalgia patients will reveal the contribution of hypnotherapy to the healing process of a chronic condition whose cause is not fully known and difficult to treat..

Keywords: Fibromyalgia, Pain, Fatigue, Anxiety, Hypnosis

Finding Therapeutic Mask by AUCH Fist

Gizemur Öztürk

MD, Medical Society of Hypnosis (THD)

Who am I?

What are my identities?

How do I express these?

What are my masks, what I show, what I hide, what I hide behind.

Hypnosis can be used in many treatment protocols in different branches of medicine. It is a state of consciousness created by suggestion in perception, attention, memory, 5 senses and feelings .You will find the answers to these questions in this presentation, and how hypnosis is used in therapeutic ethics.

This hypnotic journey can reveal our protected identity behind the mask. We can find out with AUCH (Awareness Under Conscious Hypnosis) which mask represents our current personality. With AUCH hypnosis, we become aware of which identity this mask reflects.

By distinguishing our mask, which represents the identity we want to get rid of, from other masks, we discard this mask we do not want.

According to the 3 main purposes which are Awareness, Differentiation and Feeling in the AUCH method, we will discuss the reasons why we choose our masks in life.

Before we throw off this mask, we strengthen our hidden personality behind the mask with AUCH so that we can do the behaviours that we feel good about without this mask. Because they represent our masks of aggression, mask of inadequacy, or any other part of our behaviour.

If you want to find your true identity, it is possible to find out which mask does not look like you, and to get rid of it with hypnosis,

The solution is in your AUCH fist.

Keywords: AUCH (Awareness Under Conscious Hypnosis) Method, Personality Masks, Identity

The Neuroscience of Pain and Hypnosis Used As an Integrated Approach to Healing and Treatment of Chronic Pain and Phantom Limb Pain

Gunnar O R Rosen

Assoc. Prof. Institute of Pain Medicine Oslo Norway

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, and even more astonishing when the painful part of our body is missing. This is a rather complex process due to medical examination, ethology, context, learning, genetics and personality. Now when bringing hypnosis into the picture where and how does it interact with the different underlying pain mechanisms? Today's modern brain scanning with the fMRI and PET allow us to unravel different activities in the brain. We know that hypnosis might be a very powerful tool both in psychotherapy and in the treatment of pain. Can we use research and neuroscience to learn more about how making pain and hypnosis a more fruitful marriage since divorce usually is not an option. This may be possible through a deeper understanding of body – mind interaction, and utilize it to fit the patient's personal experience of pain, resources and experiences. Contemporary research, clinical cases and vivid demonstrations are used to allow both for scientific understanding and clinical applications.

Keywords: Pain, Phantom Limb Pain, Neuroscience, Body Mind Integration

The Use of Hypnosis in Gynaecological Diseases, Birth and Postpartum Processes and Sexual Dysfunctions in Female

Halil Mehmet Karav

MD, National Therapy Center

Hypnosis has been known and widely used for many years in gynaecology, female sexual disorders birthing and in postpartum processes. Many physicians in our country and the world are using hypnosis frequently and effectively in these indications. In the presentation, information will be given about how the hypnosis is used in sexual dysfunctions and birthing processes. Studies on the use of hypnosis will be evaluated, female sexual disorders (especially vaginismus) birth preparation and painless delivery, hyperemesis, the puerperium and lactation periods. In this presentation, the use of hypnosis in the treatment of vaginismus, will be shared in particularly.

Keywords: Hypnosis, Subconscious, Vaginismus

A Holistic Therapy Technique in Trauma Treatment; HRT

Haluk Alan

MD, PsikoTera Clinic

HRT; HypnoMeditative Reprocessing Therapy is a holistic therapy technique built on two main elements, which are basically bidirectional stimulations and hypnomeditative techniques.

The use of hypnosis and bidirectional stimulation in therapies is not new, of course; however, putting them into practice with an integrative logic in a single and different therapy practice such as HRT and using a different workflow scheme independent of both reveals the originality of this method.

HRT does not address the therapy process only from the psychopathology dimension; on the contrary, it aims to reach the resources of the individual and to use them actively in the solution. In this context, it does not see the person as pathological, defective and problematic.

It believes that they have the solution but they are not aware that they have this power.

However, the clients have all the resources they need for the solution of the problem. The whole point is to reach these resources, to provide awareness and to guide the process to harmonise the ego on a plane where these resources are used. In this context, it is possible to accept HRT as a solution-oriented holistic approach.

HRT is not only reassuring for therapists in terms of managing the therapy process, but also enjoyable... Because during the therapy, the therapist is not burdened with responsibilities such as making any comments, analysing, directing and controlling the course of the therapy.

In fact, it often rejects possible efforts in this direction. It does not use direct suggestions except in rare cases. Even in autoHRT, which is prepared with a fictional text created according to the result obtained, the client-induced positive result achieved in therapy is taken as the basis. Therefore, it is really a client-centred application. As the processing is carried out, the client witnesses that client is taking firm steps towards the positive self-perception that he/she has determined as the therapy goal in the first place.

HRT is a holistic technique that is emotion-based in essence, but also focuses on thought, behaviour, body sensations and unconscious processes, and also includes protective and developmental elements in the context of positive psychology as well as therapeutic. It draws attention not as an alternative to other therapy schools, but as a complementary technique that adapts to the holistic approach.

Keywords: HypnoMeditative, HypnoMeditative Reprocessing Therapy (HRT), Trauma

Treatment of IBS Using Heterohypnosis and Self-Hypnosis Based On Ultradian Rhythms: A Prospective Study

Isidro Pérez Hidalgo

President of the Sociedad Hipnológica Científica, Director of CHC Psicólogos, Former Director of the Master of Clinical Hypnosis of Psicocátedra (Ateneo de Madrid)

INTRODUCTION

IBS is a very common problem and a long-term condition of the digestive system.

Management of IBS includes:

- Diet
- Medications (laxatives, antispasmodics, antidepressants)
- Psychological therapies (mainly CBT and hypnotherapy)

METHODS

23 adult patients diagnosed under the label "Irritable Bowel Syndrome" were exposed to a hypnosis program with three stages:

1. Neutral hypnosis (at the office), followed by home practice oriented to a reduction of general anxiety. Each hypnosis session lasted about 25 minutes.
2. Hypnosis with specific suggestion oriented to optimize the brain-gut connection (including also home practice).
3. Self-hypnosis according to Ernest Rossi's ultradian response.

Besides, the patients were instructed to arrange their tasks in alignment with the Basic Rest-Activity Cycle in the daytime.

OUTCOMES

Positive results were seen in 19 out of 23 patients. (in these patients overall IBS severity was reduced in more than 60% after four months of treatment).

A follow-up questionnaire was answered by 15 out of 19 patients that have experienced positive outcomes. Clinical improvement was conserved after one year with slight variations.

LEARNINGOUTCOMES:

- 1-Understanding the psychosomatic nature of IBS
- 2-To explore possible improvements in hypnotic treatment protocols for IBS
- 3-To know how to apply this protocol

Keywords: IBS, Ultradian, brain-gut hypnotherapy

Hypnosis is a Process Based on Our Three Modes of Perception

Jean-Marc Benhaiem

MD, Head of University Diploma of Medical Hypnosis-Pitié Salpêtrière –Paris VI, Dr, Département Anesthésie Réanimation, Pr V. DEGOS - Pr P. CORIAT, Groupe Hospitalier Pitié Salpêtrière, AFEHM (French Association for the Study of Medical Hypnosis)

Hypnosis is a physiological function so rich and complex and with such surprising effects that it is the subject of numerous definitions. It is described as an absence, a capture, an influence, a dissociation, an intense presence, a modified consciousness, a focusing, etc.

Pathological fascinations and fixations use the same hypnotic mechanisms causing pathological dissociations. Jean Martin Charcot, the famous neurologist from Salpêtrière, caused dissociations and re-associations in his patients hospitalized for segmental paralysis.

Hypnosis would therefore be an extraordinary “medicine” which allows the person to be dissociated from what is toxic and/or to re-associate what was divided, fragmented.

For example, for a person who is delirious, hypnosis will aim to help them find their body and the present. Conversely, for a person who is too rigid, obsessive, hypnosis will be provoked to make them imagine, delirious and deconstruct their beliefs.

Hypnosis reveals the existence of our three modes of perception; the mental mode that thinks and analyzes; the sensory mode which refers to the body and its sensations; and the confusion mode which is the source of dissociations. Hypnosis is a process that connects these three modes to restore or maintain balance in a person.

Keywords: Hypnosis, Dissociation, Mental Mode, Sensory Mode, Confusion Mode

Hypnosis food for the body and mind of surgical patients

Linda Thomson

University of Vermont, Burlington, Vermont, USA

Around the world there are millions of minor and major surgical procedures performed each year. Surgery is a traumatic injury that stimulates the stress response which delays wound healing and surgical recovery. Hypnosis has the potential to mitigate the stress response. Feeding the body and mind of surgical patients with hypnosis can be very effective in enhancing their coping skills, managing stress and anxiety, reducing pain, and increasing their sense of self-mastery, thus having an enormous positive impact on both their surgical course and their recovery.

Decades of studies have shown the positive effects of hypnotic intervention therapy on surgical patients with reduced postoperative nausea and vomiting, decreased anxiety during the procedure, less pain, fewer postoperative side effects, decreased use of analgesics and anxiolytics, and quicker recovery time. This efficacious modality is greatly underutilized.

This presentation will include the important elements and suggestions that should be included when preparing a patient hypnotically for surgery.

Keywords: Preoperative, Surgery, Postoperative

The Use of Hypnotic Suggestion in Rehabilitation of Working Memory after Acquired Brain Injury: A Randomized Controlled Trial in Norway

Line Sophie Eide (C.psych, Phd Candidate)¹, Per Ola Rike (Phd, C.psych)¹, Hildegun Snekkevik (C.med)¹, Stephan Rossner (C.med)³, Gunnar Rosen (Phd, C.psych)⁴, Silje Endresen Reme (Prof, C.psych)², Jonas Kristoffer Lindeløv (Phd, C.psych)⁵, Marianne Løvstad (Prof II, C.psych)¹

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⁵*University of Aalborg Denmark (UA)*

Objectives

Establishment of effective, efficient, and evidence-based interventions in rehabilitation of working memory (WM) deficits after acquired brain injury (ABI) is sorely needed. Despite robust evidence for the efficiency of clinical hypnosis in a wide range of clinical conditions, and improved understanding of mechanisms underlying its effects, the potential of clinical hypnosis in cognitive rehabilitation is virtually unexplored. A recent study has shown large effects of hypnotic suggestion on WM capacity following ABI. This randomized controlled trial (RCT) aims to evaluate and explore replicability of these findings. The study also explores the underlying mechanisms of change.

Methods

Ninety patients are recruited from Sunnaas Rehabilitation Hospital. Inclusion criteria are ABI, minimum 12 months post-injury, ongoing WM deficits, and age between 18 and 67 years. Patients are randomized to either a) an intervention group receiving four weekly 60 min. sessions with induction and hypnosis, b) an active control group receiving four weekly 60 min. sessions of induction and mindfulness, or c) a passive control group without intervention. The targeted procedure consists of suggestions about enhancing WM functions through the instantiation of preinjury WM ability in the present using age regression and visualizations of brain plasticity. The non-targeted suggestions contain no explicit mentioning of ABI or WM-related abilities. Each participant is assessed at baseline, immediately after intervention and six months after baseline. The primary outcome is the WM Index from WAIS-IV and self- and informant reported WM Subscale from BRIEF-A, a questionnaire exploring memory functioning in everyday life. Secondary outcomes include self-reported memory self-efficacy, emotional distress, quality of life and community integration. A process evaluation captures treatment experience.

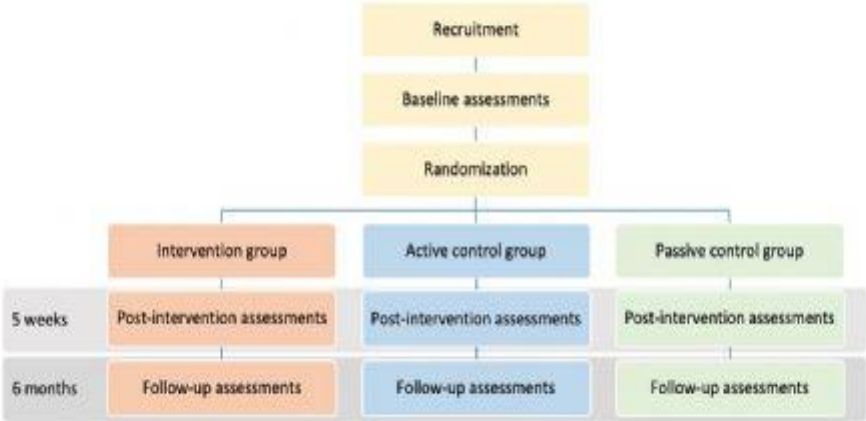
Discussion

Rehabilitation of impaired WM after ABI has hitherto yielded limited clinical effects, and clinical trials of new interventions are thus warranted. Long-standing empirical evidence demonstrates that hypnosis is an effective therapeutic technique in a wide range of conditions and recent exploratory research has suggested efficacy of hypnosis in improving WM in patients with ABI. However, these extraordinary findings need replication in studies applying scientifically rigorous designs. If successful, our ambition is to provide recommendations and materials to implement hypnotic suggestion as an adjunct treatment following ABI. Study findings may inform future studies exploring the use of clinical hypnosis in other areas of rehabilitation, such as mild TBI, and in other neurological conditions where WM deficit is prominent. The study protocol, parts of the treatment manual and preliminary data will be presented.

Keywords: Clinical Hypnosis, brain injury, cognitive rehabilitation, working memory, self-efficacy

Study design

Figure 1. Flow chart illustrating study design



Flowchart illustrating the study design

Hypnotic Synchronicity

Marcello Vinicio Romei

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The participant will be shown by the hand and clinical experience of Dr Romei the following;

We do not really know the existing limit in the communication between mind and body; therefore we will see:

*How to reduce fear prior to any intervention experienced by patients.

*How caution body language, mirroring and hypnotic communication helps health personnel and team to motivate them to generate "voluntary change" in patients and avoid suffering in patients undergoing surgical procedures.

* Informal approaches to experimental clinical hypnosis combining puns to avoid the harmful effects of negative suggestions.

Through the therapeutic depth of the trance, guide the patient to control their anxiety and pain around medical/dental procedures.

Keywords: Fear, Body Language, Communication, Anxiety, Learning Outcomes

Preparing Synchronicity work



A case showing the special energy flowing work between Dr Romei and the patient to generate rapport

Hypnosis with children undergoing Magnetic Resonance Imaging Procedures

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Background: Despite the recognized efficacy of hypnosis in anaesthesia, few studies have been published in the paediatric Magnetic Resonance Imaging (MRI) setting. This can be explained by possible specific difficulties, such as the environmental noise and the need for tailoring the procedure according to different ages. The potential complications related to the use of anaesthetics during MRI procedures, whose management can be difficult outside the operating room's safer environment, justified our focus on the need for an alternative technique to avoid anaesthesia.

Objectives: to design a new hypnosis protocol according to the Ericksonian approach and to set up a prospective observational study to check its feasibility and efficacy on anxiety, pain, drug consumption, and anaesthesiological risk in a paediatric population undergoing MRI.

Procedure: We compared two groups of children who received anaesthesia (n=50) or hypnosis (n=58). After obtaining informed consent by parents, a total of 108 subjects were recruited. Statistical analysis included the Fisher's exact test and the U- Mann-Whitney test for continuous variables and the Wilcoxon test and Odds ratio.

