



In Psychotherapy and Medicine

ESH

SPRING 2023 NEWSLETTER

Editor Consuelo Casula

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EUROPEAN SOCIETY OF HYPNOSIS

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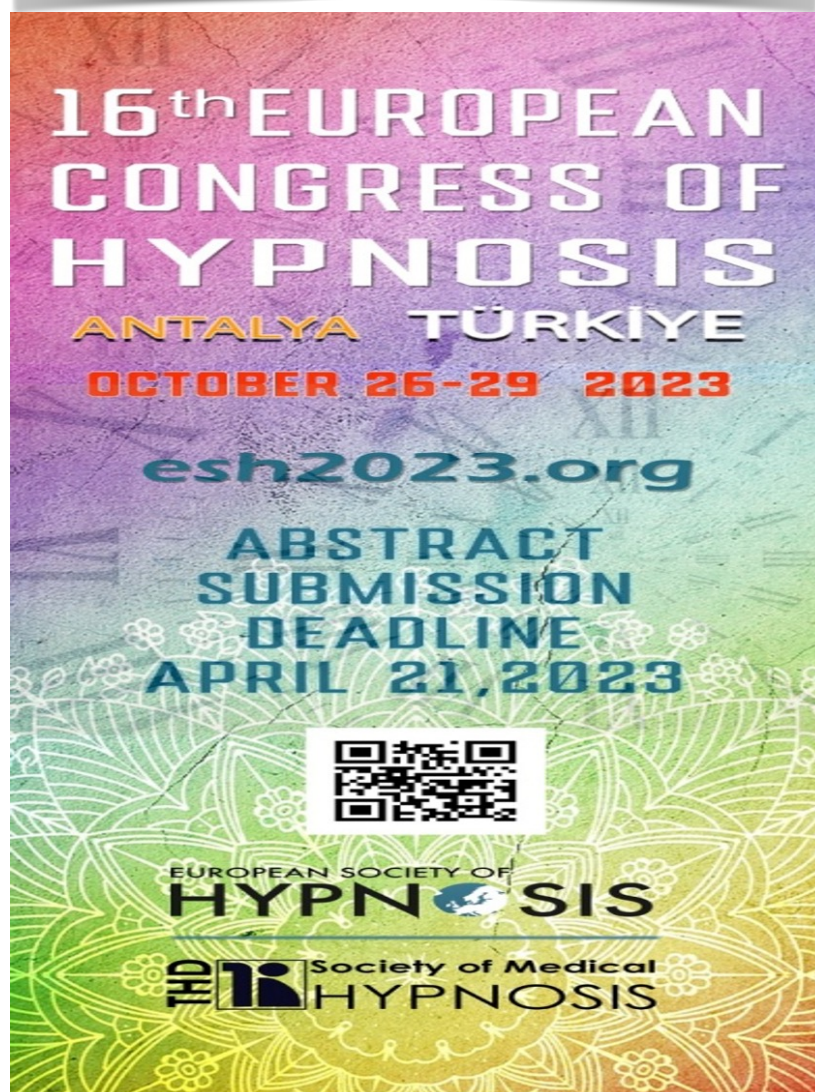
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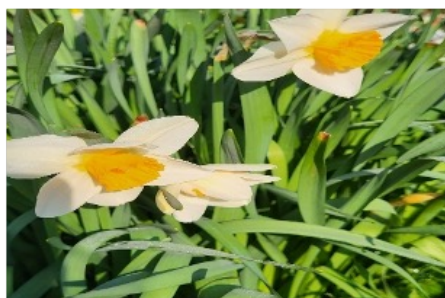
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President's Letter

Kathleen Long

Spring is a time of awakening and when the world once again gets busy preparing for the coming year. We awaken from the slumber months of winter with new energy and commitment. In keeping with this, the entire ESH Board had its first face to face meeting in Milan thanks to an invitation from Consuelo Casula. We had a short meeting before, with only a few board members, in Luxembourg thanks to the courtesy of our Luxembourg CS IMHEL and CFHTB. In Milan we had a fantastic meeting where we were able to spend two days discussing important business for ESH. We spent time on the organisation and arrangements for our much-anticipated Congress in Antalya 2023. Central Office will be sending out more information on the CoR meeting and the procedures for nominations for the ESH Board. The Board has been meeting online for the past few years but the two face to face meetings have been much more productive and informative. This of course is no surprise to any of us who know that words without normal non-digital tonality and body language are only a small part of the communication process between us.

We were able to appreciate the hard work that has been done by the individual board members. Peter on research, Randi on CEPE and the ESHC, Consuelo on the ESH newsletter, Fabio on media and the artistic content of the newsletter, Gerard on the constitution and membership committee, Stella on our Instagram presence, Ali on the Congress in Antalya, and the financial well-being of ESH and Marie-Jeanne who contributes with enthusiasm to many of the committees. I recently did a short interview for the ISH newsletter, and I said that a President is only as good as the team, and I am very lucky to have such a supportive and talented people around me. Those of you coming to Antalya will meet the Board face to face and will be able to recognise their dedication and enthusiasm as well as their faces.

At the meeting we also took time to discuss our relationship with ISH and areas where we could co-operate more closely. We already share common interests in research and the relatively recent Crisis intervention Committee (CIC). We want to build on the work that the CIC resources have provided to those working in Ukraine or with displaced traumatised people from the war. We will be sending out a joint letter from ESH and ISH asking for further contributions so that we have a readily available resources for other areas in crisis throughout the world.

After the tragic earthquake in Turkey and Syria I have been in contact with our Turkish Societies to offer these resources if needed now or in the future. We hope to not only welcome the Board of ISH to Antalya but to also have at least one on two meetings with the ISH board on a regular basis. ESH is an established and growing society which has a strong identity and a membership with a wealth of expertise second to none. We are and should be proud of the legacy of the great teachers who developed hypnosis in Europe incorporating many influences from Eastern Europe and exporting hypnosis to the new developing world.

I look forward to seeing you all in Antalya to support not only ESH but also our Turkish Societies who have been so generous to ESH over the years. The Turkish societies provide a successful congress in Antalya, a favorite place for more than 13millions European tourists in 2022. We owe this Congress our support because it is OUR ESH Congress and because, in the face of national tragedy, our Turkish CS have continued to work on our behalf. I look forward to seeing you there and communication at the 100% level with words, body language, tonality and maybe even a hug. Only then do we truly understand each other and appreciate, not only our differences but, also our common bond of hypnosis.



French Translation Gérard Fitoussi

Le printemps est une période de renaissance, le monde se prépare à nouveau pour l'année à venir. Nous émergeons des longs mois de sommeil d'hiver avec une nouvelle énergie et un nouvel engagement. Dans cette optique, le bureau de l'ESH s'est réuni pour la première fois en présentiel à Milan à la suite de l'invitation de Consuelo Casula. Nous avons eu une courte réunion auparavant, avec seulement quelques membres du conseil d'administration, au Luxembourg grâce à la courtoisie de la société luxembourgeoise et à la Confédération francophone d'hypnose et de thérapies brèves. À Milan, nous avons eu une réunion dense et pendant deux jours nous avons pu discuter d'affaires importantes pour l'ESH. Nous avons consacré du temps à l'organisation et aux préparatifs de notre congrès très attendu à Antalya 2023. Le bureau central enverra plus d'informations sur l'organisation de la réunion du COR ainsi que les procédures de nomination au conseil d'administration de l'ESH. Le conseil d'administration se réunit en ligne depuis quelques années, mais les deux réunions faites en présentiel ont été beaucoup plus productives et informatives. Ceci bien sûr n'est pas une surprise pour tous ceux d'entre nous qui savent que les mots sans expressivité ni langage corporel normaux ne sont qu'une petite partie du processus de communication entre nous.

Nous avons pu apprécier le travail opiniâtre fait par les membres du conseil d'administration. Peter sur la recherche, Randi sur le CEPE et l'ESHC, Consuelo sur la newsletter de l'ESH, Fabio sur les médias et le contenu artistique de la newsletter, Gérard sur la constitution et le comité d'adhésion, Stella sur notre présence sur Instagram, Ali sur le Congrès à Antalya et le bien-être financier de l'ESH ainsi que de Marie-Jeanne qui contribue avec enthousiasme à plusieurs comités. J'ai récemment fait une courte interview pour le bulletin d'information de l'ISH, et j'ai souligné qu'un président est aussi bon que l'équipe qui l'entoure, et j'ai beaucoup de chance d'avoir des gens aussi talentueux et solidaires autour de moi. Ceux d'entre vous qui viendront à Antalya rencontreront le Conseil d'administration en direct et pourront apprécier leur dévouement et leur enthousiasme ainsi que leurs visages.

