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Abstracts

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Jorge Abia

MD MA

Strategic Hypnotherapy of Psychotic Nuclei within Ego States

Theoretical review of concepts of Psychotic Nuclei and their presence within Ego States. Treatment with Strategic Hypnotherapy is shown with a filmed case presentation. A technique will be taught along with practice among attendants.

Randi Abrahamsen

Effect of hypnosis on persistent orofacial pain - a scientific report from clinical studies

The effect of hypnosis on two chronic orofacial painconditions: persistent idiopathic orofacial pain (PIOP) and a more homogenous group temporomandibular disorders (TMD) was investigated. Forty-one PIOP patients mean age 56+/- 1.9 years mean pain duration 9.5 +/- 0.9 years and forty TMD patients (mean age +/- s.d.: 38.6 +/- 10.8 years) (mean pain duration 11.9 +/- 9.9 years) were randomized to 4-6 individual 1-hour sessions of either hypnotic intervention or a control condition of simple relaxation. Patients used pain medications daily. Pain intensity was assessed three times daily on a 0-10 Numerical Rating Scale. Data were analyzed with between-groups within-subjects ANOVAs. The PIOP hypnosis group significantly reduced average daily pain scores from baseline to the last treatment active group from 5.9 ± 0.4 (SEM) to 3.9 ± 0.5 compared to the control group 6.0 ± 0.4 to 5.7 ± 0.5 in the control group ($P < 0.03$). The TMD hypnosis group significantly reduced the average daily pain scores from 4.5 ± 2.1 at baseline to 2.9 ± 2.4 after treatment ($P < 0.001$) compared to the control group where no significant changes were found (4.2 ± 1.4 to 3.9 ± 1.5) ($P = 0.733$). Hypnosis seems to offer clinically relevant pain relief in PIOP. Hypnosis thus appears to effectively reduce some aspects of complex TMD pain.

Hypnosis for pain relief in chronic orofacial pain

With background in the scientific evidence for use of hypnosis in chronic orofacial pain conditions published in her PhD Randi Abrahamsen will present a short background of orofacial pain and the scientific evidence for the pain reliving effect of hypnosis. Orofacial pain affects up to 10% of the adult population and 50% of the elderly population. Management of chronic orofacial pain is difficult, and patients have often tried surgery and various pharmacological treatments, often with little effect. Hypnosis for pain relief can therefore be a good choice. There are many ways hypnosis can influence the pain perception and gradually help a chronic pain patient to become aware of the connection between pain and emotions. Various hypnosis methods for adults (and children) used in the project will be demonstrated and practiced in interaction with the participants.

Helen Adrienne

LCSW, BCD

In the mind's eye

Congress attendees know how powerful hypnosis can be. We know that by encouraging the conscious mind to sit on the sidelines, the best part of us has room to expand. The mind's eye allows us to "see" something that we're not actually looking at, "do" something we are not actually doing, and "feel" something we're not actually feeling.

We become free to look at infinite possibilities for healing and growth through the purity of the mind's eye.

Finding the Fertility in Infertility

The inability to produce the next generation is an existential blow. This short course will draw the infertility map and then guide attendees through the territory of healing possibilities. Therapists will learn how to guide patients with hypnosis and other mind/body interventions to a place of positive expectancy and receptivity. By finding the fertility in infertility, patients learn to recapture control of their lives and realize that they can grow from this adversity. The presentation will be didactic and experiential.

Philippe Aim

M.D.

Hypnotic and jewish thoughts

Many links have been made between hypnosis and various philosophies and "spiritualities", especially from the Far East. But while discovering hypnosis and brief therapy, a certain number of "free associations" rapidly appeared to me, between the ericksonian and the jewish way of seeing man, freedom and healing.

I'd like to give few examples with few questions to think about.

Has therapy something to do with being freed miraculously from Egypt, crossing the desert, and reaching the promised land? Is the prayer of Hannah, more than the model for every jewish prayer, a great example of hypnotic and therapeutic trance? Did Maïmonides, one of the most important jewish author and philosopher at the middle ages, also teach therapy? And were his methods as little determinist as our brief therapies? Can we find examples of reframing in early episodes of the Bible? Can a Kabbalistic approach of the first letters of the creation story give us some light about the mysteries of relationships and paths to follow in life?

In the course of the commentary, we may learn something, but maybe it's something we already know.

Assen Alladin

Dr.

Evidence-Based Hypnotherapy for Clinical Depression

Major Depressive Disorder (MDD) is a complex and heterogeneous disorder that requires a multimodal approach to treatment. Cognitive hypnotherapy (CH) is one of the most comprehensive evidence-based hypnotherapies for MDD described in the literature. CH integrates hypnosis with CBT as the latter provides the best host theory for assimilation, based on both sound theory and empirical foundation. This systematic approach to integration meets criteria for the assimilative model of integrative psychotherapy, which is the latest integrative psychotherapy model. In this model of practice, integration of techniques is driven by case formulation and empirical findings, and it provides an additive design for studying the additive effect of hypnotherapy when it is combined with other psychotherapies. This paper will describe the major components of CH, which can be applied to a wide range of depressed patients. Evidence-based hypnotherapy practice and research are encouraged as they may pave the way for hypnotherapy to be recognized as effective adjunctive psychotherapy for depression.

Hypnotically-Assisted Diaphragmatic Exercises in the Treatment of Stuttering (at Symposium "Hypnosis & Stuttering")

This paper describes a preliminary study that was conducted to investigate the combined effect of intensive hypnosis and diaphragmatic exercises in the management of stuttering. Fifty-nine (59) clients with stuttering from Turkey were trained to practice abdominal weightlifting in order to strengthen their respiratory muscles and improve their diaphragmatic movement. The abdominal weightlifting exercises involved lifting a dumbbell (2.0 - 4.0 kg) with the abdomen for two hours daily for 8 consecutive days to strength the respiratory muscles and the diaphragm. Hypnotherapy was utilized to alleviate anxiety, boost self-confidence and increase motivation for abdominal weightlifting training. The hypnotherapy consisted of eight sessions spread over eight consecutive days and each session ranged from 60 to 90 minutes in duration. After each hypnotic session, the client was instructed to practice abdominal weightlifting for two hours at home. The pre- and post-measures were statistically significant ($p = 0.000$). The results of the study provide support for the effectiveness of hypnotically-assisted diaphragmatic exercises in the management of stuttering. This preliminary study needs to be subjected to controlled trials before one can conclude about the effectiveness of abdominal weightlifting in the management of stuttering. Nevertheless, this study illustrates how hypnosis can be applied in an innovative way in the management of stuttering. Moreover, the study shows how cultural and religious beliefs can be integrated with ego-strengthening suggestions to enhance outcome.

Evidence-based Cognitive Hypnotherapy for Emotional Disorders

There is no "one-size-fits-all" treatment for emotional disorders as the conditions represent complex set of heterogeneous symptoms, involving multiple etiologies. It is thus important for therapists to promote a multimodal approach to treating such disorders. This Workshop will focus on Cognitive Hypnotherapy (CH), an evidence-based multimodal treatment that can be applied to a wide range of patients with emotional disorders, including anxiety and depression. CH integrates hypnosis with cognitive behavior therapy (CBT) as the latter provides the best scientific lodestone for combining both theory and empirical findings under a guiding theoretical framework. CH fits criteria for the Assimilative Model of Integrative Psychotherapy, which is considered to be an efficacious model of psychotherapy integration. This hand on Workshop will describe the major components of CH and demonstrate various integrative strategies for dealing with symptoms of anxiety and depression, including (1) Establishing Positive Expectancy; (2) Expansion of Awareness and Positive Mood Induction; (3) Countering Negative Self-Hypnosis; (4) Developing Anti-Anxiety/Depressive Neuropathways; and (5) Accessing and Restructuring Unconscious Cognitive Distortions. The Workshop will be invaluable to clinicians who wish to expand their understanding, clinical skills and expertise in the management of anxiety and depression. The Workshop is based on (1) over 25 years of experience working with emotional disorders, (2) a three-year controlled trial that compared the effect of CBT with hypnotherapy in the management of chronic depression (Alladin, A. & Alibhai, A. Cognitive hypnotherapy for depression: An empirical investigation. International Journal of Clinical and Experimental Hypnosis, 2007), and (3) my recent books, Handbook of Cognitive Hypnotherapy for Depression: An Evidenced-Based Approach (2007) and Cognitive Hypnotherapy: An Integrated Approach to the Treatment of Emotional Disorders (2008).

Brian Allen

The Golden Wattle Cookbook of Hypnosis - Some simple tried and tested recipes that really work

The Golden Wattle Cookery Book is a popular Australian cookery book first published in Western Australia in 1926. Since then it has been reprinted 27 times and has been a standard gift to many young brides (and of recent times bridegrooms) embarking on married life. It contains simple recipes which are easy to follow and which produce good results. (Wikipedia)

This workshop explores and demonstrates some simple tried and tested "recipes" for Hypnosis which are drawn from the presenters 33 years of full time private practice experience. It presents a useful model for doing hypnosis and offers techniques that are simple to implement, practical and effective.

Content includes:

- A model for doing Hypnosis.
 - Your voice is your instrument:
 - Using it to maximum effect.
 - The use of music.
 - Guidelines and a protocol for the use of the Affect/Somatic Bridge:
-
- A best practice protocol for smoking and other addictions:
 - The 4 session approach,
 - Two key intake questions,
 - The 34 Calibre test,
 - Unfinished business and smoking,
 - Smoking and Anger,
 - The F**K you cigarette.
-
- A Healing of Memories technique
 - Something to try when all else fails!

Brian Alman

Ph.D.

"TruSage International: Sanford Clinic Watertown Efficacy Study" OR "Mental Fitness Power Exercises: Getting into the Zone"

TruSage: A study of the efficacy of the TruSage telephone support system for weight loss was conducted at the Sanford Clinic Watertown, 901 4th St. NW in Watertown, South Dakota in 2007-2008. The goal of the study was to test the following hypotheses:h1: Patients receiving TruSage calls lose significantly more weight than patients not receiving the calls.h2: Patients receiving TruSage calls are significantly less likely to drop out of the weight loss program.Twenty-four (24) weight loss patients received automated telephone calls from TruSage to supplement the regular weight management program offered by the Sanford Clinic. The weight loss data from these 24 TruSage participants were compared to the weight loss of 62 other Sanford Clinic patients who did not receive TruSage telephone calls.Initial WeightTo make a meaningful comparison, the initial weight of subjects in both the treatment and comparison group must be the same at the outset of the weight management program. Among the 24 TruSage participants, average weight was 250.4 pounds (median=241.0; S.D. = 62.2). Average weight among patients in the comparison group was 236.9 (median=219.0; S.D.=53.1). An independent sample t-test was conducted to determine if the two groups differed significantly in weight at the outset. The 13.5 pound weight difference between groups at the outset was not statistically significant, t (d.f.=84) = -1.01, p (two-tailed test) = .32.Weight LossIn the TruSage treatment group, average weight decreased from 250.4 pounds to 207.5 pounds. The average net weight loss for the TruSage participants was 42.85 pounds (median=36.0; S.D.=24.5). In the comparison group, average weight decreased from 236.9 pounds to 202.9 pounds. The average net weight loss for the patients in the comparison group was 33.94 pounds (median=32.8; S.D.=17.7).Since the hypothesis was that patients receiving TruSage calls would lose more weight than patients in the comparison group, a one-tailed independent sample t-test was conducted on the difference in weight loss between the two groups. The difference was statistically significant, t (d.f.=84) = -1.87, p (one-tailed test) = .032. Figure 1 displays the relationship graphically."Mental Fitness Power Exercises: Getting into the Zone"The world class athletes I have worked with talk about getting into "the Zone," that magical place where mind and body work in perfect sync and movements seem to flow without conscious effort.How do you get into the zone? Here is an exact method. Very simple, very powerful. It took me 30 years to develop this so that it could be simple and direct and powerful for you. I want you to enjoy this opportunity to learn this with your eyes closed. Soon you will know how to do this with your eyes opened. In fact, you'll be able to do this within a breath or two, within just a few minutes. There are three simple steps: Step 1: Right here, right now, in this very moment...Step 2: As your breathing gets into a rhythm...Step 3: On your exhales only... Just by learning the three steps you will be able to breathe your way into the zone.

The Voice for real "Wellness": Exact Techniques

In my lifelong quest to alleviate my chronic back pain, I discovered this first principle of mind-body healing: We all have a sacred voice deep inside, the voice of our intuition, our source, our soul, our inner Buddha, our inner guide, our inner doctor, our inner true sage. It's our quiet voice of self-caring and self-healing, the voice of our own unconditional self-love.

What I learned from Dr. Milton Erickson and other wonderful teachers has consistently been about finding and connecting with this wise inner voice and the healing process.

I've developed in my practice over the last thirty-five years, helping thousands of patients with their physical and emotional challenges, is what I want to share with you...

The process has 3 steps:

Step 1: Experience Your Challenge. Instead of trying to get rid of your challenge (pain, anger, anxiety, sadness, cravings, etc.), let yourself experience your challenge honestly and thoroughly. By embracing your challenge (not repressing it) you begin to empower the voice of your inner wisdom.

Step 2: Judge Your Challenge. Poised in opposition to your healing voice is the voice of your Inner Judge, or your social/family programming, and this voice has been drilled into you for so long that there's no getting rid of it. Only by accepting your Inner Judge and working with it can you relax this controlling, over-analyzing, never-satisfied, endlessly adversarial part of your mind.

Step 3: Resolve Your Challenge. As you experience and engage positively with all your pain and negativity-as you embrace all the thoughts, feelings, and self-criticisms that are part your challenge-your wise, healing voice grows in power, and you quickly begin to imagine creative ways of resolving your challenge. It's as if new ideas for health and happiness simply bubble up from your unconscious. Naturally, this is where all your own best answers come from.

David Alter

Ph.D.

Keeping Memory in Mind: Remembering our Past to Enhance our Future

In this day-long workshop, participants will be guided along a journey of discovery regarding the processes we call memory. The origins of memory, the anatomy of the social brain's memory systems, the processes of memory and the nature of memory in learning and forgetting will be discussed. One could plausibly state that all therapy processes ultimately base their success on the extent to which memory systems - whether conscious, preconscious or unconscious - are positively impacted. Clinical hypnosis can play a central role in influencing these memory systems. It impacts each aspect of the various processes that give rise to the experiences we call memory. As such, its potency as a tool to positively weave together our life experiences into a cohesive and coherent fabric can and should be fully utilized. The workshop will include experiential exercises for enhancing learning and remembering, as well as for facilitating forgetting as an essential component of successful therapy. For as Sholem Asch said, "Not the power to remember, but its very opposite, the power to forget, is a necessary condition for existence."

Learning Objectives:

- Participants will learn about the key structures in the social brain that enable the encoding and subsequent retrieval of lived experience
- Participants will be able to describe the different types of memory systems involved in learning, remembering and forgetting
- Participants will acquire skill in using hypnosis to impact memory to increase clinical responsiveness through the use of priming and seeding techniques
- Participants will acquire skill in using hypnosis to facilitate forgetting (i.e., amnesia)

Ines Andre-Lägel

Dipl.-Psych.

Wie sag ich es dem Kinde? Altersgerechte Krankheitsinformation für Kinder psychisch kranker Eltern

Kinder psychisch kranker Eltern haben ein stark erhöhtes Risiko, selbst manifeste psychische Störungen bzw. vorübergehende psychische Auffälligkeiten zu entwickeln.

Ihre psychisch erkrankten Eltern sind durch die Auswirkungen ihrer Störung nicht immer in der Lage, den anfallenden Erziehungsaufgaben gerecht zu werden und ihren Kindern eine verlässliche Bezugsperson zu sein. Erschwerend kommt hinzu, dass die bestehenden Beziehungen der Familienmitglieder oft durch Instabilität, Spannungen, Rückzug oder Aggression geprägt sind. Die Kinder werden verunsichert und fühlen sich zugleich für das Wohlergehen der Familie und ihrer Eltern verantwortlich. Desorientierung und ausgeprägte Parentifizierung - die Übernahme der Elternrolle durch die Kinder - sind die Folge.

Ein Zugang zu geeigneter professioneller und sozialer Unterstützung wird durch Kommunikationsverbote, Loyalitätskonflikte, vermehrte soziale Isolation sowie die Gefühle der Kinder von Schuld und Scham und besondere Copingstrategien erschwert. Um die Anforderungen, die mit der psychischen Erkrankung der Eltern einhergehen, bewältigen zu können, ist für die Kinder unter anderem ein ihrem Alter angemessenes Verständnis für die elterliche Erkrankung hilfreich.

Der Workshop gibt Anregungen, wie alters- und entwicklungsgemäße Krankheitsinformation von Kindern und Jugendlichen gelingen kann. Welche Formulierungen sind geeignet, welche eher ungünstig; welches Setting empfiehlt sich für welche Altersgruppe und welche therapeutischen Hilfsmitteln und Strategien erleichtern es den Kindern, sich zu öffnen und mitzuteilen; Wie ist vorzugehen bei Parentifizierung und Traumatisierung der Kinder?

Kinder psychisch kranker Eltern - Besondere Belastungen und Bedürfnisse

In Deutschland erleben mehr als 3 Mio. Kinder psychisch erkrankte Eltern.

Sie selbst gelten als Hochrisikogruppe für psychische Erkrankungen. Wir gehen davon aus, dass ihr Risiko, eine psychische Störung zu entwickeln um das zwei- bis dreifache erhöht ist. Für einzelne Erkrankungsbilder der Eltern wird sogar eine Erhöhung um das Zehnfache angenommen.

Der Vortrag informiert über die aktuellen Erkenntnisse aus der High-Risk- und der Resilienzforschung und macht deutlich, warum es diese Kinder schwer Zugang zu professionellen Hilfsangeboten finden. Zudem wird ein best-practice-Maßnahmenkatalog vorgestellt, der geeignet ist, die protektiv wirkenden Faktoren zu stärken.

Olga Antipova

Dr.

Heart Rate Variability as an Instrument in Research of Biological Mechanisms of Hypnotherapy

The study of hypnotherapy biological action remains an important and practically valuable aim of modern clinical hypnology. Application of the heart rate variability (HRV) analysis allows to compare activities of different parts of vegetative regulation and to identify the adaptation potential and tension level of the regulatory systems.

Our investigations on healthy subjects and patients with anxious disorders [Antipova O.S., Tukaev R.D., 2007; Tukaev R.D., Antipova O.S., Kuznetsov V.V., 2009; Tukaev R.D. et al., 2011] have shown that HRV analysis is useful for the objective estimation of autonomic regulation dynamics during hypnotherapy session and course of hypnotherapy. The data of HRV analysis confirm the basis point of integrative model of hypnosis (Tukaev R.D., 1996, 2006); hypnotherapy promotes the systematic training of the stress-realized systems and activates processes of readaptation in healthy subjects and patients with anxious disorders. The global action of eustress mechanisms of hypnosis is complements by an influence of suggestion.

Andrew Armatas

M.A.

Coaching Hypnosis: integrating hypnotic strategies in coaching settings

The surge of interest in coaching psychology has not lost in momentum despite its fast pace of development these last years. However, it has not given much thought to hypnosis, despite its long history of applications in enhancing human potentials and abilities. Coaching is a process by which well-functioning individuals, with no mental health issues, are helped to explore issues, set goals, develop action plans and then act, monitor and evaluate their performance (Grant, 2005). Coaching hypnosis is referred to as being the deliberate use of hypnotic strategies and principles as an adjunct to accepted coaching processes (Armatas 2009). This workshop will discuss how hypnotic interventions can be applied to meeting coaching objectives and become part of a coaching psychologist's repertoire - maximizing hypnosis' potential beyond the clinical in the process. It will offer specific examples that incorporate both business and developmental contexts that stem from personal casework.

Marie Arnaud

Ph.D.

Therapeutisch sinnvolles Berühren in der Hypnosetherapie

Seit Freud und der Psychoanalyse ist in der gemeinsamen psychotherapeutischen Praxis strengstens verboten, seinen Patienten zu berühren. Bei ärztlichen Untersuchungen berührt und betastet der Arzt ganz selbstverständlich seinen Patienten um zu diagnostizieren, ohne sich dabei ethische Fragen zu stellen. Die Diskrepanz zwischen der Welt der Medizin und der Welt der Psychotherapie scheint offenbar. Wir können uns trotzdem fragen, ob es doch nicht richtig und sinnvoll sein kann, auch in Hypnosesitzungen seinen Patienten taktvoll zu berühren.

Wie kann man therapeutisch taktvoll berühren? Was bedeutet es innerhalb der therapeutischen Beziehung, wenn man seinen Patienten berührt? Wozu dient und nützt das und wann schickt es sich, diese Technik zu benutzen? Wie kann man damit behandeln? Welche neuen Möglichkeiten ergeben sich damit für die therapeutische Arbeit? Wieviel Arten von „Berühren“ kann man unterscheiden und wann passt welches Berühren?

Ich werde anhand verschiedener Beispiele aus meiner eigenen Praxis versuchen, diese Fragen zu beantworten, und meinen Vortrag möglichst mit Bildern und/oder Videos zu illustrieren.

Lernziele: eine neue Technik entdecken und (vielleicht) benutzen können

Publikum: alle erfahrenen Therapeuten

Zahi Arnon

Ph.D.

Strategic and positive hypnotherapeutic approaches in the psychological treatment of OCD patients

According to the behavioral and cognitive approaches usually considered to be the most effective evidence-based psychotherapeutic treatment for OCD, patients are guided to confront their anxieties and fears while at the same time provided help in stopping or withholding compulsive rituals. Yet the literature on cognitive-behavioral approaches to OCD reports a success rate of only 40-70% in relieving the symptoms. It seems that some patients require a different treatment approach for relieving OCD symptoms.

The literature on the use of hypnosis in treating OCD is limited and focuses primarily on the control and regulation of anxiety. In this lecture we propose a three-step model that uses hypnotic-strategic-positive psychology in relieving OCD symptoms. The strategic approach of this intervention model attempts to regulate obsessions and compulsions by relabeling

and reframing them. Not only are the OCD symptoms reframed into positive meaning, they are also converted during hypnosis into one controlled ritual that conveys positive meaning and self-evaluation.

In the lecture we present the theoretical basis of the intervention model and describe two case studies.

The lecture is based on a recently published article: Arnon Z. Meyerson J. (2010). Application of hypnotic strategies sustained by a positive psychology orientation in treating OCD patients. *Contemporary Hypnosis*, 27(3). 177-183.

Éva Bányai

Ph.D.

The effect of hypnosis as an adjunctive treatment of high risk breast cancer patients. A randomized prospective outcome study

In order to fulfil the demands of evidence based medicine a prospective randomised clinical research is indispensable to prove the effectiveness of a treatment. Although case studies indicate that hypnotherapy helps to improve the quality of life of patients fighting against cancer and also helps to decrease negative physical symptoms and the side effects of chemotherapy, a well controlled study of the effect of hypnotherapy on the physical and psychological immunity and on the long term survival of cancer patients is still lacking.

The present paper summarise the ethical and methodological considerations and the design of a longitudinal research that is initiated by the first author at the Department of Affective Psychology of Eötvös Loránd University, Budapest Hungary and conducted at the National Institute of Oncology and at the Oncoradiology Department of Markusovszky Lajos Regional Hospital in Vas County with the cooperation of Semmelweis University, Department of Genetics, Cell- and Immunobiology. The purpose of the research is to examine the hypothesis that hypnotherapy as an adjunctive treatment has a beneficial effect on the immune functions, mood, coping capacity, quality of life and on the relapse-free survival of patients diagnosed with intermediate and high risk breast cancer.

When studying the effect of psychotherapeutic adjunctive treatments it is a crucial problem to select a proper control group. If subjects are recruited for "a study to examine the effect of psychological support" and one of the groups (the control group) does not receive any psychological support the patients randomised for this group might experience social exclusion. Basic research has proved that social exclusion leads to psychological frustration and physiologically it has an effect similar to physical pain. Therefore it is hypothesised that the survival of control patients selected in this way might be deteriorated by the negative physical and psychological effects of social exclusion. In order to minimize harm, besides having a music control group as the randomised control of hypnosis, a new type of control group is introduced in our study: "the control of control". The patients for this group are recruited in another city for a study examining the relationship between psychological characteristics and healing.

The methodological problems and the design of the "control of control" will be thoroughly presented and discussed in our paper. The paper will also describe the psychological and physiological measures used for determining the effectiveness of hypnosis administered for 25 weeks of chemotherapy as an adjunctive treatment.

Authors: Éva I. Bányai, Zsolt Horváth, Edit Jakubovits

Symposium "MsMerism: The contributions of women to hypnosis"

This symposium will look at the scientific, clinical and leadership contributions and accomplishments of women in the field of hypnosis. Each participant will present a synopsis of her work. In addition, each will share a personal experience that shaped her work in the field of hypnosis.

Active-alert hypnosis: Theory and practice

Relying on some naturalistic observations, Bányai and Hilgard introduced active-alert hypnosis to the arsenal of modern hypnotic techniques in 1976. In this method, the hypnotic subject rides a bicycle ergometer set to a resistance, with the eyes open throughout the entire hypnotic session. While exercising in this manner, verbal suggestions are administered to enhance alertness, attentiveness and feeling of freshness. The purpose of the interactive workshop is to give a demonstration of active-alert hypnosis both on video and on volunteering participant(s) of the workshop. The theoretical basis, and the indications and methods of therapeutical application of active-alert hypnosis will be discussed and compared with the traditional relaxational hypnotherapeutical interventions.

Arreed F. Barabasz

Prof. Dr.

Efficacy of Ego State Therapy for PTSD

Patients with Combat Stress Injury (Figley & Nash, 2007, 8), and Post Traumatic Stress Disorder (PTSD), have been exposed to events beyond normal human experience such as major accidents, assault, combat, natural disasters, rape, sexual abuse, or torture. These experiences can serve as a catalyst that can create recurrent flashbacks of the trauma. Dissociative symptom expression includes, avoidance, anxiety, depression, hypervigilance/hyperarousal, recurring flashbacks, emotional numbness (Litz, 1992), difficulty in remembering, concentrating and sleeping, nightmares and survivor guilt. The resulting social and functional impairments are the same sorts of problems we encounter when dealing with the repressed conflicts of deep seeded disorders.

Abreactive hypnosis has emerged from the Ego State psychodynamic understanding of personality Watkins & Barabasz, (2008). It is based on Barabasz, Barabasz & Watkins' (2011) conceptualization of how ego-energized and object-energized elements are bound together to cope with a traumatic event. Neurobiological studies now substantiate Watkins' (1949) war neuroses conceptualizations. Because of their severity, trauma memories are encoded in the subcortical-subconscious brain regions which are accessed by our 5.5-6 hour single session manualized procedure. The imprint of the trauma is not accessible or resolvable by top-down verbal understanding or reframing such as the popular cognitive processing therapies. Manualized abreactive hypnosis is bottom up. It facilitates ego state expression at physiologically and psychologically intense levels sufficient to activate subcortical processes to release affect in the presence of the supportive co-therapists who add ego strength to the patient. This is followed by interpretation and reintegration. This investigation meets evidenced based criteria. Thirty-six volunteer participants, meeting DSM-IV-TR PTSD and/or combat stress injury (when the circumscribed trauma includes PTSD) criteria participated in either control condition consisting of Veterans Administration recommended information about PTSD or a 5.5- 6 hour single session of manualized ego state therapy emphasizing abreactive hypnosis. The authors alternated as primary and co-therapists. All participants were administered the Clinician Administered PTSD Scale () to confirm the disorder followed by the Post Traumatic Stress Checklist (PCL) () . The PCL was again administered immediately after exposure to either the control condition or the manualized therapy condition and at one month and four month follow-ups.

The results revealed that the manualized therapy group showed significantly lower PCL scores than the control group at posttest, 1-month and 4-months follow-ups as well as significantly lower PCL scores at all post therapy testing periods than their pre-test scores. It appears that a single 5-5-6 hour abreactive hypnosis Ego State co-therapy session is an effective treatment for PTSD and Combat Stress Disorder. Qualitative findings from the post experimental inquiry indicated that the therapy participants typically each showed evidence of a reconstructed personality which is adaptive, strong and resilient to retraumatization.

Hypnotherapeutic Techniques (Live Demonstration)

This workshop is intended for those clinicians who find they are using only a limited range of hypnotic techniques. Based on approaches illustrated in Barabasz and Watkins (2005) text "Hypnotherapeutic Techniques, 2E" and demonstrated the Barabasz and Christensen DVD, this workshop will include simple and complex induction techniques. Brief lecture and discussion will be interspersed with demonstrations of hypnotic phenomena and induction techniques.

The over arching aim is to teach techniques that can facilitate responses well beyond those that can be wrought by mere suggestion alone as are required for the treatment of trauma.

Participants will be able to:

- Recognize and apply key discrete components of hypnotic induction
- Minimize conscious volition and foster dissociated control
- Apply anxiety reducing Pre-induction tests using hypnotic-like procedures

The following pre-induction procedures will be taught and demonstrated:

Chevreul's pendulum test, Arm drop test, Postural Sway Test, Hand-clasp test, Arm levitation.

The following induction procedures will (time permitting) be reviewed and/or demonstrated:

- The Kohnstamm transition
- Direct stare for time critical situations
- Opposed-hand/arm levitation for resistant participants
- Watkins' Non-verbal Method
- Leaving the stones behind (for patients with significant issues but where therapeutic - contact time limited to as little as a single session
- Subject-Object-complex indirect technique
- Milton Erickson's induction concepts
- Erickson's covert handshake induction
- Barabasz's Meditation induction for health and well-being (time permitting)

Additional inductions demonstrated on request

Philip F. and Norma Barretta M.A., M.F.T

The Pain stops here - The Healing Metaphor: Metaphor as an adjunct to Medical Intervention

Metaphor works to distract the conscious portion of the mind while the unconscious portion takes what is needed from the metaphor and applies it internally. By using embedded commands, analogical markings and linguistic directives within the body of the metaphorical talk, the therapist can enlist the unconscious ally to carry out the necessary steps to help the healing process work in a way that is conducive to modern modern practice.

Rather than viewing the hypnotic metaphor as an alternative to medical intervention, this Workshop will explore the metaphor as a device for the enhancement of the medical model, especially as it applies to the healing process. Using recent case studies, the use of metaphor in specific instances as an aid in pre-surgical preparation, post-surgical healing, childbirth, intractable pain control, the control of pain and nausea during treatments for Cancer, will be demonstrated and discussed. General metaphors with the possibility of varied application presented along with techniques to help specify the metaphor for the individual patient

Objectives: Participants will:

1. be able to distinguish toxic vs. helpful/beneficial linguistic patterns
2. be able to use hypnotic language to seed and embed messages useful to the patient

Reinhold Bartl

Dr. Dipl.-Psych.

"Ego-Orientation - Task-Orientation" Hypno-Systemische Ansätze zur kraftvollen Verknüpfung von Selbst- und Aufgabenfokussierung

In dem Seminar werden wirksame und kreative Techniken vorgestellt, die im Leistungsbereich (Management, Sport, Kunst etc.) Voraussetzungen für die optimale Kooperation von mentalen und körperlichen Prozessen unterstützen und Entschlossenheit zu sowie Freude an Leistung und Erfolg fördern. Die angebotenen hypnosystemischen Methoden können überall dort eingesetzt werden, wo dauerhaft Hochleistungen zu erbringen sind und auch erwartet werden. Beispiele dafür sind Mentaltrainings im Leistungssport sowie sogenannte Performance-Coachings im Management und künstlerischen Berufen.

Seminar-Inhalte können sein: Kompetenzorientierter Aufbau von Neugier und Motivation; mentales Training für Wettkämpfe, Auftritte, Bewerbungen und andere "einmalige" Chancen; hypnotherapeutischer Umgang mit Prüfungsangst und Wettkampfversagen; entwicklungsförderlicher Umgang mit Motivationseinbrüchen und Misserfolg; Förderung von Entschlossenheit und Entscheidungen; Balance von Gesundheit, Leistung und Sinn; optimale Leistungszustände (Flow); mentale Spaziergänge an der Grenze zwischen Selbstausbeutung, Hingabe und optimaler Leistung; Formen des Selbstcoachings für Karriereplanungen.

„Körperwissen und Intuition - ein „kluger Zu-Ruf!““ Beiträge der Hypnotherapie für einen entwicklungsförderlichen Umgang mit leidvoll-somato-psychischen Symptomatiken

PsychotherapeutInnen werden in der einer orientierungs-vielfältigen Zeit vermehrt von Menschen angefragt, die erhebliche körperliche Symptomatiken erleben, denen "psychische Beiträge" unterstellt werden. Angst und Panik, Burn-Out, Schmerzsymptome, Depression, chronische Entzündungen sind nur einige Beispiele für diese Entwicklungen. Der gängige Begriff "Psycho-Somatik" enthält zwischenzeitlich viele implizite Abwertungen über (vermeintlich) nicht wahrgenommene und/oder unterlassene Verantwortlichkeiten der betroffenen Menschen. Diese Sichtweise von somatischen Symptomen erschwert es Menschen erheblich, aus dem (Symptom)Erleben selbstverantwortlich zu lernen und es für stimmige und mögliche Entwicklungen zu nutzen. In dem Seminar werden einige praxisnahe Möglichkeiten angeboten, wie Menschen relativ rasch und nachhaltig auch leidvolles Körpererleben und intuitives Wissen über bedeutsame Zusammenhänge wieder in "an-nehbare" und für ihre Lebensgestaltung "kluge" Formen übersetzen können

Daniel Bass

Dipl.-Psych.

Using movies in Ericksonian Psychotherapy

Artist like screenplay writers, directors and actors have their unique way of approaching the process of cinematically transforming "life" into frames and pictures and sounds and moods in order to get the audience engaged. Movies are complex multisensory and multifaceted stories reflecting a specifically depicted world and transporting messages and sometimes solutions. In their unique way of using and combining the audience's visual and auditory as well as verbal and nonverbal skills, movies provide the viewer with the possibility of identifying with the movie characters, and being at a distance at the same time. Movie viewers can get absorbed in a movie, empathize, recognize consciously or subconsciously one's own central topics in life or relevant single issues. They provide the possibility of being catalysts for own developmental processes.

This is an introductory workshop to the topic of using movies in Ericksonian psychotherapy. Being made first and foremost for entertainment the transfer of movies into psychotherapy is an experiential approach.

In this presentation participants will learn about the processes of watching movies and the transfer into therapeutic processes. Various ways of eliciting therapeutic processes by using movies will further be presented. By using two movie examples we will see how they can be applied in therapy.

Danie Beaulieu

Ph.D.

La Thérapie d'Impact : utilisation créative des enseignements de Milton Erickson

Ce séminaire innovateur présente une intégration unique des principes éricksoniens à travers une approche créative et polyvalente appelée la Thérapie d'Impact. Le séminaire amènera le participant à découvrir les principales stratégies d'intervention de Dr Erickson et comment la thérapie d'Impact les intègre pour dynamiser chaque session. Des dizaines d'outils d'intervention seront offerts visant des problématiques telles que la dépression, le deuil, l'estime de soi et autres.

Objectifs :

1. Nommer six stratégies d'intervention utilisées régulièrement par Dr Erickson
2. Nommer six techniques d'Impact qui incorpore les enseignements de Erickson
3. Créer différentes techniques d'Impact basées sur les stratégies de Milton Erickson

Experience "live" Hypnosis through Impact Therapy

Experience is far and away the best teacher! Come experience for yourself the power of Impact Techniques and discover a new way of practicing hypnosis. Participants in this workshop will go through creative and multisensory Impact exercises designed for personal growth. Engage your ears, eyes, body and imagination in a lively experience of how simple props, sounds and movements can facilitate a trance and be used to promote positive personal change and awaken hidden resources. You'll also learn how the techniques experienced during the workshop (or funshop) can be adapted as powerful hypnotherapeutic tools for use with your clients, to respond to a wide variety of challenges.