Results: Anxiety and anaesthetic drugs consumption were significantly reduced in the hypnosis group compared to the anaesthesia group. We also identified a long-term effect of hypnosis that allowed reducing the need for anaesthesia in subsequent MRI exams.

Despite hypnosis may increase artefacts, this does not affect the reliability of the exams supporting the feasibility of hypnosis in this setting.

Conclusions: we developed a novel hypnotic procedure, which consists of prescribing the movement as a symptom and tailoring both the patient and the MRI procedure. Although preliminary results showed positive effects of the hypnotic protocol on anxiety, drug consumption, anaesthesiological risks, and need for anaesthesia for subsequent MRI procedures, further studies are needed to confirm the validity of our findings.

Keywords: Children, Anaesthesia, Hypnosis, MRI

The Healing Power of Compassion and Self-Compassion in Processing Grief

Marie Jeanne Bremer

Institut Milton H. Erickson de Luxembourg

The loss of a loved one affects us emotionally and physically, sometimes in an overwhelming way.

By means of a short case study, the author presents her approach to soothe the intense suffering of grief. As her father died just a few days before, Mary requested an emergency consultation because she could not bear the pain.

While relating the last moments of her father's illness, she is struggling with tears and lamentations, making coherent narrative impossible. But then emerges a moment of pausing which the therapist utilizes to shift the focus towards a path of healing. Understanding and reframing part of sadness as a loving connection, the author guides the patient on her journey through out of intense pain where she may experience the soothing and nurturing features of empathy and compassion; self-compassion on one hand and compassion for the father as well. This accompaniment is tailored to the patient and her experience, her pain and her resources. Many people have not experienced compassion or empathy during their life; this is also true for Mary. But in the "in-between" of the state of pain and a healing state of reorientation, the effect of compassion and soothing is very powerful..

The speaker will also include some theoretical comments on compassion and tell one or another short story that may be comforting for persons who are grieving.

Keywords: Grief, Compassion, Self-compassion, Case-study

Evaluating the Evidence for Hypnosis in the Management of Breathlessness Using a Realist Synthesis

Mark Kitching

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Realist research methodology is becoming increasingly important in healthcare research as we seek to understand how complex interventions work. When evaluating the evidence supporting the use of hypnotherapy in healthcare, a realist synthesis has many advantages over a systematic review, allowing us to understand how hypnotherapy might work, for whom and in what circumstances.

Using the author's experience of evaluating the evidence for using hypnosis in breathlessness, realist methodology will be explored. The iterative processes of program theory development using literature review and stakeholder engagement will be explained, along with how such program theories allow for a deeper understanding of how hypnosis interventions might work.

Learning Outcomes:

- 1-Understanding how realist synthesis differs from systematic review
- 2-The key components of program theory
- 3-Understand how program theory might explain how hypnosis works in the management of breathlessness

Keywords: Breathlessness, Realist Methods, Literature Review, Complex Interventions, Program Theory

Communication in Medicine: Placebo or Nocebo

Matteo Coen

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Objective: Communication is a central element of the therapeutic relationship. Poor communication can have harmful effects (e.g., patients' disempowerment), while effective communication has many positive effects (e.g., increased pain tolerance). Patients *shift into altered consciousness in stressful situations, similar to a hypnotic trance*. If this increased suggestibility meets negative suggestions from healthcare professionals, a negative trance state can ensue, which can be harmful.

Aim: To quantify the occurrence of inappropriate communication (e.g., negative suggestions) in the interactions between healthcare workers and patients in an internal medicine ward.

Methods: Parallel mixed method study. Data were collected from 14 random pairs of volunteer residents and nurses at the Division of General Internal Medicine of the University Hospitals of Geneva, Geneva, Switzerland, exposed to a high-fidelity mannequin-based simulation. Transcripts were analyzed in order to evaluate the type of communication (e.g., "jargon", "negative suggestions", "positive suggestions").

Results: Healthcare workers frequently use "nocebos" during clinical interactions. Moreover, positive suggestions are rare (2% of coded exchanges). Assuming that caregivers want the best for their patients, we can assume that these errors are made unconsciously. We believe education and *ad hoc* training should be mandatory to improve this attitude.

Keywords: Communication, Placebo, Nocebo

An Experimental/ Experiential Session on Presenting and Learning about/ under Hypnosis

Michael Edward Yaron Capek

MD, Private Practice, BSCAH

We learn better when relaxed. Hypnosis takes relaxation to a whole new level. So rather than use traditional methods of giving a lecture, why not give the presentation with the audience already under Hypnosis. And perhaps what the presenter is trying to relay to his audience will be better retained and recalled. This will be for you to judge and find out.

As well as listening to the talk there will be an opportunity for you to rehearse mentally how you yourselves may give a presentation to an audience in trance as a method of teaching and education.

This presentation will be suitable for all but may be particularly useful to those who teach hypnosis, new to hypnosis or just need a session to chill out.

Keywords: Relaxation, Education, Teaching, Self-Development, Presenting

(Self) Hypnosis to Activate Happiness Pathways

Nicole Ms Ruyschaert

M.D., Psychiatrist Psychotherapist, Self Employed, VHYP, ISH, University Leuven / Antwerp, Belgium

Different concepts are used to define “happiness”. Pleasure, satisfaction, fun, joy, giving meaning, making sense, being goal directed - all can be building blocks to happiness. It’s worthwhile to find out what “authentic happiness” means for you, to develop strategies to achieve it. In hypnosis your mind, your focus shapes the brain. Where your mind goes, your body follows. In the workshop you become familiar with practices that activate happiness pathways and circuits. According to the “Broaden-and-Built” theory of emotions, your state of mind impacts your actions. The practice in hypnosis offers ways to generate a positive state of mind, helpful to deal with daily hassles.

LEARNING OBJECTIVES

Upon completion of the webinar an attendee will be able to

1. Identify and state concepts of pleasure, satisfaction, and authentic happiness.
2. Understand how hypnosis practice affects brain pathways.
3. Apply methods of hypnosis to experience mood change.

QUOTE

4. “Happiness is like a butterfly, the more you chase it, the more it will evade you, but if you notice the other things around you, it will gently come and sit on your shoulder.”

— Henry David Thoreau

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Keywords: Authentic Happiness, Mind Training, Self-hypnosis

An Effective Hypnotic Symbolization Technique: IDT (Imaginative Desensitization Therapy)

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As is known, the communication language of the subconscious is made up of images, dreams, and emotions. Often, these elements exist in a connected manner, separately for each event. For example, a person who has been in a traffic accident remembers the image of the vehicle they were in, as well as images like instant snapshots and, most importantly, the emotions they felt at the time, all of which are packaged and placed among their known subconscious elements.

In conscious communication between individuals, the role of these components is very limited. Or rather, the more the conversations that trigger emotions and dreams are limited, the more dominant the conscious communication elements of voice, facial expressions, and body movements become.

Based on all of this, it can be said that communication with the subconscious cannot be achieved through everyday communication components alone. A method is necessary. All methods that aim to communicate with the subconscious must be based on images and imagination.

When it comes to theories that examine the relationship between consciousness and the subconscious, although these theories differ greatly in terms of their ability to explain interaction, they are very similar in terms of the existential components they encompass. The most important components of hypnotherapy are emotions and stored experiences.

IDT (Imaginative Desensitization Therapy) is a modern hypnotherapy technique that aims to change the interpretation of the emotional source related to the subject that led them to seek therapy. It focuses on the emotional source and uses a special symbolism method to communicate with the subconscious in order to achieve this change.

The aim of this presentation is to provide the listeners with information IDT (Imaginative Desensitization Therapy) which is a method that easy and effective to use.

Keywords: Hypnosis, Hypnotherapy, Symbolization, Imaginative, Desensitization

Use Of Hypnosis In Children With Enuresis

Öznur Öztuncer

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Introduction and Purpose:

The word enuresis is derived from the Greek word "enourain: to urinate".

It is the behaviour of involuntary urinary incontinence during sleep or wakefulness, at an age when bladder control is expected. Enuresis nocturna is one of the most common urinary system problems in childhood.

The prevalence of enuresis varies in societies. The general view is that it is seen at a rate of 15-20% around the age of 5 years. The frequency reduces to 7% at the age of 10, to 3% at the age of 12, and to 1% after the age of 15.

The International Children's Continence Society (ICSS) has updated the definition of enuresis as incontinence only during sleep.

It is divided into Primary enuresis and Secondary enuresis.

15% of enureti cases resolve on their own each year.

The chance of enuresis incidence is 77% in those whose both parents are enuretic; this rate drops to 46% if only one of the parents is enuretic. It is seen at a rate of 15% in those who do not have a family history of enuresis.

The physiopathology of enuresis:

1-Waking Disorder

2-Nocturnal low bladder capacity and excessive detrusor activity

3-Nocturnal polyuria (increased nighttime urine amount)

Treatment

The aim of treatment is to eliminate enuresis.

Treatment decision and start time should be determined together with the child and family. The age to start treatment is generally the school starting age, and it is not recommended before the age of five.

Although the most important task falls to the family, it must be handled and treated in a multidisciplinary manner.

Children respond to a multitude of hypnotic induction techniques, strategies and approaches, each with countless variations. Young children can become very active and appear restless during hypnosis.

Building trust and harmony in children is the first condition for success. A good preparation phase, motivation, trust, therapeutic alliance with attitude, and intermediate depth trance are sufficient for success.

Although hypnotherapy is very effective in the treatment of enuresis, it has not yet taken its place in treatment schemes due to the insufficiency of studies on it.

We suggest that hypnotherapy should be included in therapeutic guidelines, including chronic and complex forms of enuresis.

Keywords: Hypnosis, Child, enuresis, bedwetting, HYT (Hypnomeditative Reprocessing Therapy)

Hypnosis, freewill and consciousness

Peter Naish

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As an 'altered state of consciousness', hypnosis perhaps has the potential to help address the old problem of "What is consciousness?" It is a question that can be answered in many ways, and some of these can already be addressed reasonably fruitfully, but the question it is intended to explore seems to lack any promising leads. It is what the philosopher David Chalmers has called 'The Hard Problem'. What is it about the network of neurons we call our brain that enables it, not simply to respond to stimuli, but to experience them?

People certainly experience hypnotic effects, including a sense of non-volition. This implies that they could be 'made' to do something they do not wish to do. We assure them that hypnosis does not have that power, that hypnosis cannot make people do things against their will. However, hypnosis can change what a person wills. This position will be developed, concluding that, at least for some people, hypnosis takes away the sense of freewill. In contrast, when waking, most people believe that they do have freewill, in spite of this being a logical impossibility; freewill is an illusion of consciousness. Perhaps hypnosis is not simply an altered state, but a more honest state of consciousness? It is an interesting paradox that, in a situation where their world is more than usually self-constructed, the hypnotised feel less than normally free to choose.

Through a series of demonstrations: illusions, searches and tachistoscopic presentations, these ideas will be developed into a tentative approach to Chalmers' problem; not a full explanation of course, but perhaps a promising orientation.

Keywords: Consciousness, Freewill, Hypnosis

Attitudes toward Hypnosis and Refractory Patients

Petr Živný

Dr. Mgr. Ph.D., Charles University, Prague, Czech Rep., President of the International Center of Experimental and Applied Hypnosis (ICEAH)

The goal of this study is to communicate results of an investigation concerning attitudes towards hypnosis and its application. In 2016 in Milan, a research team (Boschek, Cavagni, Veselá, and Živný) randomly polled 130 persons (M 50, F 80) and received the answers to the following questions:

1. Do you know what hypnosis is?
2. Is hypnosis the same as sleep?
3. Is it possible to hypnotize somebody against his will?
4. Would you be hypnotized by a doctor in whom you trust?

There were no significant differences found among male and women answers. The obtained data shows that even those subjects who consider hypnosis as a manipulation against their will, can be hypnotized by a doctor whom they trust. During the lecture a special "Attitudes Hypnosis Questionnaire", created by the author, will be presented to help to professional hypnotists to be successful during hypnotic inductions and sessions with their patients.

Learning Outcomes:

1. Do you know what hypnosis is?

109 yes (M 39, F 70), 8 no (M5, F3)

2. Is hypnosis the same as sleep?

51 yes (M 19, F 32), 53 no (M 22, F 31), not sure 10 (M 2, F 8)

3. Is it possible to hypnotize somebody against his will?

75 yes (M 27, F48), 28 no (M 12, F 16), 12 not sure (M 4, F 8)

4. Would you be hypnotized by a doctor in whom you trust?

55 yes (M 19, F 36), 53 no (M 21, F 32), 8 not sure (M 4, F 4)

There were no significant differences found among male and women answers. The obtained data shows that even those subjects, who consider hypnosis as a manipulation against their will, can be hypnotized by a doctor whom they trust.

Keywords: Attitudes, Refractory Patients, Hypnosis Questionnaire

Hypnosis and Mental Coaching: Hypnosis, Flow and Optimal Performance

Pia Satu Maria Puolakka

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I am presenting a short therapy model designed for mental coaching with hypnosis. This three month's (16 +1 sessions) coaching is based on mental coaching models, cognitive and solution focused therapy, hypnotherapy and suggestive techniques. The model includes three modules: 1) Basics: self-concept, goals and values, 2) Skills: resilience, motivation, concentration and self-regulation and 3) Results: daily goals' tracking, habits, optimal performance and flow. All modules include hypnosis techniques like guided imagery, relaxation, anchoring, self-hypnosis and ego strengthening techniques. The basic work starts from aligning the self-concept and values to the goals: why the client wants to achieve the specific goals. This can include working with some limiting core beliefs too. The skills part includes learning mental skills needed to perform challenging mental and physical peak performances. In the last module, entering flow-state (optimal performance state) and the balance between active goals and rest in daily life and training, are handled. Depending on the client's situation and needs the short therapy model can be extended for longer period and include more follow-ups. The model can be used for athletes, career coaching and other peak performance activities or just to support clients' self-development in their chosen field. This therapy model was created as part of my final work for a licensed mental coach training, and I've been using it as part of my clinical psychologist's / hypnotherapist's practice since then. In my presentation I will go through some case examples of my mental coaching clients. This therapy model has also been presented in the seminar of the Finnish Society for Scientific Hypnosis in 2022.

Keywords: Hypnosis, Mental Coaching, Mental Skills, Optimal Performance, Flow

Why We Should Pay Attention to The Cognitive Biases in Health Hypnosis?

Pierre Castelnau

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Since the dawn of humanity, the first australopithecines struggled to adapt to their environment and ensure their survival. In addition to the supply of food, and therefore cerebral energy resources, hominids are constantly protecting themselves against natural forces and against predators. Therefore, and for millions of years, very strong selection pressure has led to retaining the most appropriate capacities for the survival of our species. And this multitude of characteristics has been subsequently engraved in the genetic heritage of homo sapiens in order to ensure its dissemination through reproduction.

Interestingly, psychologists and sociologists have understood how wrong this approach was. In the neural network, error is not only tolerated but even privileged.

In this lecture we will see why such rules were eventually selected and we will present several examples of these thought shortcuts.

Understanding the true mechanisms of human thinking and its common reasoning biases in daily-life gives us the opportunity to design more appropriate therapeutic strategies and may also explain why hypnosis is so natural and why its therapeutic effects are so robust and long-lasting. Somehow it is likely that homo sapiens survived thanks to its creativity and therefore to its natural hypnotic skills.

Learning Outcomes:

- 1- Real reasoning processes in humans
- 2- Might explain the efficiency of hypnosis

Keywords: Hypnosis, Cognitive Biases, Evolution

European Society of Hypnosis Research Project for Clinicians

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Introduction: Hypnosis has been proven effective in the treatment of various symptoms and conditions. However most studies have been done in formal research groups; there is little knowledge of how hypnosis is used in daily clinical practice in out-patients settings. European Society of Hypnosis is conducting an ongoing European study, where the effect of treatment with hypnosis in clinical practice (psychologist, medical doctors, dentists) is evaluated on various symptoms throughout cultures and countries.