Lors de la réunion, nous avons également pris le temps de discuter de notre relation avec ISH et des domaines dans lesquels nous pourrions coopérer plus étroitement. Nous partageons déjà des intérêts communs dans la recherche et le comité d'intervention de crise (CIC) relativement récent. Nous voulons nous appuyer sur le travail que les ressources du CIC ont fourni à ceux qui travaillent en Ukraine ou auprès de personnes déplacées traumatisées par la guerre. Nous enverrons une lettre conjointe de l'ESH et de l'ISH demandant de nouvelles contributions afin que nous ayons des ressources facilement disponibles pour d'autres zones en crise à travers le monde.

Après le tremblement de terre tragique en Turquie et en Syrie, j'ai été en contact avec nos sociétés turques pour offrir ces ressources maintenant ou à l'avenir. Nous espérons non seulement accueillir le conseil d'administration de l'ISH à Antalya, mais aussi avoir au moins une réunion ou deux avec le conseil d'administration de l'ISH sur une base régulière. L'ESH est une société établie et en croissance qui a une identité forte et des membres avec une richesse d'expertise inégalée. Nous sommes et devrions être fiers de l'héritage des grands enseignants qui ont développé l'hypnose en Europe en incorporant de nombreuses influences d'Europe de l'Est et en diffusant l'hypnose vers le nouveau monde en développement.

J'ai hâte de vous retrouver tous à Antalya pour soutenir non seulement l'ESH mais aussi nos sociétés turques qui ont été si généreuses envers l'ESH au fil des ans. Les sociétés turques proposent un congrès réussi à Antalya, lieu de prédilection de plus de 13 millions de touristes européens en 2022. Nous devons tout notre soutien à ce congrès, car c'est NOTRE congrès ESH et parce que, face à la tragédie nationale, nos CS turcs ont continué à travailler en notre nom. J'ai hâte de vous y voir en chair et en os et de communiquer à 100% par la parole et le corps et peut-être même de chaleureuses accolades. Ce n'est qu'alors que nous nous comprenons vraiment et que nous apprécions non seulement nos différences, mais aussi notre lien commun d'hypnose.

German Translation Stella Nkenke

Der Frühling ist eine Zeit des Erwachens und eine Zeit, in der die Welt wieder damit beginnt, sich auf das kommende Jahr vorzubereiten. Wir erwachen aus dem Winterschlaf mit neuer Energie und Engagement. In diesem Sinne traf sich der gesamte ESH-Vorstand in Mailand auf Einladung von Consuelo Casula zum ersten Mal persönlich. Davor hatten wir dank des Entgegenkommens unserer luxemburgischen Constituent Societies IMHEL und CFHTB immerhin eine kurze Sitzung mit nur einigen Vorstandsmitgliedern in Luxemburg. In Mailand hatten wir ein fantastisches Treffen, bei dem wir zwei Tage lang wichtige Angelegenheiten für die ESH erörtern konnten. Wir verbrachten Zeit mit der Organisation und den Vorbereitungen für unseren mit Spannung erwarteten Kongress in Antalya 2023. Das Zentralbüro wird weitere Informationen über die CoR-Sitzung und das Nominierungsverfahren für den ESH-Vorstand verschicken. Der Vorstand hat in den letzten Jahren online getagt, aber die beiden persönlichen Treffen waren natürlich viel produktiver und informativer. Das ist natürlich keine Überraschung für jeden von uns, der weiß, dass Worte ohne den normalen nicht-digitalen Tonfall und die Körpersprache nur einen kleinen Teil des Kommunikationsprozesses zwischen uns ausmachen.

Wir konnten die harte Arbeit würdigen, die von den einzelnen Vorstandsmitgliedern geleistet wurde. Peter für die Forschung, Randi für CEPE und das ESH-Certificate, Consuelo für den ESH-Newsletter, Fabio für die Medien und den künstlerischen Inhalt des Newsletters, Gerard für die Satzung und das Mitgliedschaftskomitee, Stella für unsere Instagram-Präsenz, Ali für den Kongress in Antalya und das finanzielle Wohlergehen der ESH und Marie-Jeanne, die mit Begeisterung in vielen Komitees mitarbeitet. Ich habe kürzlich ein kurzes Interview für den ISH-Newsletter gegeben und gesagt, dass ein Präsident nur so gut ist wie sein Team, und ich habe das große Glück, ein so unterstützendes und talentiertes Team um mich zu haben. Diejenigen unter Ihnen, die nach Antalya kommen, werden den Vorstand persönlich kennenlernen und ihr Engagement und ihren Enthusiasmus ebenso wie ihre Gesichter kennen lernen.

Während unserer Sitzung haben wir uns auch Zeit genommen, um unsere Beziehungen zur ISH zu erörtern und über Bereiche zu sprechen, in denen wir enger zusammenarbeiten könnten. Wir haben bereits gemeinsame Interessen in der Forschung und im relativ neuen Kriseninterventionsausschuss (CIC). Wir wollen die Arbeit weiterhin aufbauen, so dass die CIC Ressourcen anbietet, wie für diejenigen, die in der Ukraine oder mit vom Krieg traumatisierten Vertriebenen arbeiten. Wir werden ein gemeinsames Schreiben von ESH und ISH verschicken, in dem wir um weitere Beiträge bitten, damit wir für andere Krisengebiete auf der ganzen Welt über schnell verfügbare Ressourcen verfügen.

Nach dem tragischen Erdbeben in der Türkei und in Syrien bin ich mit unseren türkischen Gesellschaften in Kontakt getreten, um ihnen diese Ressourcen anzubieten, falls sie jetzt oder in Zukunft benötigt werden. Wir hoffen, den Vorstand der ISH nicht nur in Antalya begrüßen zu können, sondern auch in Zukunft mindestens ein bis zwei regelmäßige Treffen pro Jahr mit ihnen abzuhalten. Die ESH ist eine etablierte und wachsende Gesellschaft mit einer starken Identität und einer Mitgliedschaft, die über einen unübertroffenen Reichtum an Fachwissen verfügt. Wir sind und sollten stolz auf das Erbe der großen Lehrer sein, die die Hypnose in Europa entwickelt haben, indem sie auch viele Einflüsse aus Osteuropa aufgenommen und die Hypnose in die sich neu entwickelnde Welt exportiert haben.

Ich freue mich darauf, Sie alle in Antalya zu sehen, um nicht nur die ESH, sondern auch unsere türkischen Gesellschaften zu unterstützen, die der ESH im Laufe der Jahre so großzügig unter die Arme gegriffen haben. Die türkischen Gesellschaften kümmern sich sehr, damit es ein erfolgreichen Kongress in Antalya werden kann. Übrigens zählt Antalya mit mehr als 13 Millionen europäische Touristen im Jahr 2022 zu einem sehr beliebten Urlaubsort. Wir schulden diesem Kongress unsere Unterstützung, weil es UNSER ESH-Kongress ist und weil sich unsere türkischen CS trotz der nationalen Tragödie weiterhin für uns einsetzen. Ich freue mich darauf, Sie dort zu sehen und mit Ihnen 100%-ig mit Worten zu kommunizieren, ergänzt durch Körpersprache und Ton und vielleicht sogar durch eine Umarmung. Nur dann werden wir einander wirklich verstehen und nicht nur unsere Unterschiede, sondern auch unser gemeinsames Band der Hypnose zu schätzen wissen.

Spanish Translation

José Cava

La primavera es una época de despertar y en la que el mundo vuelve a estar ocupado preparándose para el próximo año. Despertamos de los meses de letargo del invierno con nueva energía y compromiso. En este sentido, todo el Consejo de ESH tuvo su primera reunión presencial en Milán gracias a la invitación de Consuelo Casula. Tuvimos una breve reunión antes, con solo unos pocos miembros de la junta, en Luxemburgo gracias a la cortesía de nuestras CS IMHEL y CFHTB de Luxemburgo. En Milán tuvimos una reunión fantástica en la que pudimos pasar dos días discutiendo asuntos importantes para ESH. Dedicamos tiempo a la organización y los preparativos para nuestro tan esperado Congreso en Anatolia 2023. La Oficina Central enviará más información sobre la reunión del CoR y los procedimientos de las nominaciones para la junta de ESH. La junta se ha estado reuniendo en línea durante los últimos años, pero las dos reuniones presenciales han sido mucho más productivas e informativas. Por supuesto, esto no es una sorpresa para ninguno de nosotros que sabemos que las palabras sin la tonalidad normal no digital y el lenguaje corporal son solo una pequeña parte del proceso de nuestra comunicación.