After this workshop the participants will:

1. have experienced for themselves how Impact Techniques work,
2. have created adaptations of Impact Techniques to suit the needs of their clients, and
3. have used the technique as therapist with other participants.

Jean Becchio

Dr.

La peur, obstacle et levier du changement

La peur est un élément essentiel du changement. Elle concerne aussi bien le patient que le thérapeute. Dans cet atelier nous analyserons la structure de cet obstacle et étudierons les voies qui permettent de le transformer en tremplin propulsant vers le changement. Les conférenciers proposeront deux exercices favorisant cette transformation.

Ces exercices permettront de développer un travail de réflexion autour du processus de changement.

Cette réflexion sera alimentée par les sources vivantes de l'anthropologie, la psychologie, clinique et sociale, l'actualité des neurosciences et de la philosophie.

Christel Bejenke

Symposium "MsMerism: The contributions of women to hypnosis"

This symposium will look at the scientific, clinical and leadership contributions and accomplishments of women in the field of hypnosis. Each participant will present a synopsis of her work. In addition, each will share a personal experience that shaped her work in the field of hypnosis.

Trance and Related States in Medicine - Their Vast Applicability and Relevance to Communication

The rapid pace of medical practices, limited time, and the absence of comfortable, soothing surroundings often render commonly used hypnotic approaches impractical. Despite these adverse conditions, trance states can be used effectively in the daily practice of all medical specialties. Based on her observations of the high suggestibility of patients under medical stress on one hand, and the suggestive properties of the medical environment on the other, examples of suggestive communication and hypnosis are presented from the presenter's experience with approximately 9000 patients. These approaches apply to such diverse medical fields as oncology, obstetrics, cardiology, radiology, gastroenterology, surgery, pediatrics, pain, emergencies, intensive care units, and many others. Significant benefits can be achieved with minimal training and time expenditure: to allay fear; to decrease or eliminate the need for sedatives, anesthesia, and pain medications; to reduce treatment side effects including those of cancer treatments; to generate empowerment; to enhance patients' sense of control and partnership with the treatment team; to promote patient participation and improve cooperation; and ultimately to enhance quality of life regardless of prognosis. These approaches are cost-effective by reducing demands for medications and nursing care; and by accelerating recovery, discharge, and resumption of gainful employment. These approaches may have significant hitherto unrecognized benefits, for example in regards to cancer growth & recurrence, via elimination of opiates.

Patrick Bellet

M.D.

From the animal magnetism and mesmerism to the plant hypnosis

It's about a strange expérience: a botanic transe which gives me an another point of view about hypnosis. An analogy between hypnosis and plant biology. Crazy discovery ? Imagination ? New concept ? Source of metaphors ?

Ghita Benaguid

Dipl.-Psych.

Hypnotherapie bei Prüfungsangst und Lampenfieber

Bei Coaching- und Therapieanfragen zu Lampenfieber und Prüfungsangst ist oft die Zeit bis zum Tag X knapp, der emotionale und physiologische Druck hoch, und der Zugang zum intuitiven wie erlernten Wissen scheint vergessen.

In diesem Workshop werden hypnotherapeutische Interventionsstrategien auf dem Hintergrund der Verhaltenstherapie und der funktionalen Stimmarbeit aufgezeigt, die bei Prüfungsangst und Lampenfieber hilfreich sind, um von der Problemtrance in eine Lösungstrance zu kommen, Ressourcen zu aktivieren und das Selbstwirksamkeitserleben zu stärken.

Ralph Berberich

MD

Reducing Immunization Discomfort in 4-6 Year Old Children

A study was undertaken to evaluate, by means of a non-blinded randomized clinical trial, an intervention that blends pharmacological, kinesthetic, and hypnotic modalities to reduce immunization discomfort in children receiving their pre-kindergarten vaccines.

In a private pediatric office setting, forty-one children aged 4-6 years due to have DtaP, MMR, and IVP were approached, enrolled and randomized by coin flip to receive the intervention or standard office immunization practice. The intervention consisted of an attention- focusing sensory and verbal sequence of events, namely a topical anesthetic spray, multi-pronged plastic arm gripper, visual distraction activity, and verbal suggestions of diminished sensation

After randomization and preceding injection, the intervention group received a demonstration of the technique. During the injections, while offering verbal suggestions of diminished sensation and "bother," ethyl chloride spray was applied and the injection site arm gently gripped. A vibrating instrument was manipulated to descend on the contra-lateral arm from shoulder to elbow, with instructions to shout, "elbow" when that destination was reached. The child and accompanying adult sequentially rated discomfort using the Faces Pain Scale -Revised (FPS-R) . The injection sequence was videotaped and scored by using the Faces-Legs-Arms- Cry-Consolability (FLACC) scale.

In 20 study and 21 control patients with comparable demographics, statistically significant differences were found favoring the intervention, both for patient and parent FPS-R ($p < .0013$ and $p < .0002$ respectively). The inter-correlation between patient and parent was $r = 0.8275$. There was also a statistically significant advantage for the intervention in the FLACC score ($p < .0001$)

This highly effective technique offers multiple paths to dissociation in order to reduce anxiety and pain in children receiving pre-kindergarten immunizations. Nurse practitioners and allied health professionals who administer vaccines can avail themselves of this easily learned method and thereby address one of the primary fears in pediatric medical encounters.

F . Ralph Berberich and Zachary Landman. Pediatric Suggestions, Berkeley, CA, USA; UCSF School of Medicine, San Francisco, CA, USA.

Gilles Besson

At the Crossroads of contemporary Hypnosis and of primary cultures: My practice of Native American songs in Psychotherapy

As a private practice psychotherapist, I've been learning and training in hypnosis and Ericksonian therapies for more than 10 years.

In 2000, I came across a Native American Tradition from North America, here in Europe. I started then to learn some of their healing rituals, especially their Sacred Songs.

Since the 1980's, Native American medicine-men have come to Europe to "bring us back our ancient practices" (their own words), that disappeared when Christianity spread.

Practices that intend to re-connect us to the Earth (Mother-Earth), to help us re-discover our roots: thus, re-associating Mind and Body.

Isn't it the goal of Contemporary Hypnosis?

Ernest Rossi describes a "4-stage therapeutic process".

Native Americans speak of "4-time healing ceremonies".

Aren't they two converging ways towards a same reality?

-the first one, scientific and innovating,

-the second one, spiritual and faithfully transmitted from generation to generation since the dawn of time.

Both of them relying on the process of Trance.

I will explain how I built a bridge between both therapeutic approaches.

I will share my practice of the Native American Songs in psychotherapy, at the crossroads of both ways; namely, in exploring intra-uterine life, and the time around birth.

I will show a video of a session at my office.

In order to possibly help some people dare creativity while using their own talents, even if the process may seem non conventional.

Dagmar Bieselt

Dipl.-Psych.

"The Town Musicians of Bremen" / "Die Bremer Stadtmusikanten"

Der Workshop wird in Deutsch/Englisch (Dagmar Bieselt/Peter Bieselt) gehalten.

Workshop will be held in german and english

Die Bremer Stadtmusikanten

"Komm wir gehen nach Bremen und machen Musik". Das ist die Vision des Esels in diesem Volksmärchen der Gebrüder Grimm. Im Angesicht realistisch erkannter Lebensgefahr aufgrund nachlassender Produktivität und Schaffenskraft (Burn-out) zieht sich der Esel über diese Altersprogression in die Zukunft. Auf dem Weg in die Vision konstellieren sich Sinn und Ziel neu.

Nichts scheint geeigneter zu verdeutlichen als der Aufruf an seine vom Tode bedrohten Mittiere: "etwas Besseres als den Tod findest du überall", dass aus jeder schier aussichtslosen Lage Kraft für einen Neuanfang geschöpft werden kann. Dass vielleicht gerade in ausweglos erscheinenden Lagen besondere Energien für Selbstfindung und Neuanfang mobilisiert werden können.

Wir lesen zu Beginn des Workshops "Die Bremer Stadtmusikanten" synchron auf Englisch und Deutsch vor. Dies kann als Doppelinduktion zur Selbsthypnose von den Teilnehmern genutzt werden.

In einer anschließenden, ebenfalls zweisprachigen, Powerpoint-Präsentation soll der Komplexität der Lösungen in diesem Märchen besondere Aufmerksamkeit gewidmet werden. Es wird ausgearbeitet und soll erlebbar gemacht werden, dass eine gelungene Veränderung im Unbewussten beginnt und von der Dynamik der Selbstindividuation angetrieben wird. Der Integration oder Reassoziation dissoziierter Selbstanteile (symbolisiert in den Tiergestalten Esel, Hund, Katze und Hahn) kommt dabei eine entscheidende Bedeutung zu.

Gyula Biró

Dr. Dipl.Psych.

Einführung in die Aktiv-Wach-Hypnose (AWH)

Prof. Dr. Éva Bánya erarbeitete im Hypnoseforschungslabor von Ernest L. Hilgard an der Stanford University diese Form der Hypnoseinduktion.

Die AWH erreicht die für eine Trance charakteristischen Bewusstseinsveränderungen durch eine Erhöhung des Aktivitätsniveaus. Während intensiver rhythmischer körperlicher Bewegung auf einem Ergometer wird mit Hilfe der Suggestionen "Wärme", "Leichtigkeit" und "Frische" ein euphorischer Trancezustand erreicht.

Inhalte des Workshops:

- Einführung in die Theorie und Praxis der Aktiv-Wach-Hypnose
- Live-Demo
- Vergleich der AWH mit der Relaxationshypnose
- Aufbau der Suggestionen der AWH

Ziele/Lernziele:

Vermittlung einer spezifischen Vorgehensweise zur Aktiv-Wach-Hypnose

Walter Bongartz

Prof. Dr.

Hypnotherapy as an independent psychotherapeutic modality: Theory, practice, empirical foundation

Hypnotherapy is often seen only as an adjunct to other forms of psychotherapy that capitalizes on the heightened suggestibility in trance. Modern hypnotherapy that differs considerably from the classic view of hypnotherapy uses trance as a state which allows better access to emotional experience and to emotional memories. An independent therapy of its own

must, at least, be comprised of the following components: 1. Theory (etiology, theory on the causal mechanisms of hypnotherapy); 2. Practice (exploratory procedures, a set of therapeutic interventions); 3. Empirical proof (body of evidence for its effectiveness like metaanalyses). Additionally, it must be sufficiently different from other psychotherapies in order not to be regarded as a variant of another form of psychotherapy. It is argued that modern hypnotherapy meets these criteria and deserves to be acknowledged as an independent therapy of its own like other main stream psychotherapies (e.g., behavior therapy).

Hypnotherapie bei psychosomatischen Störungen

Hypnotherapie kann auf allen vier Ebenen einer psychosomatischen Erkrankung (körperliche, subjektive, Verhaltens- und soziale Ebene) eingesetzt werden, um neben der Behandlung körperlicher Symptome (wie Allergien, Magen-Darm Problemen!, Hauterkrankungen, etc.) auch die Faktoren zu berücksichtigen, die das Symptom bedingen und aufrechterhalten. Das Seminar verdeutlicht praktisch wie eine ressourcenorientierte Grundhaltung die Therapie auf allen Behandlungsdimensionen leitet. Dies beginnt schon während der Exploration, bestimmt die Phasen der Tranceinduktion und findet sich bei der Arbeit am Symptom wie in der biographischen Arbeit wieder. Indirekte Techniken sind dabei ein wesentlicher Bestandteil des hypnotherapeutischen Vorgehens.

Wiltrud Brächter

Dipl.-Päd.

Bilder in Bewegung bringen - Hypnosystemische Konzepte in der Sandspieltherapie

Sandspieltherapie bietet Kindern die Chance, ihnen wichtige Themen szenisch zu gestalten; durch die tranceinduzierende Wirkung gehen dabei auch unbewusste Bereiche des Problemerlebens in die Sandbilder ein. Im Vortrag zeige ich, wie sich solche Problembilder in Bewegung setzen lassen. Parallel zur Arbeit im Sand gelingt es Kindern häufig, Blockaden aufzulösen und in ihrer Entwicklung wieder voran zu kommen.

In anderen Fällen reicht der Raum der Kindertherapie nicht aus. Als "Brücke in die Familientherapie" bietet Sandspiel die Chance, tabuisierte Themen zu öffnen und Eltern und Kinder auf neue Art in Beziehung zu bringen. Sandspiel lässt sich hier gut verwenden, um Probleme zu externalisieren und Metaphern zu erfinden, mit denen Lösungsideen im Alltag verankert werden können.

Karlheinz Brandt

Dipl.-Psych.

Hypnotic Interventions For Infertile Couples ("Kinderwunschhypnose")

In the past 30 years the treatment of infertility has developed to a specialized branch within the medical science called reproductive medicine. Its key topics are IVF and ICSI, and upon these and other techniques the focus of public attention as well as the couples' expectations is directed. This suggests that exclusively medical interventions will help the couples reach their goal of pregnancy and birth of a child. Moreover, several studies were made to prove that there is no difference between fertile and infertile couples relating to psychopathological symptoms. Does that mean that psychological aspects in this field are simply irrelevant? 25 years of therapeutic experience with these couples point into a different direction. The cure of symptoms like anxiety of failure or coping strategies for traumatic experiences do play an important part for the yes or no of the pregnancy test. Most of all, however, the couples are in need of a structured way of dealing with the highly uncertain situation during medical treatment. How can they become cheerful and composed in the face of their own hopes and expectations and the fear that treatment might fail or that, once they are pregnant, they will suffer from a miscarriage? In the workshop I want to point to three essentials for stress reduction in infertile couples and beyond that address some hypnotic interventions formats focused on opening the pathways for pregnancy viz. clarifying possible psychological barriers blocking a pregnancy. The three essentials are labeled: self-hypnosis ritual; positioning the desire for parenthood on the "life-stage"; creative ways of handling the "baby-urge". They have been constantly employed and evaluated over the past eight years.

Marie-Jeanne Bremer

Dipl.-Psych.

"Wenn es plötzlich dunkel wurde" - Spaltung auflösen durch integrierende hypnotherapeutische Verfahren.

Fallgeschichte: Im Alter von 18 Jahren traten beim Klienten P. Symptome auf, welche als Schizophrenie diagnostiziert wurden. Seine Leidensgeschichte von fast 20 Jahren war von repetitiven Suizidversuchen und gescheiterten Arbeitsmassnahmen geprägt. Doch nicht die klassische Behandlung der Schizophrenie, sondern das veränderte Verständnis für die zugrunde liegenden Traumatisierungen hat zu einer tiefgreifenden Verbesserung geführt. Mit dem Ego-State-therapeutischen Ansatz wurde der Dialog zwischen den "psychotischen" und den "gesunden" Anteilen des Klienten gefördert. Diverse hypnotherapeutische Stabilisierungsübungen brachten ein zufriedenstellendes Gleichgewicht, welches leider durch ein abruptes Absetzen der Medikation gestört wurde. Ein erneuter Suizidversuch führte zu einer Internierungsmassnahme in die geschlossene Psychiatrie; dies wurde als extrem traumatisch empfunden. Das EMI-Verfahren (Eye-Movement-Integration) konnte das Reprozessieren dieser belastenden Situation beschleunigen und gewährte außerdem ein verbessertes Verständnis von frühkindlichen Belastungen. Seither ist der Klient beschwerdefrei.

Paola Brugnoli

Dr.

Clinical Hypnosis Techniques in Palliative Care

Cancer pain and chronic nonmalignant pain can have devastating effects on patients' end of life. Clinical hypnosis at the end of life care concentrates on improving the quality of patient's life as well as life of the family. It focuses on controlling pain, psychological suffering and other symptoms, and meeting a person's social, emotional and spiritual needs.

The hypnotic trance is essentially a state of heightened and focused concentration, and thus it can be used to manipulate the perception of pain and total suffering.

The use of hypnosis involves control over the focus of attention and can be used to make the patient less aware of the noxious stimuli. It is acknowledged that consciousness includes whatever gives a person meaning, value and worthiness in their life.

Clinical hypnosis in Palliative Care:

- It provides relief from pain and other distressing symptoms.
- It integrates the psychological and spiritual aspects of care.
- It embraces life and regards death as a normal process.
- It offers a support system to help patients live the best possible until death.
- It offers a support system to help families cope with their loved one's death and to help them cope afterwards with their own bereavement.

Since the mind reflects habitual thoughts, it is therefore our responsibility to influence our brain with positive emotions, thoughts and energy as the dominating factors in our mind. Hypnosis can help patients enter a relaxed, comfortable, trance state for obtaining specific therapeutic outcomes. With clinical hypnosis, the therapist can make suggestions designed to help the client formulate specific internal processes (feelings, memories, images and internal self-talk) that will lead to mutually-agreed-upon outcomes. After experiencing many techniques of clinical hypnosis, we become able to have pain and suffering relief and to make the patients live in the higher consciousness state continuously at the end of life.

This discussion will focus on the utilization of hypnotic suggestions, and modified states of consciousness, for palliation of symptoms, self-regulation and alleviation of pain and suffering. It will focus on the techniques of clinical hypnosis at the end of life.

Eberhard Brunier

Dr. med. dent.

Allergie mit Selbsthypnose heilen

Ein selbstorganisatorisches Anti-Allergiekonzept.

Eine Lösungsstrategie, keine Behandlungsmethode.

Ob Heuschnupfen, Neurodermitis oder Nahrungsmittelallergie - bei allen Diagnosen kann eine psychische Komponente anerkannt werden. Wenn das Unterbewusste des Patienten den Irrtum seiner Immunstörung erkennt, kann dieser mit Hilfe von Hypnose, dem Gespräch mit dem eigenen Inneren, korrigiert und in die Normalität zurückgeführt werden - ein für alle Mal. Der Patient lernt, den heilenden Schritt selbst und ohne fremde Hilfe zu tun. Er organisiert seine Heilung selbst.

In diesem Workshop wird eine "Behandlung" live vorgestellt, der Ablauf und das Hintergrundwissen ausführlich erklärt. Das neue Buch "Allergie mit Selbsthypnose heilen" ist erschienen!

Wolf Büntig

Dr. med.

Observation, intuition and hypnotherapeutic interventions in transgenerational therapy

Both personal as well as intergenerational repression and denial are physical activities requiring energy. Truth is liberating. After wars, trauma and guilt bind the life force not only of those involved, but also of their offspring.

The importance of keen observation and the role of intuition will be discussed, and hypnotherapeutic interventions will be presented for the treatment of transgenerational trauma and guilt.

Etzel Cardeña

Thorsen Professor Ph.D.

Altered consciousness is a many splendored thing: A multidisciplinary perspective

Studying consciousness in academia does not have the stigma that it used to have some years ago and there have been a number of recent calls for a "science of consciousness", disregarding the fact that all along scientific studies on various aspects of consciousness have been carried out. But even with the more expanded consideration of consciousness within the neurosciences and philosophy, states of consciousness have been usually disregarded. In this presentation I will summarize a comprehensive, multidisciplinary account of altered states of consciousness just published (the two volumes of Altering Consciousness, edited by Cardeña and Winkelman) emphasizing neuropsychological and cultural issues.

The neurophenomenology of spontaneous hypnotic phenomena

Most research on hypnotic neural and phenomenological aspects has focused on the comparison between hypnotic and non-hypnotic suggestions. In this presentation I will focus on spontaneous hypnotic phenomena during "neutral hypnosis", emphasizing neurophenomenological aspects and the differences and variations across the hypnotizability spectrum.

Susanna Carolusson

Dr.

Men with too much Empathy: An Ego-State Approach

I will present three men who were over-adaptive and too empathetic to women who abused their empathy. They found their constructive aggression with Ego State Therapy sessions within the frame of hypnosis and talking therapy.

1. Young man who enacted masochistic self-contempt with his wife, but not with other people.
2. Young man who could not breathe if he had a woman in his bedroom.
3. Young man who became mute at 25, unaware of the reason, left his wife and later any woman who wanted something from him.

In ego state sessions they realized: P1: Ego Strength and self-esteem, P2: The right to integrity and P3: An oedipal complex with introjection-projection and symbiotic lack of boundaries.

Symposium "MsMerism: The contributions of women to hypnosis"

This symposium will look at the scientific, clinical and leadership contributions and accomplishments of women in the field of hypnosis. Each participant will present a synopsis of her work. In addition, each will share a personal experience that shaped her work in the field of hypnosis.

Stress related illness and hypnosis

Aim

Understand how stress conditions influence anxiety, PTSD, crisis and psychosomatic disorder. Understand how hypnosis can be used flexibly, deep and wide. Understand the rationale for a unique therapeutic relation.

Content

Rationale for Hypnosis: State bound learning, neurology-developmental psychology, regulation of anxiety, how to reframe depression into a constructive incubation. Examples: Hypnosis demonstration on unique subtle communion.

My perspective

I work exploratively with hypnosis. Most patients become motivated for deeper self knowledge after some sessions in hypnosis, even those who first ask for symptomatic relief and coping strategies, only. I combine explorative (analytical-dynamic) hypnosis with supportive suggestions for healing and self nurturing (learning and motivational psychology).

Material for stress management, sleep, healing and performances.

Two CD cassettes with six various programs

CD 1

1. Short relaxation. Aim: Relax effortlessly, sitting, suitable daytime, at work. 9 min.
2. Deep relaxation. Aim: Deep rest, harmony and inner peace. 20 min.
3. Affirmations. Aim: Be well prepared to speak for an audience with presence and resonance with the group.
4. Going to sleep. Aim: Sleep, go back to sleep. 20 min.

CD 2

1. Vacation from stress. Aim: Relax, escape worry, experience a refreshing imaginary holiday. 20 min.

2. Healing Visualization. Aim: Strengthen immune system and the body's healing resources. 20 min.

Price: 20:- euro each. Contact me before, so I can bring enough of them.

Consuelo Casula

Dr.

From Plato to Erickson: ancient philosophy and modern hypnotherapy

Both M.H. Erickson and ancient philosophers share the idea to explore possible solutions in order to better solve the problems of life; both hypnosis and philosophy offer instruments to reflect on the meaning of life and show creative applications of practical wisdom, of techniques and virtues to overcome difficulties.

The speech will explore philosophical roots in Erickson's 5 approach such as

1. the naturalistic approach
2. Putting the person at the center of the attention
3. The value of observation, experience, and knowledge
4. The importance of action and change
5. Death as part of life

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Symposium "Manipulation and self trance"

The authors have studied manipulation for years from Italy and America and have come together presenting their combined learning and wisdom. They offer practical methods of dealing with manipulation as well as a self trance that can help participants to remain safe from manipulation. You will receive useful tools for dealing with manipulation as well as personally learning a self trance that can assist you in detecting manipulation as well as staying safe when it is going on.

José Cava **Lic Psychologist**

Posthypnotic Suggestions and Daily Life Metaphors: Making therapy more effective

Posthypnotic suggestions are a very powerful clinical tool to help clients with therapeutic change. The therapist often underestimates the opportunities daily life offers to enhance and consolidate the change. Milton H. Erickson, MD, masterfully utilized and took advantage of their clients' environments, in such a way they could have corrective emotional experiences that could help them to transform their rigid response patterns into more flexible and adaptive ones.

The probability of posthypnotic suggestions to be carried out is highly increased by associate them to the client's daily life events or activities with an analogical or metaphorical relationship. These life events or activities work as a frequent reference that help the intended behaviour or response to happen, as it has been demonstrated in experimental research.

Isabelle Celestin-Lhopiteau

Ph.D.

La peur, obstacle et levier du changement

La peur est un élément essentiel du changement. Elle concerne aussi bien le patient que le thérapeute. Dans cet atelier nous analyserons la structure de cet obstacle et étudierons les voies qui permettent de le transformer en tremplin propulsant vers le changement. Les conférenciers proposeront deux exercices favorisant cette transformation.

Ces exercices permettront de développer un travail de réflexion autour du processus de changement.

Cette réflexion sera alimentée par les sources vivantes de l'anthropologie, la psychologie, clinique et sociale, l'actualité des neurosciences et de la philosophie.

Patrice Charbonnel

Couples' Therapy: "I would like you to bring me some photographs"

During the very first appointments of marriage counselling, it is interesting to ask each one of the spouses to bring photographs which they feel accurately illustrate their relationship. Specific work can then be carried out around the use of these images.

With the assistance of the practitioner, the selected pictures allow the couple to highlight and to compare various representations of their relationship and of its evolution. They will then be able to use this work to give direction to, and define, their therapeutic project.

To support the effectiveness of this technique, it is essential to prescribe the choice of the photographs very precisely and to use them according to terms defined very clearly during the appointment.

Günter R. Clausen

Dr. med.

SELBST-Hypnose auf neuen Wegen. Autogenes SELBSTwerdendes Training - von der Zweipersonenpsychologie zur Einpersonenpsychologie

Hypnose und Selbsthypnose sind heute aus meiner Sicht Geschwister geworden. Jede Hypnose wird zu Selbsthypnose, die Zweipersonenzuwendung wird zur Einpersonen-/Selbstzuwendung. Der Psychotherapeut begleitet den Patienten bei der Selbstentwicklung methodisch in der Anleitung der Eigenzuwendung mit Bahnung der Körperwahrnehmung und Affektmodulation mit Reorganisation des SELBST. Mit drei Grundübungen kann über ein hinleitendes Denken beginnend im rechten Arm mit der Vorstellung von angenehmer Schwere ein spürendes Wahrnehmen erreicht werden. Ein Zustand in der Balance zwischen Wachen und Schlafen, Sympathikus und Parasympathikus, Vorstellungen und Gewährenlassen. Das klassische Autogene Training nach J.H. Schultz (1920-1932) auf neuen Wegen ist eine Selbst-Entspannungsmethode, die das Selbstwerden über das Körpererleben erleichtert. Dem Körper Beachtung, Zuwendung und Sympathie autohypnoid/autosuggestiv/selbsthypnotisch zuwenden, stimuliert das eigene Motivationszentrum und die eigenen Belohnungssysteme mit Ausschüttung von "Glückshormonen". Die Organismische Umschaltung wird von sehr viel mehr Menschen erreicht, wenn angenehme SCHWERE und WÄRME mit genügend Zeit langsam, sicher und wiederholend eingeübt

werden. Das Wort "angenehm" ist wie eine gute begleitende Mutter überall als sicherer Ausgangsort eingebunden und kann jedes Mal mit der Inneren Stimme im neuronalen Netzwerk seine angenehme Wirkung entfalten.

Durch rhythmisches Wiederholen bahnen sich neue Weg auch im Unbewussten, der Sympathikus wird gedämpft, der Parasympathikus aktiviert. Es kommt zu einer Balancierung der unwillkürliche/unabhängig arbeitenden Systeme, die Plastizität des Nervensystems wird in der Synapsenneubildung deutlich. Eine körpernahe Selbsterfahrung wird erlebbar gemacht.

Jacqueline Clédière

Mary Poppins and Hypnosis or Learning how to' grow up' through Ernest Rossi's technique

Each one of us, perhaps, dreams of getting Mary Poppins' handbag... An amazing hanbag in which you can pick up the right tool to solve any problem or obstacle you meet on the road you walk on.

And what if one of your hands could access to the endless resources of Mary Poppins' handbag; the infinite parts of ourselves: parts of the child, parts of the teenager, of the adult (the parent, the teacher.....). The part of us which knows the feelings of satisfaction, safeness, pride, power and so on (as Bruno Dubos suggests it).

And what if Mary Poppins' magic tape-measure allowed to unveil the 'hidden age' of the patient.

With this key-information, we'll learn with Ernest Rossi's technique how to use the hand allocated to the problem and the hand allocated to the ressources in order to facilitate the patient, thanks to hypnosis, in growing up emotionally.

Cécile Colas Nguyen

Dipl.-Psych.

Turboinduktion im Notfall

Bei der Turboinduktion handelt es sich um eine schnelle Induktionstechnik, die von Dr. Thomas Stöcker in der Zahnärztlichen Praxis verbreitet wurde. Dr. Daniel Quin hat diese Methode in Frankreich eingeführt, und Cécile Colas Nguyen hat sie sogleich praktisch im Notarztwagen angewandt.

Dieses direkte Hypnoseverfahren eignet sich besonders zur schnellen Behandlung von Angstzuständen sowie für den Umgang mit akuten Schmerzen, als auch zur Reduzierung des Stresszustandes des Patienten nach einem Verkehrsunfall. Hier hat man die Möglichkeit, nach 2-4 Minuten einen schwerverletzten Patienten für einen optimalen Transport vorzubereiten. Im Wort und Bild wird gezeigt, wie dieses Verfahren praktisch angewandt wird.

Elfie Cronauer

Dipl.-Psych.

Wenn ich so stark bin wie sie, schaffe ich alles - mit ressourcenvollen Ego-States das Belastende auflösen

Ressourcenvolle, inspirierte und stärkende Ego-States werden in diesem Workshop mit emotional verletzten, belasteten oder traumatisierten Ego-States in Kontakt gebracht und verbunden. Hierbei kann es sich jeweils um innere Anteile unterschiedlicher Altersstufen und Entwicklungsniveaus handeln. Es ist sehr anrührend zu erleben, wie schonend und wirkungsvoll dies geschehen kann und wie die innere Welt danach bedeutend freundlicher geworden ist. Ein Gefühl von Stärke und Ganzsein stellt sich ein.

Das Auffinden von Ressourcen aus der eigenen Biographie, das achtsame Explorieren der dazugehörigen Ego-States sowie auch der verletzten Anteile sind notwendige Schritte auf diesem Weg, der durch immer besseren Kontakt und Verständnis der Ego-States untereinander schließlich zu Integration und Heilung führt. Neurophysiologische Modelle untermauern dieses Vorgehen.

Ziele/Lernziele:

Im Workshop zeigen wir das Auffinden und Verbinden von ressourcenvollen und verletzten Ego-States in Dialog und Imagination und das hierfür notwendige Wirken von Trance- und Resonanzprozessen in der KlientIn-TherapeutIn-Dyade. Anhand ausgewählter Fallbeispiele, Live-Demonstration und Kleingruppenarbeit können die TeilnehmerInnen lernen, woran sie ressourcenvolle und verletzte Ego-States bei KlientInnen erkennen, wie sie mit ihnen heilungsfördernd und achtsam arbeiten und hierbei ihre eigenen Resonanzprozesse nutzen können

Healing the Aching Body: Connecting with resourceful Ego-States

Physical Pain and other strange body sensations are often results of traumatization and can be conceptualized as somatic ego-states. Very often the traumatizing event and its sensations and emotions are not fully mentalized, but instead are repressed or dissociated. Treatment including a somatically-driven focus on covered ego-states is more effective. A deliberate getting-into-touch with body sensations (bottom-up-process) often leads to emotional memories of ego-states. The utilization of resourceful ego-states in the body in combination with traumatized ego-states, represented as body sensations, is very helpful and facilitates the processing of trauma.

Noémi Császár

Dr.

Tandem Hypnotherapy as a New Method Functioned at Sensori-motor Level

Tandem Hypnotherapy (THT) has been evolved by the authors as a group hypnotherapeutic method for resolving psychic and psychosomatic pathology originating from pre/perinatal traumas. The meaning of TANDEM is Touch of Ancient and New generations with a Dialogue Experiencing Oneness of Minds. While touching each other, more than one person, a patient and a co-therapist could go into hypnosis while the therapist keeps distance. When using THT, ethics of therapeutic touch is fundamental to be kept. A mutual physiological, emotional and experiential attunement develops during rapport, induction and trance, which is viewed as a method to recall the earliest sensori-motor level and associative mode of prenatal experiencing in embryonic period of life, before the central nervous system would evolve. By using THT the symptoms of pre/perinatal traumas could be replaced with this associative mode of prenatal experiencing which contains acceptance and love. There will be some possibility to relive this method as a self-experience of participants during the workshop.

Jenny da Silva

MEd

A case study exploring the experiences of educational psychologists utilizing Ego-state therapy to address dissociation in adolescents

This paper proposes to explore the experiences of educational psychologists who utilize ego-state therapy in their practices with adolescents who experience dissociation. It is the understanding of this research study that dissociation is one of the primary symptoms to develop shortly after a traumatic event and if left to continue, could result in a host of emotional and behavioural difficulties, influencing the adolescent on all levels of functioning. Ego-state therapy is a therapeutic intervention useful with adolescents, facilitating healing that has occurred due to the fragmentation that children and adolescents experience after a traumatic event. The intention of this case study is to investigate the experiences of educational psychologists who utilize ego-state therapy in their practices as a therapeutic strategy. This case study explores the participants' personal experiences with ego-state therapy in addressing dissociation and is thus qualitative in nature. The findings of the research will be presented.

Carolyn Daitch

Ph.D.

Hypnosis and Couple's Therapy: Enhancing Affect Regulation and Connection

All partners in committed relationships grapple with conflict. Conflict itself is rarely the problem; it is the knee-jerk, unrestrained escalation of discord that can undermine trust and intimacy. Themes that will be presented in this workshop include:

- Destructive behaviors in relationships
- Dynamics of the power struggle
- Role of affect dysregulation in relationships
- Increasing positive affect in relationships
- Enhancing connection, intimacy and sexuality
- Integrating hypnosis into couples' therapy
- Developing resiliency for coping with stress and conflict

Participants will learn hypnotic approaches that can enhance relationship therapy. The use of several hypnotic phenomena as applied to couples' therapy, such as age regression, age progression and time distortion, will be presented. Brief and effective hypnotic interventions and self-hypnotic approaches that mediate the psychophysiological flooding that impedes appropriate interaction will also be included. Hypnosis for increased comfort with sexual desire and sexual communication will also be offered.

Of the many tools used to help clients respond more intentionally in the face of interpersonal triggers, three that will be emphasized are:

- Taking an immediate "time out" to interrupt over-reactivity
- Contacting more mature, compassionate parts of the self
- Rehearsing and transferring skills learned in the therapy office to stressful relational moments in daily life.

Used together, these tools can make the difference between over-reacting in an intense interpersonal encounter and responding with intentionality, calm, compassion and even wisdom. Over time, the difference can be that between helpless repetition of destructive patterns and increased understanding of oneself and one's partner, growing empathy, and renewed intimacy.

Learning Objectives:

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

1. Describe how self-hypnosis can be used to elicit self-regulation for couples
2. Apply three hypnotic phenomena in couples' therapy
3. Learn two hypnotic interventions that amplify positive affect and enhance emotional connection
4. Describe how to identify precursors to flooding responses
5. Describe how to use hypnotic rehearsal to promote transfer of effective communication

Instructional modalities include lecture, audio/visual material, case presentations, and demonstrations. The material is intended for participants who are at intermediate and advanced levels in their hypnosis training. We welcome any number of participants. While we can present the highlights of this workshop in a 90-minute format if necessary, we would greatly appreciate the opportunity for a longer block of time that will allow us to present the richness of this material.

Sheryll Daniel

Ph.D.

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Giuseppe de Benedittis

MD PhD

Mapping the State of Art of Research in Hypnosis. A Worldwide Survey

Aim of Investigation: Little is known on what's going on hypnotic research. Aim of this study was to map the State of Art of Research in Hypnosis worldwide for the first time, with special interest in finding out what are the unmet needs for both patients , physicians and researchers, and what are future trends in hypnosis research.

Methods: The Questionnaire on the State of Art of Research in Hypnosis (QSARH) was set up, focusing upon the following major issues: a) active practice of research (basic/clinical); b) structure and functions of staff/clinic; c) main area of interest; d) opinions and suggestions about relevant areas of research and top priorities in the hypnosis field; d) integration of hypnosis with related disciplines; f) what can be done for improving the quality of research in hypnosis. The Questionnaire was sent by email to more than 100 professionals (mainly researchers, clinicians, psychologists) worldwide.