Methods: The study has a single subject design. With the use of MYMOP patients/ clients register their self-evaluated symptoms such as pain, anxiety, sleep deprivation, depression, phobia and medication for the problem one week before treatment, throughout the treatment and again after treatment. With the use of the questionnaire MYMOP patients evaluate the effect of treatment. Hypnotizability is registered on the Dissociative Ability Scale. Clinicians will register time used with hypnosis.

OUTCOME, CONCLUSION & OUTLOOK: The preliminary results so far will be presented and there will be an opportunity to get further information and join the project.

Study is supported with a grant from the Danish Society of Clinical Hypnosis.

Keywords: Research, Clinical Use Hypnosis, Single Subject Design

Hypnosis and Virtual Reality in Psychotherapy

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The aim of the work is to reduce the healing time and the symptomatology connected.

Hypnosis and virtual reality are already used separately in psychotherapy, but the associated effect of both techniques increases the influence of each, as virtual reality favours the narrowing of the field of consciousness induced by hypnosis, amplifying its effects and increasing its effectiveness.

It is an all-encompassing experience that all users report as very engaging. It has been observed that the trance sometimes develops even without induction.

The work is conducted through the use of a VR Headset and the induction of the trance, after the start of several videos. Then it's added the VR H. in which abstract videos (geometric representations, lights and colors) are transmitted to hinder the projections of the subject, and then concrete ones (naturalistic scenarios with brief stimulus stories) are used as a metaphor to guide the subject towards more appropriate behaviors. The therapist observes simultaneously on another screen what is transmitted to accompany the subject with his/her suggestions.

The results are encouraging: the participants do not develop any idiosyncrasies, but instead they are very satisfied with this experience and they drop away anxiety.

Learning Outcomes

- 1- Reducing the healing time;
- 2- Compliance;
- 3- Amplified self-consciousness

Keywords: Hypnosis, Virtual Reality, Psychotherapy

Using Medical Hypnosis Applications with Emotional Freedom Technique (EFT)

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Objective: In this presentation, we will discuss a practical and very hands-on study aimed at facilitating the release of potential emotions by opening psychosomatic pathways through the use of the "Emotional Freedom Technique" (EFT) in Medical Hypnosis applications.

Medical Hypnosis is used as an effective method in the treatment of many psychological and physical ailments. Many different techniques used in the field of Medical Hypnosis affect the emotional and mental processes of the patients/clients, supporting their recovery at both cognitive (analytical), subconscious (emotional), and unconscious (somatic/physical) levels.

In this practical presentation, we will talk about the "Emotional Freedom Technique" (EFT) developed by Gary Craig, which works through acupuncture points just like the somewhat complex Thought Field Therapy (TFT) method, but simplifies and makes it easily applicable. We will discuss the use of this technique along with medical hypnosis applications (before, during, and after).

The "Emotional Freedom Technique (EFT)" is an elegant technique that can be safely used without any side effects at any age and in every person as it operates from acupuncture points on acupuncture meridians. It does not require the prerequisites of "belief, demand, authorization" we seek in our patients/clients in Medical Hypnosis applications. This circumstance significantly increases the patient/client's surrender and faith, particularly at the beginning in the pre-talk sessions and in all subsequent sessions, thanks to the technique's strong impact on the patient/client and their noticing the results within seconds. It strengthens the therapeutic alliance between the practitioner and the patient/client.

At the same time, while it increases the speed of all sessions, it also makes a noticeable difference in session productivity as emotional blockages and potentially accumulated emotions are released during the session.

This technique, in the hands of a medical hypnosis practitioner, acts as a catalyst in exploring the mental and emotional processes of patients/clients in depth and expressing these emotions. This again is achieved by opening psychosomatic pathways, removing emotional blockages, and even calling the inner parts (mood/parts) related to the patient's/client's complaints to the surface and directly treating the relevant part that comes to the surface.

In our study, we will focus on how the "Emotional Freedom Technique" is applied and its fantastic effects in the medical hypnosis process. With this technique, which can be used at every step and variety of hypnotherapy sessions such as pre-talk session, induction stage of the hypnosis session, deepening stage of hypnosis, suggestion stage, regression therapies, parts therapy; details such as how the sessions are structured, which steps are followed, and which perspective is exhibited will be shared. Additionally, factors such as the characteristics of the patients/clients in the study and the frequency of sessions will also be evaluated.

The results we have obtained in hundreds of sessions to date show that the "Emotional Freedom Technique (EFT)" can offer potential value in medical hypnosis treatments. The elimination of emotional blockages of patients/clients and the release of potentially accumulated emotions inevitably positively affect the general well-being and health of patients/clients. All participants who will participate in this study will witness this change even during the explanation.

In summary, while we take pleasure in presenting you with a practical method that thoroughly explains the impacts of using the "Emotional Freedom Technique (EFT)" in medical hypnosis, we invite all of our esteemed participants to learn/reinforce this practical, fast, and effective method that can be utilized at every stage of their lives, both for themselves and their patients/clients, from the perspective of medical hypnosis.

Keywords: Medical, Hypnosis, Emotional, EFT, Hypnosis, Liberation, Technique, Parts, Pieces, Soul, Moods, States, Therapy

"Oopsology": The study of Chance Occurrences & Discoveries. An Opportunity for the Enrichment of Hypnotherapeutic Work

Shaul Livnay

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During the course of history, many discoveries in science and medicine have occurred by chance (microwave, x-rays, Welcro, LSD, Viagra etc.). While studying a certain phenomenon or striving to develop a certain item, a different entity is discovered. The serendipity phenomenon requires an attentive observer with curiosity as well as the phenomenon itself. The ramifications for hypnotic work will be elaborated in the presentation. The list of such discoveries is very extensive, from Pavlov, Rorschach through Risoletti (mirror neurons). By studying these processes, we can learn about keeping a open and curious mind, and encourage our patients likewise to take advantage of chance occurrences.

Keywords: Creativity, Observer, Curiosity

Hypnosis Distillates in EMDR and Other Trauma Informed Psychotherapeutic Models

Sheila Bender

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Hypnosis distillates are the parts of hypnosis that are chunks of ordinary experience that can develop naturally during periods of introspection: they include but are not limited to trance and suggestion.

Unfortunately, because "hypnosis" itself has been mischaracterized as creating false memories, its power in trauma informed treatment is overlooked by academia where therapeutic models are first introduced. Many newer therapists believe therapy is CBT.

Through the use of case examples, the potential role of distillates in both trauma and triumph will be described. Therapy terms like "anchors" and "triggers" will be discussed as well as the EMDR therapy methods of "float back" and "resource".

Once operating with the understanding that hypnosis distillates occur as normal processes, we can build on this; recognizing their importance for healing and the power if reconstructed by the therapist to inspire people's strengths. We then have an influential tool for all of psychotherapy.

Harriet Hollander and I have written and presented on Hypnosis and EMDR and Maria Masciandaro and I have written and presented on Hypnosis Distillates and EMDR. This is a next step at looking at how the distillates actually occur in normal life experiences and how they can be used for treatment.

Learning Outcomes:

- 1-Participants will learn the definition of hypnosis distillates and why they are important in the psychotherapeutic tool box.
- 2-Participants will be able to recognize how triggers and anchors belong to hypnosis and may underlie stories of trauma and triumph.
- 3- Participants once recognizing the triggers and anchors will then develop some methods of reproducing them during the psychotherapeutic session.

Keywords: EMDR, Hypnosis Distillates, Anchors, Triggers, Trauma

Sanctuary Creation Techniques in Hypnotherapy

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Hypnotherapy is a group of therapy methods that deal with problematic behaviours, with the ultimate goal of achieving behaviour change. These changes are primarily sought at the subconscious level, in order to address the underlying emotions that generate conscious behaviour. Even though the problematic behaviour may have become a habit, and therefore feels comfortable like a person's comfort zone, the goal of achieving behavioural change requires creating a sense of safety beyond this comfort zone. This sense of safety provides the mental preparation necessary for the desired change.

People often try to cope with their problematic behaviours on their own or through different therapies and turn to hypnotherapy when those attempts fail. When a problematic symptom presents itself, it is often perceived as something that cannot be overcome or changed by the subject. Therefore, dealing with a behaviour that seems unchangeable requires courage, which is why creating a safe space during hypnotherapy is necessary.

There are many techniques for creating a sanctuary in hypnotherapy, which can vary from therapist to therapist and subject to subject. Classical hypnosis techniques tend to rely more heavily on therapist-initiated techniques, while conversational hypnosis techniques tend to rely more on subject-initiated techniques. However, there are many subgroups within both categories. Although it is often assumed that hypnotherapists are familiar with these safe space techniques, their understanding may not be fully evaluated because these techniques are not always classified in detail.

This presentation aims to classify all safe space creation techniques used in hypnotherapy and explain them with examples.

Keywords: Hypnosis, Sanctuary, Safe, Place, Hypnotherapy

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

Stefan Michael Hammel

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This presentation addresses the question of what we can do for dying people and their families except for the use of palliative medicine in the narrower sense of the word. 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?

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 - or with a tradition different from one's own background. (The presenter is working as a Protestant chaplain in a German hospital, i.e., in a more or less secularized environment.)

Keywords: Palliative Care, Dying Patients, Hypnotherapy and Spirituality, Letting Go, End of Life

Hypnosis in Treatment of Single Phobias vs. Phobias of Unknown Origin

Susanna Carolusson

MSc, Lic. Psychologist, Lic. Psychotherapist, Hypnotherapist, Dipl. Body Psychotherapist, Cert. Ego State Therapist, Cert. Supervisor and Teacher in Psychodynamic Psychotherapy and Ego State Therapy, SSCH Honorary Member and Past President

When a flight phobia is just a fear of air travels, treat it as a single phobia and you will succeed. When an elevator phobia is just a fear to be taken up or down an elevator, you will successfully treat that phobia as well, in a few sessions. But when short-term interventions do not give result, or your initial assessment, maybe assisted by hypnoanalytic exploration or ideomotor questioning, reveals that denied trauma causes the phobia, you need to explore, work through and integrate traumatic experience. Then the phobia won't be needed anymore, or if habitually persistent, can be dissolved and cured as a habitually kept simple phobia.

Learning Outcomes: Level of outcomes below depend on participants' previous competence:

1. To understand the crucial difference btw single phobias vs. phobias with no known origin
2. To know some future-oriented strategies for short term symptom treatment of single phobias
3. To understand the fundamentals for explorative psychodynamic hypnosis in cases of complex phobias, that are as symptoms covering repressed trauma

Keywords: Phobia, Psychodynamic, CBT, Explorative, Trauma-Related

Group Hypnosis with Cancer Patients in Active Treatment and/or in Palliative Care

Susanna Carolusson

MSc, Lic. Psychologist, Lic. Psychotherapist, Hypnotherapist, Dipl. Body Psychotherapist, Cert. Ego State Therapist, Cert. Supervisor and Teacher in Psychodynamic Psychotherapy and Ego State Therapy, SSCH Honorary Member and Past President

I was invited to give workshops for a group of cancer patients in treatment and also a group in palliative care. I created some exercises, based on my long clinical experience with various medical, psychological, and psychosomatic illnesses. My aim was to listen to the groups, respect their different needs and hopes, facilitate hypnotic experiences according to their unique situations and needs, and engage them in imagery, with freedom for unique experiences and opportunity to share and use the group's supportive resources.

Learning Outcomes:

1. To get an idea of how to script hypnotic exercises as adjuncts to medical cancer treatment procedures
2. To get an idea of hypnosis as supportive, for cancer and other patients in palliative care
3. To be acquainted with fundamental techniques in hypnosis-scripts for stress management, wellbeing, healing, and body focused relaxation applicable in cancer- and in general treatment

Keywords: Healing, Group Hypnosis, Existential, Acceptance, Inspiration

Hypnosis as method of psychotherapy for patients with identity trauma

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Recent years have seen more and more research on the role of stress and psychotraumas. Specialists are getting more interested in the subject of unresolved childhood psychotraumas. Identity trauma is a primary kind of trauma when a child is forced to refuse from his healthy identity and healthy desires and identifies himself with the desires and needs of mother (V. Broughton, 2014). A lot of psychological voids and "blind spots" develop amid the deficit of parental love. They may be displayed by developing the following symptoms: post trauma stress disorder, depression, dissociation, interpersonal issues and behavioural management problems.

When we worked with clients with identity trauma, we applied hypnosis interventions in the form of formal hypnosis and communication techniques. Clients were openly offered to experience hypnosis. These theses describe a specific client's case. A woman, 35 years old, married with 3 children, Saint-Petersburg (Russia). She asked for therapeutic help in connection with her "lack of self-confidence and lack of confidence in her professional abilities, and lack of self-love". In the course of the therapy, hypnosis helped reveal identity trauma provoked by defect of parent-child relationship with mother, absence of father.

Using hypnosis in psychotherapy resulted in the connection of the client with her inner resources, freedom of choice and action, independence, drive to something new irrespective of all possible risks and chances; trust to the world and herself, careful and patient attitude towards Self and well-tuned self-regulation; tendency of growth of psychological internality of a person– willingness to take responsibility for your life without relying on others; getting rid of traumatic symptoms, transformation of traumatic maladaptive reactions to adaptive protective responses. Keeping of identity means maintaining emotional resonance with other people under a relative impermeability of your own personal boundaries.

While studies of war time neuroses, accident or natural disaster aftermaths or other emergencies attract a lot of attention, studying of early childhood psychotrauma influence on developing psychotrauma symptoms among adults is still very little researched. It is worth mentioning that hypnosis as a method of psychotherapy has demonstrated its effectiveness when working with patients with psychotraumas.

Keywords: Hypnosis, Asclepion, Dionysus, Transpersonal

Application of Hypnosis Techniques in the Healing Sanctuary of Asclepius in Pergamon

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We probably have profound knowledge and technology in front of our eyes when looking at the healing centers of Asclepius. Besides, we seem to have underestimated the knowledge these healing centers hide. Though, medical world celebrates the famous priest of Asclepius, Hippocrates as the father of modern medicine; the consensus seems to be that the principles laid out by these masters like Hippocrates, Galen and others are out of date and not valid any more. Is it really so? As we learn more about hypnotherapy and apply the techniques of hypnosis as a part of our therapies, we conclude that actually the elders were quite wise, or wiser than we think.

In order to get a glimpse of the applied methods of hypnosis, Pergamon Asclepion is the outstanding monument which survived for centuries. In this presentation, we explore the healing methods one by one as they were applied in Asclepion. It is important to understand the mindset of the individual of the antique world, if we want to know how the applied techniques worked. Exploring esoteric thinking, mythologies, traditions and cultures is of great help in this quest.

The presentation gives us the insight to the parallelism between different ages of the human history. It looks as if, humanity lives through the psychological loops which resemble one another. Cycles after cycles just like the thoughts in our minds create the story of hypnosis throughout the ages.

Maybe, we just keep on forgetting what we learn. Since the unknown days of our past, we walk towards an unknown future, while thinking that we are always woke.

Finally, we need to note that the festivals of dionysus took place in these healing centers. These festivals are known for their rituals through which transpersonal states were experienced. In short the presentation is an effort to explore and put together the therapies related to hypnosis which were practiced in the Asclepion of Pergamon.

Keywords: Hypnosis, Asclepion, Dionysus, Transpersonal

Conscious Hypnosis and Breath Awareness in the Treatment of Bruxism

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Bruxism is a psychosomatic disorder with the most common prevalence in daily life. In this study, it is aimed to apply the Awareness Under Conscious Hypnosis (AUCH) method quickly and easily by using breathing techniques.