Pudimos apreciar el arduo trabajo realizado por los miembros individuales de la junta. Peter sobre investigación, Randi sobre CEPE y ESHC, Consuelo sobre el boletín de ESH, Fabio sobre los medios y el contenido artístico del boletín, Gérard sobre la constitución y el comité de membresía, Stella sobre nuestra presencia en Instagram, Ali sobre el Congreso en Anatolia y el bienestar financiero de ESH y Marie-Jeanne que contribuye con entusiasmo a muchos de los comités. Recientemente hice una breve entrevista para el boletín de ISH, y dije que un presidente es tan bueno como su equipo, y que tengo mucha suerte de tener gente tan talentosa y colaboradora a mi alrededor. Aquellos de ustedes que vengan a Anatolia se encontrarán cara a cara con los miembros de la junta y podrán reconocer sus caras y su dedicación y entusiasmo.

En la reunión también dedicamos tiempo a discutir nuestra relación con ISH y las áreas en las que podríamos cooperar más estrechamente. Ya compartimos intereses comunes en investigación y en el relativamente reciente Comité de Intervención en Crisis (CIC). Queremos aprovechar el trabajo que los recursos de CIC han brindado a quienes trabajan en Ucrania o a personas desplazadas y traumatizadas por la guerra. Enviaremos una carta conjunta de ESH e ISH solicitando más contribuciones para que tengamos recursos disponibles para otras áreas en crisis en todo el mundo.

Después del trágico terremoto en Turquía y Siria, me he puesto en contacto con nuestras sociedades turcas para ofrecer estos recursos si es necesario ahora o en el futuro. Esperamos no solo dar la bienvenida a la Junta de ISH a Anatolia, sino también tener al menos una o dos reuniones con la junta de ISH de forma regular. ESH es una sociedad establecida y en crecimiento que tiene una fuerte identidad y unos miembros con una experiencia inigualable. Estamos y debemos estar orgullosos del legado de los grandes maestros que desarrollaron la hipnosis en Europa incorporando muchas influencias de Europa del Este y exportando la hipnosis al nuevo mundo en desarrollo.

Espero verlos a todos en Anatolia para apoyar no solo a ESH sino también a nuestras sociedades turcas que han sido tan generosas con ESH a lo largo de los años. Las sociedades turcas nos ofrecen un congreso exitoso en Anatolia, el lugar favorito para más de 13 millones de turistas europeos en 2022. Le debemos a este Congreso nuestro apoyo porque es NUESTRO Congreso ESH y porque, a pesar de esta tragedia nacional, nuestra CS turca ha seguido trabajando en nuestro nombre. Espero verlos allí y poder comunicarnos al 100% con palabras, lenguaje corporal, tonalidad y tal vez incluso un abrazo. Solo entonces podemos entendernos y apreciar verdaderamente, no solo nuestras diferencias, sino también nuestro vínculo común por la hipnosis.

Italian Translation Consuelo Casula

La primavera è una stagione di risveglio, quando il mondo ancora una volta si impegna a prepararsi per il prossimo anno. Ci svegliamo dai mesi di sonnolenza invernale con nuove energie e impegno. Coerentemente, l'intero Consiglio ESH ha avuto il suo primo incontro faccia a faccia a Milano, grazie all'invito di Consuelo Casula. Abbiamo avuto un breve incontro prima, con solo pochi membri del consiglio, in Lussemburgo, grazie alla cortesia del nostro CS lussemburghese IMHEL e CFHTB. A Milano abbiamo avuto un incontro fantastico durante il quale abbiamo potuto trascorrere due giorni discutendo di questioni importanti per la ESH. Abbiamo dedicato del tempo all'organizzazione e alle modalità del nostro tanto atteso Congresso ad Antalya nel 2023. L'ufficio centrale invierà maggiori informazioni sulla riunione del CoR e sulle procedure per le nomine del nuovo consiglio di amministrazione della ESH. Il Consiglio si è riunito online negli ultimi anni, ma i due incontri faccia a faccia sono stati molto più produttivi e informativi. Questo ovviamente non è una sorpresa per nessuno di noi che sa che le parole, senza l'accompagnamento della tonalità e del linguaggio del corpo, sono solo una piccola parte del processo di comunicazione tra di noi.



Abbiamo potuto apprezzare il notevole impegno svolto dai singoli membri del consiglio. Peter sulla ricerca, Randi su CEPE e ESHC, Consuelo sulla newsletter ESH, Fabio sui media e la componente artistica della newsletter, Gerard sulla costituzione e il comitato di appartenenza, Stella sulla nostra presenza su Instagram, Ali sul Congresso ad Antalya e il benessere finanziario di ESH e Marie-Jeanne che partecipa con entusiasmo a molti dei comitati. Recentemente ho fatto una breve intervista per la newsletter ISH, e ho detto che un presidente è bravo solo quanto la squadra, e sono molto fortunata ad avere intorno a me persone così talentuose e di supporto. Quelli di voi che verranno ad Antalya incontreranno faccia a faccia il Consiglio e potranno riconoscere la loro dedizione ed entusiasmo così come i loro volti

Durante l'incontro abbiamo anche dedicato del tempo a discutere il nostro rapporto con ISH e le aree in cui potremmo cooperare più strettamente. Condividiamo già interessi comuni nella ricerca e nel Comitato di intervento di crisi (CIC) relativamente recente. Vogliamo costruire sul lavoro che le risorse del CIC hanno fornito a coloro che lavorano in Ucraina o con gli sfollati traumatizzati dalla guerra. Invieremo una lettera congiunta di ESH e ISH chiedendo ulteriori contributi in modo da avere risorse prontamente disponibili per altre aree in crisi in tutto il mondo.

Dopo il tragico terremoto in Turchia e Siria sono stata in contatto con le nostre società turche per offrire queste risorse se necessario ora o in futuro. Speriamo non solo di dare il benvenuto al Consiglio di ISH ad Antalya, ma anche di avere almeno una riunione su due con il consiglio di ISH su base regolare. ESH è una società affermata e in crescita che ha una forte identità e membri con un patrimonio di competenze secondo a nessuno. Siamo e dovremmo essere orgogliosi dell'eredità dei grandi maestri che hanno sviluppato l'ipnosi in Europa incorporando molte influenze dall'Europa orientale ed esportando l'ipnosi nel nuovo mondo in via di sviluppo.

Non vedo l'ora di vedervi tutti ad Antalya per sostenere non solo la ESH ma anche le nostre società turche che sono state così generose con ESH nel corso degli anni. Le società turche stanno organizzando un congresso di successo ad Antalya, un luogo preferito da oltre 13 milioni di turisti europei nel 2022. Dobbiamo a questo Congresso il nostro sostegno perché è il NOSTRO Congresso ESH e perché, di fronte alla tragedia nazionale, il nostro CS turco ha continuato a lavorare per nostro conto. Non vedo l'ora di vederti lì e comunicare al 100% con parole, con il linguaggio del corpo, tonalità e forse anche con un abbraccio. Solo allora ci capiamo veramente e apprezziamo, non solo le nostre differenze, ma anche il nostro comune legame con l'ipnosi.

Editor's Letter Consuelo Casula

As our president Kathleen Long reported, in March 2023, the full ESH board, met face to face for the first time in my office in Milan. The full BoD had not met since our online election in 2020, and we were so happy to work together sharing our knowledge and expertise as well as being able to take advantage of playful moments during breaks, lunch, and dinner, as you can see from the photos scattered throughout this issue.

Here is our president Kathleen Long in front of the Milanese's opera house La Scala



This ESHNL is enriched with two interviews with two women who work in two different fields: Inger Lundmark, from Sweden, and the dentist Taina Kankaala from Finland, interviewed by Randi Abrahamsen. Two women dedicated to their jobs with care and passion. Inger Lundmark, a creative and salutogenic psychotherapist and family therapist, gives useful indications for use of hypnosis to prepare pregnant women for a smooth delivery. Taina Kankaala, who specialises in prosthetic dentistry, gagging and fearful patients gives us various hypnotic suggestions regarding how to calm and relax patients during dental treatments.