Results: There were more than 50 participants from sixteen countries and five continents (responder rate > 50%). Most of the responders were actively involved in hypnosis research, mainly in university or private practice. Research was performed predominantly on continuous/periodic basis and on clinical grounds. Pain, clinical/experimental psychology, psychiatry and neuroscience were the most common research areas. Top priorities included integration with related disciplines and urgent need for improving quality and visibility of hypnosis research. Though hypnosis research is not yet a major issue in the mainstream of hypnosis and hypnotherapy, the current status of the research and its relevance within ISH Congresses has been rated positively by the vast majority of responders.

Study in collaboration with G.C. Carli and John Gruzelier

Hypnosis for fibromyalgia: a long term, controlled study

Aim of Investigation: Fibromyalgia syndrome (FMS) is a complex, functional pain syndrome characterized by chronic musculoskeletal widespread pain and hyperalgesia likely due to central hyperexcitability and loss of descending inhibition, associated with fatigue, non-restorative sleep, cognitive dysfunction, and compromised health-related quality of life (HRQOL). Management may be challenging, as FMS seems to be refractory to most treatments. Psychological interventions have been claimed to be effective in modulating fibromyalgic pain. In this pilot study, we compared the long-term efficacy of hypnotherapy vs standard pharmacological treatment for fibromyalgia on FMS symptoms and HRQOL.

Methods: Eighteen patients with a clinical diagnosis of fibromyalgia (FMS) were randomly assigned to hypnotherapy plus standard pharmacological treatment (n=9)(H group) or purely standard pharmacological treatment as Controls (n=9)(C group). H group patients received one weekly hypnotic session for the first 3 months, and two monthly sessions for the remaining 3 months. Hypnotherapy consisted mainly of indirect (ericksonian) suggestions for modulating pain. Patients were also encouraged to practice self-hypnosis on a daily basis. Analgesic efficacy (pain relief) was assessed by a Visual Analogue Scale (VAS) and a Numerical Rating Scale (NRS). Pain assessment included also the Italian Pain Questionnaire (IPQ) and the World Health Organization Questionnaire of Quality of Life (WHOQOL-100). Mean follow up period was of 6 months.

Results: Short-term (M3) mean pain relief for H and C pts. was 59% and 53.7%, respectively (n.s.), whereas long-term (M6) mean pain relief for H and C pts. was 69.5% and 23.1%, respectively ($p=.0013$). H patients reported a significant improvement on HRQOL in key domains (sleep, energy, cognitive functioning and self-reported quality of life) as compared with C patients.

Anna Debryanskaya

The dynamics of heart rate variability in healthy volunteers during the hypnotic session

We studied a model of hypnosis session and a course of hypnotherapy on 41 healthy volunteers using the R.D. Tukaev Universal Hypnotherapy method. The dynamics of heart rate variability during hypnosis session and a course of hypnotherapy were assessed. After the session reliable reduction of the heart rate and increase of the parasympathetic activity in combination with the reduction of general heart rate variability was detected, indicating the centralization of regulatory processes. The hypnotic suggestion of the blue color "vision" to subjects has resulted in significant increase of peripheral sympathoadrenal influence. The course of experimental hypnotherapy leads to activation of the body stress systems and readaptive remodeling of vegetative regulation.

Jean Damien Dehoux

Electrotherapy in the service of hypnosis

I have been a nurse for 25 years now and my job offered me the opportunity to be with human beings, living beings in their 'ordinary' daily-life, or at a crossroads of their lives, at the end of their lives, sharing laughter, tears, victories or defeats. During all these years, I've been developing the communication tools in an intuitive and instinctive manner. I was able to develop, structure and refine these tools thanks to my training in hypnosis with Claude Virot Emergences.

During the last months, I have been proposing an original approach to the treatment of chronic pain, developed with Dr. Isabelle Bernard, a neuropsychologist.

The principle is as follows: using an electrical device and electrodes placed on the hands that deliver an electrical stimulus of low intensity, the patient will be able to live the four stages of the creative process of Rossi, preparation - incubation - illumination - the creation, which will lead to the activation of new resources synonymous with change, and why not improve healing.

I will show you videos to support the different steps of the technique of hypnotic induction to the exercise of self-hypnosis final, possible applications and the results obtained with this tool.

Abdulkadir Demirel

Dr.

The New Hypnotic Approach for Quitting Smoking - 'Water and Bar Code Technique'

This technique was successfully performed on over than 1000 smokers. 5 sessions of hypnosis performed on patients as it is usual. Everyday one session is performed. In this technique, to drink a sip of water is suggested and it was observed that rate of quitting smoking was increased up to 95%. Details will be shared during the workshop.

Martin Dettelbacher

Dr.

Raucherentwöhnung im 4dimensionalen Modell

In meinem Workshop möchte ich den Teilnehmern das vierdimensionale Modell als einfaches, jedoch äußerst effektives hypnotisches Instrument für verschiedenste Therapieziele wie Raucherentwöhnung, Gewichtsreduktion und vieles mehr vorstellen.

Die Grundlage für jegliches therapeutische Vorgehen ist ein Modell und eine theoretische Basis. Die Theorie ist jedoch nur nützlich, wenn sie auch in der täglichen Praxis umsetzbar ist.

Die Zahl der Hypnosetherapeuten hat in den letzten Jahren deutlich zugenommen: nicht nur Psychologen und Psychotherapeuten, sondern auch Allgemeinmediziner, Fachärzte und Zahnärzte wenden Hypnose in ihrem beruflichen Alltag auf verschiedenste Art und Weise an. Daher ist es notwendig, nicht nur neue Modelle zu entwickeln, sondern diese auch in der täglichen Praxis leicht umsetzbar und integrierbar zu gestalten. Das vierdimensionale Modell stellt ein sehr effektives Instrument zur Entwicklung von Vorgehenssystemen für verschiedenste Therapieziele dar.

Ein wesentlicher Bestandteil dieses Modells ist das symptomorientierte Vorgehen, das sich aus meinen Erfahrungen im Bereich der Suchttherapie entwickelte: Wie ist es möglich, schnell und effizient innerhalb von wenigen Hypnosesitzungen Verhaltensmuster zu verändern und eine Neuorientierung zu ermöglichen? Das symptomorientierte Vorgehen erfüllt all diese Kriterien.

Zum Ablauf meines Workshops: Im ersten Teil möchte ich den Teilnehmern das vierdimensionale Modell vorstellen, um Ihnen anschließend im zweiten Teil an Hand eines praktischen Beispiels das symptomorientierte Vorgehen näherzubringen.

Hermann-Josef Diedrich

Dipl.-Psych.

Präsenz - Kreativität - Flexibilität in der Psychotherapie entwickeln und nutzen. Wie? So!

Elemente aus den Bereichen Theater, Improvisation und Clownerie für die Psychotherapie utilisieren. Lernziele und inhaltlicher Ablauf: Solides Handwerkszeug und wissenschaftliche Fundierung sind wesentliche Säulen einer seriösen und effektiven Psychotherapie. Im therapeutischen Prozess werden wir aber immer wieder mit sich nicht an die Regeln eines "idealen" Verlaufs der Therapie orientierenden Klienten und unabsehbaren Schwierigkeiten konfrontiert, die sich nicht nach "Schema F" (Methode, Manual, Technik) lösen lassen, sondern spontanes und kreatives Handeln (-> "Kunstfertigkeit") erfordern. Das gilt für die Begleitung hypnotherapeutischer Prozesse im Kontakt mit dem Unbewussten ebenso wie für die Deutung im analytischen Setting z.B. von Träumen oder die Gestaltung von Verhaltensexperimenten usw. Im Kurs werden Übungen präsentiert, die, unabhängig von der therapeutischen Ausrichtung, das eigene kreative Potential aktivieren und gleichzeitig, das spontane Handeln fördern können - bei TherapeutIn und KlientIn -. Die bewusste Nutzung vorhandener eigener Potentiale als TherapeutIn und die schöpferische Gestaltung des "Hier und Jetzt" in der spielerischen Begegnung miteinander stehen im Mittelpunkt des Kurses. Didaktik: Learning by doing. Erforderliche Vorkenntnisse: Keine. Bereitschaft zur aktiven Selbsterfahrung im Spiel sollte bestehen. Nur Zugucken geht nicht! Bequeme Kleidung ist von Vorteil.

Klaus-Dieter Dohne

Dr. Dipl.-Psych.

Der soziale (Alltags-) Kampf um das knappe Gut der mentalen Aufmerksamkeitsressourcen

Kommunikation und Interaktion in Familien bedeutet stetige wechselseitige Hypnose, also Aufmerksamkeitsfokussierungen, die uns von uns selbst entfernen und von unseren Zielen können. Oder wie formulierte John Lennon, dass Leben passiert, während wir gerade dabei sind andere Dinge zu planen.

Gerade die Dinge und Menschen sind in diesem Zusammenhang gefährlich, die die subkortikal-limbischen Ebenen unbewusst als Bedrohung identifizieren und unser bewusstes Erleben einengen und rigide werden lassen. Je kritischer die Kindheitserfahrungen, desto leichter absorbieren sogenannte Trigger unsere mentalen Ressourcen.

Wer berät, coacht oder therapiert, egal an welchem Modell, Schule oder Theorie er sich orientiert, dem muss es gelingen, den Frontallappen zu aktivieren, damit eine neue Aufmerksamkeitsfokussierung entsteht. Denn diese am stärksten entwickelte Region im ganzen humanen Nervensystem ist das integrative Kontrollzentrum, das Interferenzen filtert, Aufmerksamkeit fokussiert, den Organismus wieder beruhigt, wenn unsere Sinneswahrnehmung überladen ist und uns mit der äußeren und inneren Welt verbunden hält.

Erstes Ziel jeglicher Intervention sollte deshalb sein geeignete Bedingungen herzustellen und zu fördern, damit der Frontallappen hilft die Aufmerksamkeit bewusst und unbewusst, willkürlich und unwillkürlich auf unsere Ziele und Intentionen zu fokussieren. Gelingt das, entfalten sich die sogenannten exekutiven Metakompetenzen. Dann erleben wir Menschen einen Zustand fokussierter Aufmerksamkeit und Wachheit, der Kontrolle von ablenkenden Impulsen und dem leichten Wechsel zwischen Innen- und Außenwahrnehmungen verbunden mit dem Einnehmen von öffnenden Perspektiven.

Im Workshop lernen Sie dazu zieldienliche und schnell wirkende Hypnosestrategien, um nicht von Glaubenssätze und Gewohnheiten bestimmt zu werden. Übernehmen die Emotionen die Steuerung dann findet keine Entfaltung von Potentialen statt, da der Einsatz von vertrauten und automatischen Routinen nicht den am höchsten entwickelten Teil des menschlichen Gehirnes aktiviert.

Daher ist es das Ziel jeder Beratung oder Therapie, durch geeignete Rahmenbedingungen und Interventionen die Aktivierung des Frontallappens zu unterstützen, damit beim Klienten eine neue Aufmerksamkeitsfokussierung entstehen kann. Dazu werden im WS hypno-systemische Methoden und Livedemonstrationen vorgestellt.

Susan Dowell

MSW MA

The Present Moment

Too often, the Present Moment has been claimed as a transitional space, a passageway between where we have been, and where we are going. In his celebrated book, *The Present Moment in Psychotherapy and Everyday Life* Daniel Stern, begins by stating that "it is remarkable how little we know about experience that is happening right now."

Hypnosis provides us with wonderful tools to expand our experience of Time and throw open the doors to Now. With our flashlight of curiosity, we can help our patients wander through its corridors, poke around into spaces of possibility and prohibition, and to track and experience intentionality and imaginal rehearsals.

In this presentation, join me in an exploration of the potentialities of this ever Present Moment, hear clinical vignettes and consider the many ways this can be of value to your patients.

Footprintings; Nine Colors, Infinite Possibilities

Memory, body awareness and perception are State Dependent and therefore each Self State holds this information differently. Footprintings, a dynamic new treatment approach, provides effective and easy to use tools for tracking, observing and experiencing our different Self States as they exist in the Present Moment, and for repairing the relational perspective between them. Using color footprints to diagram relationships between Parts, participants can step into different Self States as they work on understanding and healing these internal relationships. This three dimensional approach provides a constructive format for gaining deeper connection to the body experience, affect and cognitive orientation of each of State, as well as providing a direct opportunity to learn more about the unique process of communication between Parts. Furthermore, it provides us tools to help lay the groundwork for reorganizing and forging new and supportive internal alliances. In this workshop, we will offer an introduction to the theory and practice of Footprintings. Attendees will then have a chance to observe and/or participate in a three-dimensional practicum.

Reinhild Draeger-Muenke

PsyD, LMFT

Akupressur und Hypnose: Eine (selbst-) heilende Kombination

Akupunktur und Akupressur, fundamentale Heilverfahren der Traditionellen Chinesischen Medizin (TCM), werden seit mehreren tausend Jahren praktiziert. Ihr Ziel ist, optimale Gesundheit und Lebensqualität durch das Erreichen einer Balance zwischen Körper, Geist und Seele zu erhalten, oder, im Falle einer Erkrankung, dieses Gleichgewicht wieder herzustellen, indem ein gleichmässiges Fließen der Lebensenergie (Qi) durch den gesamten Körper angeregt wird. Indikationen für Akupunktur sind vielfältig und decken sich häufig mit denen, die erfolgreich mit Klinischer Hypnose behandelt werden, unter anderem Erhaltung von allgemeinem Wohlbefinden, emotionale, physiologische und Verhaltens-Selbstregulierung, Stress- und Schmerzbehandlung. Schiff und Kollegen (2007) haben eine Kombination von Akupunktur und Hypnose vorgeschlagen, um damit eine potenzierte Behandlungswirkung zu erzielen. Unser Workshop bietet Teilnehmern die Möglichkeit, sowohl eine didaktische als auch eine experientielle/praktische Einführung in die Anwendungsmöglichkeiten von Akupressur und Hypnose in der Selbstheilung und in der medizinischen und psychotherapeutischen Behandlung zu

bekommen (Muenke und Draeger-Muenke, 2011). Anwendungsschwerpunkte werden auf der Akupressur-Hypnose Kombination für eine Stärkung des Immunsystems und der Lebensenergie, für Stressreduktion und zur Linderung alltäglicher Beschwerden so wie Übelkeit, Schlaflosigkeit, Kopf- und Rückenschmerzen und Muskelverspannungen liegen.

Bruno Dubos

Dr.

Hypnosis and chronic process: Movement and change

Chronic process are often disheartening for therapists because of the difficulty of mobilizing the patients:
The chronicity comes along with an impoverishment of the creativity and the arret of physical and psychological process.

It will be exposed the therapist observation capacity and the way to use the body, the shake in movement with hypnosis, to mobilize chronic patients.

Georg Dünzl

Dr.

Therapeutische Kommunikation/ Hypnose in medizinischen Notfallsituationen

Neben den Maßnahmen zur "Ersten Hilfe" stehen dem Arzt, aber gerade auch dem nicht medizinisch Ausgebildeten eine Reihe von Kommunikationsmöglichkeiten zur Verfügung um körperlich und seelisch traumatisierten Personen in kritischen Situationen zu helfen.

Umgang mit akutem Schmerz, Blutungskontrolle, kardiovaskuläre Zwischenfälle, Probleme der Respiration, Anaphylaxie, Geburtshilfe und psychologische Krisen können durch geeignete Interventionen von nahezu jedermann günstig beeinflusst werden. Prophylaktisches Selbstmanagement kann in eigenen kritischen Situationen helfen, retten, heilen.

Hansjörg Ebell

Dr. med.

Hypnose und Selbsthypnose in der Psychoonkologie

Hypnose und Selbsthypnose kann Leiden lindern. Dies gilt auch und insbesondere für Patienten mit einer Krebserkrankung. Bei vielen Symptomen (z.B. Ängste, Schmerzen, Übelkeit, Erschöpfung) wie auch im Umgang mit der Erkrankung (Coping) können dadurch erstaunliche Veränderungen angestoßen werden, dass mitmenschliche Zuwendung und professionelle "Begleitung ein Stück des Weges" individuelle Ressourcen erschließen. Dieses Seminar soll Informationen vermitteln und neugierig machen auf das Potential von Hypnose und Selbsthypnose in der Behandlung und Begleitung von Menschen mit einer Krebserkrankung. Eigene Fälle und Erfahrungen einzubringen ist erwünscht. Ziele/Lernziele:- Fähigkeiten des Patienten erkennen und nutzen- "sowohl als auch", um ein angemessenes Gesamt-Therapiekonzept zu erstellen

Wolfgang Elger

Dipl.-Psych.

In der Burnout-Falle – das "heimliche Drehbuch" des Ausbrennens in der Dynamik von Bedürfnisversagung und Belohnungsversprechen

Das Thema "Burnout" hatte im Jahr 2011 eine Dauerpräsenz in den Medien – analog hat sich die einschlägige Ratgeberkultur entwickelt. Offensichtlich hat sich eine immer rasantere gesellschaftliche Entwicklung mit Phänomenen von Arbeitsverdichtung, Entgrenzung, Kontrollverlust in Bezug auf die eigenen Lebensbedingungen, Konkurrenzdruck sowie des Verlusts von Sinn- und sozialen Zusammenhängen Bahn gebrochen, die sich in der individuellen Psychodynamik und auch im individuellen Leiden wiederspiegelt. Es entwickelt sich dabei eine Dynamik, innerhalb der die Befriedigung grundlegender Bedürfnisse immer weiter zu Gunsten eines (fiktiven) Belohnungsversprechens in den Hintergrund tritt. Unter den veränderten Umfeldbedingungen ist daher die Entwicklung persönlicher Kompetenzen wie z.B. Autonomie, Fähigkeit zur Sinn- und Zielfindung, Stresskompetenz, Bewusstsein eigener Fähigkeiten usw. für eine gelingende Prophylaxe und Therapie von Burnout besonders bedeutsam. Zentral erscheint weiterhin, ob neben der Veränderung äußerer Bedingungen und bewusst zugänglicher Denkmuster auch eine Veränderung tief verinnerlichter (und oftmals nicht bewusster) Überzeugungen, Lebenspläne und damit korrespondierender "Identitäten" gelingt. Denn erst dadurch wird der Boden bereitet für eine wirklich stabile Achtsamkeit und Selbstfürsorge. Hypnotherapeutische und symbolische Zugänge generell können dabei wichtige Beiträge leisten: Musterunterbrechung und Entwicklung der Distanzierungsfähigkeit, Ressourcenaktivierung, Erforschung des "heimlichen Drehbuchs" in seiner lebensgeschichtlichen Dimension, Korrektur tief sitzender Überzeugungen, Transfer in die Realsituation.

Inhaltlicher Ablauf des Workshops: Präsentation zu Umfang und Bedeutung des Burnout-Syndroms, Phasen der Burnout-Entwicklung, strukturellen und individuellen Verursachungszusammenhängen; Ansätze für Prävention und Therapie; praktische Übungen.

Myriam Eono

How to deal with bereavement and death

When a patient crosses the threshold of the therapist's office, he might be supported. Sometimes, he knows it; sometimes he doesn't.

What he does know is that he is suffering and how this shows in his body and mind. And he wants it to stop!

If he knows he's supported, he'll be able to tell his therapist that his suffering and this support are linked. But, if he doesn't know, the therapist will also be in the dark and will focus simply on the initial task... at the risk of getting lost.

These special supporters are the dead! And if we ignore them, they'll continue to express themselves... in their own way...

Using a few clinical situations as examples, we'll try to identify:

- How certain parameters can influence the intensity of the suffering of the living. And in particular: the age of the person at death; the strength of feeling between them; the unfinished tasks; the length of bereavement, a personalized time, different for everyone.
- Which of these strategies, hypnosis methods and short-term therapies could be helpful in these situations? How best to adapt them to the person, and, for that, "to dare to be creative and inventive"!

Dabney Ewin

MD, FACS

Using ideomotor signals in Hypnoanalysis

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

Objectives:

1. Explain how patients/clients can communicate with ideomotor signals.
2. Name the seven common causes of psychosomatic disorders.
3. Demonstrate the use of ideomotor signals as an adjunct to hypnoanalysis.

Enrico Facco

Prof. Dr.

Effects of hypnotically induced "amusia for rhythm" on mismatch negativity

The aim of this study was to evaluate the effect of hypnotic-induced "amusia for rhythm" on mismatch negativity (MMN). Five highly hypnotizable (HH) and five poorly hypnotizable (PH) non-musician healthy volunteers underwent MMN recording of MMN before and during suggestion of hypnotic amusia for rhythm (incapability of recognizing tone duration). A 19-channel electroencephalographic montage according to the 10/20 International System was performed and the amplitude of MMN was measured from Cz. The data were also processed using the low-resolution electromagnetic tomography (LORETA) in order to localize the sources of MMN.

In HH participants, MMN amplitude was $-8.2 \pm 2.2 \text{ ?V}$ at baseline and $-5.4 \pm 1.1 \text{ ?V}$ during hypnotic amusia ($p < 0.05$), while in PH participants the two values were comparable ($-8.0 \pm 3.1 \text{ vs. } -7.7 \pm 3.1 \text{ ?V}$). MMN latency was slightly and non significantly reduced during hypnotic amusia in both groups. The LORETA maps of MMN showed during hypnotic amusia a decrease of source amplitude in the left associative auditory cortex, fusiform gyrus and angular gyrus, suggesting an hypnotic top-down regulation of activity of these areas.

In conclusion, the results of the present study suggest that hypnotic amusia is a real phenomenon associated to changes in specific cortical areas, which can be assessed by neurophysiological investigations.

Hypnosis as a sole anesthesia for atypical Spitz tumor removal in a case with multiple chemical sensitivity

Patients with multiple-chemical sensitivity (MCS) lead a hard life, being prone to harmful systemic reactions caused by various chemicals in the environment as well as by several kinds of drugs. Here we report on a woman with MCS and previous anaphylactoid reactions to local anesthetics, which prevented their use for removal of an atypical Spitz tumor in the thigh.

The patient was submitted to hypnosis before the operation, in order to check her analgesic capability; hypnotic protocol, including hypnotic focused analgesia (HFA) and pain threshold test by dental pulp stimulation, has been described elsewhere (1). Once the capability of achieving a full dental analgesia was checked, the operation was scheduled and the hypnotic protocol was modified to get HFA at the thigh.

On the day of operation the patient was submitted to cardiorespiratory monitoring and a peripheral vein was cannulated; then, hypnosis was induced and HFA at the thigh was suggested. After ten minutes from the induction a wide skin incision (one cm excision margin) was performed with preservation of deep fascia and the tumor was removed; after 20 min from

skin incision the operation ended and the patient was dehypnotized. During the operation the patient neither reported pain nor underwent any change of heart rate or blood pressure.

Our data confirm the effectiveness of hypnosis in pain control, showing that hypnosis as a sole anesthesia may be a still valuable tool in selected cases, even in the era of powerful pharmacological anesthesia. Furthermore, the cardiovascular stability during the operation shows that hypnosis is a true analgesic tool: it can block not only pain perception but also surgical stress as a whole, standing the comparison with anesthetic drugs.

Reference: 1) Facco E et al. Int. J. Clin. Exp. Hpn. 59 (4): 454-468, 2011.

Xin Fang

Prof.

Chinese Traditional Hypnosis

The speaker will introduce Chinese traditional hypnosis, thinking way, methods, ritual and interesting wisdom stories, etc, and comparing them with new developments of Ericksonian Hypnotherapy in China.

Marie-Elisabeth Faymonville

Pr. Dr. Dr. Anästhesie - Schmerztherapie MD PhD

Selbsthypnose bei chronischen Schmerzproblemen

Chronische Schmerzpatienten haben im allgemeinen einen sehr schwierigen und komplexen Krankheitablauf.

Die persistierende Schmerzsymptomatik trotz zahlreicher frustrierender Behandlungsversuchen lösen erhebliche zukunftsbezogene Ängste und Befürchtungen vor einer möglicherweise nicht günstig zu beeinflussenden Krankheitsentwicklung aus. Parallel entwickelt sich zunehmende Hilflosigkeit und Resignation bezüglich der eigenen Kompensations- und Bewältigungsmöglichkeiten...

Daher ist es wichtig, das Problem chronischer Schmerzen nach dem multimodalen Gesamt-Therapiekonzept biopsychosozialen, interdisziplinär anzugehen, um den Patienten angemessene Hilfe anbieten zu können, mit realistischen Erwartungen. Sowohl objektivierbare "Ursachen" der Beschwerden als auch deren subjektive Bewertungen durch die Betroffenen und ihre Behandler entscheiden mit darüber, ob und welche Entwicklungen zum Besseren möglich sind. Um zu ermitteln, welche Faktoren einer Beeinflussung durch pharmakologische, technische oder psychologische Behandlung zugänglich sind, bedarf es diagnostischer und therapeutischer Kompetenz. Auch müssen psychosomatische und psychosoziale Aspekte miteingegriffen werden. Die Herausforderung für eine therapeutische Kommunikation liegt darin herauszufinden was einer "emanzipatorischen" Entwicklung der Patienten dienen kann.

Darum haben wir in unserer Schmerzklinik das Konzept: "Anleitung zur Selbsthypnose und Emanzipation" entwickelt, was allerdings ganz im Gegensatz zu gängigen Erwartung chronischer Schmerzpatienten steht, die hoffen, dass ihre komplizierten Probleme mittels einer Hypnose (Wunderkunst!) gelöst werden sollten.

Damit mehr Patienten von dem Konzept der Selbsthypnose und Emanzipation profitieren können, haben wir uns entschlossen es in kleinen Gruppen (bis zu acht Patienten) anzubieten. Es werden acht Zweistundensitzungen über zwei Jahre angeboten mit sieben verschiedenen Hypnoseübungen während der Sitzung. Von jeder Übung wird dem Patienten ein CD graviert mit der Aufforderung sie regelmäßig (jeden Tag) zu machen. Es bedarf natürlich einer intensiven und konstruktiven Arbeit mit den Patienten welche aktive Partner in diesen neuen Lernprozess werden. Es ist davon auszugehen, dass in Hypnose im Kontext einer vertrauensvollen therapeutischen Beziehung, individuelle Ressourcen aktiviert werden können. Zur gleichen Zeit erhalten die Patienten während der zweistündigen Sitzung "Hausaufgaben", welche gezielt ausgewählt werden, damit die Patienten neue Strategien selbst ausprobieren, um so eine Verbesserung von Krankheitsbewältigung und Selbstmanagement zu erreichen. Diese geeigneten Impulse zur Selbsthilfe werden im diesem Workshop erweitert, sowie Resultate einer Studie die mit diesen "Gruppenpatienten" ausgeführt wurde...

Hypnotic modulation of resting state fMRI default mode and extrinsic network connectivity

Resting state fMRI (functional magnetic resonance imaging) acquisitions are characterized by low-frequency spontaneous activity in a default mode network (encompassing medial brain areas and linked to self-related processes) and an anticorrelated "extrinsic" system (encompassing lateral frontoparietal areas and modulated via external sensory stimulation). In order to better determine the functional contribution of these networks to conscious awareness, we here sought to transiently modulate their relationship by means of hypnosis. We used independent component analysis (ICA) on resting state fMRI acquisitions during normal wakefulness, under hypnotic state, and during a control condition of autobiographical mental imagery. As compared to mental imagery, hypnosis-induced modulation of resting state fMRI networks resulted in a reduced "extrinsic" lateral frontoparietal cortical connectivity, possibly reflecting a decreased sensory awareness. The default mode network showed an increased connectivity in bilateral angular and middle frontal gyri, whereas its posterior midline and parahippocampal structures decreased their connectivity during hypnosis, supposedly related to an altered "self" awareness and posthypnotic amnesia. In our view, fMRI resting state studies of physiological (e.g., sleep or hypnosis), pharmacological (e.g., sedation or anesthesia), and pathological modulation (e.g., coma or related states) of "intrinsic" default mode and anticorrelated "extrinsic" sensory networks, and their interaction with other cerebral networks, will further improve our understanding of the neural correlates of subjective awareness.

Wie kann man Motivation zur Selbsthilfe fördern bei chronischen Schmerzpatienten

Chronische Schmerzpatienten haben im allgemeinen einen sehr schwierigen und komplexen Krankheitablauf. Die persistierende Schmerzsymptomatik trotz zahlreicher frustrierender verlaufenen Behandlungsversuchen lösen erhebliche zukunftsbezogene Ängste und Befürchtungen vor einer möglicherweise nicht günstig zu beeinflussenden Krankheitsentwicklung aus. Parallel entwickelt sich zunehmende Hilflosigkeit und Resignation bezüglich der eigenen Kompensations- und Bewältigungsmöglichkeiten. Daher ist es wichtig, das Problem chronischer Schmerzen nach dem multimodalen Gesamt-Therapiekonzept biopsychosozialen, interdisziplinär anzugehen, um den Patienten angemessene Hilfe anbieten zu können, mit realistischen Erwartungen. Sowohl objektivierbare "Ursachen" der Beschwerden als auch deren subjektive Bewertungen durch die Betroffenen und ihre Behandler entscheiden mit darüber, ob und welche Entwicklungen zum Besseren möglich sind. Um zu ermitteln, welche Faktoren einer Beeinflussung durch pharmakologische, technische oder psychologische Behandlung zugänglich sind, bedarf es diagnostischer und therapeutischer Kompetenz. Auch müssen psychosomatische und psychosoziale Aspekte miteingegriffen werden. Die Herausforderung für eine therapeutische Kommunikation liegt darin herauszufinden, was einer "emanzipatorischen" Entwicklung der Patienten dienen kann. Darum haben wir in unserer Schmerzklinik das Konzept: "Anleitung zur Selbsthypnose und Emanzipation" entwickelt, was allerdings ganz im Gegensatz zu gängigen Erwartung chronischer Schmerzpatienten steht, die hoffen, dass ihre komplizierten Probleme mittels einer Hypnose (Wunderkunst!) gelöst werden sollten. Damit mehr Patienten von dem Konzept der Selbsthypnose und Emanzipation Anleitungen profitieren können, haben wir uns entschlossen, es in kleinen Gruppen (bis zu acht Patienten) anzubieten. Es werden acht Zweistundensitzungen über zwei Jahre angeboten mit sieben verschiedenen Hypnoseübungen während der Sitzung. Von jeder Übung wird dem Patienten ein CD graviert mit der Aufforderung, sie regelmäßig (jeden Tag) zu machen. Es bedarf natürlich einer intensiven und konstruktiven Arbeit mit den Patienten welche aktive Partner in diesen neuen Lernprozess werden. Es ist davon auszugehen, daß in Hypnose im Kontext einer vertrauensvollen therapeutischen Beziehung, individuelle Ressourcen aktiviert werden können. Gleichzeitig erhalten die Patienten während der zweistündigen Sitzung "Hausaufgaben", welche gezielt ausgewählt werden, damit die Patienten neue Strategien selbst auszuprobieren, um so eine Verbesserung von Krankheitsbewältigung und Selbstmanagement zu erreichen. Diese geeigneten Impulse zur Selbsthilfe werden im diesem Workshop erweitert, sowie Resultate einer Studie die mit diesen "Gruppenpatienten" ausgeführt wurde.

Eva Ferstl

MSc

Die Entdeckung von Ressourcen bei Frauen mit Kinderwunsch oder bei Schwangerschaftsbegleitung und Geburtsvorbereitung: ein integrativer neo-Erickson'scher Ansatz in Ego-State Therapie

Die sensible Zeit des Kinderwunsches und der Schwangerschaft bringt das innere System oftmals durcheinander. Dieser Workshop zeigt Möglichkeiten, wie die therapeutische Arbeit mit Frauen bei Kinderwunsch und Frauen während der Schwangerschaft als Begleitung und Vorbereitung auf die bevorstehende Geburt ego-state-therapeutisch gestaltet werden kann. Da in der Schwangerschaft Systemgrenzen neu definiert werden, kann die Entdeckung von ressourcevollen Ego States zur Kooperation mit dissoziierten und/oder schwächenden Ego States hilfreich sein. Der Fokus dieses Workshops liegt auf der spannenden Aufgabe, die Beziehung zwischen den Ego States zu optimieren, in dem die Stärken und Schwierigkeiten einzelner Ego States utilisiert und in einen neuen Beziehungszusammenhang gestellt werden.

Die Trauer der neo-Väter - wenn nach 40 Wochen kein Kind kommt

Wenn Väter "schwanger" werden, kommt es zu vielen Veränderungen, die denen der Frauen gar nicht unähnlich sind. Frühe Beziehungsmuster werden reaktiviert und das Selbstbild als Mann und Vater wird neu definiert. Kommt es zu einer vorzeitigen Beendigung der Schwangerschaft finden Männer im allgemeinen keinen Platz für ihre Trauer. Dieser Vortrag beleuchtet die Seite der Väter, ihre Trauer, ihre Wut, ihre Machtlosigkeit, mit der sie oft konfrontiert und alleingelassen werden und zeigt Möglichkeiten, wie mit Hypnose die unterschiedlichen Aspekte behandelt werden können.

Ego-State Therapie „insight“: Die Stufen der Persönlichkeitsintegration am Beispiel einer 12-jährigen Patientin mit der Diagnose „Anorexia nervosa“

Die Fallvignette einer 12jährigen Patientin mit der Diagnose "Anorexia nervosa" zeigt auf lebendige Art und Weise, wie sowohl hilfreiche als auch teilweise abgespalten gehaltene Ego States des kindlichen Selbst im Verlauf der Ego State Therapie die Stufen der Persönlichkeitsintegration erreichen und halten können.

Susann Fiedler

Dr. med. dent.

Die Essenz erfolgreicher Bruxismustherapie - was jeder Therapeut, (Zahn-)Arzt und Patient wissen sollte

Im Workshop wird erklärt und demonstriert, wie man das hypnotherapeutische Vorgehen durch eine präzise medizinische Differentialdiagnostik und das Erklären der erhobenen körperlichen Befunde vorbereitet. Im Einzelnen wird erläutert, wie man in wenigen Augenblicken auf einfachste Art und Weise

- den Muskelstatus der Nacken-, Gesichts- und Kiefermuskeln,
- die Abriebstrukturen und andere Veränderungen in der Hartsubstanz der Zähne,

- Zahnfrühkontakte und
 - den Abstand der Zähne beim Sprechen (wichtig für Indikation / Kontraindikation einer Schiene) erfasst und dem Patienten so erklärt, dass er die Erfahrung macht, dass man aus diesen für ihn durch Sehen (anhand des Modells) und Fühlen überprüfbar erhobenen Befunden ihm sagen kann,
 - ob und wie er knirscht (d. h. seine Zähne hin und herschiebt),
 - presst (die Zähne nur „hoch und runter“ belastet, was oft zu Schmerzen und degenerativen Veränderungen in den punktuell überlasteten Kiefergelenken führt) oder
 - ob er eine Zungengewohnheit hat, die zu Veränderungen im Mundbereich führt.
- Demonstriert und transparent gemacht wird, wie diese medizinische Differentialdiagnostik die hypnotherapeutische Strategie vorbereitet und wie die maßgeschneiderte hypnotherapeutische Strategie auf Basis der Fail-Safe-Doublebind-Induktion nach Rossi präzise und direkt aus dem körperlichen Befund abgeleitet und entwickelt wird.

Gabor Filo

Dr.

Rapid Inductions for Every Day Use

In this day of decreasing insurance coverage, increasing overheads and attention spans limited to a 140 characters, does a hand-on clinician have time for a long winded induction? For that matter, when brief therapy is becoming the necessitated norm, can mental health professionals devote more time to starting the car than getting to the destination?

The aim of this workshop will be to offer clinicians an insight into rapid, instantaneous and brief inductions that may be utilized as is or with adaptation to suit all professions.

The theory, history and basis of several inductions will be reviewed and if time permits practiced. The ultimate objective is to have new or renewed skills for use at your next session with patients and clients.

Melchior Fischer

Dipl.-Psych.