In the case;

*Abdominal breath awareness was provided to the subject who reached intermediate level hypnosis in a single session.

*Hypnotic deepening accelerated as his breathing was reduced to 6 per minute levels.

* Thus, it was aimed to reach the recovery phase (theta) by stimulating the parasympathetic system.

*The arm catalepsy and the contractions in the jaw muscles were harmonized.

*Taught with the metaphor of fingers, with the suggestion that he can relax his muscles whenever he wants with relaxation therapy.

* An imaginary rubber gum was placed in his mouth and he metaphorically anchored him, which he could not squeeze even if he wanted to.

Breath directs an automatic behaviour for memory and body.

Suggestions to pass through the energy body with the breath create spiritual openings in the person.

In this case, she was emotionally liberated by applying the mirror illusion technique as a start for everything she could change in her new life.

The methods applied in this case are intended to be easy, short and practical.

Keywords: Mirror Illusion Technique, Deepening with Breathing, Awareness of Diaphragmatic Breath, Awareness Under Conscious Hypnosis (AUCH)

The Stuttering: Evaluation of The Hypnotherapy's Impact

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From 1997 to December 2004, as psychotherapist in the Tunisian Public Hospitals, I started hypnotherapy sessions with teenagers referred to our Rehabilitation Center because of stuttering problems.

Once we are sure that the speech trouble (stuttering) of our patient is not due to any organic pathology we started hypnotherapy plan.

During 7 years, we received a total number of 265 teenagers: (140 males 52.8% and 125 females 47.2%).

After the anamneses, we identify that in their childhood the teenagers get behavioural problems with parents or brothers (146 cases with the father, 100 cases with the mother and 19 cases with brothers and sisters).

Trough hypnosis sessions, the mean goal was to repair and reduce image of the violent father, mother... and arrive to acceptation gradually by the patient.

The average session's number was 5/each case, 70.18% (186 of our patients leaved totally all kind of speech troubles), 70 teenagers 26.41% managed to overcome 80 speech difficulties.

This study will present the exact results of the stages of hypnosis and the process of correcting the image of the violent father, mother or other source of inhibition.

Keywords: Hypnotherapy, Stuttering, Violent Behaviour, Speech Troubles, Anamneses

Impacts of Hypnosis on Life Style of Aged People's in Elderly Public Establishment

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Our study focused the resident persons (30) in the unique social protection establishment in the Sultanate of Oman and the experience year was 2018.

Our observations on this population give us that 17 residents (10 females & 7 males) have a permanent depressive behaviour (They exhibit isolationist behaviour: most of the time they prefer silence, choosing angles away from others....).

After Anamneses of these 17 cases, we classed them in 3 groups:

G1: The elderly believe that the reason for their lack of communication with others and the establishment of a communication relationship is the poor conditions of residence, especially the treatment of employees to them (10 cases).

G2: They justify their isolation because of their anger at their families who registered them in the nursing home (5 cases).

G3: They refuse to communicate with others because they are prevented from daily going out to the market and practicing their previous personal rituals (2 cases).

The main objective of hypnosis adoption is to remove the negative attitude and installation of the integration behaviour in the group.

Our sub-goals of hypnotherapy sessions varied according to the three groups mentioned above:

Modifying the bad image of the organization and its employees for Group 1, repair the bad image of the family members of the team2 and persuades the need to acquire new rituals in line with their new current situation.

With an average of 4 hypnotherapy sessions/case during one year, we get very good results:

G1: 10 cases manifested a new behaviour totally integrated (100%).

G2: 3 cases become less aggressive against their families members (60%).

G3: 1 of 2 changed his ritual (50%).

All our different techniques will be exposed in details during the exposition.

Keywords: Elderly, Isolation Behaviour, Integration

WORKSHOPS



Pathways of Distress and Recovery

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Recent psychopathological and experimental research studies of memory and resilience have led to a new theory of distress and recovery.

Inspired by many years of Hypnotherapy practice in primary care, and particularly by observations of using age regression Sheila and I contacted an innovative Canadian group researching into the emotional impact of memory structures and collaborated in an experimental study of an audio programme. This uncovered a pathway which provides a theoretical base that could underpin both: a) emotional distress and: b) emotional regulation and recovery: caused by the non-integration of a dysfunctional memory within a network of associated needs-thwarting self-determining episodic memories or the integration of the dysfunctional memory within a network of associated needs satisfying memories in which the needs satisfying memories may have sufficient transferable skills such that they can create an effective action algorithm to create a visualisation/expectation of positive goals, creating positive emotions thus building resilience and recovery from depression and distress. This speech explores the possibility that a key mechanism of psychotherapeutic change and recovery has been uncovered supporting a trans diagnostic theoretical model of distress and recovery which encompasses expectation, adverse childhood experiences, self-determination theory and a goal regulation theory of positive affect within a computational (Bayesian) psychiatry and memory structures framework. Parsimony suggests that this model should be preferred over current structural theories that do not have identifiable key mechanism of distress and recovery and may also offer an opportunity to simplify the burgeoning domain of discrete psychotherapies.

In this workshop Sheila and Alistair will discuss the implications of this research for the science of recovery from hypnotherapy NLP and diverse complementary therapies and look for resonances between our research and the experiences of attendees.

Keywords: Episodic Memory, Bayesian, Self-Determination, Goal Regulation, Mechanisms

The relationship between AUCH (Awareness Under Conscious Hypnosis) and AUCH (Acupuncture Using Complementary Healing)

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AUCH (Awareness Under Conscious Hypnosis) method is a unique technique in the school of Conscious Hypnosis. Conscious Hypnosis was established by Hüsnü İsmet Öztürk, MD and has been used since 1951.

AUCH method is a therapeutic method involving 3 steps: 1-MAYA, 2-Induction and 3-Autohypnosis

Also, AUCH has three main approaches:

1-To give suggestions that are related to the symptoms and hence that have direct medical therapeutic effects,

2- To give suggestions that are aiming the root of the problem and hence that have psychotherapeutic effects,

3-To apply some physical hypnotic passes, touches, and tappings during the induction step that coincide with some acupuncture points, areas and techniques.

Furthermore, AUCH has three main aims: 1-Awareness, 2-Differentiation, and 3-Feeling

During this workshop, these main approaches and aims in the 3 steps of AUCH method will be explained. While doing this, first of all, the ethical and therapeutic importance of the MAYA step will be elaborated. Next, the induction step will be practiced by studying the main induction technique of AUCH Method: "Eye-to-eye fixation and giving hypnotic suggestions".

Furthermore, some practices used in AUCH method during the induction step have some similarities with acupuncture. For instance, the hypnotic passes, touches and tapings applied on the patient's head and body have some relationship with Yamamoto New Scalp Acupuncture (YNSA).

Also, during the Induction step, some hypnotic suggestions for different diagnoses and for the treatment of various symptoms are given accompanying the physical hypnotic rituals of AUCH (hypnotic passes, touches and tapings).

Furthermore, some practices used during the autohypnosis step have some similarities with acupuncture. The hand of the patient -in the shape of a fist- is utilized as an autohypnotic key in AUCH, and it is very interesting that the fist-autohypnotic-key has some relationships with the Soliman's Three Phase Hand Acupuncture, and acupuncture projections of the brain and internal organs on the hand. Also, another important point of Induction step will discussed during the workshop: the medical and ethical criteria and the limits of autohypnosis.

AUCH method can be used in various surgical applications, gynecology and obstetrics, IVF applications, extraction and treatment applications in dentistry, anesthesia, analgesia, psychosomatic problems, psychotherapeutic approaches and many other medical fields. AUCH can be utilized in a wide age spectrum of both genders, and for various cultures.

Participants of this workshop will learn the basic information about AUCH method and its deep and effective interconnection with acupuncture. Thus, the participants will be able to discuss why AUCH (Awareness Under Conscious Hypnosis) method is also an AUCH (Acupuncture Using Complementary Healing) practice.

Keywords: Hypnosis and Acupuncture, AUCH (Awareness Under Conscious Hypnosis), AUCH (Acupuncture Using Complementary Healing), Yamamoto New Scalp Acupuncture (YNSA), MAYA, Induction, Autohypnosis

Creating Impact by Utilizing Musical Principles in Hypnosis

Anita Jung

International Society of Hypnosis

Music and rhythm find their way into the secret places of the soul. ~Plato

This workshop combines principles found in music with hypnosis to create a memorable and lasting impact. Structure-based musical parameters, such as melody, harmony, and especially rhythm, are effective methods for capturing the brain's and body's attention. The cadence of voice and speech patterns form the music in hypnosis, and the repetition and rhythm create the emergence of a trance state in music, whereas being monotonous does not necessarily create impact. Instead, learning to use musical principles such as rhythm to anchor suggestions will help practitioners be impactful, intentional, and inspirational.

The utilization of musical principles within a hypnotherapy model functions as a catalyst accentuating the nuances of seeding, guiding associations, deepening trance, shifting perceptions, and inspiring change. In a combination of musical and hypnotic concepts, gift-wrapped in landscapes of music, poetry, and film, participants will understand and utilize musical principles to deepen and enhance their practice of hypnosis and, thereby, create a lasting impact.

Methods for discovering, recognizing, and utilizing rhythmic components inherent in therapeutic processes will enhance the participant's self-awareness and guide the client's awareness of healing and positive outcomes expectancy. Participants will experience connecting to their inner rhythm and their client's rhythm, thereby creatively changing rhythm and vibrational patterns of states or perceptions. The workshop is designed to motivate and inspire the practitioner to feel rejuvenated after meeting with a patient and increase the patient's satisfaction and positive expectancy regarding treatment outcome.

At the end of this workshop, you will be able to:

1. Demonstrate and design a consistent method to add hypnotic rhythm to your practice of hypnosis.
2. Demonstrate and design a consistent method to increase rapport by attuning to your rhythm and the rhythm of the client/patient
3. Prioritize and propose two musical principles you will add to your current medical or therapeutic practice.

Keywords: Hypnosis and Music, Entrainment, Hypnotic Tihai, Brain Oscillations, Attunement

The invisible bond

Anna Knakkegaard

Medical doctor, clinical hypnotherapist, Underfund / Minmagi

This workshop focuses on hypnotherapy with children and adolescents using the "invisible bond" method.

The method is particularly suitable for children with separation problems or attachment difficulties - for example on the basis of adoption.

At the workshop, the participants will be presented with different cases where the method is used, and the method will be explained in detail and practiced in groups.

Learning Outcomes:

1- Helping children with separation anxiety using the invisible bond method

Keywords: Separation Difficulties, Anxiety, Adoption, Family therapy

The Combined Use of Traditional Sleep-like and Active-Alert Hypnosis to Achieve Health and Professional Goals

Arnoldo Téllez

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Introduction

Due to their well-developed frontal lobes, human beings have the capacity to set, pursuit and achieve goals, but not all of them take advantage of it. Goal is defined as the desired end outcome that needs to be achieved, and towards which all essential efforts and resources are dedicated to attain it (Ogbeiwi, 2017).

Unconscious mind and goals

Unconscious goal achievement occurs when there is no executive control system to actively monitor goal-seeking behaviour. There is evidence that setting, pursuing, and achieving goals can occur in a non-conscious way. It could happen when we visualize and imagine ourselves achieving a goal frequently; this information is transmitted to unconscious storage. Therefore, we can use hypnosis to help our clients to set and increase the likelihood to achieve their own goals and drive the individual to act unconsciously toward the aim. There are three key components of a hypnotic state: focused attention, dissociation, and suggestibility.

Many people think that hypnosis requires suggestions of relaxation in order to enter into this state. However, hypnosis can also be induced through suggestions of activation and cognitive alertness. This procedure and the hypnotic state caused by it have been called active-alert hypnosis (AAH).

Objective

In this workshop the participants will learn a very useful hypnotic strategy developed by the speaker, with the purpose to increase the probability to achieve goals using the combined use of AAH and sleep-like traditional hypnosis techniques in order to produce a hypnotic age progression phenomenon and a vivid prospective memory. It was designed to strength the implicit prospective memory to help the patient to be oriented to a positive future and mobilizing hope, and could see themselves achieving goals, creating unconscious "memories of the future" in areas such as sports, health, finances, among others. We will also see several clinical cases in which this hypnotic strategy was used successfully.

A demonstration of this strategy will be shown with the help of some volunteers from the public. At the end of the workshop all the participants will receive a copy of hypnotic scripts of the strategy, and we will have 15 minutes for questions and feedback.

Keywords: Goal Achievement, Active-Alert Hypnosis, Prospective Memory

Rapid Remission of Eating Disorder Symptoms and Implications for Behavioural Epigenetics Treatment

Bart J Walsh

Milton Erickson Institute of Portland, Portland, Oregon, USA

Accessing deep levels of functioning is essential for effective treatment of most eating disorders like anorexia nervosa or bulimia nervosa. The unconscious mind has access to deep levels of functioning and can exercise influence on this functioning, as documented in the hypnotic literature. Specific clinical interventions resulting in rapid remission of anorexia nervosa, bulimia nervosa and binge eating disorder are described. This new approach, conceptualized as essential neurobiological communication (ENBC), employs a specific form of unconscious communication known as ideomotor questioning. Experiential exercises will introduce participants to ideomotor questioning which allows the clinician to safely access information about psychobiological process in the client. Because eating disorders are chronic illnesses, clients are given instructions that allow them to maintain full management of the eating disorder on their own and this is quite empowering for most affected individuals. While the dynamics of quieting the source of each type of eating disorder is similar, the unique ways of managing recovery for different eating disorders is reviewed. This approach invites emotional stability and role reversal of ego states contributing to the eating disorder. Implications of this method influencing gene expression and being a form of behavioural epigenetics treatment will be discussed.

Keywords: Anorexia, Bulimia, Binge Eating, Epigenetics

Utilization Sobriety: Incorporating Essential Mind-Body Communication for Brief Substance Misuse Treatment

Bart J Walsh

Milton Erickson Institute of Portland, Portland, Oregon, USA

Presented here is a substance abuse treatment that acknowledges and accommodates the personal needs being addressed by substance use. The Utilization Sobriety approach bypasses perceived resistance and employs idiosyncratic psychobiological learning to achieve a body-mind gestalt complementary to the client's sobriety. This method develops a safe framework for addressing any subsequent mental health themes directly or indirectly related to substance misuse. IF a person can move from an external locus of dependence to an internal position of control and self-reliance, a person likewise moves from a sense of helplessness toward autonomy and an awareness of personal power, treatment is integrative and considers the whole person, psychobiological needs are acknowledged and respected, the client's own system/process is utilized, and a new cognitive framework is added which bypasses shame and perceived resistance, THEN substance use will not be emotionally driven or part of a cognitive/perceptual network sustaining prior beliefs and learning about self and the world. Substance use thus becomes a redundant, maladaptive choice, no longer a need or mechanism for satisfying a need. Exercises and demonstration will illustrate functional elements of this approach.

Keywords: Substance Misuses, Ideomotor Questioning, Utilization

The Chinese Chest Technique

Bernhard Trenkle

Dipl.Psych, Immediate Past-President ISH, BOD Milton Erickson Foundation Phoenix, Director Milton Erickson Institute Rottweil, Past President of Milton Erickson Gesellschaft M.E.G.

Western and Chinese psychotherapists are in active contact with each other. In China, rapid social change and the traumatic wounds of the Cultural Revolution created a great need for professional help. In turn, traditional Chinese approaches fertilize western psychotherapy with valuable concepts.