This issue satisfies the expectations of readers who like to read Peter Naish's interesting contributions. This time Peter describes a recent study by Kasos looking at the surprising impact hypnosis has on the subconscious peripheral processes, especially for hypnotic highs. Peter, driven by a researcher's curiosity, asks himself how can processes be influenced in the processing chain of feedback and feedforward. To give a reasonable answer to this question the research on the 'Stroop Effect' by Amir Raz and on the 'Emotional Stroop' by Brunel offer him a clue. Gérard Fitoussi, also a regular author of our ESHNL with his column on what is happening in the French world of hypnosis, mentions conferences and two journals. Marie-Jeanne Bremer offers us an interesting review of a recently published novel written by Martha Richards and Francesca Cogni. The two authors describe the progress of a psychological follow-up of a young African woman who suffered several traumas during her pre-migration, migration, and post migration from Africa to Germany. Randi Abrahamsen updates the readers with the CEPE news. Ali Özden Öztürk gives us all the necessary information to join our next ESH Congress in Antalya.

The world of Italian hypnosis has lost one of its most important contributors, Antonio Maria Lapenta, surgeon specialist in psychiatry and hypnosis, who was for many years the president of Istituto Franco Granone CIICS Centro Italiano Ipnosi Clinico Sperimentale and director of the training course in clinical and experimental hypnosis. Enrico Facco give us a loving and profound eulogy to Lapenta. Nature, after the cold and dark winter is surprised by spring and its light and warmth. This is also reflected in human transition as demonstrated by the CIICS who have elected a new president and director of training, Massimo Somma, surgeon specialist in dermatology and in hypnosis. We wish him *continuity and innovation*, as the motto of our ESHNL states.

I thank each contributor and I like to finish this letter also thanking Mark Jensen who dedicated his president's letter in the ESHNL with these words: "My message to all ESH members for this issue of the Newsletter is simple: *Please register for and participate in the 2023 European Society of Hypnosis (ESH) Congress in Antalya, Turkey, this coming October.* The congress is a joint effort of the ESH and the Turkish Society of Hypnosis.

EUROPEAN SOCIETY OF HYPNOSIS

**The ESH board members during the Milano meeting,
March 3-4 2023, at Consuelo's office**



EUROPEAN SOCIETY OF HYPNOSIS

The ESH board members at dinner at Consuelo's house

Milano, March 3th 2023



Interview with Inger Lundmark, President of Centre of Hypnosis and Psychotherapy, www.chp.nu, Sweden, Accredited Training Society

By Consuelo Casula



Please present yourself to the ESHNL readers. Who are you? What is your general background?

I started out as a drama pedagogue in 1993, and worked for 15 years with salutogenic, creative processes, supporting good relations, conflict management, finding joy together, leadership. I worked with both teachers and student groups in schools, municipal workplaces and in companies in Stockholm. I started to teach and supervise these creative methods in leadership/ conflict management all over Sweden, and abroad from time to time. After a couple of years, I felt ready to shoulder a heavier burden, cope with a deeper mandate, so I decided to also become a psychotherapist. I kept on, and am now a licensed psychotherapist, hypnotherapist, family therapist and supervisor in psychotherapy. I work with clients, individually, couples or families at a private clinic in center of Stockholm Sweden. I also treat children (over eight years, with the parents in the room). I teach and supervise clinical hypnosis. When off duty, I like to write, sing in the choir, play with grandchildren, paddle kayak, or play with clay in my little pottery.

When did you start your interest in Hypnosis? Tell us of your experiences and your teachers.

First experience of hypnosis was when I quit smoking with hypnosis in 1992, at Ture Arvidssons' clinic at a major hospital in Stockholm. One session! Jane Parson-Fein, social worker, and psychotherapist from New York, who used to work with Milton Erickson and was the supervisor of the Erickson institute in New York. Jane is a Fellow and Consultant of the American Society of Clinical Hypnosis, has served on its Executive Board and has contributed to the ASCH Journal. She is also a Diplomat and was President Emeritus of the American Hypnosis Board for Clinical Social Work. Jane studied in 1979 with Milton H. Erickson. She later returned to Phoenix and videotaped his training, 'In the Room with Milton H. Erickson. Jane came to Sweden and gave an 800 hour long educational course on clinical Ericksonian hypnotherapy 1996 – 1998. My dear mother Gunilla Lundmark, social worker, psychotherapist, sexologist, and family therapist, was one of her students, (she was 60 years old). Of course, she shared a lot of interesting things with me from this field, which made me feel familiar with hypnosis.

Interview with Inger Lundmark

I found that there are many similarities between drama pedagogics and hypnosis. The salutogenic approach, the creativity, the belief in the patients'/participants' own resources, the guiding approach, the learning by doing. I felt at home and realized that many of the exercises used in drama are hypnotic, and that I have been using states of trance and empowering exercises not knowing about their hypnotic ingredients.

What convinced me that I really wanted to study hypnosis was the vocabulary. I found that in the discipline of hypnosis there are words for the most delicate strategies, which turns them into refined tools that we can speak about, compare, and refine even further, by becoming more and more aware about what we are doing when we are working with people! So, I started to study and practice the discipline of clinical hypnosis, together with my education to become a psychotherapist.

After your first meeting with hypnosis, how did you decide to deepen your involvement.

I first learned hypnosis from Ingrid Arenäs and Gunilla Lundmark, and from the Swedish Society of Hypnosis SFKH that in those days provided a basic training, integrating psychotherapy and hypnosis. Susanna Carolusson, Maud Ugrell and Steen Anderson were teachers. I took a masterclass with Jane Parsons-Fein in New York. I did train with Steven Gallegos in New Mexico and participated in many workshops with different teachers in Sweden and abroad, at congresses or extended workshops during the work year. For instance, with Suzette Boons, great education in working with complex trauma, and others. Nowadays I am very interested in neuroscience, in Steven Porges and Deb Danas work on Poly vagal theory, and how it integrates so well with hypnosis.

Tell us the history of your CS. When was it founded and by whom? How many people are in your CS? How many women are in your society compared to men?

This year, 2023, CHP – Center for Hypnosis and Psychotherapy, will celebrate its 20th anniversary!

After Jane Parsons Fein, completed the 800-hour training group in Stockholm, she gave the complete education to Gunilla Lundmark with the words: *Now you take over!* Thus, in 1999 Gunilla, together with Ingrid Arenäs, started to educate other psychotherapists, physiotherapists, midwives, dentists, doctors, nurses in clinical hypnosis, to be used within the confines of each professional's area of expertise. CHP provides a 100-hour basic training and another 100-hour for the psychotherapists plus 50 hours of supervision.

After a couple of years, I was invited to participate in the basic training program, Gunilla and Ingrid continued to provide the education for psychotherapists together with Ann Wilkens and Eva Block-Erikson. A couple of years later I became responsible for the whole training program, together with some well-educated colleagues, psychotherapists Eva Gester, Ann-Kristin Lundmark, Lina Skantze and Daniel Cremonini. We were joined in 2023 by Elke-Linn Nesser, Psychiatrist, psychotherapist, and Satu Olsson psychotherapist and physiotherapist.

In 2003 Gunilla and Ingrid formed CHP, a society created for all the former students where we could meet and keep training, guide each other, have supervision together, invite guest speakers, start and support research in hypnosis together. Today we are open to all our students, and other carefully selected caregivers with similar education in hypnosis.

What are the main activities of your CS?

The main activities in CHP are keeping and developing our hypnotic knowledge together through our CHP-days, supervision groups and networking with others. We are here for healthcare professionals with our longer hypnotherapy program and shorter educations on specific topics combined with hypnosis. We also have a little mission to increase the common knowledge about hypnosis, through special "Days of Hypnosis" when we invite the public to listen to short lectures about hypnosis and maybe try the lemon exercise.

Interview with Inger Lundmark

We do small research projects on all levels and are always trying to connect with the research society. During the years we have collected more than 75 interesting essays written in the education programs, as well as started larger research projects in cooperation with the leading hospital in Stockholm, KI. The latest was about hypnobirthing.

Tell us something about this work on hypnobirthing.

If the mother has had previous pregnancies, I check for labor trauma, and if so, we work through that in regular trauma hypnotherapy first. Then move on to the new fear free situation, where she is in charge. With first-time mothers I normally meet them twice. The first session (alone or with partner) in about week 20-30, to listen to their expectations on childbirth and teach them relaxing with hypnosis. I record a 20 min lovely relaxing sound file, for both parents to practice, to be used before, during, and after labour, when needed. The second session, in about week 33-38 is about the labor itself, together with partner when possible, or other person who will accompany the mother at childbirth. The aim is to prepare mentally, to provide tools for the woman to collaborate with her body, and for the partners to work together during the childbirth process.