Einführung in die Hypnotherapie bei chronischen Schmerzen

Dieser Workshop vermittelt die Grundlagen der hypnotherapeutischen Behandlung von Klienten mit chronischen Schmerzen. Inhalte des Workshops sind hauptsächlich hypnotherapeutische Interventionen, die den Klienten helfen, mit ihren Schmerzen besser umzugehen. Dabei wird es neben Techniken, die den Schmerz in der Qualität und Intensität verändern können, auch um hypnotherapeutische Möglichkeiten gehen, welche verschiedene Neben- bzw. Auswirkungen von chronischen Schmerzen (wie z.B. Schlafstörungen, sozialem Rückzug, etc.) positiv beeinflussen.

Anhand von Beispielen werden die Besonderheiten der chronischen Schmerztherapie herausgearbeitet und die Teilnehmer erhalten eine detaillierte Anleitung, die durch die ersten Sitzungen führt.

Sowohl der hypnoseunerfahrene Schmerztherapeut mit Interesse an hypnotherapeutischen Ansätzen als auch der Hypnotherapeut ohne spezifisches Wissen über die Behandlung von chronischen Schmerzpatienten soll von diesem Workshop profitieren und interessante neue Einblicke gewinnen. Ziel des Workshops ist es, den Teilnehmern grundlegendes Handwerkszeug für die Arbeit mit chronischen Schmerzpatienten zu vermitteln.

Olivier Fleureaux

Dr.

Conversational hypnosis for surgery

This lecture presents the use of conversational hypnosis in the operating theatre. Hypnotic tools useful for its achievement are proposed. Videos help us to understand how it's a wonderful technique for some patients and how classical and conversational hypnosis can be alternated in accordance with surgical events.

Carla Frankenhuus

RN/(hypno)therapist

Hypnotherapy for Children with Functional Abdominal Pain or Irritable Bowel Syndrome: A Randomized Controlled Trial

Functional abdominal pain (FAP) and irritable bowel syndrome (IBS) are highly prevalent in childhood. A substantial proportion of patients continue to experience long-lasting symptoms.

Gut-directed hypnotherapy (HT) has been shown to be highly effective in the treatment of adult IBS patients. We undertook a randomized controlled trial and compared clinical effectiveness of HT with standard medical therapy (SMT) in children with FAP or IBS.

Methods: Fifty-three pediatric patients, age 8 –18 years, with FAP ($n = 31$) or IBS ($n = 22$), were randomized to either HT or SMT. Results: Pain scores decreased significantly in both groups: from baseline to 1 year follow-up.

Hypnotherapy was highly superior, with a significantly greater reduction in pain scores compared with SMT ($P < .001$). At 1 year follow-up, successful treatment was accomplished in 85% of the HT group and 25% of the SMT group ($P < .001$).

This workshop will:

- Review and describe our clinical research in the efficacy of hypnosis for functional abdominal pain or irritable bowel syndrome.
- Describe and demonstrate the protocol
- Give the participants an opportunity to practice
- Present exciting follow-up data on the now documented 5 year long-term value of hypnosis for treatment of FAP
- Present our new study

Georg Franzen

Dr. phil.

Tranceerfahrungen im Kunstraum: Die Grotte von Niki de Saint Phalle

Die französische Malerin, Bildhauerin, Architektin und Aktionskünstlerin Niki de Saint Phalle (1930-2002) zählte zu den produktivsten und bekanntesten Popartistinnen der internationalen Kunstszene. Die Künstlerin hat auf dem Hintergrund des eigenen psychischen Leidens und ihren künstlerischen Intentionen archetypische Ebenen und Tranceelemente in ihren Kunstwerken transformiert. Niki de Saint Phalle gestaltete in den Herrenhäuser Gärten in Hannover eine 1676 erbaute Grotte neu. Die Grotte hatte ursprünglich eine rituelle Funktion. Sie diente als ein Ort des Rückzuges, der Verzauberung und der Imagination und der Trance. Niki de Saint Phalle hat diesen archetypischen Charakter durch ihre Gestaltung wiederbelebt. Durch das Begehen bzw. Durchschreiten des Kunstwerks wird gleichsam diese Tradition wiederbelebt, wobei mit der künstlerische Umsetzung des Innenraums die Tiefendimension durch visuelle und imaginative- und hypnotherapeutische Erfahrungsmöglichkeiten erweitert wird. Im Vortrag wird auf dem Hintergrund der Biographie der Künstlerin das Kunstwerk vorgestellt. Die Verwendung der archetypischen Symbolik und der Einsatz von Tranceelementen in ihrer Kunst erläutert. Dargestellt wird auch die kunstpsychologische Wirkung im Rahmen der rezeptiven Kunsttherapie, in der auch hypnotherapeutische Verfahren in den Prozess eingebunden werden können.

Inhalte: Trance und bildende Kunst, Kunstpsychologie, Symbolisches Verstehen bildender Kunst, Der rituelle Prozess von Kunst und seine Phasen, Vortrag mit Erläuterungen zum Kunstwerk.

Kai Fritzsche

Dr.phil. Dipl.Psych.

Sieben auf einen Streich. Ego-State-Therapie in der ambulanten Praxis

Im Vortrag werden anhand von Fallbeispielen aus der ambulanten Praxis sieben Ziele und sieben Prinzipien der Ego-State-Therapie anschaulich dargestellt. Es wird erläutert, wie sich daraus individuelle Behandlungspläne ableiten lassen. Die Besonderheiten dieses Teilemodells der Persönlichkeit sowie spezifische Aspekte seiner Anwendung im Bereich der Behandlung von Traumafolgestörungen werden hervorgehoben.

Zusammen bist Du weniger allein. Ego-State-Therapie in Aktion. (für Fortgeschrittene)

Die Ego-State-Therapie beruht auf einem Teilemodell der Persönlichkeit. Dabei stellt der Kontakt mit Persönlichkeitsanteilen, also den Ego-States einen ersten bedeutsamen Schritt sowie die Voraussetzung für die weitere therapeutische Arbeit dar. Es bieten sich verschiedene Möglichkeiten der Arbeit mit Ego-States an. Diese können u.a. zwei Kategorien zugeordnet werden, der hypnotischen (mit formaler Hypnoseinduktion) und der sogenannten nicht-hypnotischen Intervention (mit Alltagstrance-Phänomenen). Im Workshop werden beide Techniken vorgestellt. Zu den hypnotherapeutischen Techniken gehören vor allem die Arbeit mit Metaphern sowie die Nutzung innerer Bilder, Orte und Helfer. Zu den sogenannten nicht-hypnotischen Techniken gehören z.B. die Arbeit mit Stühlen, mit gestalterischen Mitteln wie Zeichnungen, Bildern, Collagen bzw. mit Figuren oder Symbolen. Im Workshop wird u.a. gezeigt, dass sich die Patient/innen auch bei den nicht-hypnotischen Techniken in leichten Trancezuständen befinden, die von hoher therapeutischer Relevanz sind. Die Teilnehmer/innen sollen die Möglichkeit haben, Ego-State-Therapie in Aktion zu erleben und Einblicke in die verschiedenen Behandlungsschritte zu gewinnen. Zu diesen gehören die Kontaktaufnahme, der Aufbau von Akzeptanz und Verständnis, die Nutzung für den Veränderungsprozess sowie die Förderung von Kooperation und gegenseitiger Unterstützung.

Die Teilnehmer/innen werden auf anschauliche Art und Weise Methoden und Behandlungsstrategien der Ego-State-Therapie erleben. Die Vielfalt der Interventionsmöglichkeiten wird ebenso gezeigt, wie die kreativen Möglichkeiten der Arbeit.

Neben einer kurzen Einführung stehen eine Livedemonstration sowie die Diskussion im Vordergrund. Die Teilnehmer/innen sollten eine Bereitschaft zur Selbsterfahrung in einer Demonstration mitbringen.

Literatur: Kai Fritzsche & Woltemade Hartman (2010): Einführung in die Ego-State-Therapie. Carl-Auer Verlag.

Sabine Fruth

Medizinische Hypnose einmal anders: Aktivierung der Selbstheilung durch gezielte Körperreisen

In diesem Workshop wird ein Einblick in die Welt des Organismus gewährt, so wie sie vom individuellen Unbewussten dargestellt wird. Es ist möglich, geleitet von einem körperlichen Symptom, direkt zum "Ort des Geschehens" zu wandern und gezielt die eigenen Heilungsmechanismen anzusprechen, weitere zu erfragen und zu aktivieren. Dabei entscheidet die

Kreativität des Unbewussten, ob die Heilung sehr anatomisch-realistisch auf zellulärer Ebene erfolgt, oder die Reise in den Körper in eine fantastische Welt führt, wodurch die Heilungsmaßnahmen auf einer ganz anderen Ebene erfolgen können.

Zahlreiche erfolgreiche Körperreisen, vor allem bei Kindern und Jugendlichen, haben gezeigt, wozu PatientIn und HypnotherapeutIn als Team fähig sind.

Neben der Vorstellung von vielen Beispielen aus der eigenen Praxis (Bandscheibenvorfall, Gelenkentzündung, Verklebungen nach Operation, Unterarmfraktur u.v.m.) wird genug Raum gelassen, diese Techniken selbst zu erlernen und praktische Übungen durchzuführen.

Ziel des Workshops ist, die InteressentenInnen zu motivieren, sich auch an körperliche Pathologien hypnotherapeutisch heran zu wagen.

Ben Furman

Dr. med.

Use of fantasy in solution-focused psychotherapy

Solution-focused psychotherapy is, in a way, a form of hypnotherapy. Instead of formal trance, in solution-focused therapy the therapist utilizes fantasy to encourage and help clients create positive future projections. This technique was originally described by Milton Erickson who called it "pseudo-orientation in time". Guiding clients to fantasize, imagine, mentally rehearse, act out, or perform their solutions is not only effective but also a lot of fun. Through exiting exercises you will learn how to use creative "pseudo-orientation techniques" (read fantasy) to help people with all kinds of human problems ranging from depression to fear, addiction to trauma, and relationship problems to severe mental disturbance.

Magic meets psychotherapy: Time travel, improvisation, injections and other techniques for bringing fun and creativity into the therapy room

Do you have good imagination? Oh, you do. I thought so. You look like a person with good imagination. Would you be interested in using your imagination to overcome your problem? Nice! Cool. 'Cause I think it can speed up things for you if you take advantage of your imagination. You see this pen in my hand. Now I'd like you to imagine, that it's not a pen but a magic wand. Can you do that? Ok so if this is a magic wand it can be used to create miracles, right? It can be used to give you psychological powers that you don't have, but that you'd like to have. Take your time and think about what would be the power that you'd need to overcome your problem.... Wonderful. Now suppose I did my magic with this magic wand, and indeed, you'd get that power you said you need. You'd leave the office. You'd probably be doubting that the magic wand has had much of an effect on you 'cause you are rational and don't really believe in miracles. How could you test the effect of the wand, and what would be proof to you that it actually works?

Adolfo García de Sola Márquez

Psy.D.

Working Consciousness States in Psychotic Patient Groups

The purpose of this paper is to show the work carried out with psychotic patients groups using techniques derived from work on states of consciousness. The experience is developed in a Mental Health Center belonging to the National Health System of Spain

Dealing with psychosis, more conventional psychotherapeutic approaches often do not have much success and medication, but help, not get optimum results and causes significant side effects. There seems to be support to the use and research in alternative therapies and treatments. Moreover, there is often a positive attitude towards the inquiry from such interventions. Methods that seek to alter the state of consciousness with a therapeutic purpose have a long and extensive history throughout different cultures. Approaches have been very different, some more discreet and others more spectacular, as well as the degree of deepening in the labour of trance used for them.

On the other hand, therapeutic work with psychotic people needs a thorough knowledge of psychopathology and a strong training in psychotherapy. Professional experience is essential. In addition, literature has shown that experienced therapists tend to have good results with alternative techniques.

We prefer better to talk about actions on the state of consciousness than hypnosis, because the field is wider. Our interventions are flexible, always following carefully the development of the session, the suggestions of the patients or the rhythm they mark. It's very important to hear the patients. Flexibility is essential.

There are some key recommendations to consider: for example, and for obvious reasons closely related to paranoid symptoms, do not use prevailing orders, no require the patient to do something without being able to resist the order. In my experience is better, on principle, to make use of inductions related with relaxation instruction.

There are also some lines that help to open the way through other different states of consciousness than ordinary, such talking about dreams or presented feelings when patient is hallucinating or delirious, to recall situations in which you felt particularly well, getting in and out of the induction, etc.

In this approach, the concept of 'dissociation' is fundamental for understanding and the management of consciousness states and hypnosis as a healthy instrument.

Results are presented and discussed from the outlook of improvement and adaptation to the daily life.

Key words: States of Consciousness, Hypnosis, Psychosis, Groups, Psychological Treatment.

Teresa Garcia-Sanchez

MA, ECP

A workshop based on a Multiple Sclerosis case totally recovered as the scans show

This workshop is based on case report (with videos and scans) on a Multiple Sclerosis totally recovered with Hypnosis and medical treatment. The interest of this intervention is that it is useful for every auto-immune disease. After having worked successfully for 15 years with auto-immune patients, improving their quality of life with Ericksonian Psychotherapy and Hypnosis interventions it is clear that we can provide to the patient hope without false expectations and treat different aspects of their illness with Hypnosis at the same time they were following their medical treatment. This has been determinant in the Multiple Sclerosis case report presented as the development of the therapeutic relationship established had been the core of the treatment which final result is a complete recovery with no after-effects as he has nowadays no limitations of the paralysis and blindness he suffered and crisis have not appeared along the last ten years.

The case-report will show videos of the patient and the different scans where the white scars of the MS have disappeared along the last 10 years.

During the workshop, the possibilities of the following hypnotic interventions will be explored and thought with exercises:

- Hypnosis is useful for pain control.
- Hypnosis has positive effects on the immune system.
- Hypnosis helps to cope with the medicinal side effects (hydrocortisone, interferon, chemotherapy, immune depressors).
- Hypnosis improves the depression associated with the self-immune disease.

The global psychotherapeutic strategy will be described and the different goals for every phase of the hypnotic treatment will be explained. Additionally, extracts from a video with the client's feedback will be shown.

At the conclusion of the session, the trainee will be able to develop a personalized metaphor for treating a client's prolonged suffering and severe illness, such as an autoimmune one and teach him appropriate and realistic self-hypnosis.

Franck Garden-Brèche

Dr.

Hypnosis and Emergencies: Bringing out the beaten tracks...

Far from the felted and peaceful offices of therapists, the use of hypnosis in the vital situations of out-of-hospital emergencies (French SAMU) recovers from a chaotic experiment. Acute pain, panic, stress, anxiety, negative trance get mixed to the environmental parasites: noises, excitement, multiplicity of the participants, anguish of the family or the witnesses and so much...

Then, all the conditions of a bigbang are gathered to initiate a psychic trauma.

We shall learn in this workshop (this lecture) how to use all the factors of this unexpected crisis by integrating dissociation, various levels of communication and temporality to treat the moment and prepare the future.

When the problem becomes the solution...

Anna Gerge

MSc

Combining forces "Why evidence based treatments for traumatization as EMDR and Trauma focused-CBT ought to add clinical hypnosis for enhance healing of patients with complex PTSD and DID"

Populations with complex PTSD, DESNOS (Disorder of extreme stress not otherwise specified), DDDNOS (Dissociative disorder not otherwise specified), trauma induced PBD (Borderline personality disorder), depersonalization syndrome and DID (dissociative identity disorder) are well described. Those populations can be considered as sufferers of chronic complex traumatization.

Those patients can heal if they are sufficiently stabilized before they are exposed. For doing this, clinicians need to learn and integrate basic hypnotherapeutic skills connected to a clear rationale concerning the clients integrative capacity. Thus a responsible strategy for evaluating and addressing dissociation in the treatment process is needed.

In the field of methodology for trauma treatment, experienced hypnotherapists can add a major contribution. The findings from neuroscience and attachment research give us a preliminary understanding of why hypnosis works (so well) (Porges 2011).

The hypnotherapeutic work with metaphors in combination with the relational holding of the client in trance-states, contributes to a deepened information process by addressing implicit structures. Still hypnotherapy with multi-traumatized patients gains from the structure of e.g. EMDR-sessions.

Learning Objectives

1. Critically consider the importance of evaluating the integrative capacity and dissociative traits of patients with complex PTSD and DID by using adequate interviews and scales before destabilizing trauma work as well as using hypnotic interventions as diagnostic tests.
2. Develop an understanding in the participants on how to enhance the integrative capacity during phase specific trauma-work with patients with complex PTSD and DID by following the symptom-presentation of the client.
3. Demonstrate by single case presentations how to use hypnosis for stabilization, work with attachment issues and work with parts with DID-patients within phase II work (reworking of trauma).

4. Exemplify the use of clinical hypnosis in extended EMDR-protocols addressing the special needs of continuous reinforcement of stabilization under ongoing trauma-treatment showing a rationale on when to add ego state work versus work with the embodied felt sense in ongoing EMDR-sessions.

George P. Glaser

MSW

The Poetry of Language: Hypnotic Rhythms of the Body-Mind

This workshop offers methods for exploring and analyzing the rhythmic components inherent in the hypnotic/therapeutic process. One might consider the processes of hypnotic induction and deepening as 'musical' or 'poetic' experiences complete with shifting tempos and rhythms, regardless of whether we are speaking of a rapid induction or a more leisurely psychotherapeutic session. It is the presenter's contention that awareness of such rhythms offers the professional a valuable tool in individualizing the therapeutic approach, especially in reference to elements of hypnotic deepening.

Another concept proposes that deepening is best approached in an individualized manner, precipitated by the hypnotist's use of naturalistic/somatic language based on the patient's cognitive and emotional styles. This approach promotes the notion that hypnotic response and deepening is likely to be highly responsive to the quality of the hypnotist-client/patient relationship. In this view, the match between the therapist's style and language and the client/patient's needs and response styles, are of utmost importance.

Two forms of deepening will be examined: one involving a formal induction containing both standard and naturalistic hypnotic elements; the other involving an examination of how to utilize a person's existing meditative and imaginal rhythms as a starting point in the hypnotic experience.

Teaching will be accomplished through lecture, demonstration/video, and audience involvement.

These ideas and practices are relevant in a variety of healthcare environments. The presenter's primary clinical experience has been in public and private outpatient settings dealing primarily with anxiety and pain-related issues.

Gaby Golan

Dr.

The use of hypnosis in conversions

Since Freud days, hypnosis was used to work with patients with conversions and other types of hysteria.

Four cases of the uses of hypnosis with patients with conversions will be presented as demonstrations of the power and potential of hypnosis to help or harm this type of patients.

The presentation will include an introduction regarding the phenomena of conversion, and movies that demonstrate the complications of hypnotic therapy with this type of patients.

Ashley Goodman

Dr.

Rapid Inductions for Every Day Use

In this day of decreasing insurance coverage, increasing overheads and attention spans limited to a 140 characters, does a hand-on clinician have time for a long winded induction? For that matter, when brief therapy is becoming the necessitated norm, can mental health professionals devote more time to starting the car than getting to the destination?

The aim of this workshop will be to offer clinicians an insight into rapid, instantaneous and brief inductions that may be utilized as is or with adaptation to suit all professions.

The theory, history and basis of several inductions will be reviewed and if time permits practiced. The ultimate objective is to have new or renewed skills for use at your next session with patients and clients.

Jini K Gopinath

MA MPhil

Subjective Experience of Past – Life Regression

The aim of this study was to examine the subjective experience of past - life regression (PLR). 15 graduate students underwent PLR facilitated by a trained professional for this purpose. Using Interpretative Phenomenological Analysis (IPA), the data collected from the interviews with these individuals was analyzed. The participants were able to relate their experiences under trace with their present life scenarios and could find meaning in their experiences. Most participants reported positive effects of the experience and this may have implications for further research and therapy with non-clinical populations.

The conceptual parallels between Yoga and Hypnosis

The trance states in yoga and hypnosis are associated with similar phenomena like relaxation, disinclination to talk, unreality, misrepresentation, alterations in perception, increased concentration, suspension of normal reality testing, and the temporary nature of the phenomena (Erickson, Hershman, & Secter, 1961).

The parallels between hypnosis and the yoga sutras exist in the deepening and induction. The parallels between hypnosis and the yoga sutras exist in the deepening and induction of trance, the phenomena experienced during trance, and in the therapeutic gain, techniques and process.

Conclusion: The present study shows there are similarities in the two states and the concepts of yoga need to be incorporated in modern therapeutic domain.

Heinz-Wilhelm Gößling

Dr. med.

Grübeln als Schlüsselphänomen des gestörten Schlafs - wie nächtliche Grübelzustände "trance"formatorisch aufgelöst werden können.

Schlafstörungen gehören zu den global am häufigsten verbreiteten Gesundheitsproblemen. Neben der sog. Primären Insomnie treten Schlafstörungen als Vorboten von Depressionen, PTSD, Angststörungen und Burn-out auf. Neuere Forschungen zeigen, dass die frühe Behandlung von Schlafstörungen den Ausbruch anderer psychischen Erkrankungen verhindern kann.

Der Workshop legt den Fokus auf nächtliches Grübeln und "Nicht-Abschalten-Können". Sie gehören zu den stärksten Faktoren, die eine Schlafstörung aufrechterhalten. Das charakteristische Insomnie-Phänomen wird als "Negativ-Trance" therapeutisch aufgegriffen und in Richtung eines kreativen, lösungsgenerierenden Prozesses "trance"formiert.

Im Workshop wird auch aufgezeigt, wie schlafmedizinisches Wissen und Erkenntnisse aus der Chronobiologie für hypnotherapeutische Strategien utilisiert werden. Auf dieser Grundlage sind die "big five" einer schlaffreundlichen Selbstfürsorge konzipiert. Konkrete Anwendungsbeispiele und praktische Übungen sorgen für einen hellwachen Ideenaustausch, in dem Fälle und Fragen der Teilnehmer vertieft werden können

David Gottsegen

MD, ABMH

Hypnotic Approaches for Children with Enuresis: The use of suggestion and metaphor

Enuresis is the most common urologic and habit disorder in much of the world, affecting between five and seven million children in the United States alone. Behavioral approaches like the bedwetting alarm and hypnosis, which makes the locus of control, the "alarm", intrinsic rather than extrinsic, are the most effective evidence based treatments for this disorder.

The presenter will draw from his twenty of years of experience, teaching, and writing about this cure for bedwetting - including a talk for health care workers at the African Medical Education Research Foundation in Nairobi, Kenya - to discuss how this locus of control is initiated. Both simple self-regulation strategies and Ericksonian metaphorical approaches will be illustrated, with examples drawn from the presenter's experience.

The young patient is usually only in a light, or "awake trance". The "side effects" of hypnotic approaches to enuresis often include reduction in anxiety connected to bedtime and school. Implications for future research, including the definition of "hypnosis" will be discussed.

Martina Gross

Mag. phil.

Neugierig sein auf "Widerstände"!

Aus hypnosystemischer Sicht kann "Widerstand" als ein wichtiger autonomer Anteil der KlientIn und somit als Ressource verstanden werden. Heute ist aus der Hirnforschung schon hinlänglich bekannt, dass unsere Wirklichkeiten in unseren Köpfen zum Entstehen gebracht werden. Diese Wirklichkeiten bilden Welten ab, die für KlientInnen hohen Wahrheitsgehalt haben. Ähnliches gilt für TherapeutInnen und BeraterInnen. Angebote aus fremden Welten werden aufgrund dieser "vorerfahrenen" Gehirnstrukturen oft gar nicht wahrgenommen, manchmal verändert um doch noch in die schon bekannte Welt zu passen oder aus der derzeit aktuellen Vorstellung der Welt sogar ausgeschlossen. Vor allem der vehement von der KlientIn vertretene Ausschluss neuer Ideen oder Sichtweisen aus der derzeit vorherrschenden Erlebniswelt trifft in einer Psychotherapie oder Beratung häufig auf TherapeutInnen, die sich dann dazu eingeladen fühlen, in ähnlicher Weise reagieren. Demnach kann Widerstand als Beziehungsphänomen betrachtet werden, das jedoch die konstruktive Suche nach Lösungsoptionen erschwert oder sogar unmöglich zu machen scheint.

Um all die Erlebniswelten als Ressourcen wahrnehmen und erkennen zu können, scheint es hilfreich, KlientInnen und sich selbst mit einem hohen "Neugierspiegel" zu begegnen.

Dieser Workshop bietet den interessierten KollegInnen Einblicke in die entsprechenden Bereiche der Hirnforschung und deren Interpretationen und Utilisation für Psychotherapie und Beratung.

Ewa Gruszecka

Music of Transformation

"Therapists are more familiar with infirmity than they are with health" Z. Laskowik

Once upon a time an experiment has been carried out... by Zimbardo. Since that moment on, we are looking for ways to transcend identity roles; individual ego, professional ego and all kinds of social ego. One of the ways is by using humor. Any idea that doesn't put a smile on our face could become an ideology. So perhaps it's the sense of humor that is keeping us alive.

Christine Guilloux

Expressions of Mindfulness

Bremen has been the nest or the core of some musicians learning from their steps along the way. Confrontations, thrills, dizziness, excitations, fears, incitements, challenges were to be options to new learnings, to new weaving, to new insights. It could start by a fairy tale for this workshop describes how a psychotherapy process can be transformed in a creative process with words and images, in a mindfulness process. This workshop invites you to meander in shaping metaphors and in writing stories from the inside out and will illustrate how the exhibit "When domovoi" come out" ("Sorties de domovoi", in Lyon, December 2010) has been a way to put patients into action and into life.

Peter Hain

Dr. phil.

Humor und Hypnose - ein hypnosystemischer Ansatz

Bei der therapeutischen Arbeit mit Humor geht es darum dieses psychologische Potential gemeinsam mit Klientinnen und Klienten emotional und kognitiv zu entfalten und als (indirekte) Suggestion für Stärke und Zuversicht erfahrbar zu machen. Therapeutisch entwickelter Humor ist gleichsam eine empathische Zumutung wie auch eine ressourcenorientierte Herausforderung und somit eine wirksame Möglichkeit, in kurzer Zeit Zugang zu neuen Perspektiven zu finden, sowie Veränderungen anzubahnen. Es werden humorvoll provokative, systemisch wirksame Interventionen vorgestellt, um bestehende Muster, Wertungen und problematische selbsthypnotische Induktionen zu unterbrechen und eine anschliessende Trancearbeit optimal vorzubereiten.

Der Workshop gibt einen Überblick der theoretischen Grundlagen, sowie der Bedingungen, Anwendungsmöglichkeiten und Grenzen - illustriert durch Fallbeispiele und Live-Demonstrationen.

Ulrike Halsband

Prof.

Neural substrates of hypnosis

We analysed neural substrates of hypnosis using functional magnetic resonance imaging (fMRI), positron emission tomography (PET) and electroencephalography (EEG).

Using EEG brain activity changes during hypnotic trance induction were systematically investigated. Most pronounced changes in brain activity were found in deep as compared to light hypnosis (step-by-step induction) and in the phase of arm levitation where the suggested movement was perceived as being external.

In a within-subject-design changes in brain activity during hypnosis and Tibetan Buddhist meditation were directly compared. High amplitudes in alpha frequency bands were most pronounced under meditation at frontal positions and under hypnosis in central and temporal locations. Significantly greater activity in theta 2 band was observed only under hypnosis in both hemispheres.

In a PET study cerebral activation patterns of imagery-mediated learning were analysed in hypnotic trance and a baseline level in a within-subject-design. Learning of high-imagery words in hypnosis was associated with (i) more pronounced bilateral activation in the occipital cortex and prefrontal areas and (ii) an improved memory performance.

Visual illusion in hypnosis was studied with fMRI and data were analysed with Granger Causality Mapping. Results indicate changes in the effective connectivity relations of fusiform gyrus, anterior cingulate cortex and intraparietal sulcus.

Using fMRI, patients with dental phobias were examined. Bilateral and pronounced amygdala activation occurred when viewing phobia-related stimuli, however, after dental hypnosis the amygdala activation was not visible anymore. But instead an increased activation of the fusiform gyrus was observed.

Taken together, the findings advance our understanding of the neural mechanisms that underlie hypnosis.

Ernil Hansen

Prof. Dr.med. Dr.rer.nat.

Negative suggestions and nocebo effects in medicine

For many patients medical treatment represents an extreme situation that leads them into a natural trance-like state with highly elevated suggestibility. The medical setting accidentally is full of negative suggestions. They stem from the

characteristics of this altered state of consciousness and function itself, from the medical information consent, the nonverbal signals of medical technologies, induced passivity, medical lingo, ambiguous connotations, misunderstandings, direct and indirect negative suggestions, lack of care and company, and fears and self-protective mechanisms of personnel and visitors. Negative expectations and conditioning lead to nocebo effects that enhance stress and pain. These direct and indirect negative suggestions have extensive impact on somatic and psychosomatic parameters and functions.

Awake during brain surgery?

For surgery of tumors in vicinity to eloquent areas of the brain or for deep brain stimulation to treat Morbus Parkinson patients have to be awake during brain surgery for intraoperative testing. An alternative method to the standard Sleep-Awake-Sleep technique (including anesthesia) is described using cranial nerve blocks, accompaniment and hypnotic communication instead of analgetic and sedative drugs. The therapeutic communication is based on the patient's natural trance-state in this extreme situation, avoidance of negative suggestions, dissociation to a safe place, utilization of patient's responses, reframing of noises and sensations, and verbal and nonverbal positive suggestions. Stimulating the patient's abilities and resources leads to creative collaboration and affirmative self-confidence. Successful application in more than 90 patients demonstrates the high efficacy of principles of hypnosis in open brain surgery without formal hypnotic induction.

Idillette Hartman

M.Log

Stuttering and Stuttering Therapy

Stuttering affects the fluency of speech. It begins during childhood and, in some cases, lasts throughout life. The disorder is characterized by disruptions in the production of speech sounds, also called "dysfluencies." Most people produce brief dysfluencies from time to time. For instance, some words are repeated and others are preceded by "um" or "uh." Dysfluencies are not necessarily a problem; however, they can impede communication when a person produces too many of them. The impact of stuttering on daily life can be affected by how the person and others react to the disorder. In this introductory presentation attention will be given to the definition, etiology and some treatment strategies (also hypnotic interventions) of the stuttering phenomenon.

Woltemade Hartman

Ph.D.

Brief Introduction to Ego State Therapy and the Symposium

Introductory speech to the Symposium, including a brief introduction into Ego-State Therapy.

The Treatment of a Sleeping Disorder with Ego State Therapy

Parasomnias, or better known as sleeping disorders, are often characterised by behavioural or physiological events occurring in association with sleep. In this presentation Dr Hartman will present a case study of a patient suffering from REM behaviour sleeping disorder. The latter is characterised by episodes of complex, often violent, behaviour and is thought to represent a patient acting out his dreams. Dr Hartman will describe the process of intervention he followed in activating the ego states associated with the disorder. The ego states involved suggested surprising precipitating factors associated with the disorder. The corrective experience that led to resolution will also be explicated. A DVD-clip will be presented illustrating the patient's behaviour during the sleeping phase.

Hypnotic Interventions for Stuttering and Voice Disorders

Trauma often precipitates somatic reactions related to motor functioning. Motor symptoms include stuttering, aphonia, difficulty in swallowing or a sensation of a lump in the throat to name only a few. Stuttering and aphonic patients often present with multiple symptoms, many of which do not readily respond to standard speech therapy and psychotherapeutic interventions. In this presentation Dr Hartman will present various case examples, highlighting effective and useful hypnotic intervention strategies in resolving some of the more persistent symptoms of stuttering and aphonic conversion reactions.

Ungeschliffene Diamanten: Ein Ego-State-Ansatz mit Live-Demonstrationen

Ego-State-Therapeuten stellen keine Exorzisten dar, die Teufel, Traumata oder andere Defizite austreiben, vielmehr betätigen sie sich heutzutage wie Schatzsucher, welche die unentdeckten Diamanten und Ressourcen im Leben und in der Persönlichkeit ihrer Klienten aufspüren. Die Ego-State-Therapie ist eine wirksame Methode, um Klienten dabei zu helfen, ihre eigene Persönlichkeit auf das Beste hin zu sondieren. Sie unterstützt direkt beim „Anzapfen“ von Rohdiamanten, nämlich von Ressourcen wie Entschlossenheit, Kraft zum Überleben, Resilienz, Hoffnung, Optimismus und Liebe. All diese Ressourcen ermöglichen den Klienten das Wachsen und Gedeihen. In diesem Workshop werden die Teilnehmer Techniken erlernen, die das Erleben von ressourcenbesetzten Ego-States aktivieren und verstärken. Dazu werden Erickson'sche und Ego-State-Techniken kombiniert. Dieser Workshop ist für Anfänger und für erfahrenere Praktiker gedacht und beinhaltet zwei Live-Demonstrationen.

Steve Hassan
M.Ed. LMHC, NCC

Symposium "Manipulation and self trance"

The authors have studied manipulation for years from Italy and America and have come together presenting their combined learning and wisdom. They offer practical methods of dealing with manipulation as well as a self trance that can help participants to remain safe from manipulation. You will receive useful tools for dealing with manipulation as well as personally learning a self trance that can assist you in detecting manipulation as well as staying safe when it is going on.

Releasing the Bonds: Empowering People to Think for Themselves

Millions of people have experienced the unethical use of hypnosis, behavior modification techniques, and systematic social influence patterns used by destructive cult groups and individuals. There is a desperate need for psychotherapists who understand how to help counsel these individuals (listed in DSM IV as Atypical Dissociative Disorder 300.15).

In this program, participants will learn how to identify the effects of destructive mind control, and will be given a working model for counseling people who have been indoctrinated to distrust their own thought processes and personal value system.

Topic Outline:

What is Destructive Mind Control?

- (BITE Model) Behavior, Information, Thought, Emotion Control
- Dissociated creation of cult Identity: Suppression of Self- Locus of Control Moved to External Authority
- Thought-Stopping Techniques
- Phobia Indoctrination

What Characterizes a Destructive Cult?

- Pyramid shaped totalitarian structure (anti-democratic)
- Behaviors NOT Beliefs
- Use of Deceptive Recruitment Techniques
- Control of Behaviors, Information, Thoughts, & Feelings

The Population: Three Types of Former Members

- Walk-outs
- Kick-outs
- Counseled-out (deprogramming/exit-counseling)

Common Psychological Problems and Issues

Identity and belief confusion; Depression; Anxiety; "Floating;" Panic attacks; Phobias; Fear; Guilt; PTSD; trust issues such as fear of intimacy & fear of commitment; sexual disorders: Suicidal ideation; threats and harassment; social stigma and others.

Strategies for Counseling

Identify client's situation: assessing pre-cult identity strengths and vulnerabilities; cult involvement; how they are now; identify needs; Re-access resource states, valued beliefs, important relationships, Psycho-education: explain social psychological principles; provide models of brainwashing, thought reform and mind control; Use of metaphor and indirect methods to side-step thought stopping; Three stage phobia intervention; Dissociated review of cult memories (good and bad); Associated recreation of experience with "here and now" resources; Integration of positive learning into more healthy, balanced self.

Strategic Interaction Approach (SIA)

- Process oriented and Solution oriented. Empowering person to think for themselves, not to get them out of cult.

Organize a team of family members, friends and other resources to work together to help the individual. These individuals are also important for support and recovery period after intervention.

Create effective agents through psycho-education about specific cult beliefs and behaviors as well as destructive mind control issues.

Use coaching, role-playing, possibly infiltration.

Utilize internet as communication hub. Web sites, social networking, and other resources to find points of access and influence

Effective communication strategies: bypass thought-stopping, encouraging thinking, reflection and reality-testing. Therapeutic metaphors, case examples or "other" situations and groups which might be problematic.

Asking key questions to help empower people to reconnect with their inner voice and reclaim their personal power

Format: Lecture with Lots of Questions and Answers. Possibly secure former members of Scientology and a couple of other groups to assist.