Tianjun Liu, director of the Qigong Research Laboratory at Peking University, recognized the therapeutic potential of a traditional Chinese relaxation technique. Bernhard Trenkle was also surprised by its high effectiveness. Both developed this technique further and combined it with other approaches.

The Chinese Chest can be used for a variety of problems and goals, including stress and burnout prophylaxis, pain, psychosomatic complaints, concentration problems, sleep and trauma sequelae.

In this workshop you will learn the original chinese version and the modified version of Bernhard Trenkle using additionaly bifocal-multisensory techniques. The techniques will be demonstrated, explained by case examples and trained in an experiential part of the workshop.

Learning Outcomes

- 1- Learning an old Asian technique combined with modern hypnotherapy
- 2- Learning how to combine the old technique with EMDR and EMI (Eye Movement integration)
- 3- Experience the effects of the technique in a group demonstration for all participants

Keywords: Traditional Chinese Medicine, Trauma, Hypnosis, EMDR

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 Addictions

Brian Allen

Psychologist, Private Practice, ISH BOD member

This unique 4 session approach to the treatment of addictions draws on the presenter's 43 years of experience in helping people overcome addictions to smoking, alcohol, drugs, gaming and pornography. It outlines a simple four session approach aimed at improving successful outcomes and minimising withdrawal.

At the conclusion of this workshop participants will know:

- Some current research findings on the effects of smoking, alcohol and drugs.
- 2 key intake questions that improve success rates.
- The role that emotions and unfinished business play in addictions and how to deal with them.

Keywords: Addictions-Smoking, Alcohol, Drugs, Gambling, Pornography

Dreams – The Language of the Unconscious, the Voice of the Soul and the Enigma Code of Therapy

Brian Allen

Psychologist, Private Practice, ISH BOD member

Human beings have been fascinated with dreams since the beginning of time. They have been the inspiration for scientific breakthroughs which have earned their authors a Nobel Prize in Medicine, technical innovations which created one of the biggest industrial empires of its day and the source off artistic inspiration in the fields of music and literature, to name just a few. They have been a part of every major spiritual belief system in the world and an invaluable tool in the field of psychotherapy.

It has been said that nothing of major importance happens in our lives, for good or bad, that we are not told about in a dream beforehand. Indeed there are many recorded instances of individuals being warned in a dream of an as yet undiscovered medical problem which led them to seek early treatment

In this experiential workshop you will learn simple techniques that can help to unlock the wisdom in dreams – both your own and your clients. Dreams speak to the very meaning of our lives and can provide guidance at physical, mental, emotional and spiritual levels.

Much of this wisdom remains hidden until we learn how to unlock the symbolic language of dreams.

At the end of the workshop participants will be able to:

1. Identify the context of a dream by analysing its predominant emotions and story line.
2. Demonstrate two ways of interpreting dreams symbols.
3. Understand and apply a 5 Step dream interpretation process.

Keywords: Hypnosis, Dreams, Dreamwork

From the Technique to the Person: How to Develop Hypnotist's Personal Resources to Activate Therapeutic Change

Camillo Lorio

MD, PhD, University of Rome "La Sapienza", SIPSIC-Italian Society of Psychotherapy, SIME-Italian Milton Erickson Society, SII-Italian Society of Hypnosis)

The main assumption of this workshop is that therapist's resources should be considered essential to obtain effective therapy. More than complex and sophisticated techniques, the way the therapist develops rapport and a strong therapeutic alliance demonstrates to be generally related to deeper and more durable changes.

It seems crucial for a therapist to understand when and how his/her emotions can be considered not as a hindrance but as a powerful resource.

Therapist's emotions, fantasies and isomorphic behaviours can provide useful indication for accessing both immediate diagnosis and therapeutic change. Personal and emotional factors that can help the therapist to develop in clinical situations a better therapeutic relationship and obtain more effective therapy will be explored. Guidelines for the therapeutic use of therapist's emotional resources will be presented.

Keywords: Hypnotist's Personal Resources, Therapeutic Rapport, Effective Therapy

Hypnosis Using Metaphorical Objects

Cecilia Fabre

Clinical Psychologist, PhD, CEO of the Ericksonian Center of Mexico A.C., CEO of the Milton H Erickson Institute of Cancun, Member of the Board of Directors of the International Society of Hypnosis

The Hypnotic work with Metaphoric Objects, which I have developed, is a very effective technique that leads to discover the origin of the situations awakening in the patient, an internal dialogue from the unconscious intelligence, to transform their emotions. This technique can even be applied virtually.

I will show the technique step by step, to apply it to patients.

Learning Outcomes:

1. Participants will get to know the model of working with metaphorical objects.
2. Participants will live the experience of this work.
3. Participants will learn the technique step by step to apply it to their patients.

Keywords: Hypnosis and metaphorical objects

Chronic Pain Management: Tips, Tricks and Tools from a Tertiary Pain Center

Chantal Berna

MD, PhD, Professor, Chair of the Integrative and Complementary Medicine Center at Lausanne University Hospital (CHUV), Switzerland, Fellowship at Massachusetts General Hospital, Harvard Medical School, Boston, USA, Swiss Society for Medical Hypnosis (SMHS)

This workshop, based on an expertise in cognitive neuroscience of pain, will take the participants through a structured program targeting the complexities of chronic pain management. It will describe the key stages of the patient's assessment, goal setting and the choice of therapeutic tools. Techniques will be illustrated by videos and practical exercises. The participant will leave with an in depth understanding of chronic pain pathophysiology, a number of hypnotic tools, and practical tips to better face common challenges in this setting.

Keywords: Chronic Pain, Pathophysiology, Goal Setting

Hypnotic Techniques for Hospitals: Helping Families, Children and Hospital Staff to Cope with Death and Grief

Christiane Steffens Dhaussy

Institute Re-Sourcen, Luxembourg

Although death is a daily occurrence in hospitals, it tends to be neither seen nor handled in a “normal” way. Death, especially when it occurs abruptly, (e.g. accidents) is often experienced as a shock.

Announcing death and accompanying the bereaved is a real challenge for professionals especially when it comes to children. Situations can be complicated and sometimes traumatic.

Hypnosis is a valuable tool in reframing fears, preventing trauma and supporting a healthy grief process. (Self-)Hypnosis is a wonderful tool to prevent burnout in nurses, doctors and other hospital staff.

The workshop will focus on the following questions: How can families be supported in the face of potentially traumatic situations such as sudden or violent deaths? How can we create positive “farewell” situations for children and adults? How can we reduce the risk of secondary trauma and burnout and protect hospital staff?

After a brief introduction to the many facets of the grief-process, the workshop will invite you to discover different practices in hospitals.

1. Announcing the “Bad News”: An Interdisciplinary Approach to Care for Children and Families in ICU
2. Helpful rituals to say “farewell”: How to create a welcoming atmosphere in the morgue, even for children.
3. Perinatal Grief: The “Star Ceremony”
4. COVID-Memory: A post-pandemic ritual for hospital staff
5. Taking care of professionals: Body-Mind techniques to protect oneself, prevent burnout and activate personal resources, a group hypnosis to liberate oneself from difficult experiences

Keywords: Hospital, Grief, Protection Techniques, COVID, Ritual

Meeting the Challenges of ADHD with Fun and a Holistic Systemic Approach

Claudia Annette Reinicke

Praxis for Child and Youth Psychotherapy Dipl. Psych.; Dresden

After 25 years of experience in psychotherapy with children and their environment, I developed an approach, named KIKOS, which includes embodiment and a problem solving methods as well as hypnosis. The special idea is that coaching child and parents is not enough, when children have problems in their everyday life. Usually the school life is involved as well and newly learned behaviour strategies are not strong enough to establish themselves if the environment doesn't support the process. Sometimes certainly it's the environment which needs a little support to change the perspective because some expectations prohibit changes. To learn new behaviour strategies and the generalization of them can be supported by a combination of easy learnable techniques.

In this workshop I show how tapping (PEP of Michael Bohne) and a problem solving approach help children and parents to change their less helpful behaviour in a humorous, light and resource oriented fashion. Raising self-esteem is a central aspect that is dealt with in many ways, particularly with hypnosis techniques. Participants learn the techniques in different contextual situations and see how the different techniques are interwoven according to specific situations. We will use some techniques using participants' examples, respectively children problems, preferably ADHD or other behaviour "disorders". Demonstrations can showcase the parallel use of the different approaches in different environments. It will be shown how this may be integrated into different psychotherapeutic methods.

Including the father and the nearer environment of children helps to get new resources to a differentiated multimodal approach in ADHD therapy.

Keywords: ADHD, Hypnosis, Tapping Technique, Systemic Approach

Posttraumatic Growth or Resilience in Illness

Claudia Annette Reinicke

Praxis for Child and Youth Psychotherapy Dipl. Psych.; Dresden

After 25 years of experience in psychotherapy, I developed an approach, named KIKOS, which includes embodiment, tapping and problem solving methods as well as hypnosis, which is extremely helpful in a crisis or a disease. It shows how to increase the resilience while being occupied with the challenge of the crisis or the disease even when parts of the environment flood you with problem focused hypnotic and black thoughts.

Having experienced all myself after my cancer diagnosis, I show in this WS how tapping, as in PEP (process- and embodiment focused psychology by Michael Bohne), self-hypnosis and an alternative approach may help recognize several experiences as strengthening resilience in order to profit long term. I will demonstrate and explain in an easy way how elements of PEP, such as tapping, can ease dysfunctional emotions, and how strengthening self-esteem by clearing up allegations and expectations or untying old loyalties work. Short hypnosis exercises, as by LeShen, or trance inductions from Bernhard Trenkle will be a part of the WS. If appropriate, demonstrations may include specific examples from participants.

The special idea is that coaching patients is not sufficient since a lot of problems in everyday life are connected with the environment. KIKOS shows how to include the nearer and father environment, really or abstractly. Demonstrations can showcase the parallel use of the different approaches in different environments. It will be shown how this may be integrated into different psychotherapeutic methods.

Keywords: Post Traumatic Growth, Cancer Diagnosis, Resilience, Hypnosis, Tapping Technique

Enhancing Mind-Body Flexibility with Clinical Hypnosis

Consuelo Casula

Clinical Psychologist, Italian Society of Hypnosis

This workshop proposes concepts, tools, and case examples that awaken patients' flexibility and enhance their integrity and well-being.

This workshop is based on two of Ericksonian's assumptions and on a strategic approach. Erickson's first assumption is that patients' suffering is the result of their conscious and unconscious rigidity; his second assumption asserts that the main therapeutic task consists in helping patients to develop conscious and unconscious flexibility in the most compromised areas by eliciting creative imagination using hypnotic processes. Clinical examples will illustrate how to combine clinical hypnosis with Polyvagal and Somatic Experiencing Exercises to stimulate flexibility and help patients recognize and cope with stress, tolerate ambiguity, better discriminate, accept reality, and control impulses. Strategic clinical hypnosis integrated with creative imagination will be used to help stimulate flexibility to reinforce integrity and program a better future. To improve conscious and unconscious flexibility a variety of strategic clinical hypnotic interventions will be proposed. Once mind/body flexibility has been experienced in the clinical setting, the patient is encouraged to integrate it with deliberate practice. The workshop offers a combination of theory, exercises, demonstration, and clinical cases to facilitate the learning process of the attendees.

Learning Outcomes:

Participating in the workshop attendees will learn how to:

Identify the type of rigidity that hinders patients' personal and professional utilisation and integration of their resources, competences and talents;

Explore several clinical strategic hypnotic processes that stimulate mind/body flexibility in patients;

Recognize the most suitable clinical strategic hypnotic process to help clients experience the benefits of mind/body flexibility;

Explore attendees' own areas of rigidity that could interfere with their therapeutic alliance and rapport based on trust, respect, resonance and commitment in helping patients to develop themselves becoming more flexible.

Keywords: Mind/ Body Flexibility, Strategic Clinical Hypnosis, Deliberate Practice

Hypnomonodrama

Dimitrina Mitreva

Psychotherapist, Psychodrama Therapist, Trainer at the Bulgarian Association of Hypnosis and Hypnotherapy (BAHH)

Psychodrama was created as a method of psychotherapy by Jacob Moreno in the last century. If translated directly it means soul in action. This is a very active way in which we can see different parts of ourselves in action. Its main strength is in group therapy, but also can be applied for individual sessions in the form of Monodrama. The idea is that we all fulfil sometimes even unintentionally different roles in society. A Son or a daughter, parent, husband/wife, love partner, friend, brother/sister, professional, boss, exemplary employee, etc. Mental problems are thought to emerge as a dysfunction in the relationship between roles. When we favour some roles at the expense of others, or when one role occupies all or almost all of our mental space, when a role is missing.

The greatest strength of psychodrama is in working with loss (mourning), the opportunity to talk with our fears or symptoms, as well as the opportunity to hear how some of our feelings speak to us by giving them words and actions, to look at us from outside.

The greatest power of hypnosis is working in an altered state of consciousness, when defence mechanisms have dropped significantly and we have the opportunity to work with the authentic levels of consciousness and sometimes even the subconscious. By placing anchors and making post-hypnotic suggestions.

For more than 10 years I led over ten therapeutic psychodrama groups. Each one of them is a year long. In parallel, I practiced hypnotherapy and worked as one of the leading trainers in the Bulgarian Association of Hypnosis and Hypnotherapy.

In my desire to combine the strongest sides of the two methods, the idea was born to combine them in one method, which I later called Hypnomonodrama. After many different trials, variations, volunteers in psychodrama and hypnosis groups, and with my individual clients, I have arrived at the version of Hypnomonodrama that I want to present.

Content:

The workshop will cover these themes:

What is Psychodrama and what is its main focus

Monodrama explained

Introduction to Hypnomonodrama and implementation

Live demonstration

Q&A

Method:

Theory; demonstration and clinical cases will be shared.

Keywords: Psychodrama, Therapy, Trauma

Heart Rate Variability Training as an Adjunct to Hypnosis and Psychotherapy

Donald Moss

College of Integrative Medicine and Health Sciences, Saybrook University, California CA

Heart rate variability (HRV) has been a medical index for thirty years for physical and emotional illness. Low HRV predicts risk for further cardiac illness and even death after heart attack. HRV is lower in depression, anxiety states, PTSD, asthma, fibromyalgia, and other illnesses. Conversely, high HRV is a marker for aerobic fitness, optimal health, vitality, and resilience. Recently, research has shown that low HRV is a barrier for psychotherapy, and high HRV is conducive to therapeutic success.

This presentation will define heart rate variability, review the physiology of HRV, and introduce potential uses for HRV training as adjunct to hypnosis-based therapies and psychotherapy. The presenter will also describe changes in respiration and heart rate variability during hypnotic induction.

HRV biofeedback has applications in psychotherapy, medicine, and optimal performance. Only in the past twenty years have practical technologies developed to provide real time feedback on heart rate variability. HRV biofeedback has been applied effectively for treating many mental health and medical problems but has proven equally useful for optimal performance and coaching interventions.

Recently researchers have shown that HRV is an index of the functionality of the prefrontal cortex of the brain, and also an indicator of processing in the limbic brain. Low HRV is a barrier to successful change in psychotherapy, and higher HRV facilitates cognitive processing in therapy. Wendt and Thayer (in press) commented that:

"... the higher regulatory capacity associated with higher vagally mediated HRV may allow patients to process the complex content of therapy more effectively and adjust their behavior accordingly."

Accordingly, the simple intervention of HRV training can introduce brain changes conducive to psychotherapy processing.

The presenter will introduce the use of inexpensive entry level HRV biofeedback equipment, including the inexpensive emWave® and Inner Balance® devices from HeartMath, and describe higher end multi-modal biofeedback system for more advanced use. The presenters will also describe a simple training process that can be delivered with only a breath pacer, to prepare patients for psychotherapy and hypnosis. He will provide brief case anecdotes in which HRV was integrated with hypnosis and/or psychotherapy treatment to produce an optimal therapeutic effect.