The first part is about pain control, history of pain control, how to use glove-anesthesia if they wish, plus teaching the method to the parents for them to practice, at home daily. The second part is to create a hypnotic metaphorical journey for the labor process itself. The mothers' inner pictures will help her to really collaborate with, and use the waves of labor power, that brings her and the baby closer to one another. We discuss what inner pictures the woman likes as metaphors for the labor process, and then we do a hypnotic journey, that I record for the parents to use often before the labor, to prepare for a shared journey. The hypnosis gently takes the woman through the process, staying in contact with breathing, trusting that her body knows what to do, giving supporting suggestions on all levels, aligned with her own metaphors, reminding her how the baby pushes its way from her through the channel of life. This helps the woman to stay in her process, to keep direction, and not get lost in the sea of labor pain. The third part is about after the labour; hypnotic body-healing, attaching to the child, more and more as you get to know each other, day by day, coming together as a family, becoming, and growing as parents, keeping patience even though you might not have slept, and to keeping sensual contact as spouses, reminding them to use the hypnotic relaxation-recording whenever they want or need to.

Every single woman/couple that I met for hypnobirthing, has e-mailed after a month or so, sending a picture of their sweet little "hypnotic baby", sharing their story of what a great help this preparation was. They speak about calmness, happiness, laughter, collaboration, love, coping with pain with little or no sedation, and fast healing afterwards. And, in those cases where they had to have caesarean section during the process, they kept calm and accepted it. Almost all of them say that in their mother/parent-groups, when sharing their labor story, they were the only ones that had a positive experience of childbirth! There are plenty of scientific articles that support their experiences, and some that are skeptical of the effects of hypnosis at childbirth.

Personally, I think that it is an important factor if the mother is willing to practice self-hypnosis. She uses the recorded material in advance, and ideally her partner is willing to support her in this process. The woman on or her own, or with the partner, takes part in using the supportive suggestions, aligned with the mothers' inner pictures.

Interview with Inger Lundmark



Are you planning any research?

We are in contact with KI, now discussing the possibilities of doing a research project about gambling addiction.

How do you use hypnosis in your everyday working life? What is your best practice.

I use hypnosis in my practice every day, depending on what the patients need or are asking for. Most of my clients I see for long term, and I integrate stabilizing and processing hypnosis in the psychotherapeutic process. Thursdays and Fridays I see short term clients for requests like hypnobirthing, nicotine quitting. I use hypnosis with couples, to create a calm(er) workspace, to deepen the understanding for each other, to help them to sift what to let go of and what really needs to be talked about, to heal wounds, to increase playfulness, connection, or stay friendly in case of a separation. I use hypnosis with families to strengthen their abilities to see the resources in each other, to connect, to use more languages than the spoken words.

I use hypnosis in my supervision groups, for the selfcare of the participants and for deeper understanding of the case we are looking in to, and to understand the sometimes-underlying silk thread between the supervised question about the patient, and the supervised him or herself.

My best practice, I'd say is my love and curiosity for each patient and creative flexibility to find a way together, to create a difference that makes a difference. I am playful and brave. I do work with abuse, with sexual difficulties and trauma work on topics that have been running in the family for generations.

Interview with Inger Lundmark

How many board members are in your society? And when were you elected president? How long will your presidency last? What do you want to achieve during your presidency?

We are three women, two men on the board, plus two women deputies. I have been president for six years and we have elections in March every year. I take a year at the time. It's hard to get people to join the board, and hard to have someone wanting to take a responsible role, due to everybody's workload. I don't think that me being a woman will facilitate my president role.

As a president I find it important to listen to the members, understand what they want us to deal with during the year, as well as give suggestions of my own. This year the board has suggested working with how to deal with empathy-fatigue and secondary trauma within healthcare professionals.

Starting to plan our next "Day of Hypnosis" is also on the schedule and looking at creating a suitable way of celebrating 20 years as a society! The number of members fluctuates between 65 – 90. At this point in time, we are 72: 60 women and 12 men.

What do you think of ESH? What kind of help, service, contribution would you like to receive from ESH?

I find the European society a great platform for meeting each other, gaining more knowledge and inspiration together. I would appreciate a forum/ idea bank for sharing methods on different topics, for instance OCD, IBS, hypnobirthing, and of course common research projects, that members could click into and participate in.

What kind of help, service or contribution would you like to give ESH, as an individual and/or as president of your society?

I am happy to contribute to hypnotic education and/ or supervision if needed, for individuals of all ages, couples or in family therapy.



Interview with Taina Kankaala, Finland

By Randi Abrahamsen



You have a major interest in patients with dental fear, please tell us about your career in dentistry?

I have treated dental patients as a primary oral health care dentist mainly in the public dental services in northern Finland after graduation (University of Oulu 1988). From 2001, my special interest has been referred patients with high dental fear, which we treat in Clinic for Fearful Dental Patients (CFDP). Specialising in prosthodontics (2015), I have treated lots of patients with TMD problems and pain. Pedodontics was a part of my specialist training because I had a long experience of treating children in primary health care. When CFDP was started, I was doing education in hypnotherapy for health care professionals organised by the University center for continuing education, University of Tampere together with Society of Scientific Hypnosis (three- year course).

Currently I work mainly as a clinical teacher in the Dental Training Clinic, Wellbeing Services County of North Ostrobothnia and as a university teacher in the University of Oulu, Finland, and Oulu University Hospital, lecturing on topics for dental students and dentists: treatment of dental fearful patients, hypnosis in a dental setting, nitrous oxide and conscious sedation and TMD.

My research interests are in recognising and treating patients with severe dental fear in a primary oral health care setting.

My clinical interest is in treating patients from toddlers to older patients, especially if normative dental care is challenging for them, because of fear. I deal with gagging, panic-reactions, physical disabilities, nitrous oxide sedation, hypnosis, and provide other dental fear treatments, adapted for the dentist, and TMD -patients.

Please tell a little about yourself for example interests and family life?

I have two lovely daughters who are studying in the universities of Tampere and Oulu. My husband is a Master of Science in Technology with a great interest in videotaping and photographing. Those skills have been a nice help for me if we do research, including videotaping, such as in animal assisted activity. Our family is interested in music. We all enjoy festivals and events. At the other end of the spectrum, we love green gardening, walking in a quiet forest and outdoor activities.

Taina Kankaala and Randi Abrahamsen

On a personal level, when and how did you start with hypnosis?

In the middle of 90s, I was working for over a year treating only challenging hospital patients with a variety of pain problems, fears, or disabilities. One of my colleagues did some nice work with my patients using hypnosis and told me that hypnosis could be the next step for me. I studied for two days learning basics, and it was obvious I needed more knowledge. It was inspiring to do three years training, hybrid studies, in Tampere in 2000-2003. Now I have over 20 years of experience of dental hypnosis: sometimes only a few patients in a month, sometimes several patients a week.

You are now a clinical teacher but have a long experience from working with patients with dental fear and have published articles on this topic. Please tell us a little about your research and the CFDP in Oulu

The Clinic for Fearful Dental Patients is part of public dental services in our area and integrated into primary health care from 2000. CFDP was developed by professor Vuokko Anttonen and I had a great opportunity to work with her from the beginning. We have been treating patients who have difficulties in coping with dental care. Dentists working in primary health care, private dentists or specialists have already tried to treat patients perhaps several times before referral. Patients may have severe fear, behavioral problems, disabilities, or other problems, which may sometimes demand creative solutions such as elements derived from BT/CBT, treating patient outside the dental office, hypnosis, guided imagery or even animal assisted intervention.

In our study, we followed patients treated in 2000-2006 for 10 years. Every patient had different challenges and so we made individual treatment plans which included chair-side tailored fear treatment elements useful for a general dentist and did all the dental treatment in CFDP, too. Our short-term outcome was that in almost 70% of the cases patients could carry out their dental care without difficulties. In the long-term, treatment could have positive effect on regular attendance for dental treatment. Treatment was more successful if it was done in childhood.

My other current research interests are that we don't recognize fearful patients. So how do we detect them more easily and which factors make dental appointments easier for the patients?

How did you integrate hypnosis in your work as a dentist with fearful patients?

When I was learning hypnotherapy, I tested quite a lot of different methods with multiple hypnosis sessions. Then I focused only on -three sessions of hypnosis, chair-side, guided imagery and relaxation techniques.

Because I am specialised in prosthetic dentistry, gagging during procedures and coping problems with something new in a mouth are familiar. I have heard many times that digital scanning is a solution. Digital techniques are not a good way for all fearful patients because some of them hate objects moving in their mouth. In my office, referred patients are trained in breathing and fast relaxation, or we try some distraction methods with tastes and stress ball.