Susanne Hausleithner-Jilch

„Alles wird gut“: Eine Fallstudie zu Ego-State Therapie bei frühem Verlust

In der Fallstudie soll exemplarisch der Einsatz der Ego State Therapie bei frühem Verlust gezeigt werden. Die Phasen des SARI-Modells (Sicherheit und Stabilität schaffen, Zugang zum Trauma finden, Traumaerfahrung durcharbeiten, korrigierende Erfahrung erleben und die Erfahrung integrieren) werden anhand der Fallstudie gezeigt und erklärt.

Ingo Hodum

Dipl.-Sozialpäd.

Mentales Training und Hypnotherapeutische Interventionen am Beispiel von Hochleistungssportlern im Tischtennis

Für Sportler gilt es ihr vorhandenes Potential zu entwickeln und zu verwirklichen. Ebenso unter Wettkampfbedingungen, gerade wenn es darauf ankommt, ihre optimale Leistung zu erbringen und entsprechende Ressourcen aktivieren zu können. Zudem ist es für den Sportler wichtig, zwischen vielen Trainingseinheiten und Wettkämpfen immer wieder bestmöglich zu regenerieren.

Dieser Workshop gibt einen Einblick- auch in Form von Videoeinspielungen - in die Arbeit mit jugendlichen, aber auch erwachsenen Hochleistungssportlern (Nationalspieler) aus dem Tischtennissport. Vorgestellt werden hypnotherapeutische Interventionen, dies auch durch Demonstrationen, sowohl im Bereich der Regeneration, der Wettkampfstabilisation, als auch dem spieltechnischen-konditionellen Bereich. Im Bereich der Wettkampfstabilisation spielen insbesondere die Konzentration, die Wettkampfvorbereitung, die Wettkampfsituation selbst und die Stärke in "engen" Spielsituationen eine wichtige Rolle. Im spieltechnisch-konditionellen Bereich soll dargestellt werden, wie verschiedene hypnotherapeutische Techniken auch im Training eingebaut werden können.

Ziel/Lernziel:

- Einen konkreten Einblick in die Arbeit mit hypnotherapeutischen Interventionen bei Leistungssportlern.
- Kennenlernen und Mitnehmen von konkreten Ideen anhand von Fallbeispielen.

Eleonore Höfner

Dr. phil.

Der Provokative Stil® zum Kennenlernen und Ausprobieren

Der Provokative Stil® repräsentiert eine humorvolle Art der Kommunikation, die sich in fast jeden Beratungsstil einbauen lässt. In diesem Workshop zeigen Höfner und Tracht die provokative Vorgehensweise live. Außerdem können die Teilnehmer in Kleingruppenübungen erste eigene (emotionale und kognitive) Erfahrungen damit machen.

Karl Ludwig Holtz

Prof. Dr.

What can we learn by developmental psychology, especially by Jean Piaget, for hypnotherapy ?

In 1920 Jean Piaget attended an International Psychoanalytic Congress in Vienna and pointed out why he believed that the so called oedipal period was so interesting for psychoanalysts and why the special developmental aspects of that period might lead to artifacts in the interpretation of psychoanalytic findings. In my contribution I want to point out why developmental knowledge sensu Piaget might be helpful in planning and evaluating hypnotherapeutic strategies with children and adolescents.

I would like to stress the topics

- attention focusing
- language and metaphors and
- identity development sensu Robert Kegan

Peur et phobies chez les enfants et adolescents - stratégies hypnothérapeutiques

La peur et la transe (rêveries, visions) ont des affinités, autant utiles que déconcertantes à traiter de manière thérapeutique: toutes deux sont malgré leur thématique dans les domaines clinique et pathologique, d'abord des phénomènes quotidiens et font donc partie du développement humain normal. Surmenage et menace omniprésente peuvent être des signaux de détresse lors d'une perte des moyens. Ils signalent que les individus essayent de rester capables d'agir dans un monde vécu comme menaçant. Des peurs et des phobies violentes montrent qu'un contrôle nécessaire des actes ne sert à rien instantanément. En temps que stratégies individuelles de survie, elles signalent le "outsider", et comment les individus apprécient et structurent leur propre situation. Peurs et phobies sont donc "des jugements légitimes sur le monde" (Oestreich, 1975)

L'hypnothérapie peut aider à réanimer une capacité d'action et un contrôle de soi-même.

Des stratégies thérapeutiques, qui prennent en considération le stade de développement particulier des patients, feront le sujet de la conférence.

Regina Hunter

Dr. phil.

Minimalisme: apprendre à l'instar du cerveau

Au cours de ce workshop, nous développerons les bases scientifiques et les exigences à remplir afin de pouvoir apprendre avec succès. Nous découvrirons les liens entre neurobiologie, psychologie et les principes essentiels de l'hypnothérapie en rapport avec le processus d'apprentissage. Sera finalement présentée une structure de coaching du processus d'apprentissage en 3 à 5 séances.

Helga Hüskens-Janßen

Dr. Dipl.Psych.

HypnoMentale Geburtsvorbereitung

Die Geburt eines Menschen gehört seit jeher zu den natürlichen und zugleich den ganz besonderen menschlichen Erfahrungen und Erlebnissen für das Kind, die Mutter (und den Vater). In der heutigen Zeit, in der medizinisches Wissen und technischer Fortschritt schon während der Schwangerschaft und auch während der Geburt eine weitgehende Kontrolle ermöglichen, scheint bei den werdenden Müttern dennoch oder möglicherweise auch gerade darum das Bedürfnis nach mehr gefühlter innerer Sicherheit und Gelassenheit und der Wunsch nach einem festen Vertrauen auf eigene intuitive Fähigkeiten, die Geburt gut bewältigen zu können, groß.

Die Hypnomentale Geburtsvorbereitung nach Schäuble und Hüskens-Janßen ist ein sorgfältig entwickeltes, langjährig erprobtes und mit Hilfe wissenschaftlicher Untersuchungen auf seine Wirkung geprüftes, ganzheitliches hypnotherapeutisches Verfahren. Es ermöglicht der Schwangeren, sich durch wiederholtes mentales Üben des Geburtsvorganges in einem tief entspannten Zustand während der Schwangerschaft in optimaler Weise auf die bevorstehende Geburt vorzubereiten. Dabei besteht die grundlegende Strategie darin, mit Hilfe spezifischer intelligent und kreativ eingesetzter hypnotherapeutischer Möglichkeiten den dysfunktionalen Kreislauf aus Angst, Anspannung und Schmerzen zu unterbrechen. Es kommen Techniken zur Schmerz- und Angstreduktion und zur Stärkung von Selbstvertrauen und Motivation zum Einsatz. Zentral ist das Umlernen von Konditionierungsprozessen, die das reflexartige Einsetzen der Trance mit Beginn einer heftigen Wehe ermöglichen.

In dem Seminar wird das Konzept der hypnomenalen Geburtsvorbereitung mit theoretischem Hintergrundwissen und praktischen Übungen vorgestellt.

Pantazis A. Iordanidis

Dr.

Ericksonian Hypnosis Facilitated Psychotherapy for Pathological Gambling

Pathological gambling is an impulse control disorder characterized by persistent and recurrent maladaptive gambling behavior. The psychopathology of the disorder involves impulsivity, sensation seeking, positive reinforcement (e.g. operant conditioning of variable ratio of losses and wins), negative reinforcement (e.g. initiation but no completion of a habitual behavior leading to uncomfortable states of arousal), "self-medication" (means of symptom relief of depression and anxiety), vicarious learning (imitation of others, media attention of lottery winners), cognitive schemata (e.g. interpretive biases, superstitious beliefs, selective memory of wins only). Hypnotic phenomena of absorption, dissociation and imaginative involvement seem to play a significant role in the persistence of gambling behavior. Treatment of the disorder involves psycho-education, cognitive restructuring, hypnotic imaginal desensitization (training the client to feel relaxed rather than aroused in response to cues for the impulsive behavior), hypnotic imaginal rehearsal (construction of a new behavioral repertoire and practicing it in his/her imagination), and in vivo desensitization.

Educational Objectives:

- 1) List four diagnostic criteria of pathological gambling.
- 2) Discuss the psychopathology of the disorder.
- 3) Describe the types of treatment and apply the use of hypnotic imaginal desensitization and rehearsal for pathological gambling.

Borys Ivnyev

Prof.

New method of depression self-correction in hypnotherapy use - formation of individual behavior with help of "Happiness Matrix Program"

New method of depression self-correction in hypnotherapy use - formation of individual behavior with help of "Happiness Matrix Program"

Epidemiologic research data show high occurrence of depression found both among all the reasons of applying for medical advice and psychological diseases. According to data of different studies in the USA occurrence of low mood is from 9.5% to 11.3%.

Psychic disorders make 8.1% of general diseases as the World Bank reports. Among psychic disorders (depressive disorders, Alzheimer's disease and other dementias, alcoholism and drug addiction) studied by the World Bank, depressive disorders rank high, making up 17.3% of psychic disorders. Depressive disorders appear to be the most frequent in medical practice. Large-scale international study carried out at medical institutions in 12 countries demonstrates that on the average occurrence of depressive disorders among the patients applying to general practitioners (at primary health network establishments) is more than 10%.

Depression is observed in 22% - 33% patients with somatic diseases that have to be treated at the in-patient departments; in 33% - 42% patients with cancer; in 47% patients who had a stroke - within first two weeks after it; in 45% % patients with myocardial infarction.

Treatment of depressive disorders, characterized by recurrent course, is divided into three periods:

- Active therapy aimed at remission formation;
- Supportive therapy intended for relapse prevention within the current episode;
- Prophylactic treatment with the purpose of exacerbation prevention;

A patient with depressive disorders needs psychotherapeutic help at the stage of supportive therapy and prophylactic treatment. However, on coming home after a meeting with clinician the patient practically one-on-one faces with his/her own fear and anxiety again. We have developed a special computer program the purpose of which is to provide the patient with virtual support and emotional control in the out - patient setting.

The program consists of seven special lessons adapted for understanding the causes of disease development and mechanisms of mood disorders onset. Each lesson ends by testing and appeal-like summarizing aimed at combating with depression symptoms. Program part II is an individual testing according to a special scheme, then the author's method (Prof. Grin V.K.) is used for constant monitoring of psycho-emotional patient's state and his self-assessment of carrying out the program recommendations pertaining to the emotional equilibrium maintenance.

This method allows the patient at home fight successfully against negative emotions (dissatisfaction, rage, fear) and egoistic behavior. The program gives the patient the idea what the purport of life is. It contributes to building up such characteristic features as benevolence, justice, industry, purposefulness, determination and aspiration for self- perfection. It also relieves anxiety and sense of guilt. The program also includes active virtual assistants and constant consultation and support in Internet on a special author site.

Authors: Grin V.K., Ivnyev B.B., Babyuk I.A., Abdryakhimova Ts. B.; M. Gorky Donetsk National Medical University, Ukraine.

Edit Jakubovits

Dr.

Immune functions and other physiological indices of breast cancer patients in the hypnotic and control conditions

Besides measuring the quality of life and psychological immune competence of intermediate and high risk breast cancer patients, in our complex study physiological measures of the groups receiving psychological support (hypnotherapy/music control) were also compared with the same indices of breast cancer patients treated with the same chemotherapy protocol, without psychological support.

As a first step the blood count data (leukocyte number, absolute neutrophil rate, thrombocyte and eosinophil number) and the side effects of AC (doxorubicin+cyclophosphamid) chemotherapy often causing nausea and vomiting were compared between the study and control groups. The relationship between these measures and the attitudes and expectations of patients towards chemotherapy were also examined.

It is noteworthy that none of the patients receiving psychological support vomited during the cytostatic infusions. The statistical analysis of the intensity of nausea and the frequency of vomiting revealed a significant difference between the groups receiving psychological support and the control patients. The physical symptoms seemed to be affected also by the attitudes of the patients towards chemotherapy. The subtle analysis of the blood count data and of the NK cell number and activity will be presented and discussed in the paper.

Authors: Edit Jakubovits, Zsolt Horváth, Éva Pállinger, Ágnes Papp, Márton Kun, Éva I. Bánya

Paul Janouch

Dipl.-Psych. Dipl.Päd.

Hypnotherapie bei Angststörungen

Schätzungsweise ein bis zwei Millionen Menschen in Deutschland leiden unter Angstsymptomen. Zu zeigen, dass sich Hypnotherapie in hervorragender Weise zur Therapie von Ängsten eignet, ist das Anliegen dieses Workshops. Es wird ein Behandlungsmodell vorgestellt, das die Angstbehandlung einfach, schnell und effektiv machen kann und außerdem mit verhaltenstherapeutischen oder tiefenpsychologischen Ansätzen kompatibel ist. Die Mehrzahl der Patienten benötigt nicht

mehr als 10 bis 20 Sitzungen, um eine deutliche Besserung oder Symptomfreiheit zu erzielen. Kernpunkt des Ansatzes ist ein problem- bzw. symptomorientiertes Vorgehen. Das bedeutet, dass es nicht primär darum geht, ein störendes oder dysfunktionales Verhalten zu eliminieren, sondern dass das Symptom als Ressource verstanden und genutzt werden soll. Das Modell geht von der Erfahrung aus, dass jedes (Angst-) Symptom, so irrational es - isoliert betrachtet - auch sein mag, ursprünglich sehr wohl eine sinnvolle Funktion hatte (oder noch hat) oder anders gesagt: Es wird davon ausgegangen, dass Angstsymptome fast immer auf traumatischen Erfahrungen beruhen. Mit hypnotischen Techniken, die unmittelbar am Symptom ansetzen, kann das Symptom in den meisten Fällen entschlüsselt, in seiner "Sprache" und Funktion verstanden werden. Der Patient lernt zu verstehen, wozu das Symptom "gut" war (oder ist) und muss nicht weiter seinen sinn- und aussichtslosen Kampf gegen das Symptom führen. Das Suchen und Finden von Lösungsideen wird dadurch enorm erleichtert.

Mark Jensen

Prof.

Hypnotic Cognitive Therapy for Pain Management

In this presentation, Dr. Jensen will discuss the findings from a recently completed study comparing the effects of three interventions (self-hypnosis training [HYP], cognitive restructuring [CR], and a hybrid intervention that includes cognitive restructuring following a hypnotic induction [CR-HYP]) to an education control intervention for reducing pain and catastrophizing cognitions in a sample of patients with multiple sclerosis and chronic pain. Research confirms that training in self-hypnosis can reduce the severity of chronic pain and that the benefits associated with treatment can maintain for at least 12 months following treatment. Cognitive therapy is an alternative treatment for chronic pain, and focuses on teaching patients how to identify maladaptive thoughts that contribute to pain and distress, and use logic to develop more adaptive thoughts, which can contribute to improvements in functioning. Preliminary research supports the possibility that hypnosis can enhance the efficacy of cognitive therapy. This pilot study sought to test for these potential benefits. The findings supported the greater beneficial effects of HYP, relative to CR, on average pain intensity. Moreover, the CR-HYP treatment appeared to have beneficial effects greater than the effects of either CR or HYP alone. The findings support a conclusion that hypnosis can enhance the efficacy of cognitive therapy, and provide a model for how these interventions could be combined.

Hypnotic Management of Pain: I

This 3-hour workshop is intended as the first of two workshops co-facilitated by Drs. Jensen and Patterson. The goals of the workshops are to provide participants with an overview of hypnotic strategies and suggestions for helping individuals better manage acute and chronic pain conditions. This first workshop will begin with a discussion of the neurophysiology of nociception and pain, focusing on nine specific processes and physiological structures involved in pain perception, and that can be influenced by hypnotic suggestions. We now understand that there is no single focal "center" in the brain responsible for the experience of pain. Rather, pain is the end product of a number of integrated cortical networks that involve activity at multiple sites. Too often, clinicians who treat pain focus only on subsets of these processes (for example, limiting themselves to suggestions that address the perceived intensity of pain or the emotional response to pain), which can limit the efficacy of treatment. Hypnotic suggestions for addressing all of the known processes involved in pain perception will be reviewed and discussed, as will ways to use hypnosis to address other problems that persons with chronic pain often have (e.g., deactivation, sleep dysfunction, depression). Case studies presented by workshop participants will be used to illustrate methods for evaluating pain and pain-related issues, and developing tailored treatment programs to effectively address those issues. After participating in the workshops, 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.

Hypnotic Management of Pain: II

This 3-hour workshop is intended as the second of two workshops co-facilitated by Drs. Jensen and Patterson. The goals of the workshops are to provide participants with an overview of hypnotic strategies and suggestions for helping individuals better manage acute and chronic pain conditions. This first workshop will begin with a discussion of the neurophysiology of nociception and pain, focusing on nine specific processes and physiological structures involved in pain perception, and that can be influenced by hypnotic suggestions. We now understand that there is no single focal "center" in the brain responsible for the experience of pain. Rather, pain is the end product of a number of integrated cortical networks that involve activity at multiple sites. Too often, clinicians who treat pain focus only on subsets of these processes (for example, limiting themselves to suggestions that address the perceived intensity of pain or the emotional response to pain), which can limit the efficacy of treatment. Hypnotic suggestions for addressing all of the known processes involved in pain perception will be reviewed and discussed, as will ways to use hypnosis to address other problems that persons with chronic pain often have (e.g., deactivation, sleep dysfunction, depression). Case studies presented by workshop participants will be used to illustrate methods for evaluating pain and pain-related issues, and developing tailored treatment programs to effectively address those issues. After participating in the workshops, 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.

Emese Józsa

Subjective experiences during hypnotic sessions compared to other dyadic interactions

We analysed the subjective experiences of the participants of nearly a thousand interactions. These were either experimental interactions in our laboratory (including group and individual hypnosis sessions, and Joint Rorschach test situations) or everyday dyadic interactions (for example friendly conversation, work in pairs, sexual intercourse, dancing). The participants evaluated their interaction by the Dyadic Interactional Harmony questionnaire (Varga et al, 2006). In case of the hypnosis sessions and the sexual intercourses we used the Phenomenology of Consciousness Inventory (Pekala et al, 1986) as well. The similarities and differences of the subjective experiences during hypnotic and non-hypnotic conditions will be presented.

Authors: Emese Józsa, Katalin Varga, Éva I. Bánya

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

Ulrike Juchmann

Dipl.-Psych.

Mittagsprogramm "Wege entstehen beim Tanzen..."

Afrikanischer Tanz vermittelt durch guten Bodenkontakt und lockernde, rhythmische Bewegungen Sicherheit und Entspannung. Beim "Tanzen mit den afrikanischen GöttInnen" können die TeilnehmerInnen in Rollen und Charaktere schlüpfen, die sich durch spezifische Bewegungen, Gesten und Fähigkeiten auszeichnen.

Die Göttin der Schönheit und des Reichtums, der Zauberer des Waldes (der auch für das Mischen von Medizin zuständig ist), der kämpferische Gott Xango, der Regenbogengott und die weise alte Nana werden kurz mit ihren Ressourcen, Gesten und ihrer eigenen Musik vorgestellt. Das Hineintanzen in eine archetypische Figur ermöglicht es, eigene innere Anteile zu aktivieren und das eigene innere Kräftespiel wieder neu auszubalancieren.

Wege entstehen beim Tanzen - afrikanische "Götter" als Kraftquelle

Durch Tanzen kommt etwas in Bewegung, wir bekommen einen neuen Zugang, wir werden bewegt und bewegen. Im Tanz können Gefühle wahrgenommen, erlebt, ausgedrückt und gewandelt werden. Im Tanz können wir ungeahnte Kräfte entwickeln und neue Möglichkeiten entdecken. Afrikanische Musik lädt ein zu lockeren, rhythmischen Bewegungen und vermittelt einen sicheren Bodenkontakt. Im Workshop werden wir in verschiedene tänzerische Rollen schlüpfen. Anregend sind dabei westafrikanische Gottheiten, die ihre eigenen, leicht zu erlernenden Bewegungen und Charaktereigenschaften haben. Das Tanzen unterschiedlicher Rollen ermöglicht es, auf eine spielerische Art, Neues, Unvertrautes zu entdecken, aber auch ganz Vertrautes wieder zu finden. So begegnen wir der Göttin der Schönheit und des Reichtums, dem Zauberer des Waldes (der auch für das Mischen von Medizin zuständig ist), wir tanzen unsere Kraft mit dem kämpferischen Gott und verbinden Gegensätze in der Rolle des Schlangengottes. Oder wir begegnen im Tanz der Ruhe und Langsamkeit der alten Nana. Wir gehen in Trance und verlassen sie wieder. Wir lassen uns von Bewegungen und Bildern inspirieren und finden zu eigenen Ausdrucksformen. Eine neue innere Balance entsteht spielerisch. Das Vorgehen hat sich in Weiterbildungen, im therapeutischen und supervisorischen Kontext bewährt. Es sind keine Vorkenntnisse erforderlich, Lust an der Bewegung und am Ausprobieren bitte mitbringen.

Anita Jung

LPC, DAPA

Music and Trance

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

The Greek philosopher Pythagoras was among the first to recognize the healing powers of music. Milton Erickson, the musician of mind, body and soul, was the first to structure communication for greatest effect so that clients could change many aspects of their life, not merely their presenting symptoms. Just as the cadence of voice and patterns of speech form the music of Ericksonian communication, repetition and rhythm create the emergence of a trance state in music. The use of music within a hypnotherapy model functions as a catalyst accentuating the nuances of seeding, guiding associations, and deepening trance states. The participants will experience how to musically transform a mood state, understand how to isolate the functions of music to intensify hypnotic sensations, and how to use rhythm as a communication tool to guide associations and deepen trance. Additionally, they will explore the latest research, examining the links between melody and the mind that suggests that listening to and playing music alters how our brains, and therefore our bodies, function. Experiential techniques will demonstrate the utilization of music and hypnotherapy.

Trance - with Live Music / Mittagstrance

Participants will be able to experience trance and live music during their lunch break for up to 45 minutes.

Experience a deep trance state while you rejuvenate your body and soul is the central theme for this musical, hypnotherapeutic induction. Explore your inner, constantly changing reality while travelling into a state of deep trance. You will connect to inner vibrations and find a still point within yourself while evoking inspirational landscapes, sounds, and images. The music by Oliver Rajamani that has been influenced and inspired by elements of folk, nomadic, and spiritual traditions of India and the Middle East plays an important role on this journey.

Gruppen-Induktion mit exotischer Musik - nach Ericksonscher Art und Weise. Trance mal so richtig tief erleben und sich dabei völlig entspannen zu können, ist das Motto dieser Trancereise. Erforschen Sie Ihre innere, sich immer wieder verändernde Wirklichkeit. Begeben Sie sich auf eine Reise in eine Trance, die älteste Tiefenschichten im Inneren zum Schwingen bringt; eine Trance, die Sie dabei begeistert und dazu anregt zur inneren Stille zu finden und dabei zauberhafte inspirierende Bilderwelten evoziert. Die Musik Oliver Rajamanis, die durch folkloristische Elemente, nomadische sowie spirituelle Traditionen Indiens beeinflusst ist, spielt dabei eine zentrale Rolle.

Stefan Junker

Dipl.-Psych.

Hypnotherapeutische Immunmodulation

Ziel des Workshops ist die praxisbezogene Vermittlung hypnotherapeutischer Strategien zur Beeinflussung des Immunsystems. Es werden zahlreiche Interventionen demonstriert und eingeübt, die darauf abzielen das Zusammenspiel innerhalb des Immunsystems erfolgreich zu optimieren. Die Teilnehmer lernen hilfreiche hypnotherapeutische Techniken zur Anwendung bei Allergien und Asthma, Infektneigungen, Tumorerkrankungen und Autoimmunerkrankungen kennen.

Roland Kachler

Dipl.-Psych.

Hypnotherapeutische Paartherapie: Die Arbeit mit dem Paar-Unbewussten

Im Verlieben entsteht bei jedem Paar ein gemeinsames Unbewusstes. Neben der bewussten Ko-Konstruktion einer eigenen Paarwirklichkeit konstelliert sich ein relationales und resonantes Unbewusstes zwischen den Partnern. Nach den neuen Erkenntnissen der Säuglings- und Gehirnforschung kann das Paar-Unbewusste verstanden werden als affective attunement (Stern), als Feld einer geteilten Intentionalität (Tomasello), als gemeinsame Mentalisierung (Fonagy) und als ein durch die Spiegelneuronen vermitteltes Embodiment (Bauer/Gallese u. a.) von emotionalen Prozessen. Diese unbewussten Paarprozesse können in eine Liebes- oder Leidtrance führen, die das Paar als Ausdruck seines besonderen Paar-Unbewussten erlebt.

In der hier vorgestellten Hypnotherapie von Paaren wird aufgezeigt, wie das Paar-Unbewusste angesprochen und utilisiert werden kann, um destruktive unbewusste Prozesse eines Paares zu lösen. In gemeinsamen Paartrancen wird das Paar-Unbewusste über Symbolisierungen oder Paarskulpturen zugänglich. So wird nicht nur das gemeinsame Paarunbewusste verändert, sondern auch neue Kommunikationsmuster zwischen den Partnern vorbereitet.

Die TeilnehmerInnen werden die genannten theoretischen Hintergründe und praktische Anwendungen wie gemeinsame Paartrancen für die Paartherapie kennen lernen. Fallbeispiele, Körperübungen und Trancen machen das Vorgehen für das eigene Erleben zugänglich.

Pamela Kaiser

Dr.

Developmental aspects of self-regulation and some cognitive style patterns

I would like to focus on the developmental aspects of self-regulation and some cognitive style patterns (e.g. Locus of control) which are often the focus of hypnotherapy for children/teens with internalizing (especially anxiety) and externalizing disorders. I would like to particularly focus on how this relates to anxiety disorders.

Anxiety and Worry in childhood: Individualizing hypnosis for self-regulation

Important neurobiological, intra-personal, family and milieu factors must be considered when assessing children and teens with anxiety and worry. Based on each child's profile, an individualized hypnosis treatment plan can be designed which focuses on self-regulation of the child's unique cognitive, emotional, behavioral and psychophysiological reactivity. Developing specific hypnosis goals and practical interventions are emphasized. Videotapes, group learning exercises, and metaphor examples add to the didactic presentation.

Esref Cetin Kaleli

Prof.Dr.

Direct applications of conscious hypnosis

The workshop consists of two parts. In part one, examples of direct quick applications of conscious hypnosis will be presented. Applications by volunteer participants of this technique will also take place. The second part will be reserved for difficult cases. Conscious hypnosis applications on difficult psychiatric cases not getting adequate treatment by medication and problematic social phobia, personal development, nutritional control, tinnitus and dental cases will be displayed in conjunction with DVD's.

Ali Esref Müezzinoglu, DDS (*), E. Cetin Kaleli (**), Husnu Riza Müezzinoglu, DDS (**), Vecihe Müezzinoglu, DDS (****)

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Hans Kanitschar

Dr. phil.

Hypnosepsychotherapie als tiefenpsychologisch fundierte, integrative Methode

Die Psychotherapie mit Hypnose hat im Laufe ihrer Geschichte ihre Vielgestaltigkeit unter Beweis gestellt: als klassische Suggestionstherapie, als verhaltensorientierte Therapie, als Hypnoanalyse, als systemisch inspirierte Therapie, als lösungsorientierte Kurztherapie.

In diesem Vortrag wird eine integrative Konzeption der Hypnosepsychotherapie / Hypnotherapie dargestellt, wie sie in Österreich gelehrt und praktiziert wird: als von den Gesundheitsbehörden anerkannte, eigenständige, tiefenpsychologisch fundierte, integrative Methode.

Zoltán Kekecs

Psychologist

The effects of a positive suggestion protocol in preparation for cataract surgery on the subjective wellbeing, physiological parameters and recovery of the patients

Positive suggestion techniques can be used by the medical staff to great effect in various medical fields even without formal hypnosis. These techniques are extensively studied in combination with surgical procedures but most of these studies involve general anaesthesia.

In our current study we used a positive suggestion protocol to help patients prepare for their cataract surgery where only topic anaesthesia is applied. In the suggestion group patients could listen to a CD containing positive suggestions several times before their operation.

Compared to the control group who got regular treatment patients in the suggestion group had better subjective wellbeing ($d=2,403$; $df=78,138$; $p=0,019$), were more calm and relaxed during the procedure ($F=6,75$ $df=1, 69$; $p=0,011$) and were more cooperative with the surgeon in the operating theatre ($d=3,005$; $df=79$; $p=0,004$). These findings are backed up by physiological measures too like blood pressure and heart rate.

Interestingly we also found that the suggestion group patients had better visual acuity on the day after the surgery ($d=2,142$; $df=79,023$; $p=0,035$).

Based on our results we are confident that suggestive techniques can be used effectively in ophthalmic surgery and can contribute to a smooth and successful operation and recovery.

Co-authors: Dr. Edit Jakubovits, Dr. Katalin Gombos, Dr. Mária Janecskó, Dr. Katalin Varga

Christian Kettler

Dr. med.

Alter - Depressionen - Humor - Sexualität!

Ein provokativ-evokatives Plädoyer für Sexualität im Alter und dem dazu notwendigen Humor, denn ohne gesellschaftliche Suggestionen heißt Depression "weniger tun und haben" und ergibt sich aus Schuld und Rechthaberei. Lösung: vom nicht-können zum anders-wollen.

Irving Kirsch

Prof. Dr.

The Emperor's New Drugs: Medication and Suggestion in the Treatment of Depression

Antidepressants are supposed to work by fixing a chemical imbalance, specifically, a lack of serotonin in the brain. Indeed their supposed effectiveness is the primary evidence for the chemical imbalance theory. But analyses of the published data and the unpublished data that were hidden by the drug companies reveals that most (if not all) of the benefits are due to the suggestion. Some antidepressants increase serotonin levels, some decrease it, and some have no effect at all on serotonin. Nevertheless, they all show the same therapeutic benefit. Even the small statistical difference between antidepressants and placebos may be an enhanced placebo effect, due to the fact that most patients and doctors in clinical trials successfully break blind. The serotonin theory is as close to any theory in the history of science having been proved wrong. Instead of curing depression, popular antidepressants may induce a biological vulnerability making people more likely to become depressed in the future.

Hypnosis, Placebo, and the Power of Suggestion

Depending on the condition being treated, the placebo effect can be powerful and long-lasting. The response to antidepressants, for example, is largely due to the placebo effect. Although many doctors admit to giving placebos to patients, medical associations argue that this is an unethical practice, because it involves deceiving patients. I will explore the empirical evidence supporting three options for non-deceptive use of the placebo in clinical practice: 1) methods of enhancing the placebo component of active treatments, 2) the use of 'open-label' placebos, and 3) hypnosis. If nothing else, hypnosis can be thought of as a non-deceptive placebo. Recent neuroimaging data has shed light on the state of consciousness produced by hypnotic inductions. They confirm that even the most rare hypnotic responses can be produced without the induction of hypnosis and also that inductions can enhance responsiveness to suggestion. Translations to clinical practice are explored.

Krzysztof Klajsz

Dipl.-Psych.

Hypnotherapie bei Zwängen (unter Einbezug der Familie)

In diesem Workshop werden zahlreiche hilfreiche Strategien für die Arbeit mit Zwangspatienten unter Einbezug der Familie präsentiert - unter Einbeziehung der Kombination von Hypnose mit strategischen Ideen. Es werden ebenfalls Ideen zur Steigerung der Effektivität der Therapie vorgestellt.

Darüber hinaus wird den Teilnehmern des Workshops die Möglichkeit gegeben sein, über emotionale Reaktionen ihrer Zwangspatienten und deren Familien zu diskutieren.

Daniel Kohen

MD

Introduction into the panel / symposium

The demand of working in a developmentally appropriate manner with children and adults will be accepted by all therapists. But what does it really mean?

Different developmental domains including focusing of attention, motivation for therapy, speech comprehension and identity-development, cognitive style patterns, will be considered in a context of facilitating the development of self-regulation and their implications for therapeutic strategies and outcomes.

Putting hypnosis into pediatric practice

All clinical encounters contain elements of trance. The experience of Coming to the physician's Office involves intensified, focused attention, heightened responsiveness to ideas and various expectancies, all conditioned from previous encounters. Clinical hypnosis is about utilizing trance therapeutically. This Workshop is about the principles and practice of integrating hypnosis into common clinical encounters in child and adolescent health care by "finding the hypnosis in the encounter." We will focus on the continuum of child health care - from primary care, to subspecialty situations and behavioral and mental health care. From our experiences (both faculties' and participants') we will extract principles of (1) how one can recognize and utilize opportunities for hypnotic interaction; (2) how one creates an Office environment that is conducive to hypnotic experiences; and, (3) how one integrates hypnosis into common clinical interactions (physical examinations, medical procedures, teaching about self-care, coping with chronic diseases, etc.). This will be a participatory experience. We will use your clinical experiences and challenges to find common principles, role-play clinical vignettes to illustrate the use of hypnotic strategies and discuss videorecorded examples. Participants can look forward to creating new ways to discover the hypnotic potential lurking in every encounter. Bring your experience!

Applications of Hypnosis for Children with Chronic Illness

Clinical experience has proven the value of hypnosis and hypnotherapy for a wide variety of chronic conditions in childhood. These include applications for pain control, anxiety (e.g. medical procedural stress), insomnia, appetite problems, breathing difficulties, nausea and vomiting (e.g. post chemotherapy). This workshop will provide multiple clinical vignettes (stories and video vignettes) describing the value of hypnosis for children with asthma, cancer, juvenile rheumatoid arthritis, IBS, Inflammatory Bowel Disease, and others. Participants will have the opportunity for case consultation with one another and with the Faculty regarding cases from their own practice.

András Kölö

MA

Gender of the hypnotized subject and gender of the hypnotist: Are they in interaction?

Our previous analyses on aggregated HGSHS:A (N=1898) and SHSS:A, B (N=613) data collected between 1973 and 2010 showed that female subjects are significantly more hypnotizable than males when hypnotizability was tested in group context, but no significant gender difference was observed in individual testing. We concluded that this contextual difference may have some social psychological reasons. In a later phase of the research, after HGSHS:A had been administered, subjects

filled in Archaic Involvement Measure (AIM, Nash & Spinler, 1989) to investigate their feelings towards the hypnotist. The question arises if the gender of the hypnotist, or an interaction between the gender of the hypnotized person and that of the hypnotist have an influence on the hypnotic susceptibility score or on the AIM of the subjects. In order to answer this question, the HGSHS:A and the AIM scores of 358 (205 female and 153 male) subjects hypnotized by 2 female and 2 male hypnotists were analyzed. The effect of the hypnotized subjects' and the hypnotists' gender and their interaction on the HGSHS:A observers' scores, on the HGSHS:A subjective scores, and on the AIM subscales was investigated. Female subjects turned out to be significantly more hypnotizable than males; they expressed significantly more (emotional) dependence, more positive feelings, and significantly less negative feelings toward the hypnotist. Female hypnotists evoked significantly more positive feelings and dependence than their male colleagues. Nevertheless, ANOVA revealed no significant interaction between the gender of the hypnotized subjects and that of the hypnotists. Limitations and possible reasons of these findings will be discussed.

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Hans-Christian Kossak

Dr. phil. Dipl.Psych.

Peng - du bist hypnotisiert - Hypnose in der Kunst des Comics

Comics sind weit verbreitet, bewirken Emotionen und beeinflussen öffentliche Meinungen und Urteilsbildungen - auch bei unseren potentiellen Klienten. Seit über 80 Jahren ist Hypnose ein dramatisches Thema in den Comics. Der Autor analysierte 2500 Comics und über 100 davon mit Hypnose-Geschichten. Er zeigt und beschreibt den Comic-Hypnotiseur, seine Klienten, die Induktionen, die Suggestionen und ihre Auswirkungen. Genießen Sie die zahlreichen Geschichten und Bilder.