Keywords: Heart Rate Variability, Psychophysiology, Hypnosis, Psychotherapy, Neuroscience

Train your Brain: How to Enhance Learning by Brain-Directed Hypnosis

Enayat Shahidi

MD, PhD Candidate (Iran), Iranian Scientific Society of Clinical Hypnosis (ISSCH)

Many children and adolescents experience problems learning efficiently. Studies have shown the competitive nature of human learning and the importance of sequence learning.

This workshop is based on Milton Erickson's early learning set technique and Lynda Hudson's accelerated learning strategy. Many accelerated learning techniques are simple to learn and very helpful to teach students of any abilities.

The presenter introduces a well-designed and potent brain-directed hypnotherapeutic approach to help people improve their learning abilities. Using potent hypnotherapeutic techniques and metaphors enhances concentration, focusing, understanding, learning, memorizing, and remembering.

The brain-directed hypnotherapeutic approach is especially helpful for those who:

- Do well at coursework but are anxious when faced with tests and exams
- Underachieve or do not meet their expectations
- Need help with focus, concentration, and organization of thinking and learning either in class or with doing homework
- Display some symptoms of ADHD, whether they fulfil all the criteria for a diagnosis
- Lack confidence in their ability and have low self-esteem
- Have anxiety and/or emotional problems
- Are suffering from school phobia

At the end of the session, the presenter performs a live group hypnosis using the brain-directed hypnotherapeutic approach to accelerate learning.

Three learning objectives:

The attendees will be able to:

1. Learn how to implement the early learning set induction as the best induction technique for hypnotherapy of learning problems.
2. Describe and utilize the brain-directed hypnotherapeutic protocol for learning enhancement.
3. Condition the subjects for future sessions and teach them self-hypnosis to enhance and rehearse the introduced techniques.

Keywords: Learning, Concentration, Brain-directed hypnotherapy, Accelerated learning

References:

1. *Hypnosis and hypnotherapy with children, 4th edition, 2011, By Daniel P. Kohen; Karen Olness*
Routledge, Taylor & Francine Group
2. *Ericksonian approach: a comprehensive manual, 2nd edition, 2005, By Rubin Battino; Thomas L. South, Crown House Publishing Limited*
3. *Scripts & strategies in hypnotherapy with children, 1st edition, 2009, By Linda Hudson, Crown House Publishing Limited*

Favorite Stories and Important Lessons from the World of Hypnosis

Eric K Willmarth

College of Integrative Medicine and Health Sciences, Saybrook University

Everyone has a favourite story about hypnosis and often these stories provide important lessons regarding clinical applications or about hypnosis itself. Drawing on a library of 30 years of recorded interviews, this presentation will provide videotaped stories from some of the hypnosis world's greatest clinicians and researchers including Erika Fromm, Eva Banyai, Michael Yapko, Peter Bloom, Jeff Zeig, Cory Hammond, Harold Crasilneck, Sheryll Daniel and others. Each story is selected for a particular lesson and discussion. Hopefully, new stories can also be shared by participants in real time!

Keywords: Stories, Video, Clinical Applications

Enhance Your Creativity With Hypnosis!

Fabio Carnevale

Clinical Psychologist, SII (Società Italiana di Ipnosi) Italy, ESH BOD Member

There is a vast scientific and popular literature dedicated to creativity and the creative processes that characterize artistic experiences. Anyone with even relative knowledge of it will have noticed how often artists, scientists, writers and creators of all kinds tell the way in which they produce their works, often unconsciously evoking processes that seem to be descriptions of spontaneous hypnotic experiences.

This workshop will be dedicated to providing a brief theoretical framework on the subject and to providing a wide range of exercises on the use of hypnotic phenomena to increase one's creativity.

Learning Outcomes:

- 1- Consciously use hypnotic phenomena to increase one's creativity
- 2- Broaden the knowledge of one's artistic potential through hypnotic trance
- 3- Discover the pleasure of being creative

Keywords: Art, Inspiration, Creative Process, Hypnotic Phenomena, Productivity

Combining Hypnosis and TCM: Energy Psychology as a Non-Verbal Approach in a Multilingual Context and a Helpful Tool with Migrants

Gabriele Stephan Hembach, Christiane Steffens Dhaussy

Re-Sourcen, Institute for Psychotherapy, Supervision & Formation

Objectives of the workshop:

Introduction to this new method of hypno-psychosomatic intervention and its use in a multilingual context especially in crisis and trauma situations with migrants

Personal and group experience with various non-verbal techniques including a quick and effective "first aid" technique, protective techniques in stressful situations, quick activation and relaxation

Content

How can we use hypnotic approaches in a multilingual context, when therapist and patient do not share the same "mother tongue"? To facilitate communication, especially in crisis situations, it is important to integrate non-verbal communication and tools that are easily applicable and effective in stress, emotional crisis and traumatic situations.

This workshop will introduce you to energy psychology, a creative approach which combines hypnosis, bifocal stimulation and TCM. Its body-mind techniques use "tapping" on specific acupoints of the meridian system are valuable tools in (self-) hypnosis, crisis intervention and in trauma therapy.

Various international studies show that treatment with energy psychology is fast, effective and the results are stable.

You will discover:

1. How we use Energy Psychology in our psychotherapeutic work in the multilingual and multicultural context of Luxembourg
2. How Gabi uses these methods in her voluntary work with refugees in a rural area in Germany. She will show a short nonverbal video that helps traumatized refugees to stabilize themselves by tapping special meridian points.
3. How we all can use Energy Psychology to activate our body-mind system, to protect ourselves in stressful situations and regain emotional balance.

Exercises proposed: The treatment of "stage fright" by acupressure; rapid relaxation in <60 seconds; the "Thymus-tap" for rapid activation, the "Hook-up" to concentrate and regain balance; the "Midline Energy Treatment" as a "first aid" method, a new protective technique specially developed for meditators.

Keywords: Nonverbal Technique, Multilingual, Trauma, Energy Psychology, Tapping

Deep Hypnosis: When, Why, How

Gérard Fitoussi

M.D., General practitioner, President of the European Society of Hypnosis (2023-2026)

In hypnosis we are more and more using a conversational way, an Ericksonian approach with a light or medium trance.

However, it could be necessary with some patient to develop a deep trance.

In the workshop it will be discussed, when, why and how to use deep hypnosis trance, and we will do a group demonstration.

Keywords: Deep hypnosis, trance

Clinical Use of Hypnosis in the Treatment of Chronic Pain

Gunnar O R Rosen

Institute of Pain Medicine, Oslo, Norway

Uncovering underlying mechanisms of pain, the personal experience and the patients resources, are utilized to create a therapeutic interaction between patient and therapist. Together contributing to the treatment with their own expertise due to personal experience and the therapists clinical know how. In this way they are forming a platform for customizing hypnotherapy; thus, building bridges between sensory feelings of pain to more control by focus on comfortable experiences of the patient's choice. These preferred images may then start interacting to ease the pain and focus on the internal imagination. For example, think of migraine with the typical internal pressure and pain. Now image a balloon that you can modulate the volume and reduce the pressure, which now act as an interacting bridge between pain and the balloon. By this method you may also reduce pain from the actual headache. The workshop will take you through a number of different methods to ease the pain, promote coping and also activate the parasympathetic nerve system for better relaxation. In the workshop you may also learning how to create personal recordings and program for use at home to empower the chosen method. Clinical demonstrations, cases and exercises are offering an opportunity for training and shaping up your therapeutic skills in the field. This is done both in plenum and in smaller groups, with interactive supervisions.

Keywords: Pain, Bridging, Relaxation, Coping

How to Make Hypnosis More Effective in Treating Chronic Pain

José Cava

President of Spanish Association of Ericksonian Hypnosis

Chronic or persistent pain is different from short-term pain. When the pain lasts for more than a few weeks, changes begin to occur in the central nervous system, at the spinal cord and brain level, as shown by recent research. These changes contribute to the persistence and intensification of the pain, even with no tissue or neurological damage. This is called central sensitization and can be reversed back to normal but it requires some time, usually several months.

Chronic pain patients have some peculiarities that, if not adequately addressed, can compromise the success of the therapy. These patients typically have suffered their condition for a long time before they reach for hypnosis. They have undergone several unsuccessful medical treatments which have promoted feelings of hopelessness and negative expectations, they tend to consider their pain as similar as short term pain and therefore they think for a chronic pain treatment to be effective it should be medical and have immediate results, as analgesics do. If these negative beliefs and expectations are not changed early on in the therapy process they become a serious obstacle.

In any treatment with hypnosis appropriate suggestions and hypnotic inductions should be explored and selected for each patient previous to any formal hypnosis in order to achieve a better response and therapeutic results. This is especially true for chronic pain patients that need some kind of proof the hypnotic treatment is something different that can really help them.

Hypnosis is a very useful tool to treat chronic pain, although any professional who has some experience in this field knows that the results are highly variable. How to increase the effectiveness of chronic pain treatment when hypnosis is used is the objective of this workshop, in which we will review various strategies and techniques, both in and out of hypnosis to achieve that goal.

Keywords: Chronic Pain, Beliefs, Expectations, Hypnotic Responsiveness, Effective Treatment

Cases from General Practice Using Rapid Therapy and the Importance of Calibration and Rapport

Kathleen Long

General Medical Doctor, Glasgow Scotland, Past President of British Medical and Dental Society (BSMDH), ESH President

If you want to do successful brief therapy, you need to build rapid rapport with the patient. Calibration, communication, leading, pacing, anchoring, and reframing are some of the areas that I will cover. You already have leverage because the patient believes you can help them. This workshop will give some examples of rapid therapy in clinical practice and exercises to help build rapid rapport. The workshop will be interactive.

Learning Outcomes:

1-Improving Your Calibration

2-Rapport Building Blocks

3- Brief Therapies

Keywords: Calibration, Rapport, Brief Therapy, Participation

Mental Food for the Body & Mind through Mental Training & Alert Hypnosis

Lars-Eric Unestahl¹, Enayat Shahidi²

¹ PhD, (Sweden)

²MD, PhD Candidate (Iran), Iranian Scientific Society of Clinical Hypnosis (ISSCH)

As a healthy diet improves our general health, appropriate mental food can keep our bodily and mental condition/function healthy. We see the mind and body as a unit rather than two separate parts. The mind and body are inextricably linked. What we think and feel can profoundly impact our physical health and well-being.

The mind-body unit is a concept that describes the relationship between the mind and the body as a single integrated unit that addresses the mind-body problems and rules out the concept of mind-body dualism. One of the best methods to improve the mind-body connection is an integrated combination of Mental Training and Alert Hypnosis.

Mental Training is a systematic approach to developing and controlling mental processes, such as thoughts, feelings, images, attitudes, etc., and improving mental skills like focus, concentration, visualization, goal setting, and creativity.

Mental training is based on an operational and spatially anchored definition of hypnosis, i.e., an Alternative State of Consciousness (ASC) called "The Mental Room."

Alert hypnosis is a form of hypnosis that allows people to remain aware and in control of their thoughts and feelings.

In the workshop, you will be familiar with an approach to combine Mental Training and Alert Hypnosis that can help you help your clients improve their condition/function in various fields, such as:

- Sports
- Injuries
- Behavioural changes
- Habits creation/modification
- Psychosomatics issues
- Sexuality
- Anti-aging/Age reversal
- Anxiety/Phobias
- Stress management
- Mood alterations
- Self-confidence
- Self-esteem
- Motivation and drive
- Creativity
- Problem-solving skills
- Resilience
- Coping skills
- Relaxation
- Mindfulness
- Focus and concentration
- Sleep quality
- Pain management and so on.

Three learning objectives:

The authors in the workshop will provide participants with an overview of mental training and alert hypnosis and how they can be used to improve physical and mental health. Participants will learn about the following topics:

- The science behind mental training and alert hypnosis
- The different techniques used in mental training and alert hypnosis
- How to apply mental training and alert hypnosis to improve specific areas of health and well-being

Keywords: Mental Training, Alert Hypnosis, Mind-Body Unit

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Feeding the Body and Mind of Children with Hypnosis

Linda Thomson

University of Vermont, Burlington, Vermont, USA

The workshop will describe hypnotic interventions that can be used to feed the mind and body of children and adolescents who have 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.

Keywords: Pediatrics, Habits, Anxiety, Pain

Sensing and Feeling: Using Interoceptive Plasticity in Hypnosis to Enhance Integration and Emotional Regulation

Maria Cristina Perica

Italian Society of Hypnosis

The objective of the Workshop is to share and experience techniques for working with patients with issues about "feeling themselves" or who show alexithymia, considered a general deficit of interoception (1). Interoception refers to "the process by which the nervous system senses, interprets, and integrates signals originating from within the body, providing a moment-by-moment mapping of the body's internal landscape across conscious and unconscious levels" (2, p.501). It has a central role in mental health (3), and atypical interoceptive processes can represent transdiagnostic mechanisms conferring a common vulnerability across multiple disorders (4). In this context, hypnosis can elicit a functional plasticity of the interoceptive experience. The workshop tackles how to modulate interoceptive processes to promote integration and emotional regulation, utilizing spontaneous modifications occurring in hypnosis.

During the workshop, we dig into research evidence about the central role of interoception in the emotional process (5) and in the perception of a sense of presence and body ownership (6). Furthermore, we will explore the typical and atypical development trajectories, learning how to utilize this knowledge of interoceptive processes to imagine evolutive paths of symptomatic experiences.

Through clinical cases, exercises and a live demonstration, we will share how to utilize the relational experience of hypnosis to co-create a tailored interoceptive hypnotic training, working both at a conscious and unconscious level. We also address the use of rapport and the psychotherapist's somatosensory experience as a potential opportunity to re-edit a pre-verbal responsive relationship and repair the bricks of the emotional life.

Learning outcomes:

After participation, workshop attendees will be able to utilize the relational experience of hypnosis to:

- Observe and recognize the modifications of the interoceptive processes through minimal cues;
- Utilize rapport through the mechanism of mirroring, co-embodiment, intermodal syntonization and interactive synchronization as an instrument to re-edit, repair and re-narrate the trajectory of the interoceptive processes development;
- Promote recognition, awareness, co-regulation and self-regulation of the interoceptive experience;
- Co-create and share new meanings and more healthy and flexible interpretative patterns of interoceptive experiences;
- Co-create tailored hypnotic interoceptive training and build plasticity in feeling as a shared relational experience.

Keywords: Hypnosis, Interoception, Rapport, Integration, Emotions

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When One Sentence Can Change Your Life – The Strength of Emotional Copy Machine as a Part of Cognitive Hypnotherapy by Helsinki Oslo Model

Markku Antero Karma

Markku Karma Clinical Services, Oslo and Helsinki

Cognitive Hypnotherapy (CH) is a form of hypnotherapy that combines elements of cognitive-behavioural therapy (CBT), Solution Focused Therapy, neuro-linguistic programming (NLP), positive psychology, and hypnosis to help clients achieve their goals and overcome psychological challenges. Empirical research indicate CH to be powerful treatment method – F.eks Kirsch & al (1995) meta research 75 % clients got better results with combination of hypnosis and CBT than just CBT.

A key element of KH is identifying and challenging a recurring vicious circle or schema. It is based on the idea that our thoughts, emotions, and behaviours are interconnected and that by changing the way we think and respond to situations, we can change our behaviour and achieve better outcomes. In Finnish CH studies has been identified over 100 cognitive hypnotherapeutic intervention methods – mostly based on rescripting in trance state - which can be used to challenge dysfunctional believe-behaviour system.