Patients with TMD pain often need guidance to learn how to relax. I have done some hypnosis with three sessions to find ways to diminish pain, muscle tension and tinnitus.

Taina Kankaala and Randi Abrahamsen

With fearful patients, I sometimes make four boxes of elements using a cognitive vulnerability model (presented by Jason Armfield) while the patient is in hypnosis and patient may suggest, how to change them. First, I must gain trust and the patient must have a feeling of control. I nearly always use small stress balls or other objects to gain and see the nice rhythm of breathing and the patient can tense and relax different parts of the body. This technique resembles the “overload” technique with attention focused on many parts at the same time.

In Finland it seems that we all love images of nature and/or animals. In operative situations such as consulting oral surgery, I often use N2O sedation and guide patients to imagine a forest, a lake, the sun shining. With children I have used tales of searching a treasure, stories of Winnie the Pooh, spaceships, or some other adventure they wish themselves. Patients can move their toes and hands during the tale or squeeze a toy of their own. Methods in the operative situations are nearly the same with children and adults.



What is your best experience with a patient and hypnosis?

Fear and gagging are more common, but one case, years ago, was funny and something else: A TMD patient with otherwise good physical and mental health but eating too many candies asked for help for her “sweet tooth”. I was very sceptic about this, but I tried my best. We had some nice relaxation, and we anchored a favorite place. Then I did an aversion technique: she had to choose a road which was fresh and nice with smells of summer or a road with disgustingly floating with chocolate melting in too hot sun. She chose the fresh way. Several months later she came for an appointment and was not eating candies anymore. I have seen this patient many times and she is feeling fine with no TMD-pains and is continuing a healthy diet.

Any piece of advice for a young dentist just starting to learn hypnosis?

Listen to lectures, read methods, and ask questions. Then do first perhaps some methods which are not so familiar to find your own, personal way: Is it story telling? Is it fast and physical? Is it a peaceful set of suggestions during treatment? I didn’t understand that my strength is treating fearful patients, telling nonsense stories and fairytales, before I tried.

What do you think about The European Society of Hypnosis Certificate?

I must say this is not familiar to me, but a certificate indicating that the user of hypnosis in health care setting is a person, who has rights to work in a health care profession and is trained to use hypnosis with institutions or societies which can be trusted, sounds good.

Continuity and Innovation in Research

By Peter Naish

In the final *Research Reflections* of last year, I described a study by Kasos *et al.* (2022), looking at the extent to which hypnosis could influence subconscious processes. It turned out to be surprisingly influential, impacting very peripheral processes; at least, this was the case for hypnotic ‘highs’. Results of this sort always raise questions, questions that can really be condensed into one word: How?

Hypnotic suggestions are obviously understood only after a good deal of analysis. How then, from this privileged position, can processes be influenced way back in the processing chain, at a position where little more than the presence or absence of a stimulus can be discriminated? We do know that, at every stage of analysis, there is feedback, to the preceding stage, as well as the inevitable feedforward to the following level. However, it is difficult to visualise the processes that could unpack a spoken message, turning it into a signal that could impact a simple, physical response.

Similar reasoning, or perhaps more accurately, failure to reason, can take place with the phenomenon called the Stroop Effect. Many of you will have met this amusing little process, which can have people confused and tongue-tied. One produces a list of colour words, like Red, Blue, Yellow... where words are allowed to repeat; they are just in a random order. They are also printed in colour, but not the colour suggested by the word. Thus, Red might be printed in green ink, but maybe in blue next time Red appears. One then gives the list to a victim and asks them not to read the words, but to go down the list as quickly as possible, naming the colour in which each word is printed. It is a frustratingly difficult task! Basically, the problem might occur at the input (reading is almost automatic and distracts from processing the colour) or at the final stage of processing (we end up with two activated colour names: from the word and from the ink. It takes time to pick the right one). Long ago I showed that both processes played a part in the delay (Naish, 1985).

In 2007 Amir Raz and colleagues dropped a real bombshell; they showed that hypnotic highs could reduce and sometimes eliminate the Stroop effect. The technique they used was to tell people that they would see strange markings, as if in a language they could not read. We must presume that this is what happened; people could not read the words, so of course they were not a distraction. Now, I will not comment further on this hard-to-explain finding, I merely mention it by way of introduction, because Brunel *et al.* (2023) have just published a modification to the Raz study; they used the Emotional Stroop task. This does not use colour words, so they don’t produce that powerful distraction at the output stage, where we wrestle with wanting to come out with the colour word we can see printed, rather than the colour in which it is written. In the ‘emotional’ version the word is not semantically close to a colour (as ‘Sky’ might be to the colour blue). However, all words demand some attention, especially if they have emotional valence. Thus, compared with a neutral word such as ‘place’, a word like ‘injustice’, has a negative quality and will be more distracting. I have picked two example words that the researchers used, because they are the same in English and French but, conducting the experiment in France, Jeremy Brunel and his colleagues used French.

Continuity and Innovation in Research

By Peter Naish

To reduce the impact of the negative words, participants were told (in hypnosis) that they would experience emotions far less intensely. In addition to this, in another part of the study they were told the opposite – that they would respond much more strongly to emotions. This is exactly what happened. Compared with the neutral words, response times were longer to negative words in the absence of suggestion, longer still when given the suggestion to feel more powerfully, and effectively zero when the suggestion was to feel no emotion. The authors very reasonably rule out the possibility that the change is taking place at the conscious level because, unlike the conventional Stroop, it is not obvious to the participant that the word is related (both are colours) to the task required of them. In this case, the task was to press computer keys that represented each of the four colours used. Key pressing could be timed precisely, for each individual stimulus, which was necessary, because this version of Stroop makes emotional word responses only a little slower than neutral words (615ms compared with 575ms).



Where does hypnosis have its impact? The authors are disinclined to accept the alternative, very early interference that I investigated in the context of conventional, colour-word Stroop. Instead, they suggest something in a ‘mid-way’ location, where attentional resources are allocated. There would be survival value to breaking off from whatever task we were engaged in if a potential threat were detected. It is that threat-sensitivity that was being modulated, either up or down. The negative words had a small element of threat. That its salience could be changed by hypnosis is perhaps no more surprising than a real-life situation where a person’s fears can be allayed by a few soothing words or exacerbated by someone of the “We are all doomed!” sort.

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Continuity and Innovation in the Committee for Educational Programs in Europe (CEPE) By Randi Abrahamsen

All sympathy and thoughts for people suffering from the tragical events of the war in Ukraine and the earthquake in Turkey. Spring is closer and small flowers breaking through the ice with new hope for peace. In CEPE only a few renewal applications have been received, but we are so happy to grant the certificate again and hope more people would apply for the certificate now that our hypnosis world again is fully occupied with teaching and workshops.

Accredited Societies

We have been happy to renew the accreditation of Israel Society of Hypnosis. Approximately 1/3 of our societies have been accredited, but we would like to welcome more societies as accredited societies, as we know several have brilliant education. We also encourage societies to renew the accreditation. For details of our application procedure - please see our website or contact Central Office. Nicola and I will be happy to help you.

many articles and worked alone or as an editor, around dissociation, trance, or the reissue of the Memoirs of Puységur. He produced with Chertok and the philosopher Isabelle Stengers a film "*The body and reason*" highlighting the effects of hypnosis on pain, somatic conversions, or the production of blisters.



European Society of Hypnosis Certificate:

We are very happy to renew the ESH Certificate of Brigitte Shimkus from MEG, Germany. We sincerely hope that many others would follow her example to make a difference for the lay community. For the application form, please look at our website. Fill out the form and send it to your Constituent Society. If you have any question, please contact Central Office or me. As an ESH certificate holder you can have your name on our web page, receive a free electronic copy of the Journal Contemporary Hypnosis and Integrated Therapy, and have a reduction of the ESH congress fee.

Educational hypnosis videos

Educational videos made by our board members are accessible at YouTube. We hope you will enjoy them and be inspired in your use of hypnosis. To get access the videos please go to our protected webpage and find the link for the videos on YouTube.

Database of training program.

We are very thankful to the societies, which have already shared their program. You will find the database on our website <https://esh-hypnosis.eu/training-courses/>. The page is protected by a password you can retrieve from Central Office. Please encourage your Society to share your training program with ESH.