Kurztherapie der Angst - kognitiv-behaviorale Hypnose

Der Referent entwickelte eine sehr effektive und dauerhaft erfolgreiche Kurzintervention zur Behandlung sehr unterschiedlicher Ängste. Sie blieb im Anwendungszeitraum von ca. 20 Jahren erfolgreich. Hypnoseinterventionen sind hierbei: gezielte Imaginationen und Suggestionen, Gegenkonditionierung, Utilisation von Ressourcen und der Erwerb von Kompetenzen zur Selbstregulation von Ängsten. nach einer kurzen theoretischen Einführung wird die Methode demonstriert und ggf. eingeübt.

Beate Köster

Systemische Interventionen in der Ego-State Therapie

Die Ego-State-Therapie wurde ab 1980 von Helen und John Watkins, USA, entwickelt. Die beiden gehen davon aus, dass manche traumatisierte Menschen ihre Persönlichkeit in verschiedene Ich-Teile (Ego-States) aufteilen. Diese Anteile können (unbewusst) jeweils ein Eigenleben mit separaten Gefühlen, Gedanken und eigenem Willen "ins Leben rufen". Die Ego-State-Therapie unterstützt die Betroffenen darin, diese Ich-Teile im Sinne einer ganzheitlichen Persönlichkeit in Kontakt zu bringen und zu verbinden. Beate Köster, Diplom-Psychologin, verbindet die Ego-State-Therapie mit Techniken aus der Familien- und Gruppentherapie. Sie gibt anhand eines aktuellen Fallverlaufs einer Patientin mit dissoziativer Störung tiefere Einblicke in die Methoden, Möglichkeiten und Erfolge der Therapieform. Die betroffene Patientin ist einverstanden, dass ihr Fall auf dem Kongress vorgestellt wird. Sie ist eine kreative Frau, schreibt, malt und hat "schöne" innere Bilder, die mit ihrer ausdrücklichen Erlaubnis zitiert werden. Die Referentin arbeitet seit 2000 als niedergelassene Psychologische Psychotherapeutin, Kinder- und Jugendlichen-Psychotherapeutin sowie Supervisorin in eigener Praxis im Münsterland.

Harald Krutiak

Dipl.-Psych.

Hypnotherapeutic approaches to psychoneuroimmunology

The interaction between mental wellbeing and immunological function is well traditioned knowlegde. Besides this intuitive awareness it happened in 1975, when the neuropsychologist Robert Ader proved (actually as a coincidental result) the first conditioned reaction of the immunity system doing learning experiments with rats. This was the moment of birth of PsychoNeuroImmunology, a young interdisciplining science, which deals about the connection of central nervous system, endocrine system and immunesystem and environment. The results of the research done there bring this old intuitive knowledge into scientific understanding.

Which hypnotherapeutic consequences can be drawn by this researches? This workshop is about hypnotherapeutic strategies in the treatment of "somatic" diseases like multiple sclerosis, rheumatism and other autoimmundiseases as well as cancer, allergies and chronic infections. The basic results of psychoneuroimmunology will be presented as theory, then there will be a hypnotic procedere for the treatment of immunological disorders demonstrated, which can be integrated immediatly into everydays practice. This workshop is dedicated to all medical and psychological hypnotherapists who work with immunological challenged patients and want to learn more about theoretical backgrounds and practical approaches.

Wolfgang Kuwatsch

Dr. med.

Schnelle Induktionstechniken bei Angst- und Schmerzzuständen

Patienten mit akuten oder chronischen Angstzuständen bzw. Schmerzen stellen für den Behandler eine Herausforderung dar, schnell und effektiv zu helfen. Durch gezielte Kurzinterventionen durch Hypnose und hypnotische Techniken kann in vielen Fällen unmittelbar eine Besserung erzielt werden. Der Workshop bietet, ausgehend von seit vielen Jahren bewährten Methoden aus der zahnmedizinischen Hypnose, schnelle und wirksame Induktionstechniken, die auch in der täglichen psychologischen Praxis zur Anwendung kommen können. Im Verlauf des Workshops werden diese vorgestellt und mit den Teilnehmern geübt. Videosequenzen unterstützen das Ganze durch unmittelbare Anschauung. Außer eigenen Erfahrungen mit Hypnose sind keine besonderen Vorkenntnisse erforderlich.

Vladimir V. Kuznetsov

Dr.

The dynamics of heart rate variability in healthy volunteers during the hypnotic session

We studied a model of hypnosis session and a course of hypnotherapy on 41 healthy volunteers using the R.D. Tukaev Universal Hypnotherapy method. The dynamics of heart rate variability during hypnosis session and a course of hypnotherapy were assessed. After the session reliable reduction of the heart rate and increase of the parasympathetic activity in combination with the reduction of general heart rate variability was detected, indicating the centralization of regulatory processes. The hypnotic suggestion of the blue color "vision" to subjects has resulted in significant increase of peripheral sympathoadrenal influence. The course of experimental hypnotherapy leads to activation of the body stress systems and readaptive remodeling of vegetative regulation.

Vladislav Kuznetsov

MD

Universal hypnotherapy in treatment of anxious disorders: cases of therapy.

These cases describe the process and outcome of psychotherapy in patients with different ICD-10 categories of anxiety disorders using the R.D.Tukaev Universal Hypnotherapy method. Patients backgrounds are cited, main steps of psychotherapy are shown and drug administration noted where it was used. Outcomes and symptoms reduction sequence are described.

Tak-ho Lam

M Phil, Msw

Ancient Wisdom and Contemporary Practice: Hypnosis in Traditional Chinese Medicine

"These are exciting times. The field of psychology is joining behavioural and Chinese Medicine to deliver accelerated, yet integrative, healing opportunities for the whole person-mind/body/spirit-that were never before possible." Maggie Philips once said in her book. Finding the Energy to Heal (p.233). But it is not possible to achieve the state of 'Wholeness' without a deeper understanding of Traditional Chinese Medicine.

This 20-minute lecture aims to give participants more inspiration to an idiosyncratically integrated framework embedded in ancient wisdom of Traditional Chinese Medicine. It elucidates the distinctive features and advantages Traditional Chinese Medicine which is rooted in salient observation of the Nature.

The first part of this lecture contrasts the ancient Yin-Yang worldview as continuous, time and space variant with relativity against the Cartesian-Newtonian binary logic. Wu Xing, the Five Movements, unfortunately always mistaken as "Five Elements", are regarded as the interactive movements of Yin-Yang and isomorphic to the external world. How Yin-Yang and Five Movements are applicable to the human "Shen" and "Xing" (an English translation cannot be accurately made for "Shen" and "Xing", just like that for "Geist" and "Gestalt" in German) will also be discussed.

The second part of this lecture highlights commonalities and differences in the use of hypnosis in Chinese Medicine and that in Western Approach. In the earliest Chinese Medicine classic, the Yellow Emperor's Classic of Internal Medicine (Huang ti nei ching su wen), there is a chapter on "Transforming Essence into Qi" in which healing without using acupuncture or medication is possible. With the isomorphism from the human body to the natural environment, the balancing principle on the change in Yin-Yang, ancient Chinese Medical practitioners worked towards the integration of human into Nature. Further elaborations with examples from classical Chinese Medicine literature will be quoted. Last but not the least, implications of using the ancient wisdom on present practice for mental health will also be explored.

Anne M. Lang

Dipl.-Psych.

Phänomen Hypnose - die Vielfalt der Trance-Induktionen

Den Kontext als Suggestion nutzend bestehen je nach Kontext (Medizin, Psychotherapie, Beratung, Selbsthypnose) viele Möglichkeiten an Angeboten, in eine günstige Trance umzuschalten. Auch Individuen, der Rapport und die besondere Situation geben Vorlagen für Induktionen, die wir nutzen können. Der Workshop will Ihre Flexibilität und Kreativität dafür erhöhen.

Carlo Lang

Dr. med.

Umbau auf offener See - Spielerisches Üben

"Wie Schiffer sind wir, die ihr Schiff auf offener See umbauen müssen, ohne es jemals in einem Dock zerlegen und aus besten Bestandteilen neu errichten zu können."

Dieser Workshop richtet sich an Anfänger und Fortgeschrittene, an solche, die Lust haben, praktisch zu arbeiten. In Zweiergruppen sollen spielerisch „Problem“ und „Ziel“ der Versuchsperson eruiert und angegangen werden. Die „Produkte“ werden nachher im Plenum besprochen. Unter zukunftsorientierter und systemischer Perspektive wird mit dem gearbeitet, was jede und jeder selbst mitbringt, sei es gelernt, „abgeguckt“ oder erfunden. Und es darf auch Spass machen!

Für 10 bis 16 Personen.

Elvira Lang

MsMerism: The contributions of women to hypnosis

This symposium will look at the scientific, clinical and leadership contributions and accomplishments of women in the field of hypnosis. Each participant will present a synopsis of her work. In addition, each will share a personal experience that shaped her work in the field of hypnosis.

Effektive Kommunikation in der Medizin

Kommunikation in der Medizin gewinnt immer größere Bedeutung. Medizinisches Personal ist oft besorgt, dass eine verbesserte Kommunikation zusätzliche Zeit und Anstrengung erfordert. Der Kurs basiert auf einer 20-jährigen Erfahrung mit klinischen Studien, Analyse, Verfeinerung der Methoden, und der Summierung in Comfort TalkTM Training für Gesundheitsexperten. Die Methoden nehmen keine zusätzliche Zeit, um ein befriedigendes Ergebnis zu erzielen. Der Kurs konzentriert sich auf Rapidhypnose mit schnellem Rapport, Entspannung und Reframing als effektive Methoden zur Reduzierung von Angst und Schmerzen der Patienten mit dem Ergebnis einer beiderseitigen befriedigenden Interaktion. Der Kurs enthält eine kurze Übersicht über die Evidenz, Video- und Life-Demonstrationen, Rollenspiele, und Skript Nutzung.

When words hurt

There is a common misconception in medicine that announcing a medical stimulus or event with negatively-valenced words (e.g. "There will be just a sting and a burn," or "This won't be that bad") will give patients a better experience. A clinical study with patients undergoing invasive medical procedures proved this not to be the case. Review of 157 procedure videos gave insight in how warnings before and sympathizing after medical stimuli such as lidocaine injections, punctures, or contract medium injections affected patients' pain and anxiety ratings. Warning with negatively-valenced wording, even when used with qualifiers (e.g. "it will hurt only a bit," "just a little prick") resulted in significantly increased anxiety and pain; sympathizing with such words did not affect pain but increased anxiety. In 3 prospective randomized clinical trials with >700 patients, use of comforting language, relaxing suggestions, and reframing resulted in significant reductions in pain, anxiety, complications, procedure time, and cost. In our current clinical trials, we assess how use of such Comfort TalkTM affects the operations of MRI departments. The results indicate that not using comforting words actually hurts the departments in terms of more cancellations, longer scan times, and poorer patient experience. Based on examples of verbiage we encountered in medical practice we developed short teaching videos demonstrating poor examples of patient communications as well as good alternative options. Some of these videos dealing with common daily interactions with patients in various mood states will be shown. The audience participants will be engaged to develop and share their own statement "cards" for situations specific to their own practices.

Jeffrey Lazarus

MD

Treatment of Tics and Habit Disorders with Training in Self-Hypnosis

Self-Hypnosis (SH) has been used successfully to treat tics and habit disorders. These techniques can be effective in treating patients with Tourette Syndrome (TS) as well as thumb-sucking and trichotillomania. TS is a complex neurobehavioral disorder characterized by multiple motor tics, as well as vocalizations, which wax and wane. Many people believe that the tics and vocalizations are involuntary. However, many patients are able to exercise some control over these behaviors. SH can be

used either as a primary therapeutic modality, without the use of medication, or as an adjunctive therapy in addition to medication. When used as an adjunct, medication can often be decreased or even discontinued.

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

In this 90-minute, interactive workshop, attendees will be taught an entire protocol of how to treat these conditions, including how to encourage positive expectancy before even meeting the patient. Video clips of different patients with these disorders will be shown in order to demonstrate specific techniques that will further enhance the attendee's skills. The participants will also have the opportunity to learn, discuss, and practice some new techniques, including the use of metaphors to help treat these conditions.

Nocturnal enuresis

This interactive 90 minute workshop will review a comprehensive literature review including the current medical therapies that are being used today. Pharmacological intervention and other behavioral techniques are not as effective as clinical hypnosis is. An entire protocol of how to treat this condition will be taught, including how to encourage positive expectancy before even meeting the patient. Video clips of patients with this disorder will be shown in order to demonstrate specific hypnosis techniques that will further enhance the attendee's skills. The participants will also have the opportunity to learn, discuss, and practice some new techniques, including the use of metaphors to help treat this condition.

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

John Lentz

Dr.

A Hypnotic Perspective on How to Stay In Love Forever

You will receive techniques developed from hypnotic principles that allow and equip people to stay in love forever. The author has a new book on the subject that this workshop stems from. The approach recognizes that most arguments are negative trances which are the reason that logic won't be listened to in the midst of an argument. There are some approaches offered that help stop arguing and lead to being able to feel in love. Utilizing hypnotic principles that enhance relationships, communication and a sense of being in love this workshop describes how to stay in love forever.

Symposium "Manipulation and self trance"

The authors have studied manipulation for years from Italy and America and have come together presenting their combined learning and wisdom. They offer practical methods of dealing with manipulation as well as a self trance that can help participants to remain safe from manipulation. You will receive useful tools for dealing with manipulation as well as personally learning a self trance that can assist you in detecting manipulation as well as staying safe when it is going on.

Susanne Leutner

Dipl.-Psych.

Wenn ich so stark bin wie sie, schaffe ich alles - mit ressourcenvollen Ego-States das Belastende auflösen

Ressourcenvolle, inspirierte und stärkende Ego-States werden in diesem Workshop mit emotional verletzten, belasteten oder traumatisierten Ego-States in Kontakt gebracht und verbunden. Hierbei kann es sich jeweils um innere Anteile unterschiedlicher Altersstufen und Entwicklungsniveaus handeln. Es ist sehr anrührend zu erleben, wie schonend und wirkungsvoll dies geschehen kann und wie die innere Welt danach bedeutend freundlicher geworden ist. Ein Gefühl von Stärke und Ganzsein stellt sich ein.

Das Auffinden von Ressourcen aus der eigenen Biographie, das achtsame Explorieren der dazugehörigen Ego-States sowie auch der verletzten Anteile sind notwendige Schritte auf diesem Weg, der durch immer besseren Kontakt und Verständnis der Ego-States untereinander schließlich zu Integration und Heilung führt. Neurophysiologische Modelle untermauern dieses Vorgehen.

Ziele/Lernziele:

Im Workshop zeigen wir das Auffinden und Verbinden von ressourcenvollen und verletzten Ego-States in Dialog und Imagination und das hierfür notwendige Wirken von Trance- und Resonanzprozessen in der KlientIn-TherapeutIn-Dyade. Anhand ausgewählter Fallbeispiele, Live-Demonstration und Kleingruppenarbeit können die TeilnehmerInnen lernen, woran sie ressourcenvolle und verletzte Ego-States bei KlientInnen erkennen, wie sie mit ihnen heilungsfördernd und achtsam arbeiten und hierbei ihre eigenen Resonanzprozesse nutzen können

The Healing Bridge: Linking resourceful and traumatic Ego-States

Bridging the gap between resourceful and traumatized ego states is essential to facilitate cooperation and integration from the beginning. A working model and its underlying neurological implications will be presented that leads to a feeling of self efficacy and wholeness. The first step is getting into touch with resourceful events from past or present as well as images, feelings, actions or helpful archetypes from the centre core. The next step is mindfully exploring a traumatic or disturbing event while staying connected to the resourceful ego state, thus reducing the fear from and phobia of the painful event.

A mutual understanding and a growing relationship between these ego states is established which in turn opens the path to integration and healing.

Julie Linden

Dr.

HYPNOSIS: The Next Generation. What will our legacy be?

The first decade of this millennium has seen an explosion of knowledge about the brain and nervous system and introduced the important concept of neuroplasticity. This idea that the brain and nervous system are far more flexible and mutable than previously believed has many implications for our work. The research of hypnosis and with hypnosis in the search to understand how to change disordered behavior has contributed greatly to our understanding of the mind. And conversely, we are understanding behavior more precisely because of what we know of the mind and brain. What was hypothetical or intuited can, in many cases, now be understood with a neurophysiological model. What will these advances in science mean for clinical hypnosis and the future practitioners of clinical hypnosis? Having moved from Cartesian dualism to integrated models of psycho-bio-social care, what can we expect from the future of hypnosis? Integrated models of care are still struggling to achieve wide-spread acceptance especially in many medical communities. How will hypnosis be able to address this? And finally, how will the future generations judge our paradigms, our models and the contributions of ISH?

The Meta-view: Why knowing developmental principles is so important to hypnotic work with children and adolescents.

Working in a developmentally appropriate manner with children is at the heart of good clinical practice. In fact it is my experience that those clinicians who are well founded in developmental principles do better working with people of all ages. Examples from the treatment of trauma and working in a developmentally appropriate way are given.

Symposium "MsMerism: The contributions of women to hypnosis"

This symposium will look at the scientific, clinical and leadership contributions and accomplishments of women in the field of hypnosis. Each participant will present a synopsis of her work. In addition, each will share a personal experience that shaped her work in the field of hypnosis.

Lucyna Lipman

Utilization of Couples' Resources in the Peer and Marital Therapy

The workshop will present an ericksonian model of couple psychotherapy.

The teachers are going to impart their experiences regarding a management of the therapy processes. They will show how they use hypnosis and trance phenomena for diagnostic purposes and for creation a strategy of peer and marital psychotherapy. They are going to show techniques of utilization of the couple's unconscious mind for a stimulation of change in the inner world of a peer.

Tianjun Liu

Prof.

Moving to emptiness - An oriental technique of reducing stress

Moving to emptiness - An oriental technique of reducing stress comes from training skills of Zen. It is psychotherapy to reduce or eliminate psychosomatic symptoms of mental disorders by inducing clients to move imaginative containers within imaginative symbols of their symptoms in different mental distances according to the directions of therapists. Moving to emptiness is a part of the subject of Research of Criterion and Demonstration to 10 Psychotherapies, which is a new research subject of 2010-2012, comes from Chinese Ministry of Science and Technology.

Moving to emptiness has 10 work steps in clinic. The workshop will introduce its indications, steps and points.

Concrete thinking and hypnosis

Concrete thinking is a thinking form that is different from abstract thinking and imagery thinking. Instead of operating language or image by abstract thinking or imagery thinking, concrete thinking operates feeling directly. That is another kind of work mode of consciousness. To see hypnosis by the view above, the course of hypnosis is a shift of thinking form. For in hypnosis state, according to the suggestions by hypnotist, the client's consciousness will operate corresponding feelings directly. For example, when the hypnotist gives the suggestion of cool, the client will feel the sensation of cool immediately. So the psychological mechanism of hypnosis is a change of thinking form.

Shaul Livnay

Ph.D.

Non-Verbal (incl. Gong) means of working through issues in hypnotherapy

The use of non-verbal methods in hypnotherapy provides a further mode of accessing resources as well as memories and a vital means of experiencing difficulties and obstacles. The workshop will provide the participants with the experience of

working with the Gong and similar instruments, as well as other non-verbal modes such as the use of the voice without words. We will be exploring the different applications of these methods experientially

The stimulation of the "Conductor" as a means of integration through hypnotherapy

In recent years, more professionals using hypnosis have been shifting the emphasis from Unconscious to the direction of higher levels of consciousness, to enable the patient to access resources for personal development and for dealing with various aspects of psychopathology. In this vein, I began to use the metaphor of the "Orchestra Conductor" to work on integration. The address will elucidate this format and give examples of its implementation. This approach enables to augment the patient's sense of control, while enabling enrichment and expansion of awareness.

Liz Lorenz-Wallacher

Dipl.-Psych.

Hypnoimaginative Geburtsvorbereitung und frühe Prävention

In diesem Vortrag wird ein umfassendes hypnosystemisches Konzept für frühe Prävention und hypnotherapeutische Geburtsvorbereitung für Schwangere bzw. werdende Eltern vorgestellt. Den Hintergrund dieses Konzeptes bildet der lösungs- und ressourcenorientierte hypnotherapeutische Ansatz Milton Ericksons. Wie kein anderes Verfahren vermag dieser Ansatz in der psychologischen Geburtsvorbereitung allen wichtigen Anliegen der Geburtsvorbereitung und Geburtshilfe gleichermaßen gerecht zu werden:

1. Schmerzreduktion bei der Geburt durch Selbsthypnotraining der Schwangeren
2. Effektive Behandlung psychosomatischer und somatischer Beschwerden während der Schwangerschaft und im Wochenbett
3. Bewältigung früherer traumatischer Erfahrungen im Zusammenhang mit Geburt
4. Eltern-Empowerment : Unterstützung der Eltern in der Bewältigung dieser wohl umfassendsten biografischen Übergangsphase im Leben eines Menschen. Frühe Prävention muß schon an diesem Punkt beginnen

Inhalt:

- " Reduktion von Stress und Geburtsängsten während der Schwangerschaft
- " Verbesserung der körperlichen Befindlichkeit
- " Hypnotische Imagination zur Förderung der Beziehung zum ungeborenen Kind
- " Behandlung von Schwangerschaftsbeschwerden
- " Vermittlung wichtiger Erkenntnisse aus der Peri- und Pränatalpsychologie
- " Selbsthypnotraining zur Schmerzkontrolle
- " Hypnosystemische Prävention von Paarkonflikten und Trennungen im Zusammenhang mit einer Schwangerschaft, Unterstützung der werdenden Eltern in dieser umfassenden biografischen Übergangsphase
- " Hypnoimaginative Vorbereitung auf den Geburtsprozess und die erste Zeit mit dem Baby

Symposium "MsMerism: The contributions of women to hypnosis"

This symposium will look at the scientific, clinical and leadership contributions and accomplishments of women in the field of hypnosis. Each participant will present a synopsis of her work. In addition, each will share a personal experience that shaped her work in the field of hypnosis.

Camillo Loriedo

MD

From the Technique to the Person: How to develop hypnotists' personal resources to activate therapeutic change

The main assumption of this presentation is that therapist's resources should be considered essential to obtain effective therapy. More than complex and sophisticated techniques, is the way the therapist succeeds in establishing a strong therapeutic alliance and using diagnostically or therapeutically him/herself appears to be generally related to deeper and more durable changes.

Therefore 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 behaviors can provide useful indication for accessing both immediate diagnosis and therapeutic change. Personal and emotional factors that can help the therapist to develop a better therapeutic relationship and obtain more effective therapy will be explored. Guidelines for the therapeutic use of therapist's emotional resources will be offered.

Treatment Strategies in Systemic Hypnotic Family and Couple's Therapy

Depression can be described in terms of interactive processes, both in the couple and in the family. In this perspective the role played by the non-depressed family members in the development of depression becomes very relevant. Some useful principles and strategies for working with depressive individuals and families will be presented together with specific techniques and specific pitfalls that can be expected in the course of the therapeutic process.

Hypnosis and Family Therapy with live Demonstration

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

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

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

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

Systemic Hypnosis: How to Develop and Use Systemic Trances with Couples and Families

Hypnosis will be presented no more as an individual/linear event but rather, within a system perspective, as a circular and evolving process that comprehend all the family members and their interactions. Indications on how to develop and recognize the peculiar family hypnotic patterns as well as how to use them in order to bring in the therapeutic change will be presented.

Hongwei Ma

The Heart Sutra and Hypnosis

A psychotherapy known as psychoanalysis, is because the impedance and empathy. This is the comment of Freud on psychoanalysis. Heart Sutra, spiritual direction and experience, is a tool, but also Buddhist wisdom. Comparison between them and, presumably, is romance and luxury. This article compared the similarities and differences between the Heart Sutra and psychoanalysis on four aspects: objectives, viewpoint of life, the viewpoint of humanity, and the setting.

Martin Blendstrup Malmstrøm

Dr.

How to integrate hypnotherapy with a narrative approach

Deconstruction of the problem landscape and interviewing the problem.

The presentation will focus on narrative deconstruction techniques and practical interviewing techniques prior to and along with the hypnosis. Along with the interviews participants are invited to share their ideas in an unformal setting.

After the presentation participants are invited to practice themselves.

Renáta Márián

MSc

Comparison of quality of life and psychological well-being in the hypnosis and control groups

Comparison of quality of life and psychological well-being of breast cancer patients in the hypnosis and control groups

Authors: Renáta Márián, Georgina Németh, Adrienn Vargay, Kálmán Tisza, Éva I. Bánya

Hans Markowitsch

Prof. Dr.

Störungen von Kognition und Gedächtnis im Alter

Altersabhängige Veränderungen auf Hirnebene sollen in ihrer Vielfalt dargestellt und erläutert werden. Hierbei wird zwischen benignen und malignen Alterungsprozessen (z.B. Demenzen) unterschieden. Konsequenzen dieses Abbaus für kognitive und insbesondere mnestische Funktionen werden detailliert erörtert, ihre Messmöglichkeiten (Testverfahren) dargelegt und Krankheitsbilder (wie Morbus Alzheimer, frontotemporale, vaskuläre Demenz, usw.) in ihrer Ätiologie, Epidemiologie und ihrem Fortschreiten über das Lebensalter erklärt und in ihren Auswirkungen auf kognitive und emotive Funktionen differenzialdiagnostisch charakterisiert. Auf präventive und protektive Maßnahmen von Gehirnjogging bis Sport soll eingegangen werden.

Amnesia

Memory is crucial for the development and maintenance of a unique personality and in order to stand up in the world. Remembrances guide us to reflect on our being, to allow us to compare, and to plan our future. Memory is depending on a functional brain. After an introduction into the psychology of memory, its subdividability in, for example, biographical episodes and general fact knowledge, the processing of information on the brain level will be delineated, starting with

encoding and ending with retrieval of information. Data of patients with focal brain damage and research results, obtained in "normal" individuals with functional brain imaging, will be used to demonstrate, how our nervous system processes memorized information. Memory blockades - triggered by psychic stress and trauma events - will be stressed as well; for these, it will be shown that there are anatomical and physiological correlates as well which can be made visible via metabolic changes and changes in the white matter structure of the brain. Thereby it can be proved that not only brain changes elicited from the body (e.g., infarcts), but also environmental influences can modify the brain. Consequently, memory disturbances are based on a wide range of causes.

Markowitsch, H. J. und Staniloiu, A. (2012). Amnesic disorders. Lancet. DOI:10.1016/S0140-6736(11)71304-4

Jean-François Marquet

Dr.

Using Hypnosis with couples in therapy: a Rossian approach

For more than 20 years I have helped couples in systemic therapy using hypnosis with dissociation, age regression and metaphors.

For a few years now I used to work with couples with some Ernest Rossi's techniques. They can unconsciously find more harmony and synchronicity and activate their own creativity to find a new way for their partner.

Using videos and exercises, participants will discover a very powerful and heuristic way for changing couples.

Mhairi McKenna

Mind/Body/Psyche/Skin/ - Using your mind to control skin

A workshop designed to encourage the use of hypnosis in the treatment of skin disorders.

Reasons why this approach should be used more widely.

Discussions as to which techniques could be effective.

Practical experience if wanted.

Ortwin Meiss

Dipl.-Psych.

Depression and Childhood experiences / Changing old dysfunctional patterns of interaction and communication with hypnotherapy

When we look at patients who seem to suffer a depression without a special reason, we often find old dysfunctional patterns of interaction and communication, they developed in experiences with important significant others. This speech points out typical interaction-patterns which lead to depression later in life and how to explore and change these patterns.

Hypnotherapie bei Depressionen

Depressive Klienten gelten als schwierige Klienten, die viel klagen und wenig Ansatzpunkte für therapeutische Interventionen liefern. Die Angebote des Therapeuten verhallen oft ohne Wirkung oder werden entwertet: "Bringt alles nichts, hat nichts genutzt, Sie können mir auch nicht helfen".

Das Seminar bietet hypnotherapeutische Ansätze, die zur Behandlung von Depressionen eingesetzt werden können. Es zeigt, wie alte destruktive Beziehungsmuster bearbeitet werden können, und wie der Klient den Weg aus der Ausweglosigkeit und Hilflosigkeit findet und die Erfahrung machen kann, dass er seinen Gefühle durch seine Handlungen beeinflussen kann.

Matthias Mende

Dr.

Wohin soll das nur führen? Die Ableitung von Therapiezielen in der Hypnotherapie

Die Definition klarer und erreichbarer Therapieziele hat in der Hypnotherapie eine überragende Bedeutung: Zum einen zeigt die Hypnotherapie ihre großen Stärken im ziel- und lösungsorientierten Arbeiten. Zum anderen bringt erst die Einigung auf explizite Therapieziele die fachliche und ethische Legitimation, überhaupt mit Suggestionen zu arbeiten, deren Bedeutung der Patient zunächst vielleicht gar nicht erkennen kann. Die Frage nach Therapiezielen ist notwendigerweise eng mit unseren Vorstellungen über psycho-somatische Gesundheit verbunden. Wie aber einigen sich Patient und Therapeut darauf, was als Therapiefortschritt zu werten wäre? Die Linderung oder Aufhebung eines Leidenszustandes, der Zugriff auf neue Ressourcen, eine Stärkung bestimmter Fähigkeiten, ein differenzierterer Blick auf sich selbst und andere? Und wo liegen die Grenzen des Erreichbaren? Schließlich mag es neben offenen auch verdeckte Zielsetzungen im Therapieprozess geben - eine "hidden agenda" beim Patienten und womöglich auch beim Therapeuten?

In diesem Vortrag bringe ich Struktur in den inhaltlich und emotional komplexen Prozess der Bestimmung von Therapiezielen zu Beginn der Therapie und der Adaptierung der Therapieziele im Verlauf. Ich zeige, wie Vorannahmen und Übertragungs- und Gegenübertragungsphänomene die Zielfindung beeinflussen können und wie sich hypnotische Übertragungen für die Ableitung realisierbarer Therapiezielen utilisieren lassen. Die emotionalen Grundbedürfnisse nach

Gefühlen der Autonomie, Bindung, Kompetenz und Orientierung liefern praxisnahe Leitlinien bei der Strukturierung von Therapiezielen.

Autonomie, Bindung, Kompetenz und Orientierung: die Harmonisierung der emotionalen Grundbedürfnisse durch Teile-Arbeit in der Hypnotherapie

In ihrem Planen und Handeln streben die Menschen danach, Gefühle der Autonomie, Bindung, Kompetenz und Orientierung zu erleben. Hier handelt es sich um emotionale Grundbedürfnisse, die starke Motivatoren sind und die Lebensführung entscheidend beeinflussen können. In früheren Arbeiten habe ich gezeigt, welche Bedeutung die emotionalen Grundbedürfnisse für das Verständnis der Persönlichkeitsstruktur oder die Diagnostik und Therapie von Traumafolgestörungen haben.

In diesem Workshop zeige ich, dass emotionale Störungen operationalisiert werden können als Unausgewogenheit der emotionalen Grundbedürfnisse - im Sinne der Überwertigkeit oder Vernachlässigung einzelner Bedürfnisse oder deren erlebter Unverträglichkeit.

Im praktischen Teil des Workshops zeige ich, wie die emotionalen Grundbedürfnisse in der Teile-Arbeit symbolisch Gestalt annehmen können und wie hypnosystemisches Arbeiten dazu führt, die emotionalen Grundbedürfnisse zu harmonisieren. An Beispielen wird deutlich, wie sich dieser Ansatz der Teile-Arbeit für die Therapie verschiedener Störungsbilder eignet, wie Traumafolgestörungen, Angststörungen, psychosomatische Störungen oder Depressionen. Die Teile-Arbeit mit den emotionalen Grundbedürfnissen geschieht unter der Prämisse, dass emotionale Stabilität operationalisiert werden kann als Ausgewogenheit und subjektive Vereinbarkeit der Bedürfnisse, Gefühle der Autonomie, Bindung, Kompetenz und Orientierung erleben.

Neben der Demonstration des praktischen Vorgehens besteht im Workshop auch Gelegenheit, anhand von Fällen der TeilnehmerInnen Therapieplanungen entlang des vorgestellten Ansatzes durchzuführen.

Veit Meßmer

Dr. med. dent.

Quantentheorie und Hypnose

Angeboten wird ein einfacher und für Laien verständlicher Einblick in verschiedene quantenphysikalische Begriffe (Teilchen-Welle-Dualismus, Unschärferelation, Verschränkung, u.a.m.), die in der Tat eine gewisse physikalische Relevanz für Heilungsprozesse haben können. Dazu werden einige umstrittene Methoden (sog. "Quantenheilung", "Vielweltenheilung", "QuantenholografieHeilung" o. Ä.) betrachtet, die angeblich auf quantenphysikalischen Erkenntnissen basieren, die sich aber bei genauem Hinschauen schnell als Scharlatanerie entpuppen. Nichtsdestotrotz bietet die Quantenphysik einen Fundus an brauchbaren Metaphern als Ressourcen für die hypnotherapeutische Utilisation an. Auch dies wird im Workshop diskutiert. Das Einbringen eigener Fragen, Erfahrungen und Fälle ist selbstverständlich willkommen (fakultativ).

Silvia Meyer

Dipl.-Psych.

Wahrnehmung & Vertrauen - Hypnotherapeutische Arbeit mit Zwangspatienten

Menschen mit überstarkem Kontrollbedürfnis leben oft in Angst, anderen Menschen oder sich selbst zu schaden und damit eine lebenslange Schuld auf sich zu laden. Sie können Gedanken oder Handlungen nicht abschließen, weil ihnen Gewissheit und Sicherheit fehlen, dass es "jetzt richtig ist". Sie trauen ihren Wahrnehmungen nicht. In Anlehnung an das Utilisationsprinzip ist die Nutzung störungsrelevanter Verhaltens- und Erlebensweisen möglich, um zur Gestaltung von Tranceinduktionen beizutragen. Ziel ist es dabei, einen Raum zu schaffen, in dem der Patient beginnen kann Vertrauen in seine Sinneswahrnehmungen, sein Erleben und seine Bewertungen zu gewinnen. In Kombination mit dem Konzept der Subjektkonstituierung nach Hofmann entstand eine Induktionstechnik die als Wahrnehmungsübung eingeführt wird und gleichzeitig der Bahnung von Sicherheiten im Explorationsprozess dient. Spannend erscheint gleichsam die Frage, in wieweit dem Doppelbindungsansatz eine bedeutsame Rolle bei der Entstehung und Aufrechterhaltung der Störung und auf nützliche Weise als Behandlungsstrategie zugeschrieben werden kann.

Ablauf: theoretische Einführung, Demonstration, Kleingruppenübung, Diskussion, hypnotherapeutische Grundkenntnisse sind erforderlich.

Joseph Meyerson

Ph.D.

Strategic and positive hypnotherapeutic approaches in the psychological treatment of OCD patients

According to the behavioral and cognitive approaches usually considered to be the most effective evidence-based psychotherapeutic treatment for OCD, patients are guided to confront their anxieties and fears while at the same time provided help in stopping or withholding compulsive rituals. Yet the literature on cognitive-behavioral approaches to OCD reports a success rate of only 40-70% in relieving the symptoms. It seems that some patients require a different treatment approach for relieving OCD symptoms. The literature on the use of hypnosis in treating OCD is limited and focuses primarily on the control and regulation of anxiety. In this lecture we propose a three-step model that uses hypnotic-strategic-positive

psychology in relieving OCD symptoms. The strategic approach of this intervention model attempts to regulate obsessions and compulsions by relabeling and reframing them. Not only are the OCD symptoms reframed into positive meaning, they are also converted during hypnosis into one controlled ritual that conveys positive meaning and self-evaluation. In the lecture we present the theoretical basis of the intervention model and describe two case studies. The lecture is based on a recently published article: Arnon Z. Meyerson J. (2010). Application of hypnotic strategies sustained by a positive psychology orientation in treating OCD patients. *Contemporary Hypnosis*, 27(3). 177-183.