In this workshop, it will be presented 1) General KH process and 20 most potent KH methods, 2) Cognitive-emotional Copy Machine technique with IBS patient case study and 3) The One Life Changing Sentence technique with OCD client case study. In both Copy Machine and Life Changing Sentence techniques the strongest positive «Exception Resource» is metaphorically generalized and spread to problem situations, to wide future representation and to the problematic life history.

Keywords: Cognitive Hypnotherapy, Healing Words, IBS, OCD

Chronos, Kairos, and Hypnos in Chronic Disease

Matteo Coen

MD, MD-PhD, PD, Médecin adjoint agrégé - Service de Médecine Interne Générale (SMIG), Unité de Développement et de Recherche en Éducation Médicale (UDREM)

The adjective “chronic” derives through French chronique, meaning “concerning time”. Ancient Greeks recognized three forms of time: aión (eternity), chronos (the quantitative time), and kairos (the fleeting time of opportunity). People with chronic diseases cross the border from being sane to being chronically ill. Alteration of time perception (distortion) is frequent, and is characterized by a “disruption” between the perception of the physical duration of an event (i.e. the chronos), and its subjective perception (i.e., the kairos). Hypnosis can thus be a way to let kairos get into a chronos-dominated world, so to let the patient experience, and explore, the moment of bliss of finally being in the timely, opportune, propitious moment. Once put back to the center of his/her life, a life disrupted by the arrival of a chronic disease, the patient can experience real epiphanies, and see things by a different perspective. In this workshop (2h max) participants will have the opportunity to discuss about time -according to the Greeks-, how to help patients to “pluck the kairos” -as it was a ripe fruit- before it sours, and to discuss about clinical cases.

Keywords: Chronos, Kairos, Hypnos, Chronic Disease

Rapid Chairside Techniques for Managing Challenging Dental Cases

Michael Alan Gow¹, Marcello Vinicio Romei²

¹ *The Berkeley Clinic*

² *Kin Odontologica*

This workshop will include several rapid and effective techniques that can be used with challenging dental patients who are 'in the chair'. Techniques may include managing children and special needs cases, controlling pain, reducing specific phobias such as needle/ drill/ blood/ drill/ extraction, reducing anxiety, hypersensitive gag reflex, bruxism, salivation and bleeding.

Keywords: Dental Hypnosis, Pain, Anxiety, Phobia

Self-Hypnosis: Mobilize Resilience in Times of Adversity (Covid - Earthquakes...)

Nicole Ms Ruyschaert

Self Employed, VHYP, ISH, University Leuven / Antwerp Belgium

'Normal life', with contemporary demands, requires flexibility, hardiness, to keep oneself going. Recent events like Covid pandemic, earthquakes, floods confront people with extreme situations. What can be helpful and how can people who face the challenges mobilize resilience.

In the workshop I briefly review the concept of resilience and which elements contribute to increase your resilience. Most of the time will be spend on ways to build resilience and demonstrate how to integrate (self)hypnosis in this approach.

By personal experiences you can feel how hypnosis enhances resilience and strengthens an inner locus of control. Working with suggestions, imagery, metaphors, symbols and personal experiences are interweaved into a coherent approach. You can discover how these practices support people and you to better deal with adversity, balance emotions and help to get a grip on their life. It is useful for everyone to be prepared to face adversity and gain a pro-active attitude to deal with hassles and life-events.

A lot of contemporary research focuses on the concept of resilience. Interesting questions are: "Why do some people 'flourish' keeping their optimistic attitude in difficult life situations?" "Is resilience innate, a genetic variety or a characteristic that can be influenced: "nature" or "nurture"?" "Can you train yourself to become more resilient and easily recover from setbacks?"

Keywords: Resilience, Trauma, Self-Hypnosis, Locus of Control

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Hypnosis for Dental Anxiety in Children

Randi Abrahamsen

Dentist PhD, Private Hypnosis Clinic, Researcher, Teacher, Trainer and Supervisor in the Danish Society of Clinical Hypnosis, European Society of Hypnosis President-Elect

Many children have difficulties to cope with dental treatment. Hypnosis can be a powerful treatment for dental anxiety in children. This interactive workshop will focus on the meeting with the child in dental practice. Tell- show and do is an excellent introduction to dental treatment for the child. Developing skills to notice the body language of the child would eventually lead to success in treatment. The workshop will focus on playful hypnotic methods to help develop the resources and empowerment in children in order to help them overcome the dental anxiety. Predictability of the dental treatment, reframing of the sound of the drilling-machine, Ego-state therapy with the use of metaphors can help the children overcome dental anxiety.

Keywords: Dental Anxiety, Develop Resources, Body Language, Reframing of the Drill

The Art of Therapeutic Storytelling: How to Find and Narrate a Useful Therapeutic Story – in Trance or in Conversational Hypnosis

Stefan Michael Hammel

Institut für Hypnosystemische Beratung, Kaiserslautern, Germany

Though many of us will use methods of storytelling in hypnotherapy we may not always be fully conscious of how we proceed. The workshop shows different methods for developing effective stories during a hypnotherapeutic session. An advantage of this approach is that the client stays in a flexible, creative state when critical issues like traumatic memories are touched. In such a setting, most of the therapy happens in a metaphoric world instead of using "realistic" memories. Using the client's resources of resilience may mean to use his own specific imagery, i.e., the idioms and metaphors he uses for describing his problem.

It is the target of the workshop to teach how to...

- invent therapeutic stories in line with your clients' needs and his or her view of life
- find anecdotes opening up new options for unique situations at any time
- transform problem-focussed metaphors told by clients into solution-focussed metaphors that integrate into their construction of reality.

For this objective, the workshop addresses the questions:

- How do I discover effective therapeutic stories for hypnotherapy sessions and how do I present them?
- What makes a story useful for therapy after all?
- Which interventions are hidden in therapeutic storytelling?
- 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?

This seminar will give you techniques for developing hypnotherapeutic metaphors and anecdotes spontaneously during a session and for narrating them in a way so they unfold their therapeutic potential.

Keywords: Storytelling, Conversational Hypnosis, Ericksonian Hypnotherapy, Utilization, Metaphors

How to Activate Self Healing Power Hypnotherapeutically in Medical Settings

Stella Nkenke

Dr. Med., President Elect of the German Milton Erickson Society, BOD member of the European Society of Hypnosis

In this workshop I will explain in which medical settings it might be very useful to support the needs of the patient with medical hypnosis. I will emphasise the need of goals setting, the power and importance of the words and suggestions which are present all over in medical settings. The main theme of the workshop will be the body journey. I will explain how to work with the body journey to explore and regulate the self healing process of the body. With case reports I show different situations and indications to use this technique before we can make a life demonstration.

Learning Outcomes

- 1-Importance of goal setting
- 2-Body journey
- 3-Power of words

Keywords: Self Regulation, Body Journey, Self Hypnosis, Power of Words, Goal Setting

Group Hypnosis with Cancer Patients in Active Treatment and/or in Palliative Care

Susanna Carolusson

MSc, Lic. Psychologist, Lic. Psychotherapist, Hypnotherapist, Dipl. Body Psychotherapist, Cert. Ego State Therapist, Cert. Supervisor and Teacher in Psychodynamic Psychotherapy and Ego State Therapy, SSCH Honorary Member and Past President

You will experience some of the clinical protocols based upon my experience of various medical and psychological treatments with hypnosis, that I used in workshops with a group in cancer treatment and also a group in palliative care. I will present an approach, with respect for different individual needs in group hypnosis, and how to facilitate expressions for their existential challenges, engaging them respectfully in imagery that includes freedom for unique experiences and opportunity to share and use the group's supportive resources.

Learning Outcomes:

Level of outcomes below; depend on participants' previous competence:

1. To know how to apply non-directive hypnotic exercises with adult cancer patients,
2. To know how hypnosis can be supportive, for cancer and other patients in palliative care,
3. To know fundamental techniques in hypnosis-scripts for stress management, wellbeing, healing, and body focused relaxation applicable in cancer- and in general treatment.

Keywords: Healing, Group Hypnosis, Existential, Acceptance, Inspiration

Metaphors and Language in Conversational Hypnosis Linguistic Mechanisms in Ericksonian Psychotherapy to Obtain Metaphorical Content and How to Use them during Conversational Hypnosis

Teresa García Sánchez, Julio Juanes Rubert

Instituto Erickson Madrid

Dr. Erickson's ability to produce trance states during his conversations with his patients is well known.

The use of metaphors, language patterns and different techniques (seeding techniques, utilization...) facilitates obtaining very revealing moments of insight for the patient that contribute great richness to the intervention.

During this workshop we will see why it is important to use metaphors in a hypnotic conversation and how a subtle use of language facilitates achieving conversational hypnosis.

- Why is the use of metaphors important in a hypnotic conversation?
- What relationship exists between obtaining the hypnotic response and the use of language patterns during the conversational intervention?

Educational outcomes:

- Learn the use of metaphors during the conversational hypnotic intervention.
- Understand the use of language patterns to achieve revealing insights.

Keywords: Metaphors, Language, Conversational Hypnosis, Linguistic Mechanisms, Ericksonian Psychotherapy

Working with Hypnosis with Autoimmune Disorders

Teresa Robles

Centro Ericksoniano de México

After a brief introduction about my approach for working with Ericksonian Hypnosis Based on Universal Wisdom), I will present a model for working with autoimmune disorders and at least 2 techniques to use with them. We will have demonstrations, inductions for all the group and participants will be able to practice the techniques under supervision.

Case studies will be shared and at the end, participants will have the opportunity for solving their doubts.

Participants to the Workshop will learn:

1. A model for working with autoimmune disorders
2. A very quick induction using the concept and technique of Universal Wisdom
3. Two or more techniques for working with these type of problems

Keywords: Ericksonian Hypnosis, Autoimmune Disorders, Diseases

SHORT CLINICAL DEMONSTRATIONS



Successful Handling of Psychosomatic Vaginismus with Hypnosis

Ágnes Csiby

Nap-Kör Mental Health Foundation Budapest Hungary

The clinical demonstration describes the treatment of vaginismus - vaginismus occurring before and during a gynaecological examination - with hypnosis.

The 33-year-old female patient had been suffering from continuous lower abdominal pain for 3 years. Endocrinological and laboratory tests showed negative results. A gynaecological and a vaginal ultrasound examination were necessary to rule out or diagnose endometriosis, however the vaginismus that occurred during the examinations and the intense anxiety that appeared in the doctor's consulting room, did not allow the examination. After 9 unsuccessful gynaecological examinations, the patient turned to a psychologist on the advice of a psychiatrist. After uncovering the background of the anxiety, we used systematic desensitization in hypnosis, which made it possible to perform a vaginal ultrasound examination and establish the source of the somatic symptom.

Our case is unique in that the patient was able to have sexual intercourse, but was repeatedly found to be unfit for gynaecological examinations involving penetration.

The case points to the possibility that a somatic complaint related to sexuality that has existed for years can be successfully treated with hypnosis.

Keywords: Vaginismus, Gynaecological Examination, Systematic Desensitization, Penetration

Just Breathe

Linda Thomson

University of Vermont, Burlington, VT

Life begins and ends with a breath. Breathing is the first physiologic function to change with emotion as our breath reacts to every internal and external stimulus. Breath constitutes the pivotal mind-body connection as it both influences and is influenced by mind and body.

Breathing is not optional. Our patients are breathing anyway, therefore breath can be used to develop skills of self-regulation. The effectiveness of suggestions can be enhanced when timed with the breath.

Multiple ways to teach breathwork to both children and adults will be demonstrated.

Keywords: Diaphragmatic Breathing, Breathwork, Focused Breathing

PANEL DISCUSSIONS



50 Years International Society of Hypnosis (ISH): Past, Present, Future

Anita Jung, MS, LPC, LPA (USA)¹, Camillo Lorio, MD (Italy)², Éva I. Bánai, PhD (Hungary)³, Bernhard Trenkle, Dipl. Psych. (Germany)¹, Mark Jensen, PhD (USA)⁴, Krzysztof Klajns¹, Dipl. Psych. (Poland)¹

¹*International Society of Hypnosis*

²*University of Rome*

³*Eötvös Loránd University*

⁴*University of Washington*

This year, the International Society of Hypnosis is celebrating its 50th Anniversary. During this panel discussion, the past, current, and future presidents of ISH will discuss their views on the development of hypnosis during the past 50 years and how ISH has contributed to that development. Distinguished ISH presidents will detail their individual journey with hypnosis and elaborate on how hypnosis has enriched their personal and professional lives. Additionally, they will share their vision for the future of hypnosis and ISH.

Educational Goals:

1. Gain knowledge about the history of ISH
2. Describe how ISH has shaped the history of hypnosis
3. List how panelists see the future of hypnosis

Panelists:

- Camillo Lorio, MD (Italy)
- Éva I. Bánai, PhD (Hungary)
- Bernhard Trenkle, Dipl. Psych. (Germany)
- Mark Jensen, PhD (USA)
- Krzysztof Klajns, Dipl. Psych. (Poland)

Moderator: Anita Jung, MS, LPC, LPA (USA)

Keywords: International Society of Hypnosis (ISH), Hypnosis, History of Hypnosis

Advances in Education for Clinical Hypnosis

Donald Moss¹, Eric K. Willmarth², Linda Thomson³

¹*College of Integrative Medicine and Health Sciences, Saybrook University, California CA*

²*Department of Applied Psychophysiology, Saybrook University, Pasadena, CA*

³*Hypnosis for Health and Healing, Ludlow, VT*

The global pandemic has provided a radical impetus for discovering how to do a great many things differently. Redesigning longstanding, highly successful in-person clinical hypnosis workshop training, which included small group experiential practice sessions, became a necessary, yet daunting task. An ethical, virtual format for hypnosis education had to be developed safely and expeditiously. The presenters believe that education and training for clinical hypnosis have advanced significantly through the pandemic and will continue to advance in new directions long after Covid-19 case rates diminish.

There is today a greater reliance on virtual (and hybrid) teaching and preparation of students for virtual (and hybrid) treatment delivery. Digital resources in hypnosis are being developed in abundance and can be integrated into both hypnosis education and hypnosis treatment. There is also an emphasis on learning twelve essential competencies for doing hypnosis, and eliciting hypnotic experiences in training, rather than an emphasis on conveying information about hypnosis.

This is a new frontier in clinical hypnosis education which has both challenges and rewards. New technology is ever-evolving and the learning style, expectations, and experience of young career professionals are different than they were for the seasoned faculty teaching the workshops.

This symposium includes three experienced leaders in North American hypnosis education. The speakers will emphasize the balance in teaching both about hypnosis and how to elicit the hypnotic state. They will also emphasize the importance of providing lived experiences of hypnosis for the student as a part of process-oriented learning.

Keywords: Clinical Hypnosis, Education, Competencies, Virtual/Hybrid, Process-Oriented

Research Task Force: Research Guidelines and Hypnosis Practice Findings

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²*Eötvös Loránd University, Department of Affective Psychology, Budapest, Hungary*

In 2018, the Society for Clinical and Experimental Hypnosis initiated an organizational meeting at the Montreal meeting of the International Society of Hypnosis. Six major hypnosis societies agreed to sponsor an international "Task Force for Efficacy Standards in Hypnosis Research," including SCEH, ASCH, APA Division 30, the Milton Erickson Foundation, the National Pediatric Hypnosis Training Institute, and the International Society for Hypnosis. Researchers from five countries participated in monthly meetings commencing in February 2019 and continuing to the present, pursuing the Task Force objectives. In 2020-21, the Task Force conducted an international survey under the leadership of Olafur Palsson, of hypnosis practitioners and researchers on current practices in hypnosis (Palsson et al., in press).