***Remember, we are here for you. Please let us
know if you have any suggestions for our
work in CEPE.***

Continuity and Innovation in French

By Gérard Fitoussi

Congresses

Association Française d'Hypnose, AFHYP, held an important symposium on November 28, 2022 at the Brain and Spinal Cord Institute at Pitié-Salpêtrière Hospital which explored the theme of *Motricity and Cognition*, a theme that is increasingly popular since AFHEM (Association pour l'étude de l'hypnose médicale), directed by Jean-Marc Benhaïem who will offer at the Pitié-Salpêtrière, a day entitled *Hypnosis-Thought and body : the origin of affections*.

The Miméthys Institute is preparing its congresses in La Baule in May 2023 on the theme of *Tuning and Transmission*. A tribute will be paid by the IFH to Didier Michaux, Doctor of Psychology, associate professor at the University of Paris X, who recently passed away. Didier Michaux worked to maintain hypnosis in France at a time when it was not easy. He worked with Léon Chertok for more than ten years on multiple themes. Through Chertok, he learned about the work done in the United States and spent several months in the laboratory of Ernest Hilgard at Stanford and was in contact with Martin Orne. First with Chertok, then alone, he worked in an independent structure where he could freely carry out his research, the Group for the study and medical applications of hypnosis, (GEAMH). He created the French Institute of Hypnosis (IFH) in 1991. He published many articles and worked alone or as an editor, around dissociation, trance, or he reissued the *Memoirs of Puységur*. He produced with Chertok and the philosopher Isabelle Stengers a film "*The body and reason*" highlighting the effects of hypnosis on pain, somatic conversions, or the production of blisters.

Hypnose et Thérapies Brèves, N° 68, Février 2023

The journal offers an article on Hypnosis and Mourning, a tribute to François Roustang, and a presentation of the Syprene network (Practice research Network) to improve its practice through rational observation and evaluation. The dossier of the journal is devoted to addictions, in particular to smoking, which, in France, is once again on the rise. Finally, an interview I did with Peter Bloom before his departure paying tribute to this discreet man who did a lot for the development of hypnosis.



La Revue Hypnose et Santé, Numéro 22, Janvier 2023

An issue very rich with a dossier on "Utilization of the beliefs of the patients" with articles written by Jean-Claude Lavaud on the *Power of our Beliefs*, Dan Short on *Beliefs, Object of a Therapeutic Investigation*, and Consuelo Casula with *Identification of Beliefs in the Nonverbal*, making a link between beliefs, postures, and hypnosis. Our friend Consuelo reminds us that "the hypnotic skill consists not only in knowing how to speak but also in knowing how to listen". A subject rarely addressed regarding the interest of hypnosis in motor disability.



Book Review

By Marie-Jeanne Bremer

Martha Richards, Francesca Cogni, *Victoria - Ankommen und Überleben in Deutschland.* (Victoria- Arrive and Survive in Germany). Carl Auer Verlag editor

Despite the successive crises that solicit our attention, we must not lose sight of the integration of refugees and asylum seekers in our societies. Here is some statistical data from the UNHCR, the UN Refugee Agency for Mid 2022: 103 million forcibly displaced people worldwide, 36,5 million are children. According to a German study on the psychological stress of refugees in temporary accommodations, 47.2% of those surveyed showed symptoms of

<https://www.researchgate.net/publication/358305910>

Trauma events not only impact those affected immediately by these events but also relatives, helpers; often also people you don't think of directly. Just as a client of mine, a female teacher who wanted to support the integration a four-year-old boy presenting a range of mental health issues. But she had no support from her superiors nor psychological support, not even during a very important meeting with the parents of the boy. During this meeting the father was extremely overexcited and upset and this led to a re-traumatisation of my client, given her own history. There is a general lack of basic information on trauma and certainly on the complex traumatisation that various asylum seekers have experienced. In her graphic novel, the author, under a pseudonym, gives some remedy for this.

Although this book is primarily aimed at therapists, other people can also use it; the arrival country Germany may be replaced by any other European country.

Carefully and sensitively, always with a resource-activating focus, the author describes the progress of the psychological follow-up of a fictitious case, a young African woman, unfolding her journey of suffering from her native country to Germany. The novel provides information on pre-migration traumatisation, on traumatising situations during migration and on post-migration stress as well in a very concise manner. Graphics make reading this difficult subject easier while psychoeducational aspects help to normalise symptoms that are emerging. In each chapter, the author accompanies the young woman by presenting tools for self-care and emotion-regulation. These multifaceted interventions, inspired by metaphorical work, hypnosis, embodiment therapy and others, are appropriately chosen and tailored to the situation of the young woman. For example, Bernhard Trenkle's "lion story" is arranged in a "mother lion story". These interventions, translated in seven languages, can be applied to people who experienced other kinds of traumatic events.

www.carl-auer.de/materialien-zu-victoria-ankommen-und-uberleben-in-deutschland



Obituary on Antonio Maria Lapenta (CIICS), By Enrico Facco

Our beloved colleague and friend Antonio Maria Lapenta, Director of the Istituto Franco Granone – Centro Italiano Ipnosi Clinica Sperimentale (CIICS), passed away on January 31 and I feel the need to share with you and his wife the grief for such a great loss. We met him last November at the opening of our annual course of hypnosis in Turin and not one of us could imagine what was about to happen. He was, as always, that unforgettable nice guy. An outstanding professional and warm-hearted gentleman with his witty spirit and sense of humour. All of us now hold onto a fond memory of him, mourning his loss with our hearts going out to his wife.



Antonio Maria Lapenta was born in 1949. After graduation in medicine and specialization in psychiatry, he became Head of the Dept. of Psychiatry at the Military Hospital of Turin and Lecturer at the University of Turin, then Director of Military Health of Sardinia region and, finally, of the Northwest Military Region. He was also a consultant psychiatrist at the Civil Protection of Piedmont Region from 1999 until his departure. Antonio was a renowned psychiatrist, psychotherapist, and hypnologist, first disciple of Franco Granone – a great father of Italian Hypnosis and founder of CIICS – and took the direction of CIICS following his passing in 2000, a position he maintained until now.

I met death when I was a child when I lost my father. Then, I have spent most of my professional life in intensive care, and death has been both my indefatigable fellow at work as well as one of my main fields of study. This prevents me from reacting like people usually do when facing it. But we can never get inured to death, when it steals our dear ones, leaving us a feeling of loss, where time, world, and words, as we usually perceive them, become meaningless.

Eulogy of Antonio Maria Lapenta (CIICS) Enrico Facco

According to Seneca, we judge the end of life imagining all good thing we lose, but we skip or ignore all bad ones we spare ourselves, making our fragile judgement at least asymmetric. Therefore, we must only silently meditate on it, facing the supreme mystery of life and its meaning.

We mysteriously come out from an unknown dimension of non-existence and will return to it through the doors of birth and death. Thus, non-existence is no less real and is even steadier than existence. Since we do know nothing, we cannot judge passing away might be much different; perhaps much better than we are inclined to think from our limited perspective, as Socrates said while drinking the hemlock.

We may realize that we are not immortal but, perhaps, eternal if we ponder on the wise Hippocrates' teaching: *"Neither a thing may become nothing nor anything not previously being may start to be, but everything changes for mixing and separation... What is living cannot die... and it is not even possible that what is not may start to be"*.

Therefore, I think we must contemplate our dear friend's loss and the mystery of life with open mind and heart, wisdom and, as far as possible, with serenity, and take on the baton that Granone passed to Antonio and Antonio to us. Our duty is to serve their spirit and go further to promote the clinical use of hypnosis to relieve suffering and pain, for *divinum opus est sedare dolorem*.

CIICS has elected a new president and director of training, Massimo Somma, surgeon specialist in dermatology and in hypnosis.



ESH 2023 Antalya Congress is Waiting for Your Abstracts



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Dear Colleagues,

On behalf of the Turkish colleagues, and of all those Turkish people whose pain and suffering have been soothed by those great-hearted people, I want to thank ESH, ISH and all the colleagues for their support in these difficult times of Turkey.

Many lives were lost, and many lives were impacted painfully by the devastating earthquakes that hit a very big area in Turkey in February. Even the ones who were not in the earthquake zone are carrying a big burden on their hearts with the pain and suffering experienced by the Country.

On the other hand, it was encouraging to feel the kind and heart-warming support of yours. So, Antalya is an opportunity for the Turkish colleagues to meet you and experience the source of all these beauty and kindness in person.

Abstract Submission

We are looking forward to meeting you at ESH 2023 Congress in Antalya, Turkey between October 26 and 29, 2023.