"Creative remembering" - Autobiographic Memory Reconstruction during Hypnotherapy for Therapeutic Purposes

The prospect of utilizing memory plasticity (the constructive and transitory nature of memory) for therapeutic purposes has not been widely recognized. However, a number of theoretical and clinical venues throughout the last century have shown its potential application. Intensive research conducted during these last decades, pointed out the possibility of influencing human memory in relation to new memories and their specific components. Moreover, the research showed the feasibility of planting alternative early childhood memories and thus altering memories of personal history. Additionally, researchers found that memory is naturally very fallible due to everyday phenomena of forgetfulness, distortion and intrusion of past and present information. Throughout the course of this workshop, the integrative overview of these empirical findings with the aforementioned clinical and theoretical foundations serves as a substratum in an attempt to present an integrative therapeutic approach, named Memory Focused Interventions (MFI). *Based on paper:Meyerson, J. (2010). Memory Focused Interventions (MFI) as a Therapeutic Strategy in Hypnotic Psychotherapy. *American Journal of Clinical Hypnosis*, January

Richard Miller

MSW

Clinical Hypnosis With Gay Men

Comfort and compassion are essential components for successful treatment with gay men. Gay males often leave providers due to shame rather than address the feelings of being judged and misunderstood. This workshop defines treatment interventions and provides hypnosis scripts regarding core issues common in the gay male community. These issues include interpersonal difficulties, rejection from family of origin, internalized homophobia, feelings of inadequacy. Comfort and compassion are essential components for successful treatment with gay and shame, and sexual compulsivity.

Workshop participants will learn to establish a greater level of awareness and confidence relating to gay male patients resulting in a positive experience for both provider and patient.

Inductions, scripts and ego strengthening techniques will be provided based on the psychosocial issues covered in this workshop.

Michele Modenese

Dr.

Hypnosis and mental training in Sport Psychology: "A way of working with hypnosis in Sport Psychology. Body techniques and Ericksonian metaphors.

Using hypnosis in working with athletes is based on several worldwide literature theories and experiences. During this workshop we will show several ways of working with hypnosis. One way will focus on the body and self consciousness: here it will be possible to move from a wrong a technical athletic gesture performance to the right one. A second way will show a concrete example of an Ericksonian approach to a Shooters team: underling the communication and mental training done with that team. A third way will introduce a possible usage of metaphors to improve athletes' performance as well as the importance of the minimal cues for interpersonal communication among athletes and coaches.

Hypnosis and Archetypal images: How they could improve therapy

Many clinical evidences, especially in the work of Milton Erickson and in psychotherapeutic models that have originated from it, indicate a great ability of the subjects to "cure" themselves and to face their own existential difficulties. Even in the vision of Gustav Jung we can point out the ability of the unconscious to suggest adaptive or creative solutions when facing both limiting beliefs and the psychic complexes that in clinical psychology are generally called neurosis, phobias, depression etc. Jung, during his experience as a psychiatrist, applied many times some hypnotic techniques to his patients.

This work is the development of a first research on the ability of the subjects to elicit, during hypnosis, deep or archetypal images concerning either their problem or the possibility to cope with it in a restructuring and deep manner.

The level of hypnosis is assessed by the levitation of the arm or by the reaction to an imaginative fly on the dominant hand. This is not an unbiased parameter but it establishes the first standard to refer to in developing this research.

The outcomes seem to confirm that the subjects show spontaneous images relevant to their psychic life and to their existence.

Antonella Monini

MD

Hahnemannian Homeopathy and Ericksonian Psychotherapy : A fatal Attraction between similar approaches. Reflections.

It happens sometimes by chance we find a language that we know in somebody or something that we don't know. Language's Utilization of words and concepts which are similar or even equal, the same premises and modus operandi, procedural attitude in facing the request for help. Milton H. Erickson and Samuel F. Hahnemann: analogies and hypothesis of complementarities between Homeopathy and Ericksonian Psychotherapy which utilize a similar language, lenses" of a binocular that confluence (which are confluent) in giving a single image in establish a bridge between us and the patient, between us and the symptom which they bring us. Hypothesis of utilization of a common language. The Homeopath consider the symptoms, their modalities and their alterations (modified, change) as patient's language. For effective communication, the language must be (modality, ways) congruous to "that" patient to allow us to be in tuning with him. For a language to be effective in this sense, it must necessarily "be similar" to the characteristics of that individual to be similar as much aspossible to him, so that the therapeutic relationship, which is the base of the therapy.

The Therapist on Stage: How to Activate the Body's Thinking through Acting Techniques

"...And I think of the body's thinking as right because the body is governed by learning that occurs first in the brain and then becomes a part of body responses". (M.H.Erickson, 1962).

Communicating and understanding others, beyond the verbal language, are interactional motor experiences: the Mirror Neurons are the biological base of intentional attunement and underpin the ability to perceive the difference between action and mere movement. In this experiential workshop, therapists will learn ways to successfully interweave somatic awareness techniques to facilitate their ability to listen and respond to their embodied emotions. A variety of exercises from acting techniques will be taught that promote body language for communication avoiding cognitive processes to utilize the creative resources and to improve flexibility through self-exploration and self-expression. Topics to be covered include:

1. Neurophysiology of Movement
2. Developing Sensory Power: The Body Remembers
3. The Power of Observation: The Innocent Eye
4. Empowering Visual, Auditory, Tactile, Olfactory and Gustatory Senses
5. Improvisation

Attend and experience your Mirror Neuron System!

Educational Objectives:

- 1) Experience and describe how intentional attunement enhances the power of relationship and the effectiveness of therapy.
- 2) Learn how to better utilize our neurophysiological resources as therapists.

Donald Moss

Ph.D.

Social-Relational Elements in Erwin Straus' Phenomenology of Suggestion

Erwin Straus, psychiatrist and neurologist, was born in 1891 in Frankfurt am Main, built a significant reputation in Germany in the Weimar years for his anthropological and existential psychology, emigrated to the US in 1938, and died in 1975 in Lexington, Kentucky, the United States. In 1925, Straus published a monograph on Suggestion: "Wesen und Vorgang der Suggestion" (Nature and Process of Suggestion). In 1926, he was one of two featured speakers at the 70th Congress of the Swiss Association for Psychiatry, in Zurich. The second featured speaker was Pierre Janet. Straus' address was titled "Suggestion und Suggestibilität."

This presentation will describe Erwin Straus' life, his major works, and his approach to suggestion and suggestibility. Straus critiqued the prevailing concept that suggestion is a byproduct of a kind of abnormal state of consciousness. Rather he suggested that the understanding of suggestion and suggestibility should begin with an exploration of the element of suggestibility in everyday experiencing. The human being lives in a suggestive relationship with the world, and with other human beings. Straus used the "intentional analysis" of phenomenological psychology to examine the structure of the experience of suggestion.

Heart Rate Variability Biofeedback: What is Heart Rate Variability? What is its Medical and Psychological Significance? How Can We Optimally Train Positive HRV Changes?

Heart rate variability (HRV) has been recognized as a medical index of health and resilience for over three decades. Lower HRV is a predictor of sudden death in cardiovascular clinics. Research shows that HRV is lowered by anxiety, depression, post traumatic stress, fibromyalgia, cardiovascular illness, and many chronic medical conditions. Higher HRV is associated with youthfulness, aerobic fitness, and vitality. Increasing heart rate variability is also an index of depth of trance. This workshop will review the physiology of HRV, and explain the HRV indices used in research. Only in the past fifteen years has a practical technology developed to provide real time feedback on heart rate variability, for biofeedback training. This workshop will introduce and demonstrate basic biofeedback instrumentation and procedures to train increased heart rate variability. The

workshop will emphasize the Lehrer-Vaschillo protocol for HRV biofeedback training, which has been used as the basis for most of the research investigations showing improved HRV measures in study participants. This protocol can be supplemented with an understanding of respiratory physiology and an emphasis on breath training. The workshop will review the outcome studies showing that HRV biofeedback can produce symptom reduction or functional improvement for the following disorders: asthma, anxiety, depression, fibromyalgia, heart disease, hypertension, and post-traumatic stress disorder, as well as three sample applications for optimal performance. In addition, this workshop will include a clinical case presentation integrating heart rate variability biofeedback into a multi-modality treatment approach including life style change and skills acquisition.

Miran Mozina

Dr.

How to Train Hypnosis: New Developments in Psychotherapy Training

According to the recent empirical evidence psychotherapeutic techniques and technique-specific factors of efficacy explain only a small portion of the outcome variance. Estimations performed on the basis of meta-analyses lie between 15 % and 1 % of the explained variation for the therapy outcome (e.g. Beutler et al., 2004; Wampold, 2001; Lambert & Ogles, 2004). Also the clinical trials comparing treatments, i.e. different modalities, have become senseless (Duncan et al., 2010). These findings call for radical change in the emphasis of psychotherapy training curricula: to diminish the accent on teaching of methods and techniques and to potentiate the learning on common factors, therapist and client variables.

Can training in hypnosis contribute to the new developments in psychotherapy training? The results of the research in the psychotherapy training group, where learning of hypnosis/hypnotherapy constitutes an important part, will be shown. Milton H. Erickson defined hypnosis as a science of intercommunication. He developed the understanding of hypnosis and built the foundation for psychotherapy, which is not bound to certain modality. Hypnosis can and should be used for the psychotherapy training of the future.

For Psychotherapy as an Autonomous Profession: What is Happening in Europe

The development of psychotherapy in Europe is moving more and more in the direction of the independent and autonomous profession, but there are still big differences among European countries. These differences are connected strongly to the different regulations on the political level. Most psychotherapists are not so much interested for the psychotherapy politics, but the realization of the big goal - psychotherapy as an autonomous profession - is impossible without the engagement of psychotherapist on the political and broad social level. The European Association for Psychotherapy (EAP) was founded in 1990 on the consensus statement, the so called "Strasbourg declaration", and has over the last two decades contributed hugely to the development of psychotherapy as an independent and autonomous profession. To understand better what are the obstacles and what are the opportunities for the development of psychotherapy as an autonomous profession, regulations in Austria, Germany, Sweden, Netherlands, Italy, Switzerland, Finland, France, Hungary, Latvia, Malta, Bulgaria, United Kingdom, Belgium and Slovenia will be compared. In 2005 a new phase in the development of psychotherapy in Europe and worldwide began with opening of the bachelor, master and doctor faculty study of psychotherapy science at Sigmund Freud Private University (SFU) in Vienna. Bachelor level is! open for those who finish secondary school and decide to study psychotherapy as a first profession. SFU is emphasizing the development of psychotherapy as an autonomous academic discipline and as an independent profession in its own right. These novelties present new challenges and opportunities also for the development of hypno-psychotherapy as a specific modality.

Maximilian Muenke

M.D.

Genetics of Complex Traits: Hypnotizability, Behavior, and Mental Health

Knowledge of the underlying cause of a disorder is a critical step towards a better understanding of its pathophysiology, prognosis, and therapy. With the completion of the human genome project the causes of most monogenic disorders have been identified: examples include diseases with autosomal dominant (e.g. neurofibromatosis), recessive (e.g. cystic fibrosis), or X-linked mode of inheritance (e.g. Duchenne muscular dystrophy). These conditions are of great importance to individuals and families with them, but, even when added together, are relatively rare.

In contrast, multiple factors contribute to complex traits (e.g. height, attention span, hypnotizability, etc.) or common disorders (e.g. heart disease, cancer, cerebrovascular diseases, psychiatric disorders, etc.). Twin studies have shown that both genetic and environmental factors contribute to complex traits: height (90% genetics vs. 10% environment), attention deficit / hyperactivity disorder (ADHD) (80% vs. 20%), schizophrenia (70 vs. 30%), hypnotizability (60 %vs. 40%), asthma (40% vs. 60) [for reviews see: Faraone, 2000; Raz, 2005].

To elucidate the genetics of attention we have studied both small and large families with ADHD. Using both candidate gene approaches and a genome-wide search we were able to identify genes that contribute to the susceptibility to ADHD, those

that protect from ADHD, and those that appear to modify ADHD [Arcos-Burgos et al., 2004; Arcos-Burgos et al. 2010; Acosta et al., 2011; Jain et al., 2011].

To better understand the genetics of hypnotizability we have planned in collaboration with Dr. David Spiegel, Stanford University, case-control studies in either high or low hypnotizable individuals. Specifically, we plan to complete a genome-wide search to identify those genes that affect hypnotizability. Results of both studies, genetics of attention and hypnosis, will provide insight into the neurobiology, psychology, and interconnection of these phenomena.

Akupressur und Hypnose: Eine (selbst-) heilende Kombination

Akupunktur und Akupressur, fundamentale Heilverfahren der Traditionellen Chinesischen Medizin (TCM), werden seit mehreren tausend Jahren praktiziert. Ihr Ziel ist, optimale Gesundheit und Lebensqualität durch das Erreichen einer Balance zwischen Körper, Geist und Seele zu erhalten, oder, im Falle einer Erkrankung, dieses Gleichgewicht wieder herzustellen, indem ein gleichmässiges Fließen der Lebensenergie (Qi) durch den gesamten Körper angeregt wird. Indikationen für Akupunktur sind vielfältig und decken sich häufig mit denen, die erfolgreich mit Klinischer Hypnose behandelt werden, unter anderem Erhaltung von allgemeinem Wohlbefinden, emotionale, physiologische und Verhaltens-Selbstregulierung, Stress- und Schmerzbehandlung. Schiff und Kollegen (2007) haben eine Kombination von Akupunktur und Hypnose vorgeschlagen, um damit eine potenzierte Behandlungswirkung zu erzielen. Unser Workshop bietet Teilnehmern die Möglichkeit, sowohl eine didaktische als auch eine experientielle/praktische Einführung in die Anwendungsmöglichkeiten von Akupressur und Hypnose in der Selbstheilung und in der medizinischen und psychotherapeutischen Behandlung zu bekommen (Muenke und Draeger-Muenke, 2011). Anwendungsschwerpunkte werden auf der Akupressur-Hypnose Kombination für eine Stärkung des Immunsystems und der Lebensenergie, für Stressreduktion und zur Linderung alltäglicher Beschwerden so wie Übelkeit, Schlaflosigkeit, Kopf- und Rückenschmerzen und Muskelverspannungen liegen.

Ali Esref Müezzinoglu

DDS

Direct applications of conscious hypnosis

The workshop consists of two parts. In part one, examples of direct quick applications of conscious hypnosis will be presented. Applications by volunteer participants of this technique will also take place. The second part will be reserved for difficult cases. Conscious hypnosis applications on difficult psychiatric cases not getting adequate treatment by medication and problematic social phobia, personal development, nutritional control, tinnitus and dental cases will be displayed in conjunction with DVD's.

Ali Esref Müezzinoglu, DDS (*), E. Cetin Kaleli (**), Husnu Riza Müezzinoglu, DDS (**), Vecihe Müezzinoglu, DDS (****)

(*) Director of Hypnosis Research and Application Unit, NPI Neuropsychiatry Hospital of Üsküdar University, Istanbul
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Elvira Muffler

Dipl.-Soz.-Päd.

Hypnosystemische Konzepte in der Psychoonkologie

Krebsdiagnosen und -behandlungen beeinflussen den erkrankten Menschen ebenso wie sie die Menschen im Umfeld des Erkrankten beeinflussen. Diagnose und Behandlung induzieren Trancen und führen zu einer hohen Suggestibilität der Betroffenen. Dies erfordert eine reflektierte Kommunikation der Behandler/-innen und fundierte Kenntnisse über die suggestive Wirkung verbaler und nonverbaler Kommunikation. Hypnosystemische Interventionen können die Menschen des gesamten Systems wieder handlungsfähig machen und die Lebensqualität deutlich verbessern. Insbesondere bietet die Hypnotherapie sehr gute Möglichkeiten die Linderung von auftretenden Symptomen wie Übelkeit, Schmerzen, Angst zu erreichen.

Dafür kann man das psychotherapeutische Setting mit Einzel-, Paar- oder Familienterminen ebenso einsetzen, wie Beratungsgespräche oder informelle Gespräche, die sich im Behandlungsablauf ergeben. Die vorgestellten Konzepte sind deshalb für das Setting in der Psychotherapie ebenso geeignet wie für das ärztliche oder psychosoziale Beratungsgespräch in der Onkologie.

Im Workshop werden für verschiedene Situationen hypnosystemische Interventionen und Gesprächsstrategien vorgestellt.

Giorgio Nardone

Prof.

Hypnotherapy without Trance and strategic dialogue with OCD patients

1)

- Advanced Brief Strategic Therapy of O.C.D.

- Operative Classification of O.C.D.
- Mental or Behavior Compulsion
- Repairing Rituals, Preventing Rituals, Propitiating Rituals
- Therapeutic Strategies and Counter Rituals for the different Types of the O.C.D.
- Phased and Process of Brief Strategic Therapy of O.C.D.

2)

- "Hipnotherapy without trance"
- "Strategic Dialogue"
- Performing language
- Evocative Suggestion
- Hipnotic Strategies

To be utilized within therapy version without formal hypnotic trance introduction

Peter Nemetschek

Erickson bei der Arbeit, eine persönliche Begegnung

Die 1-stündige Präsentation zeigt 100 Fotos von Milton Erickson 1979 bei der Arbeit mit Seminarteilnehmer/innen, sowie das Environment, in dem das stattfand, als auch Orte, zu denen er seine Patienten und Seminarteilnehmer zu schicken pflegte. Nach Miltons Tod bedankte sich Betty Erickson für diese Aufnahmen bei Peter Nemetschek und bat ihn, sie zu veröffentlichen. Denn es seien die einzigen Fotos, die je im Seminarkontext gemacht wurden. In der Präsentation erzählt der Autor über die 12 Tage seiner Begegnung mit Erickson. Eine Auswahl von 300 Fotos findet sich auch im Buch des Autors "Erickson lebt".

Barbara Nigitz-Arch

Dipl.-Päd.

Null Bock - und alle wollen was von mir

In dem Workshop geht es um im Wesentlichen um Rapportaufbau und Veränderungsarbeit unter besonderen Bedingungen. Diese besondere Bedingung ist der Kontext von Unfreiwilligkeit bzw. die Arbeitsprämissen von hohem Misstrauen der KlientInnen bezüglich der nahen Begegnung und Interaktion mit erwachsenen Personen, wie auch die therapeutische Begegnung eine ist. Konflikthaft Konfrontationen, aber auch Aspekte der Verweigerung bei jugendlichen KlientInnen werden anhand von Beispielen aus dem Blickwinkel der Gegensatzpaare Verweigerung und Kooperation, von Macht und Bedeutsamkeit, von Bedürfnis und Erwartung betrachtet.

Die Strategie der Verweigerung, des scheinbaren Nicht-Tuns, Nicht-Zeigens, Nicht-Gebens erzielt im System Wirkung, Mächtigkeit. Diese Macht beinhaltet auch den lebensnotwendigen Aspekt der Bedeutsamkeit. Erfahren von Bedeutsamkeit als soziales Grundbedürfnis des Menschen ist das Stichwort, welches in die Konzeption von Kooperationsmodellen mit dem Jugendlichen führen kann.

Durch Verweigerung zeigen Menschen Grenzen auf und fordern ihr Gegenüber - so auch uns PsychotherapeutInnen - als Person heraus. So auch in triangulären therapeutischen Kontexten von Fremduweisung oder der so verstandenen Botschaft des "du sollst dich ändern!". Diese Heraus-Forderung im positiven Sinn als Herausforderung zu nutzen ist Ziel und Inhalt unseres 90 minütigen Workshops.

Als Workshopmethoden sind zu nennen:

- exemplarische Falldarstellungen und darauf bezogene Rollenspiele
- Übungen zur Gesprächsführung
- Übungen zur Selbsterfahrung
- Geschichten, Metaphern, Zaubereien
- anonymisierte Falldarstellungen aus der psychotherapeutischen Praxis

Michael Nigitz-Arch

Geschichtenerzählende Zauberkunst in Therapie und Beratung

- Oder: Wie der Einsatz von Zauberei und anderen Merkwürdigkeiten einem die Arbeit als BeraterIn u/o TherapeutIn erleichtern.

Die aktuelle Hirnforschung zeigt sehr eindrucksvoll: „Unerwartetes“ erfreut unser Gehirn am meisten und dient dem „besonderem“ Lernen. Kann es sein, dass durch den überraschenden „Zaubereffekt“ auch ein „Aha-Erleben“ im Klienten gefördert wird. Nach meiner Erfahrung und die von Kollegen die Zauberkunst im therapeutischen Kontext einsetzen: ja!

Null Bock -und alle wollen was von mir

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- anonymisierte Falldarstellungen aus der psychotherapeutischen Praxis

Rafael Núñez

Dipl. Psych. M.A.

Strategic Hypnotherapy of Psychotic Nuclei within Ego States

Theoretical review of concepts of Psychotic Nuclei and their presence within Ego States. Treatment with Strategic Hypnotherapy is shown with a filmed case presentation. A technique will be taught along with practice among attendants

Karen Olness

MD

Taking Hypnosis to Resource Poor Areas of the World

There is a need for hypnosis in resource poor areas of the world, especially to help relief workers in disasters, and to provide pain management for children. Ninety per cent of children born in 2011 are born in the developing world.

A pilot program to train health professionals who work with children was initiated in Khon Kaen, Thailand in 1992. Prior to that time children undergoing procedures for treatment of cancer received little or no pain treatment, and many developed PTSD. This successful program not only assisted the children with cancer but led to pain management training throughout the entire province.

Self Hypnosis training for relief workers has been included in workshops on "Management of Disasters: focus on children and families" in several countries, including Haiti and India. There is a great need for more training in hypnosis throughout resource poor areas of the world. Following basic training workshops, information technology advances make it possible to provide follow up mentoring to trainees via listserves and skype discussions.

Introduction to the panel

The demand of working in a developmentally appropriate manner with children and adults will be accepted by all therapists. But what does it really mean?

Different developmental domains including focusing of attention, motivation for therapy, speech comprehension and identity-development, cognitive style patterns, will be considered in a context of facilitating the development of self-regulation and their implications for therapeutic strategies and outcomes.

Symposium "MsMerism: The contributions of women to hypnosis"

This symposium will look at the scientific, clinical and leadership contributions and accomplishments of women in the field of hypnosis. Each participant will present a synopsis of her work. In addition, each will share a personal experience that shaped her work in the field of hypnosis.

Applications of Hypnosis for Children with Chronic Illness

Clinical experience has proven the value of hypnosis and hypnotherapy for a wide variety of chronic conditions in childhood. These include applications for pain control, anxiety (e.g. medical procedural stress), insomnia, appetite problems, breathing difficulties, nausea and vomiting (e.g. post chemotherapy). This workshop will provide multiple clinical vignettes (stories and video vignettes) describing the value of hypnosis for children with asthma, cancer, juvenile rheumatoid arthritis, IBS, Inflammatory Bowel Disease, and others. Participants will have the opportunity for case consultation with one another and with the Faculty regarding cases from their own practice.

Martine Oswald

The Four Squares Technique

It seems to us that the essential of psychotherapy is to promote change and positive movement in the patient's life. This could rectify being stuck, frozen or hopelessly repetitive, devalued in self-esteem or to feel a lack of capacity, which we link to psychopathology. With this in mind, we have been looking at different therapeutic approaches in order to find the similarities or complementarities, which make them effective. During our research we came upon a method presented as stabilisation during therapy in psycho-traumatology (Dr. Karla Schmidt-Riese and Dr. Lucien Burkhardt EMDR facilitators). We applied this method of four squares and realized that with certain adaptations, trained hypnotherapists could rather rapidly use it.

We found it to be successful in treating trauma (PTSD), phobia, anxiety, pain, as well as many other psychopathological states. Also, it could be applied to patients who tended to dissociate too quickly when confronted with an important emotional or physical reaction linked to their trauma.

This method of the four squares is a crossroad between hypnosis and EMDR. The method uses the safe-place, the affect bridge, the subjective evaluation of the intensity of suffering and the focalisation on a repeated source of stimulus accompanied by indirect suggestions of just allowing positive changes to occur. This is accompanied by fractioning the trance, thereby rendering it emotionally manageable. The adjunction of active drawing (it's not necessary to be an artist) in the intervals between stimulations allows the patient to be surprised by their own minds creativity and expressivity. The evolution toward a newly found positive solution completes the picture and confirms the healing process and further promotes in between sessions progress leading to restored health. Those trained hypnotherapists, whether treating adults or children, coming from TCC, family therapy or most other approaches of psychotherapy can readily add it to their therapeutic baggage.

Stéphane Ottin Pecchio

Dr.

Musical hypnosis induced by simultaneous piano and singing improvisations and therapeutic touch

This musical approach uses simultaneously improvised music (piano and song) and acupressure to induce hypnosis. Each approach on its own can induce hypnosis through non-verbal sensory stimulation and act indirectly on the unconscious. The SIMULTANEOUS use of both has a synergic effect and is most effective. This multisensory stimulation leads to a quicker induction, a deeper trance and a greater suggestibility. This mobilizes unconscious blocks. Improvising with an acoustic musical instrument allows : 1. The use of natural harmonics which enables the body to resonate, have a dissociative effect, and act as a vector to reach modified state of consciousness;2. A better adaptation to the patient's individuality and then a better therapeutic effect ; and 3. An artistic creativity which stimulates the patient's one. Practically, with his left hand, the therapist touches a patient lying on a table, playing the instrument with his right hand and using his voice to sing or guide the patient. The induction of hypnosis is facilitated by powerful multi-sensorial stimulation which develops sensory perception; by dissociation and confusion: simultaneously playing piano, singing, speaking, and touching him leads both therapist and patient to a profoundly dissociated state that allows one to go beyond one's resistance. The association with therapeutic touch facilitates induction according to Charcot. The therapist's receptivity to the patient is amplified by the reassuring physical contact. Improvised music allows artistic creativity. The therapeutic action has to be a creative one. Creating is taking the risk to go beyond one's resistance. The musician will transmit this feeling to his patient which can reconnect him with the capability to feel beauty. As he creates, the musician can transmit his own ability for change which helps the patient to find his own solution. More than an active coping or a counter-transfer, the therapist goes into another level of consciousness, renews himself, prevents his burnout and can continue his practice. Therapeutic applications in psychological traumas. Traumas leave a specific neurological trace which can be stimulated by any sensory experience. Associated to multisensory stimulation, hypnosis facilitates the release of traumatic memories. Music and acupressure channel this release within a harmonious musical space. Five psychological trauma cases treated by music and acupressure with hypnosis : rapid decrease of flashbacks . (Personal Research Thesis, University Paris V, 2007).This approach can encourage therapists to develop their own creativity. Evaluation in anesthesia and chronic pain currently underway in the Tenon Hospital in Paris.

Musical hypnosis-inducing processes through the works of J.S. Bach and C. Debussy. An example of the use of music for hypnosis: an approach associating improvised music and therapeutic touch to induce hypnotic processes

This workshop aims to get the therapist to feel the hypnotic effect of music and to demonstrate the similarities between the creativity of the musician and the therapist. It will be accompanied and explained by direct experience, or video presentation, of musical hypnosis with a piano and song.

1.Hypnosis-inducing musical processes from the works of J.S. Bach and C. Debussy. Natural harmonics of acoustic instruments and voice appear to induce the state of dissociation. They give an impression of calm security used in Baroque music : prelude by J.S. Bach. Polyphony induces mental space, dissociation and confusion because it is difficult to follow all the voices at the same time. Combining the functions of musician and therapist. An artist plays a classical piece in public accompanied by a therapist and describes a state of dissociation. The musician can transmit a feeling and a state of being : extract of the Fantasy in G minor by J.S. Bach in two different ways to create different feelings from the same piece. The voice

of the therapist can transmit the same information as the musician. Comparison to Dr. Gradus ad Parnassum by C. Debussy. In these two pieces, the melody is highlighted (dissociation) and the repetition of musical phrases (continuous flux, saturation) are inducing hypnosis. Elsewhere time appears suspended (time distortion). In Debussy, harmonics give a feeling of levitation.

2. A personal approach associating improvised music and therapeutic touch to induce hypnotic processes. A film shows the different phases of musical hypnosis associated with therapeutic touch as well as different clinical examples. Induction phase: musical notes repeated regularly set up a safe space. Leading phase : the acceleration of the rhythm deepens the hypnosis and suggests movements of nature. Harmonics enhance unconscious quests. A creative phase can occur if a space opens up simultaneously for the patient and the therapist. Return to the starting point by inverting the musical phrases used (anchoring). Hypnosis for pain : we suggest that the patient uses musical notes to modify its representation of pain by synesthesia. Women in pregnancy and children : children whose mothers were treated during pregnancy were particularly receptive to the music heard in utero. Psychological trauma . Five case studies of psychological trauma : rapid decrease of flashbacks (Personal Research Thesis, University Paris V, 2007).

3. Musical hypnosis : Live

hypnotic metaphor for the whole room guided with piano and song.

Osman Özcan

Prof. Dr.

Kinesiological Surface Electromyography Response of Biceps Brachii Muscle Under Hypnosis

Kinesiological electromyography (K-sEMG) is a useful tool for measurement of skeletal muscle activity during human movement. Especially it is common for gait analysis and athletic performance. The extracted information from K-sEMG is different from diagnostic EMG (d-EMG) commonly used in neurology and neurosurgery. Despite the use of d-EMG for nerve conduction velocity studies, K-sEMG is related to muscle force production and endurance.

The level of force production can be determined by maximum iEMG and endurance can be determined by median frequency from in K-sEMG data. There are limited studies in the literature on these two parameter under medical hypnosis. The purpose of this study is to determine the K-sEMG response under hypnosis.

Method:

16 healthy subjects joined the study. Volunteers are positioned on hypnosis chair, surface electrodes were placed over the belly of biceps muscle and ground electrode was placed over olecranon. Data acquisition procedure was performed with LT1168 based amplifiers and MCC USB-1680FS DAQ card at 5000 sample/sec. 10sec MVC was acquired two times in normal condition and two times under hypnosis.

The hypnosis included hypnotic induction involving a relaxation-based induction, imagery, relaxation and restful place suggestions.

Result:

Records of 8 volunteers are valid according to kinesiological standards. There is statistically significant difference between iEMG but there is no statistically significant difference on endurance response under hypnosis according to Wilcoxon test (p

Ali Özden Öztürk

Dr.

Sufism and Hypnosis

In this workshop the similarities between AUCH (Awareness under Conscious Hypnosis) method which has three main principles (awareness, differentiation and feeling) and Sufism will be presented by a live performance of whirling dervishes and Sufi music.

"Bishnev in ney" (Listen to the reed flute -Ney) are the first words that Mevlana began his book, the Mesnevi, thus expressing the importance of listening and feeling. So we know that, "knowledge" starts with listening, hypnotic suggestions.

In Sufi practice, Sema-dance, represents awakening (awareness) the aesthetic feelings present in human nature and elevating pleasure from sensuality to divine bliss. That is the goal of art in Sufism because the single and only aim of Sufism is God. (differentiation).

During the Sema the dancers hold their arms with right palm facing up and the left down. The eyes gaze upon the left thumb (which refers the head according to the Su Jok therapy and Acupuncture related techniques including AUCH=awareness under conscious hypnosis).

Sufism (Tasawwuf) opens the heart for spiritual ardour, which elevates sensuality to perception of the Divine and establishes harmony between the two. The ney (music) and different beats of rhythms seem to be hypnotic suggestions. The dancers highly focused attention like hypnotic trance which is physiologically a type of awareness; initiating the differentiation.

On the contrary to Sufistic command hypnosis, medical hypnosis refers to a special type of interchange between the two -an interchange that involves trance.

Moreover, just as a pelvic incision is itself not treatment but is instead the means through which surgical treatment may be done. Hypnotic trance is not a treatment per se; instead, hypnotic trance is the framework in which treatment can more effectively be carried out. So when we speak of medical hypnosis, the goal is not to hypnotize someone; the goal is to accomplish a therapeutically valuable result during hypnotic trance.

So in this workshop, hypnotic awareness under those conscious levels will be explained and showed practically, as well as AUCH using unconscious potential - a revolutionary shift from direction authoritarian techniques of the past -will be discussed.

The goal of modern medical hypnosis is to help people using unconscious potential--a revolutionary shift from the direction-focused, authoritarian therapeutic techniques of the past.

Rolf Pannewig

Dr.

Pain reduction by hypnosis - Glove Anesthesia and other treatments of acute pain

The treatment of pain is one of the essential possibilities of hypnosis, that can be used by dentists, medical doctors and psychotherapists. There are several different approaches to the treatment of acute pain in practice. The induction of hypnosis - indirectly working with metaphors or directly working with suggestions - means working on symptoms and will have good results. Other therapists prefer therapeutic work with the patient in order to get a long lasting outcome - these techniques are more adequate for the treatment of chronic pain.

After a summary of the different approaches to the treatment of pain, various NLP-techniques that can be used for the treatment of pain will be explained and demonstrated. In the end, as the main item, the Glove Anesthesia will be demonstrated and practiced by the participants of the workshop.

Jane Parsons-Fein

LCSW

Family Trances and Hypnotherapy in Couples© ((lecture at Symposium "Hypnosis & Family Therapy")

In Uncommon Therapy, Jay Haley said that Milton Erickson based his therapy largely on the assumption that human problems are inevitable in the way a family develops over time. Virginia Satir also saw the family as context for problems created in the intensity of human interactions. Children, with their adult critical faculties not yet developed, and with their hearts so open and unprotected, spend most of their time learning and absorbing on unconscious levels and developing invisible ways of protecting their vulnerability.

When couples "fall" in love they can tune into each other on the same early frequencies developed with their parents and siblings. When the couple reactivates their early unconscious feelings, behavior, and attitude, they shift into their family trances. Both partners helplessly try to protect their vulnerability by repetitively involving the partner in their family trances in order to fulfill old, unfulfilled needs. Thus these repetitive toxic patterns begin to build even though they are never effective. Many schools of couples therapy have similar understandings. I think hypnosis has an advantage because it moves quickly from the thinking left brain to the feeling right brain, from analyzing and theorizing to the somatic see/hear/feel experiencing, which recent research has demonstrated can bring about changes in brain chemistry.

In tracking the shifts of consciousness Erickson and Satir introduced new variables into old patterns. They used hypnotic triggers to pattern interrupt, to prescribe symptoms, to age regress/progress, to fractionate (chunk down into parts), to weave (to flow back and forth from left to right brain), to project and to objectify. The resulting pattern metabolism was due to dissociation, timing, use of silence, staying out of the way, and using profound respect to model and honor the sacred vulnerabilities of each participant.

Working with couples I always remember the statement of William Masters, pioneer researcher in human sexuality: "Love is the exchange of vulnerability."

Dave Patterson

Prof.

An Ericksonian, biopsychosocial hypnotic approach to pain control

This is a theoretical/clinical paper. A premise of this paper is that it is extremely difficult to address chronic pain unless treatment is driven by a biopsychosocial theoretical approach (i.e., addressing medical/biological aspects of pain, as well as psychological and social influences). It is very tempting for clinicians working in hypnosis to target one aspect of pain while ignoring a more comprehensive understanding of the issues. This paper will present some of the more basic underpinnings of Ericksonian hypnosis with the understanding that they can provide a framework to address multiple levels of a biopsychosocial approach in an efficient manner. Using such time honored Erickson approaches as multiple choices, paradox, confusion, metaphors and other standards, patients are enabled to address the the problem of their pain on multiple levels (e.g., medical factors, poor coping, inactivity, acceptance and mindfulness).