The present symposium will briefly report on the Task Force process and summarize findings in two areas: 1) Findings of an international survey assessing current hypnosis practices, the frequency and nature of adverse effects, and perspectives on future research priorities. The survey produced many findings, including a dramatic shift in hypnosis practice toward video-based teletherapy. 2) Recommendations for best practices in conducting and reporting research on hypnosis and their relevance for clinical practitioners.

Keywords: Research Best Practices, Hypnosis, Outcome Research, Perceived Effectiveness, Teletherapy

A Multi-Component Hypnotic Approach in the Complex Treatment of Obsessive-Compulsive Disorder

Nikita Obukhov¹, Orlin Georgiev Baev²

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²Bulgarian Association of Genuine Psychotherapy, Sofia, Bulgaria

1) A Multi-Component Hypnotic Approach in the Complex Treatment of Obsessive-Compulsive Disorder

Nikita Obukhov

MD, PhD, First Pavlov State Medical University of St. Petersburg, Department of Psychotherapy, Saint Petersburg, Russia

Exposure and response prevention (ERP) is the first-line nonpharmacological treatment for obsessive-compulsive disorder (OCD) (Jalal et al., 2023), but 30–60% of patients remain resistant to it (Zahi & Meyerson, 2010). Integrating hypnosis with imaginal ERP may enhance its effectiveness; however, the literature on it is limited (Özakkaş, 2008; Meyerson & Konichezky, 2011).

We proposed a procedure integrating hypnosis with ERP, incorporating other contemporary approaches. During pre-hypnotic preparation, patients: (a) identify the situations that trigger their symptoms; (b) define the thoughts that either tempt patients to perform compulsive behaviours or let them stop resisting; (c) visualise an unpleasant image (e.g., a Trojan horse) as a source of these thoughts to dissociate from them; (d) determine a resourceful state needed in triggering situations to resist easier; (e) produce rational thoughts, motivations to refrain from compulsive behaviours, and a corresponding attractive image.

After hypnotic induction, the resourceful state is produced by age regression. Then, while maintaining this state, a patient is transmitted to the triggering situation, where dissociation from the influence of the unpleasant image is suggested and the attractive image and its impact are reinforced. Post-hypnotic suggestions are made. A case of a 41-year-old man is presented to illustrate the approach.

Learning Outcomes:

1-This multi-component protocol, which combines hypnosis with ERP and incorporates some principles of Acceptance and Commitment Therapy (ACT), has contributed to a significant and relatively rapid reduction in OCD symptoms in several of our patients; however, further large-scale randomized controlled studies are needed to confirm its efficacy.

2-The mechanisms by which hypnosis can enhance the effectiveness of cognitive and behavioural interventions in OCD treatment may include: a general decrease in anxiety and hypervigilance; an increase in the vividness of images, facilitating the ability to manage them and their impact with suggestions; an increase in dissociation, which helps just to identify the intrusive thoughts and urges without identifying with them and also helps to decrease self-awareness to dissociate from a learned self-image as a troubling and weak person; an increase in suggestibility to the rational arguments and motivations, etc.

3-Hypothetically, this approach could also be implemented for other disorders based on compulsive behaviour, such as eating disorders, addictions, etc.

Written informed consent for publication was obtained from the patient.

Keywords: Hypnosis, Obsessive-Compulsive Disorder, Exposure and Response Prevention, Integrative Approach

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2) Hypnotherapy of Obsessive Compulsive Disorder

Orlin Georgiev Baev

Bulgarian Association of Genuine Psychotherapy, Sofia, Bulgaria

Genuine psychotherapy is an integral psychotherapeutic approach. It synthesizes cognitive-behavioural, hypnotic, mindfulness-based, and solution-focused approaches into a gestalt greater than the sum of its parts. Hypnosis and hypnotherapy form a solid part of genuine psychotherapy.

Obsessive compulsive disorder is a specific condition that requires expertise and skill to deal with. In Genuine Psychotherapy, an important part of which is clinical hypnosis and hypnotherapy, we use effective and goal-achieving algorithms in the treatment of OCD. For example, cognitive restructuring and reinterpretation of understanding and perception of obsessive thoughts, behavioural techniques, paradoxical intention, psychodily experiential work, hypnotic and NLP methods, mindfulness/ meditation-based approach, etc.

In the presentation, the audience will have the opportunity to get acquainted with:

- Character traits underlying the obsessive-compulsive disorder: rigidity, overcontrol, hypervigilance, pessimism, emotional suppression, excessive criticality and unattainable standards, perfectionism, excessive focus on details, fixation on order, accuracy, discipline, structure, details (can't see the forest for the trees). Ambivalence, hesitancy in choices and decision-making.
- Comorbidity with other disorders.
- Effective psychotherapeutic algorithms in the approach to obsessive compulsive disorder: possible sequence of methods used.
- The important role of hypnosis in OCD therapy.
- Specific hypnotherapeutic techniques in the treatment of OCD.
- Mindfulness in OCD therapy.

Keywords: OCD, Hypnotherapy, Genuine Psychotherapy

How Do We Expand the Use of Hypnosis in Dentistry?

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Hypnosis has been used in dentistry since its inception. Hypnosis can be easily and successfully used in the treatment of dental anxiety, for pain relief in acute and chronic pain, for saliva and bleeding control, for control of unwanted habits, to reduce the gag reflex, and in the treatment of bruxism etc. However, hypnosis is still not a part of the dental curriculum at most universities. For some patients hypnosis still seems to be a strange concept and is not a natural choice, and many dentists are reluctant to seek training in hypnosis. This panel discussion will focus on how we could engage more dentists in the use of hypnosis, develop networking among dentist using hypnosis, increase interest for research in dental hypnosis (which will increase its credibility), and increase interest among patients to seek treatment with hypnosis. There will also be an exchange of ideas for hypnosis education in dentistry.

We hope this will be an interactive panel discussion, which could produce new ideas and recommendations to promote the use of hypnosis in dentistry in the future.

Learning Outcomes:

- 1- To understand why there may be reluctance by dentists and patients to consider hypnosis.
- 2- To identify ways to educate and increase interest in hypnosis by dental patients and dentists
- 3- To list potential research projects which may enhance the credibility of dental hypnosis.

Keywords: Dental Hypnosis, Hypnodontics

POSTER PRESENTATIONS



Protocol for a Feasibility Trial Comparing Face-To-Face and Online Hypnotherapy for Anxiety in Youth with Autism Spectrum Disorder (ASD) with Treatment as Usual

Camilla Urhammer Weltz, Aida Bikic

University of Southern Denmark

Background

Anxiety is one of the most common co-occurring psychiatric conditions in children and young people with Autism Spectrum Disorders (ASD). Data on the prevalence of anxiety in individuals with ASD have varied widely, ranging from 22% to 84% (2). Often those individuals suffer from more than one anxiety disorder (3). For adolescents with ASD, anxiety can have a great impact on academic achievements. School refusal is three times higher amongst youth on the autism spectrum than for typically developing adolescents. Having ASD with comorbid anxiety has a high socioeconomic and personal impact and affects the overall well-being into adulthood and across life span. Therefore treatment of comorbid anxiety may potentially add to improvements in quality of life and general functioning, even though ASD itself is not “curable” (9).

Objective

The primary objective of the current trial is to investigate whether hypnotic interventions, distributed either as face-to-face treatment or as an app-device intervention have positive effects on anxiety symptoms in adolescents with ASD and comorbid anxiety. Objectives are to investigate whether there is an effect on anxiety symptoms, adaptive functioning, and quality of life after end-treatment and in a 12-weeks follow up.

Participants

Adolescents aged 12-17 years referred to Child Psychiatric Departments Sydjylland or Appia Klinikken, clinically diagnosed with ASD and experiencing anxiety symptoms impairing their quality of life as measured with the clinical severity rating scale with a cut off score of 4 or above

Study design

This trial examines the effectiveness of a module-based hypnosis intervention using a randomized controlled trial (RCT) parallel design allocating participants to either face-to-face hypnosis treatment, hypnosis-based App-device intervention or treatment as usual (TAU).

Discussion

New treatments for comorbid anxiety in ASD are highly needed. Hypnosis could be a feasible treatment option for this group of patients. With this trial we expect to contribute to the improvement of clinical treatment of anxiety in young people with ASD and to provide new analog and digital treatment approaches that make treatment options more flexible, adaptive, easily implemented and scalable.

Keywords: ASD, anxiety, hypnosis, autism

Managing hypersensitive gag reflex: a case study

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Gag reflex is a normal, healthy defence mechanism that prevents foreign bodies entering the trachea, pharynx, or larynx. However, it can become abnormally sensitive and interfere with or prevent dental treatment. Physical manifestations: gagging, retching, vigorous tensing of the lips and circumoral muscles, defensive tongue, hyperventilation, excessive salivation, lacrimation, coughing, sweating and occasionally vomiting. The reflex can have psychogenic or somatogenic aetiology: however it is most commonly a combination of both.

This 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 instruments in his mouth. An integrated management approach involving hypnosis, breathing techniques, distraction, nitrous oxide, acupuncture, desensitizing trigger zones with topical anaesthesia, 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.

Keywords: Gag Reflex, Retching, Dental Hypnosis

The use of Hypnotic Reprocessing Therapy in Cases of Vertigo

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The use of Hypnotic Reprocessing Therapy, which is a current approach in hypnosis, produces effective results in cases of vertigo. The triggering causes of the client's vertigo attacks were determined in detail in the anamnesis. When the traumatic feelings related to these triggering situations were processed with hypnosis, the traumatic effect on the client was ended, and the client completely regained both physical and psychological functionality.

Keywords: Hypnosis, Hypnotherapy, Vertigo, Illness

Test-Retest Reliability of the Single Target Implicit Association Test in Measuring Nonconscious Attitude Towards Hypnosis

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Introduction: Positive correlations between attitude towards hypnosis and hypnotizability have been consistently reported (e.g., Melei and Hilgard, 1964), highlighting the significance of attitude as one of the crucial factors in evaluating the effects of hypnosis. Nevertheless, due to the expected dissociation between the conscious and nonconscious aspects of attitude towards hypnosis, the Hypnosis Single-Target Implicit Association Test (Hypnosis ST-IAT) was developed to assess the nonconscious component, and its reliability and validity were confirmed (Fukui and Oura, 2016). However, the test-retest reliability of the Hypnosis ST-IAT has not been examined. To ensure the accuracy when measuring the nonconscious attitude towards hypnosis, it is crucial to verify the test-retest reliability of the Hypnosis ST-IAT. Therefore, the present study examined the test-retest reliability of the Hypnosis ST-IAT (Fukui and Oura, 2016).

Methods: The experiment was conducted online using a crowdsourcing service. Data from 90 adults from the general population (50 men and 40 women) who participated in both the first and second tests, conducted approximately one week apart, were included in the analysis. The mean age was 45.76 years (SD = 11.45). The Hypnosis ST-IAT (Fukui and Oura, 2016) was used to measure the nonconscious attitude towards hypnosis. The D score was used as the score for a nonconscious attitude towards hypnosis. Notably, the D score are positive when the nonconscious attitude towards hypnosis is positive.

Results: To assess the test-retest reliability, a correlation coefficient was calculated between the two scores that revealed no significant correlation. Subsequently, a paired t-test was performed to verify the difference between the two means of the D scores. The results showed a significant decrease in the D scores during the retest compared to the first test.

Discussion: The study revealed a low test-retest reliability of the Hypnosis ST-IAT, suggesting that a negative attitude towards hypnosis during the second test might have influenced the result.

Keywords: Nonconscious Attitude towards Hypnosis, Hypnosis Single-Target Implicit Association Test, Test-Retest Reliability

Should We Need to Improve both Conscious and Non-Conscious Attitudes toward Hypnosis?: Interaction between Conscious and Non-Conscious Attitudes toward Hypnosis on Hypnotizability

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Introduction: It has been known that the attitude toward hypnosis of clients is an important factor for successfully inducing them into hypnotic state, and the more positive its attitude gets, the higher the hypnotizability becomes. On the other hand, previous research has measured the attitudes toward hypnosis subjectively by using self-reported questionnaire, although the hypnotizability has been objectively measured by experiments. So, we have developed the hypnosis Single Target-Implicit Association Test, which can objectively measure the non-conscious aspect of attitude toward hypnosis (Fukui & Oura, 2016). In our study we found that there were significant correlations between the non-conscious attitude toward hypnosis and some sub-scales of hypnotizability (Fukui et al., 2018), and that most of the participants considered hypnosis as positive consciously, whereas they considered hypnosis as negative non-consciously (Fukui & Oura, 2016; Oura et al., 2017). This, however, is not certain yet whether or not the combinations of conscious attitude and non-conscious attitudes toward hypnosis can substantially influence on hypnotizability in some different ways. So, we investigated the interaction between conscious and non-conscious attitudes towards hypnosis on hypnotizability.

Methods: 61 university and graduate-school students participated in the study. They carried out both the questionnaire and the experiment in the different contexts. The conscious attitude toward hypnosis was measured by the self-reported scale which was developed by Shimizu & Kodama (2001), whereas non-conscious attitude towards hypnosis was measured by hypnosis ST-IAT. Hypnotizability was measured by Japanese version of HGSHS Form A (Takaishi, unpublished).

Outcome: As a result of regression analysis, for some sub-scales of hypnotizability, the main effect of non-conscious attitude toward hypnosis was significant, but not was of conscious attitude towards hypnosis. And the interaction between conscious and non-conscious attitudes toward hypnosis was not significant either.

Conclusion: Our current study revealed that there is not a significant interaction between conscious and non-conscious attitudes toward hypnosis on hypnotizability. Therefore, we conclude that we need to improve non-conscious attitude toward hypnosis before the induction into hypnosis.

Keywords: Attitude towards Hypnosis, Hypnotizability, Implicit Association Test

Hypnosis in Arabic & Islamic culture

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While I was teaching my students the hypnosis history, I noticed that all the approved references do not go deeper into the origins of this specialization among Arabs and Muslims as it should be.

It was the mean self-motivation to invest in this study.

I did not find a direct mention of the term "Hypnosis" as used by us actually but the term "Revelation" based in suggestion is repeated a lot to refer to God's relationship with his messengers and Prophets, Seventy-one places, mentioned in forty of them in the verb form, thirty-one in the form of name.

Perhaps the story of "Ashaabo El-Kahhf" (the Cave suurat) was the most beautiful images of hypnosis: these boys with their dog slept by the order of their Lord for more than 300 years.

The holy Quran also clearly indicates that suggestions are also issued by Satan through orders that he whispers to human being or Jinn to issue behaviors contrary to God's directives.

In his book "Al-Shifa" or "Sufficiencia" edited in 1027, "The famous "IBN-SINA" discusses, the mind and its existence, the relationship between the mind and the body, sensation and perception, and so on. He writes that at the most common level, the influence of the mind on the body can be seen in voluntary movements, where the body obeys whenever the mind wants to move the body. He further writes that the second level of influence of the mind on the body is that of the emotions and the will. For example, he says that if a plank of wood is placed as a bridge over a gap, no person can slip over it without falling if that person only conceives himself in a fall so clearly probable that "the natural force of the limbs agrees with it".

He also writes that strong negative emotions can have a negative effect on an individual's vegetative functions and may even lead to death in.

He also discusses hypnosis (the tendency illusion), stating that one can create conditions in another person for them to accept the reality of hypnosis. "IBN-SINA" was also the first to divide human perception into the five external senses (the classical senses of hearing, sight, smell, taste, and touch known since ancient history).

This poster is as first initiative to stimulate future researchers to investigate more in this important period of the hypnosis history.

Keywords: Holy Quran, Arab Culture, IBN-SENA, Suggestion