We are also excited about your scientific and practical contributions to the ESH 2023 Antalya Congress. The last date of Abstract Submission is April 21st, 2023. Extensions can be considered for research studies: if authors need more time for submitting their abstracts, they can contact esh@esh2023.org.

Also, the colleagues who submitted an abstract to 2020 ESH Basel Congress - that was unfortunately cancelled due to Covid-19 pandemic- can resubmit the same abstract to 2023 ESH Antalya Congress.

To submit your abstract, you can use this link: <https://www.abstractmodule.com/2023esh/?plng=eng>

If you want to have more information about abstract submission, you can visit this link: <https://esh2023.org/abstract/>

ESH 2023 Antalya Congress is Waiting for You

Motto of the Congress

The Motto of the Congress is

**“Hypnosis Food for Body
and Mind: an Integrated
Approach to Healing”.**

You can see the Congress Themes at the Congress website: <https://esh2023.org/main-topics/>.

As you can see, congress themes are covering many fields of hypnosis, so, you can feel free about the topic you want to present at the congress.

The types of presentations for ESH 2023 Congress are listed below:

Congress Themes

1. Oral Presentation: Normally allocated between 20 and 40 minutes. Both published and unpublished work will be considered.
2. Workshop/ Clinical Demonstration: It may be allocated between 1 and 3 hours. Practical teaching or clinical demonstrations fitting the themes of the congress are welcomed.
3. Short Clinical Demonstration: It will be allocated between 10 and 15 minutes. Practical teaching, case studies or clinical demonstrations fitting the themes of the congress are welcomed. Short Clinical Demonstrations will be grouped according to the congress themes.
4. Panel Discussion: This will involve a panel of presenters on one topic followed by a general discussion. You will be contacted at a later date for the contact details of all presenters.
5. Poster

ESH 2023 Antalya Congress

Registration Information

The last date of early rate for Congress Registration is April 21st, 2023. ESH CS Presidents, ESH Certificate Holders, ESH or ISH members and Students have special discounts on registration fees. For registering and for more information about registration, you can visit: <https://esh2023.org/registration-en/>

Registration Type	Early Registration Before April 21, 2023	Late Registration Between April 22 and October 25, 2023	On-Site Registration After October 26, 2023
ESH CS Presidents or ESH Certificate Holders (B Countries)	300 Euro	400 Euro	475 Euro
ESH CS Presidents or ESH Certificate Holders (A Countries)	400 Euro	500 Euro	575 Euro
ESH/ ISH Members (B Countries)	320 Euro	420 Euro	495 Euro
ESH/ ISH Members (A Countries)	420 Euro	520 Euro	595 Euro
Non- Members (B Countries)	370 Euro	470 Euro	525 Euro
Non- Members (A Countries)	470 Euro	570 Euro	625 Euro
Students	300 Euro	400 Euro	475 Euro

ESH 2023 Antalya Congress Hotel

The last date of early rate for Congress Hotel booking is April 21st, 2023. Congress Hotel booking can be made by only the Congress Organizer (Micemaster), in other words you need to fill in the registration form on <https://esh2023.org/registration-en/>.

Online booking through the website of the congress hotel (Sueno Hotel Beach Side) or booking via phone are not available since Sueno Hotel Beach Side is reserved for the Congress.

Sueno Hotel Beach Side that is ultra all inclusive is the Congress Venue. Sueno Hotel Lake Villa Rooms are also ultra all inclusive and located in the same garden with congress venue.



ESH 2023 Antalya Congress

Student's rooms

Student rooms will be provided inside the Sueno Hotel Beach Side main building.

The participants do not need to be a student to book the student rooms.

Student rooms are for 4 people and 75 Euros until April 21st, 2023. The participants can make individual reservations, and according to the demand, the participants will be combined. Or the participants can choose the person they want to stay with. Student rooms are also in the main building of the congress hotel and they have the same quality as the other rooms in the main building.

There is a 59 Euros daily entrance fee per person (due to the congress services provided by the Congress Hotel) if the congress participants prefer to stay in another hotel in Antalya, and do not accommodate at the Congress hotel. So, student rooms are very affordable considering the fact that you do not have to pay 59 Euros daily entrance fee and student rooms are also ultra all inclusive.

Breakfasts, late breakfasts, lunches, snacks, patisserie foods, dinners, midnight snacks, minibars, and all alcoholic and non-alcoholic drinks from bars are included in room rate.

Hotel Name	Triple Room (per person) Early Rate Before April 21, 2023	Double Room (per person) Early Rate Before April 21, 2023	Single Room Early Rate Before April 21, 2023	Triple Room (per person) Late Rate After April 21, 2023	Double Room (per person) Late Rate After April 21, 2023
Sueno Hotel Main Building	119 Euro	139 Euro	189 Euro	149 Euro	159 Euro
Sueno Hotel Lake Villas	100 Euro	119 Euro	169 Euro	140 Euro	149 Euro
Student Room *	75 € (each in a four-persons room)			100 € (each in a four-persons room)	
No accommodation per day	59 Euro (Those who don't stay at congress hotels are expected to pay 50 Euro + VAT entrance supplement fee daily because of the congress services provided by the Congress Hotel)				

ESH 2023 Antalya Congress

Hotel Discounts

Extra discounted rates will be offered for stays of 7 nights or more, also for more than 3 persons in one room and also for children's accommodation. You can contact the Organizing Company (esh@micemaster.org) for further info.

EXTRA HOTEL DISCOUNTS	Triple Room (per person) Early Rate Before April 21, 2023	Double Room (per person) Early Rate Before April 21, 2023	Single Room Early Rate Before April 21, 2023
Sueno Hotel Main Building 7 days and more	104 Euro	109 Euro	175 Euro
Sueno Hotel Lake Villas 7 days and more	94 Euro	99 Euro	165 Euro
Sueno Hotel Main Building 15 days and more	104 Euro + free return airport transfer (50 Euro)	109 Euro + free return airport transfer (50 Euro)	175 Euro + free return airport transfer (50 Euro)
Sueno Hotel Lake Villas 15 days and more	94 Euro + free return airport transfer (50 Euro)	99 Euro + free return airport transfer (50 Euro)	165 Euro + free return airport transfer (50 Euro)
Children Accommodation	1 Child 0-9 years old	+ 1 Child (0-1 years old)	free accommodation

ESH 2023 Antalya

Pre and Post Congress Tours

Micemaster, the Organizing Company, offers very lovely pre and post congress tours: <https://esh2023.org/tours-3/>. There is also the possibility to organize other tours that you would like Micemaster to organize.

Official Carrier of the Congress: Turkish Airlines

Turkish Airlines is the official airways of the Congress: <https://esh2023.org/official-airline/>

There will be around 15% percent discount for the flight tickets. The discount is valid for the tickets booked anytime between October 19 and November 5, 2023.

To get the discounted tickets, you need to go to the link written on the congress website: <https://www.turkishairlines.com/en-int/flights/booking/promocode>

Enter the promotion code: 025TKM23

Click on “confirm”. Then you can book your flight.

Contact Us

If you have any troubles with the booking and other organizational issues, you can ask the Organizing Company (esh@micemaster.org) to provide help and advice for you.

If you need any assistance with the scientific issues such as abstract submission you can contact esh@esh2023.org

ESH 2023 Antalya Congress is Waiting for You



Looking forward to meeting all the dear colleagues in Antalya!

Ali Özden Öztürk, MD
2023 ESH Antalya Congress President
ESH Treasurer
President of THD (Medical Hypnosis Society-The Organizing Constituent Society of 2023 ESH Congress)

https://www.instagram.com/medical_hypnosis_congress/

<https://www.youtube.com/channel/UCLO9B3GbY-rB329q5kZ0Xaw>

<https://www.facebook.com/esh2023>

<https://www.linkedin.com/in/european-society-hypnosis-8624a0254/>

<https://esh-hypnosis.eu/xv-esh-congress/>



SPRING 2023 NEWSLETTER

Editor Consuelo Casula

Thanks for collaborating with this ESHNL

President's Letter: Kathleen Long

Translators: Gérard Fitoussi, French; Stella Nkenke, German; José Cava, Spanish; Consuelo Casula, Italian.

Interviewed: Inger Lundmark and Taina Kankaala;

Interviewers: Consuelo Casula and Randi Abrahamsen

Continuity and Innovation in Research: Peter Naish

Continuity and Innovation in CEPE: Randi Abrahamsen

Continuity and Innovation in France: Gérard Fitoussi

Book Review: Marie-Jeanne Bremer

Obituary: Enrico Facco

Antalya ESH Congress: Ali Özden Öztürk