Hypnotic management of pain I

This 3-hour workshop is intended as the first of two workshops co-facilitated by Drs. Jensen and Patterson. The goals of the workshops are to provide participants with an overview of hypnotic strategies and suggestions for helping individuals better manage acute and chronic pain conditions. This first workshop will begin with a discussion of the neurophysiology of nociception and pain, focusing on nine specific processes and physiological structures involved in pain perception, and that can be influenced by hypnotic suggestions. We now understand that there is no single focal "center" in the brain responsible

for the experience of pain. Rather, pain is the end product of a number of integrated cortical networks that involve activity at multiple sites. Too often, clinicians who treat pain focus only on subsets of these processes (for example, limiting themselves to suggestions that address the perceived intensity of pain or the emotional response to pain), which can limit the efficacy of treatment. Hypnotic suggestions for addressing all of the known processes involved in pain perception will be reviewed and discussed, as will ways to use hypnosis to address other problems that persons with chronic pain often have (e.g., deactivation, sleep dysfunction, depression). Case studies presented by workshop participants will be used to illustrate methods for evaluating pain and pain-related issues, and developing tailored treatment programs to effectively address those issues. After participating in the workshops, 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.

Hypnotic management of pain II

This 3-hour workshop is intended as the second of two workshops co-facilitated by Drs. Jensen and Patterson. The goals of the workshops are to provide participants with an overview of hypnotic strategies and suggestions for helping individuals better manage acute and chronic pain conditions. This first workshop will begin with a discussion of the neurophysiology of nociception and pain, focusing on nine specific processes and physiological structures involved in pain perception, and that can be influenced by hypnotic suggestions. We now understand that there is no single focal "center" in the brain responsible for the experience of pain. Rather, pain is the end product of a number of integrated cortical networks that involve activity at multiple sites. Too often, clinicians who treat pain focus only on subsets of these processes (for example, limiting themselves to suggestions that address the perceived intensity of pain or the emotional response to pain), which can limit the efficacy of treatment. Hypnotic suggestions for addressing all of the known processes involved in pain perception will be reviewed and discussed, as will ways to use hypnosis to address other problems that persons with chronic pain often have (e.g., deactivation, sleep dysfunction, depression). Case studies presented by workshop participants will be used to illustrate methods for evaluating pain and pain-related issues, and developing tailored treatment programs to effectively address those issues. After participating in the workshops, 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.

Virtual reality distraction and hypnosis

This paper summarizes the work we have done on using immersive virtual reality technology both to distract patients from acute pain and also to provide a three-dimensional delivery system for hypnosis. Our virtual reality distraction research has used software known as "Snow World" to pull the attention of burn patients away from pain during aggressive wound care and physical therapy procedures. This paper will summarize a number of laboratory and clinical studies that explore the mechanisms of VR distraction as well as some initial findings for how powerful it appears to be with clinical pain. The presentation will also discuss the application of hypnosis through a immersive virtual reality modality. Data from a series of case studies, as well as more recently controlled studies, will examine the impact of hypnosis delivered through cutting edge technology for treating pain from burn injuries as well as trauma pain.

Burkhard Peter

Dr.

Konstruktion und Modifikation eines "Symptomträgers" - eine Strategie für chronische Schmerzpatienten

Es wird eine Strategie, die sich bei chronischen Schmerzpatienten bewährt hat, vorgestellt, in ihrer Indikation diskutiert, in ihrer Anwendung demonstriert und eingeübt. Hypnotische Trance und hypnotische Rituale sind hierfür nicht grundsätzlich nötig, aber überaus hilfreich.

Natalya Pettrash

Integrative-dialog hypnotherapy in the complex therapy of stage four HIV infection

On the base of research of clinical and psychological peculiarity of patients with stage four HIV infection, the significance of psychological resilience is discussed. The utilization of psychotherapy, hypnotherapy in forms of Universal and Projective Hypnotherapy (R.D. Tukaev) leads to an improvement in health status, psychological status, quality of life.

Maggie Phillips

Ph.D.

Hypnosis and the Deep Self

The deep self is considered to be the center core essence of self that is uncontaminated by trauma or other adverse experiences and is free of conflict and self-division. This workshop will explore how hypnosis can be a valuable tool for accessing this deep universal capacity for healing and wholeness. Topics include hypnotic strategies for identifying and evoking resilience, suggestions for mobilizing experiences of mastery and triumph, and approaches for repairing and reconnecting the ego-state family with deep self energy. The workshop format includes lecture, demonstration, brief practicum, clinical discussion and case consultation, and will emphasize:
o Ways of accessing the deep self as an agent of creativity and transformation
o Four hypnotic strategies to generate experiences of resilience
o Hypnotic scripts to bridge

between the thinking mind and the deep selfo Effective hypnotic methods for utilizing various deep self phenomena (including Inner Strength, Inner Wisdom, Ideal Renurturing, and Inner Healer) in order to create corrective experiences in ego-state therapyo Techniques for involving the deep self in mindbody healing

Hypnosomatic approaches to Ego-State Therapy

This workshop explores the use of hypnotic Ego-State Therapy with a focus on treating somatic issues in children, adolescents and adults. A variety of clinical presentations illustrate how hypnosomatic methods widen the window of possibilities for healing mindbody symptoms and can help to reverse the emotional and physical effects of stress and trauma. Topics include the effective use of somatic approaches to strengthen the whole person; regulate fears, anxieties, and other symptoms; and expedite bottom-up trauma processing. Related hypnotic methods include conversational inductions, creative somatic imagery, uses of self-suggestion, breathing and mindfulness, and tension release. The presenters will emphasize strategies to access conflict-free ego states related to empowerment, protection, wisdom, and other strengthening qualities, techniques to utilize key ego states in the healing of specific mindbody difficulties (for example, tics, pain, sleep disturbance, brain injury, and autoimmune symptoms), and approaches to provide rapid relief, cooperation and integration for traumatized states. The workshop format includes lecture, case presentations, demonstration, brief practicum, and clinical consultation.

Mending Fences: Repairing Boundaries through Ego State Therapy

Ego-State Therapy is the treatment of choice to help repair fragmentation related to posttraumatic stress and dissociative disorders. Specialized work with ego states can help to clarify and strengthen internal and external boundaries, create greater boundary flexibility, and contribute to containment and self-regulation. Uses of direct and indirect hypnosis with boundary issues will be emphasize along with the following topics:

- o Specific ego state roles that contribute to boundary stabilization as well as to boundary confusion and resulting symptoms;
- o Intentional development of new ego states for healing;
- o The importance of psychoeducation with ego states and the whole personality;
- o Conflict resolution and mediation in the inner system;
- o Developmental repair with ego states in the service of symptom resolution
- o Ego states of the therapist and boundary regulation

Case examples will be used to illustrate these points and as time permits, clinical questions from participants are welcomed.

Olivier Piedfort-Marin

Psychologue-psychothérapeute FSP

La thérapie psychodynamique imaginative des traumas et ses racines dans l'hypnothérapie et la thérapie des états du moi

La thérapie psychodynamique imaginative des traumas s'est largement imposée dans les pays germanophones comme traitement pour les patients souffrant de traumatisation complexe. Au centre de cette approche thérapeutique se trouve le travail conséquent avec les états du moi " blessés " et " blessants ". Cette démarche implique une compréhension psychodynamique, tandis que les interventions sont très fortement influencées par l'hypnothérapie et formulées de manière à promouvoir la résilience dans un travail orienté sur les ressources, travail qui se fait exclusivement dans la transe commune de la vie quotidienne. L'accent est mis sur l'utilisation de l'observateur intérieur qui est impliqué surtout dans le cadre d'une intégration douce des souvenirs traumatisques. PITT se distingue principalement par le fait, bien établi par la recherche, que les expériences encourageant la résilience devraient être appliquées dans la thérapie des patients traumatisés. Cela inclut en premier lieu le réconfort en tant que " réconfort interne " dans le sens d'un re-parentage par le Moi adulte dans la gestion de ses Moi plus jeunes.

Résumé du séminaire : Le séminaire se propose de décrire et d'approfondir la procédure précise au moyen de quelques exemples pratiques.

Anke Pielsticker

Dr. phil.

Körperschmerz und Seelenleid - Hypnose bei komplexen Schmerzsyndromen

Theoretischer Hintergrund der Thematik/Lernziele/Inhaltlicher Ablauf:

Es gibt einen engen Zusammenhang zwischen dem Schmerz des Körpers und der Seele. Das Phänomen Schmerz besteht aus biologischen, psychologischen und sozialen Faktoren. Hinsichtlich der Schmerzentstehung und Aufrechterhaltung existieren komplexe Wechselwirkungen zwischen somatischen und psychischen Faktoren. Es bestehen psychische Einflüsse auf das Schmerzerleben und Einflüsse des Schmerzes auf das psychische Befinden (biopsychosoziales Konzept des chronischen Schmerzes). Bei chronischen Schmerzerkrankungen entwickeln sich häufig in der Folge auch psychische Störungen (Ängste, Depressionen). Die Schwere der chronischen Schmerzsyndrome kann darüber hinaus auch durch die in neueren Studien belegte neurobiologische Ähnlichkeit der Verarbeitung körperlicher und psychischer Schmerzstimulation (schmerzhafte Erfahrungen wie Zurückweisung und Verlust) erklärt werden (Traue et al. 2005).

Die Komplexität von chronischen Schmerzsyndromen erfordert einen ganzheitlichen Behandlungsansatz. Der hypnotherapeutische Ansatz berücksichtigt in besonderem Maße emotionale Erlebnisinhalte und kann durch eine flexible

und kreative Ausgestaltung der Trance besonders auf komplexe Wechselwirkungen des Schmerzes eingehen. Die klinischen Studien zur Wirksamkeit der Hypnose bei verschiedenen Schmerzsyndromen belegen deutliche Effekte insbesondere auf die affektiven Schmerzkomponenten wie das subjektive Schmerzerleben, die wahrgenommene Schmerzkontrolle und das eingeschätzte Wohlbefinden (Revenstorf 2006, Bongartz et al. 2002, Montgomery et al. 2000). Auch in bildgebenden Verfahren konnte gezeigt werden, dass die affektiven Schmerzinformationen effektiver hypnotisch beeinflusst werden können als die sensorischen Komponenten (Rainville & Price 2004). Des Weiteren stellt die annehmende und unterstützende Grundhaltung des Hypnotherapeuten im Rahmen der Beziehungsgestaltung zu Patienten mit komplexen Schmerzsyndromen eine günstige "Nebenwirkung" dar.

Auf der Basis der vorgestellten wissenschaftlichen Befunde werden im Rahmen des Vortrages schlaglichtartig die Möglichkeiten der Hypnose in der Behandlung komplexer Schmerzsyndrome aufgezeigt und durch Einzelfalldarstellungen anschaulich präsentiert werden.

Didaktische Mittel: Vortrag

Erforderliche Vorkenntnisse: Grundkenntnisse in klinischer Hypnose

Susan Pinco

Ph.D.

Brainspotting: New Trauma Treatment Protocols

The purpose of this presentation introduce attendees to the Brainspotting protocol, developed by Dr. David Grand. Clinicians will be provided with: a basic understanding of, the neuroscience behind Brainspotting; an introduction to the core elements of the protocol; an exploration of how Brainspotting and EMDR are similar and different; and an experience of how Brainspotting can be utilized to facilitate the treatment of trauma. This session will combine lecture, demonstration and small group practice.

Teaching Objectives:

1. Attendees will be able to demonstrate knowledge of how Brainspotting is similar to and different from EMDR.
2. Attendees will be able to list 3 ways in which neuroscience helps us understand the mechanisms that make Brainspotting experiential and effective.
3. Attendees will be able to identify ways in which Brainspotting makes therapy experiential.
4. Attendees will be able to facilitate the titration of activation associated with trauma through the utilization of both resource and trigger spots.
5. Attendees will be able to differentiate between internal and external window and be able demonstrate techniques associated with both.
6. Attendees will be able to demonstrate how work with the X, Y and Z access and be able to speak about why this important.

Isabelle Prevot-Stimec

Dr.

Hypnosis by moving

The works of Milton Erickson, Ernest Rossi, and, in France, François Roustang and Patrick Bellet put in the foreground the creative movement as means to enter hypnosis and to make a therapeutic work. From the beginning of the hypnosis (Franz Anton Mesmer), the music was used to facilitate the induction of trance. We assist at present a strong renewed interest for the effects the music has on the brain, and for the various states of consciousness the music can provoke or facilitate.

Furthermore, the music has the peculiarity to be able to provoke the stake in movement of the body of the one who listens to it, even to put him in dance.

From various exercises, the participants can experiment:

- How the hypnosis creates movement
- And also how certain movements create the trance.

They can feel how the hypnotic state is - paradoxically - a movement. A movement among which the correctness and the pulsation are completely felt.

The therapeutic applications of this dynamic hypnosis are particularly important at the kinaesthetic and hearing patient's. Thanks to the cenesthetic phenomena, the visual patients can also get benefit from this approach.

Olivier Prian

Dr.

Meeting between hypnosis, acupuncture, auriculotherapy and osteopathy

We all work with other professionals. We don't realize that this collaboration exist and we don't know ... the other, this mysterious colleagues. They sometimes talk about psychic, spiritual, or universal energy, about Qi, prâna, about a cranial rhythmic impulse, about waves...

Hypnosis has become a tool for 10 years, even out of the psychotherapist consulting room. But, what kind of tool is Osteopathy, Acupuncture, Auriculotherapy ?

I suggest you meet how each one works, in the purpose of finding convergence and difference between them which will be able to help us to practice hypnosis and make easier future collaborations with this subjects."

Manfred Prior

Dr. phil.

Einführung in die Erickson'sche Hypnose

In diesem Workshop wird erläutert,

- was eine Trance ist,
- an welchen Merkmalen man einen Trancezustand erkennen und
- wie man eine Trance von einem normalen Wachzustand abgrenzen kann.

Aus diesen Charakteristika eines Trancezustandes wird dann abgeleitet, was alles für die Aktivierung eines Trancezustandes nützlich ist. Im Workshop werden die wichtigsten kommunikativen Strategien transparent gemacht und veranschaulicht, die hypnotisches Erleben fördern. Eine solche Tranceinduktion wird demonstriert. Daraus wird dann entwickelt, wie einige zentrale hypnosetherapeutischen Strategien aufgebaut sind und „funktionieren“. Ziel ist es, in diesen 3 Stunden alles zu beantworten und zu klären, was Sie schon immer über Hypnose(-Therapie) wissen wollten.

Daniel Quin

Dr.

Hypnose für Dummys

Was wissen wir von unserem Wissen? Was tun wir mit einem Patienten, wenn unser ganzes Wissen versagt? Es bleibt uns nur noch eine Art Hypnose für Dummys. Dieses Konzept, einer vereinfachten Hypnose, ist mir in meiner zehnjährigen Praxis immer klarer geworden.

Unsere Patienten verlangen nicht von uns, dass wir an ihrer Stelle denken oder fühlen, sondern dass wir sie darauf vorbereiten sich zu entdecken. Wir fördern Erwartungen.

Können wir uns erlauben nichts zu tun? Nein!

Eine Möglichkeit stellt sich uns dar, etwas in sich entfalten zu lassen, etwas, das der Erwartung nahesteht. Mit unserem hypnotischen Beitrag nehmen wir an etwas teil, das uns überschreitet, die Offenbarung einer intensiveren und erweiternden Präsenz. Eine Teilnahme, die engagiert.

In Form einer vereinfachten Hypnose wird gezeigt, wie dieses Verfahren praktisch und etwas provokativ angewandt wird.

Hans Christian Ramskov Jensen

Dr.

How to integrate hypnotherapy with a narrative approach

Deconstruction of the problem landscape and interviewing the problem.

The presentation will focus on narrative deconstruction techniques and practical interviewing techniques prior to and along with the hypnosis. Along with the interviews participants are invited to share their ideas in an unformal setting.

After the presentation participants are invited to practice themselves.

Luise Reddemann

Prof. Dr.med.

Psychodynamic imaginative trauma therapy and its roots in hypnotherapy and ego state therapy

The psychodynamic imaginative trauma therapy has broadly asserted itself in the German-speaking world as treatment for complexly traumatised patients. The core of this therapeutic approach is the consistent work with "harmed and harming" ego states. This happens by means of psychodynamic understanding, whilst the interventions are very strongly influenced by hypnotherapy and to a large extent are formulated to promote resilience and to be resource orientated. It is carried out exclusively with the everyday trance. Great importance is put on the use of the internal observer, who comes into play above all in the framework of careful treatment of traumatic memories. PITT is characterised above all by the fact known from the research that resilience promoting experiences are applied therapeutically for traumatised patients. This includes, above all, comfort as "inner comfort" in the sense of a re-parenting by the adult "me" in dealing with its younger "me's".

Abstract for the workshop: In the workshop, the exact procedure is shown and described in depth with the help of some practical examples.

La thérapie psychodynamique imaginative des traumas et ses racines dans l'hypnothérapie et la thérapie des états du moi

La thérapie psychodynamique imaginative des traumas s'est largement imposée dans les pays germanophones comme traitement pour les patients souffrant de traumatisation complexe. Au centre de cette approche thérapeutique se trouve le travail conséquent avec les états du moi "blessés" et "blessants". Cette démarche implique une compréhension

psychodynamique, tandis que les interventions sont très fortement influencées par l'hypnothérapie et formulées de manière à promouvoir la résilience dans un travail orienté sur les ressources, travail qui se fait exclusivement dans la transe commune de la vie quotidienne. L'accent est mis sur l'utilisation de l'observateur intérieur qui est impliqué surtout dans le cadre d'une intégration douce des souvenirs traumatiques. PITT se distingue principalement par le fait, bien établi par la recherche, que les expériences encourageant la résilience devraient être appliquées dans la thérapie des patients traumatisés. Cela inclut en premier lieu le réconfort en tant que "réconfort interne" dans le sens d'un re-parentage par le Moi adulte dans la gestion de ses Moi plus jeunes.

Résumé du séminaire : Le séminaire se propose de décrire et d'approfondir la procédure précise au moyen de quelques exemples pratiques.

Alan Redstone

MA

Using Music as a Brief Therapy Solution

Music is an effective Brief Therapy tool that can be used to instantly access right brain intelligence, elicit conscious and unconscious material for processing, and induce hypnotic states that render listeners receptive to positive suggestions of wellness, relaxation, and integration. A single short song can cut through resistance, setting the perfect atmosphere for a highly productive session.

Educational objectives:

- 1) Describe how to use music to bypass resistance and elicit states of receptivity and openness with clients.
- 2) Demonstrate the therapeutic effects of music through live performance of original songs with voice and guitar, providing a direct experience of benefits to the audience.
- 3) use audience feedback to verify experiential benefits

Giuseppe Regaldo

Dr.

Childbirth in Hypnosis

A single 20 minutes session is enough to prepare to delivery in hypnosis. Trance induction is performed by a quick technique in 3 minutes. The approach is based on an early ratification of little signals called "RAP METHOD" that means "ratify as soon as possible". The patient train herself without any other session. At the onset of labour enter in autohypnosis getting calm and self-control with periods of real sleep and good pain control. The labour last half and the foetal wellbeing is unchanged. There is no spontaneous amnesia but rather good memory of childbirth. So this is the most effective and recommended method.

In the actual situation of economical crisis a simple, cheap and fast approach could be easily integrated in any obstetrical hospital.

The previous approach used for patients in somnambulism with hallucinations is now completely abandoned for the powerful psychic dissociation.

Wei Ren

Prof.

The Book of Changes and Hypnosis

The presentation focuses on the following points:

1. The relationship between Chinese dialectical philosophy of The Book of Changes and the theory of Erickson hypnosis .

2. What is The Book of Changes ?

It is a book of ancient Babel, This book implies profound laws of nature and the simple harmony, dialectical thinking, it carries the highest faith of the Chinese culture, not only the total source of Chinese culture , but also the beginning of the Spring and Autumn Period philosophers.

3. What is "I"?

The first meaning is Change: everything of the world is constantly changing;

The second meaning is Simple: The yin and yang, include the relationship between the ten thousand kinds of things.

The third meaning is Constant: Although the world is complex and varied, there is one thing will never change-Law.

The moon is too full then the loss

The sun is too legitimate then the west

Things to an extreme will go to the opposite. This is the law of all things.

4. What is including parts of the book?

(1) Tai Chi Eight Diagrams

- (2)< I Ching>
(3)<I Chuan>

5. What is Tai Chi Eight Diagrams

It is no exaggeration to say that it reveals the mysteries of the universe. After 7000 years of its life has been passed down to today, enough to prove the value of this book.

First

Black in white, and white in black, the relation of the two both Interdependent and indispensable. No white without black, no black without white. Therefore, no bad does not exist so-called good. Just as a western proverb: The devil is not so black as he is painted. Everything in the world are interdependent, without exception.

Second

One create two, two create three, three create things .

One can be divided into two, two can be combined into one.

With the Heaven there is the Earth, With the Man there is the Woman, With the up there is the Down, With the Before there is the After, With the Front there is the Back.

Everything of the world is opposite and complementary ,unity of opposites.

This philosophy is the originator of the computer binary.

6. The theory of Erickson hypnosis

7. The relationship between them.

8. The philosophy of<The Book of Changes> in the use of hypnosis and affection.

Dirk Revenstorf

Prof.

Liebe, Sexualität und Untreue

Sexualität ist für viele Menschen die stärkste Kraft in der Liebe und kann zugleich eine starke Bedrohung darstellen. Sie ist die größte Lustquelle aber auch belastet mit den Gefahren der Selbstabwertung und Tabuisierung, wenn sie nicht von beiden Partnern kongruent erlebt wird - besonders im Falle von Untreue und Trennungswünschen. Sexualität, obwohl biologisch gegeben, ist sensibel für Störungen im Beziehungsgefüge und bildet daher eine von mehreren Ebenen, auf der sich Fürsorge und Konflikt in der Liebesbeziehung manifestieren. Die dabei auftretenden Störungen der weiblichen und männlichen Sexualität sowie das Thema der Untreue und Eifersucht und Trennungsangst werden unter hypnotherapeutischen und körpertherapeutischen Gesichtspunkten betrachtet. Interventionsmöglichkeiten sollen demonstriert und an Fallbeispielen diskutiert werden.

Peter Richard-Herbert

MA Psych.

Metaphoric Symbolised Imagery (M.S.I.) - A new Ego State Therapy Integration Technique

The practical application of a new Ego State Therapy integration technique. This technique uses the process of association and archetypal symbolisation within a series of transdisciplinary based imagery structures that repair, resolve and integrate surface and underlying, conflicted or vaded ego states on a deep psychodynamic therapy level. Metaphoric Symbolised Imagery (MSI)TM is a rapid change, practical therapeutic application technique that can be used in most therapy, counselling or clinical hypnotherapy session format.

Björn Riegel

Dipl.-Psych.

Smokex - Nachhaltige Raucherentwöhnung mit Hypnotherapie

Befragt man Raucher nach den beliebtesten Methoden zur Raucherentwöhnung, so nennt ein Großteil Hypnose als gewünschte Behandlungsform. Kaum ein anderes Verfahren erfreut sich bei Rauchern so großer Beliebtheit. Gleichzeitig fehlen hypnotherapeutische Programme in den Leitlinien zur Raucherentwöhnung und auch die Krankenkassen betrachten Hypnotherapie noch nicht als Behandlungsform im Rahmen ihrer Präventionsbemühungen.

Smokex ist ein bereits seit fast zwei Jahrzehnten angewendetes und im deutschen Sprachraum verbreitetes Programm, das inzwischen auch manulisiert vorliegt. Eine Praxisevaluation zeigte zudem die Wirksamkeit von Smokex.

Der Workshop soll die Anwendung bei einzelnen Klienten sowie in Gruppen aufzeigen.

Teresa Robles

Ph.D.

An Anthropological Approach for Depression

When we were children, we have learned that we must act as "It Should Be". But as it should be doesn't fit with what a child feels and acts in a natural way. We also learned that we must behave in a perfect way, without mistakes. But the human way of learning is trying, failing and trying again.

We grew with an inner confusion: believing that ideals are real and feeling that we'll never arrive to get them.

The proposal is that these learning are behind Depression.

MsMerism: The contributions of women to hypnosis

This symposium will look at the scientific, clinical and leadership contributions and accomplishments of women in the field of hypnosis. Each participant will present a synopsis of her work. In addition, each will share a personal experience that shaped her work in the field of hypnosis.

How to elicit instantaneous Hypnotic Trances

After a brief theoretical presentation, there will be a demonstration about how to elicit instantaneous hypnotic trances through dissociation and imagination how to use them in daily life situations and specially for pain control. Participants will learn to train themselves and their client in self hypnosis using these exercises. After that participants will practice all they have learned.

Fabienne Roelants

Dr.

Conventional and videoassisted thyroidectomy under hypnosis

Since few years, there is increasing interest in the development of minimally invasive procedures for thyroidectomy. Hypnosis in association with local anesthesia has been successfully used in few hospitals for conventional thyroidectomy. Now, surgeons develop videoassisted thyroidectomy with very small skin incision to be less invasive. So, recently we combined hypnosis, local anesthesia and this new surgical technique.

Inara Roja

MD, Ph.D.

Short-term psychotherapy treatment for working adults with trichotillomania

Introduction. Trichotillomania (TTM) is an impulse-control disorder, psychosomatic disease, characterised by the repeated urge to pull out hair on any part of the body where hair grows (scalp, eyelashes, faciae e.c.). It is chronic dermatological disorder with communication of psychosocial distress through the "language" of dermopathy. The main histologic features are normal hairs scattered among empty hair follicles and signs of damage such as trichomalacia without significant inflammation . US epidemiologic studies on the prevalence rate of TTM indicate that approximately 8 million people have TTM nowadays. The etiology of TTM is unknown, but there are hypotheses about a deficiency of the neurotransmitter serotonin, structural and metabolism brain abnormalities . Nowadays management of TTM as the hair-pulling obsessive-compulsive behaviour in adults includes short-term psychotherapy - autogenously training (AT) and pharmacological treatment with antidepressant medications.

Materials and Methods. During 2010-2011 year time period 5 female patients, age between 25 and 39, white collar workers, with TTM of psychogenic origin, were treated and observed. The most commonly reported triggers of TTM in these patients were distress at work-place, anxiety experience. The treatment included AT session twice a week two months. Self-monitoring (SFM) was used to asses the expression of anxiety and stress level in the beginning of the therapy and at the end of the therapy course. Patients monitored their feelings in hair-loss diary.

Results and Discussion. 5 female patients, age between 25 and 39, white collar workers, with TTM suffered two years from an increasing sense of tension immediately before pulling out the hair on the scalp, repeated hair-pulling behavior, anxiety. Examination and differential diagnosis by dermatologist was confirmed in all patients: the presence of psychological disturbance (distress at work-place) was in the former of TTM for all patients. 5 females had categorically refused from pharmaceutical therapy with antidepressants. They received two months short-term psychotherapy: AT session - twice a week. Patients' desire to receive confidential therapy was the dominant factors in selecting individual psychotherapy. 80 per cent of all patients (4 females) had beneficial effect on their skin already at the end of the second treatment week: life without pulling out hair on the scalp, improvement in psychoemotional state. CHT treatment course was an optional sickly habit reversal therapy. Females were taught alternative behavior's models. Catamnesis data after four months proved constant and positive health changes for all 5 females - without urge to pull out hair on the scalp or other part of the body, where hair grows, without anxiety mood and obsessive-compulsive behaviour. All 5 patients after 2 month treatment use regularly self-relaxation.

Conclusion. Two-month autogenously training therapy is an effective modern short-term psychotherapy for females with trichotillomania in their giving age and it should be included in the management of stress and anxiety for working females.

Inara Roja
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Short-term psychotherapy treatment for working adults with trichotillomania

Introduction. Trichotillomania (TTM) is an impulse-control disorder, psychosomatic disease, characterised by the repeated urge to pull out hair on any part of the body where hair grows (scalp, eyelashes, faciae e.c.). It is chronic dermatological disorder with communication of psychosocial distress through the "language" of dermopathy. The main histologic features are normal hairs scattered among empty hair follicles and signs of damage such as trichomalacia without significant inflammation . US epidemiologic studies on the prevalence rate of TTM indicate that approximately 8 million people have TTM nowadays. The etiology of TTM is unknown, but there are hypotheses about a deficiency of the neurotransmitter serotonin, structural and metabolism brain abnormalities . Nowadays management of TTM as the hair-pulling obsessive-compulsive behaviour in adults includes short-term psychotherapy - autogenously training (AT) and pharmacological treatment with antidepressant medications.

Materials and Methods. During 2010-2011 year time period 5 female patients, age between 25 and 39, white collar workers, with TTM of psychogenic origin, were treated and observed. The most commonly reported triggers of TTM in these patients were distress at work-place, anxiety experience. The treatment included AT session twice a week two months. Self-monitoring (SFM) was used to asses the expression of anxiety and stress level in the beginning of the therapy and at the end of the therapy course. Patients monitored their feelings in hair-loss diary.

Results and Discussion. 5 female patients, age between 25 and 39, white collar workers, with TTM suffered two years from an increasing sense of tension immediately before pulling out the hair on the scalp, repeated hair-pulling behavior, anxiety. Examination and differential diagnosis by dermatologist was confirmed in all patients: the presence of psychological disturbance (distress at work-place) was in the former of TTM for all patients. 5 females had categorically refused from pharmaceutical therapy with antidepressants. They received two months short-term psychotherapy: AT session - twice a week. Patients' desire to receive confidential therapy was the dominant factors in selecting individual psychotherapy. 80 per cent of all patients (4 females) had beneficial effect on their skin already at the end of the second treatment week: life without pulling out hair on the scalp, improvement in psychoemotional state. CHT treatment course was an optional sickly habit reversal therapy. Females were taught alternative behavior's models. Catamnesis data after four months proved constant and positive health changes for all 5 females - without urge to pull out hair on the scalp or other part of the body, where hair grows, without anxiety mood and obsessive-compulsive behaviour. All 5 patients after 2 month treatment use regularly self-relaxation.

Conclusion. Two-month autogenously training therapy is an effective modern short-term psychotherapy for females with trichotillomania in their giving age and it should be included in the management of stress and anxiety for working females.

Gunnar Rosén
Dr.

How and Why Hypnosis works in the treatment of pain

Hypnosis in the treatment of pain is fascinating and has recently been more recognized although still lacking a sound platform for understanding. Due to this maybe also waiting in line to be discovered by the broad medical community. But recently experience from relevant research certainly has increased our understanding of the mediating and modulating processes between the experience of pain and hypnosis. Contemporary models are now incorporating modulating pain mechanisms at peripheral, spinal and cortical levels. Novel research has been able to demonstrate changes in common brain areas and pathways for the perception and interpretation of sensory signals and pain. Hypnosis may alter specific aspects of pain demonstrated in changes of brain activity measured by advanced brain mapping techniques such as f-MRI and PET. Even experiences of a non-existing limb - phantom limb experiences and pain can be modified with hypnotic techniques. Changes may be observed in terms of body representation and activation of pain pathways due to content of suggestions. Many decades ago E. Hilgard demonstrated how hypnosis could block the sensory signals underlying pain but also show how some signals reached our brain but it did not bother the person. Maybe it is now time to enter the decade of elaborating how to use hypnosis to reprogram the brain helping the person experience less pain.

Uwe Rudol

Hypnotherapie bei Ängsten und Phobien

Hypnotherapie stellt bei Ängsten und Phobien hervorragende Interventionswerkzeuge zur Verfügung. In diesem Workshop wird ausgehend von den Vorannahmen über die Genese und das momentane Erleben des Angstgeschehens aufgezeigt, nach welcher Systematik therapeutische Interventionen sinnvoll und zielführend sind.

Nicole Ruysschaert

Dr.

Happiness and Hypnosis

We have different definitions and ideas about happiness. Many people are looking for pleasure, immediate satisfaction, fun and joy with the risk of habituation and the never ending need of new experiences. It's worthwhile to learn about "authentic happiness" where positive emotions, engagement, meaning and relationships are building blocks of happiness. In Seligman's happiness formula we read S+C+V, set point and circumstances being less malleable. V or Variables encompass positive emotions, hope, motivation, giving meaning. Hypnosis is an efficient companion to work on these variables in a creative way. With hypnosis emotions about the past, present and future can be released, reframed, reinforced or changed. You can come in contact with some deeper values, with your real self. You can focus on positive aspects of your past or current life, and these positive emotions are resources for a broaden-and-build action repertoire. Happiness is a result, part of a development. Hypnosis is a nice way to help people find their way to it.

Hans-Ulrich Schachtner

Dipl.-Psych.

Erickson'sche Kommunikation im Alltag, Beruf und in der Liebe

Erfahren Sie vom MagSt Begründer, Diplom-Psychologe Hans-Ulrich Schachtner, anhand praktischer Beispiele aus dem Alltag, Beruf oder Partnerschaft wie Sie mit dem MagSt (Magischer KommunikationsStil) Beziehungen harmonischer gestalten und Konflikte zum Wohle aller auf magische Weise lösen können.

Workshop auf der Basis des MagSt Buches "Frech, aber unwiderstehlich! Der Magische KommunikationsStil: Mehr Charme, Witz und Weisheit im Alltag, Beruf und in der Liebe".

Michael Schekter

Dr.

The Four Squares Technique

It seems to us that the essential of psychotherapy is to promote change and positive movement in the patient's life. This could rectify being stuck, frozen or hopelessly repetitive, devalued in self-esteem or to feel a lack of capacity, which we link to psychopathology. With this in mind, we have been looking at different therapeutic approaches in order to find the similarities or complementarities, which make them effective. During our research we came upon a method presented as stabilisation during therapy in psycho-traumatology (Dr. Karla Schmidt-Riese and Dr. Lucien Burkhardt EMDR facilitators). We applied this method of four squares and realized that with certain adaptations, trained hypnotherapists could rather rapidly use it.

We found it to be successful in treating trauma (PTSD), phobia, anxiety, pain, as well as many other psychopathological states. Also, it could be applied to patients who tended to dissociate too quickly when confronted with an important emotional or physical reaction linked to their trauma.

This method of the four squares is a crossroad between hypnosis and EMDR. The method uses the safe-place, the affect bridge, the subjective evaluation of the intensity of suffering and the focalisation on a repeated source of stimulus accompanied by indirect suggestions of just allowing positive changes to occur. This is accompanied by fractioning the trance, thereby rendering it emotionally manageable. The adjunction of active drawing (it's not necessary to be an artist) in the intervals between stimulations allows the patient to be surprised by their own minds creativity and expressivity. The evolution toward a newly found positive solution completes the picture and confirms the healing process and further promotes in between sessions progress leading to restored health. Those trained hypnotherapists, whether treating adults or children, coming from TCC, family therapy or most other approaches of psychotherapy can readily add it to their therapeutic baggage.

Angelika Schlarb

Dr. Dipl.Psych.

Schlaf schön und träum süß – Hypnotherapeutische Interventionen in der Behandlung von Schlafstörungen

Angesichts der Verbreitung von Schlafstörungen – ca. 20 % der Erwachsenen in den europäischen Ländern leiden unter Schlafstörungen – insbesondere Insomnien. Daraus resultieren oftmals Konsequenzen und Folgeerkrankungen (Arbeitsunfall, Verkehrsunfall, Depression, Angststörungen etc.). Viele der Insomniker leiden zusätzlich unter Alpträumen. So ist eine effektive Behandlungsmöglichkeit gefragt, die beiden – dem Klienten und dem Therapeuten ein zielgerichtetes und zugleich entspanntes Vorgehen ermöglichen.

In diesem Workshop soll ein effektives Kombinations-Programm aus hypnotherapeutischen und verhaltenstherapeutischen Interventionen über 6 Sitzungen vorgestellt werden.

Methoden: Sie erhalten Übersichtshandouts, es gibt Demonstrationen und Sie dürfen auch selbst üben.

Ziel: Nach diesem Workshop haben Sie einen Überblick über das Behandlungsprogramm, kennen den Inhalt jeder der 6 Sitzungen und sollten in der Lage sein, Insomniiker mit Hilfe eines solchen Vorgehens zu behandeln.

Zielgruppe:

Für die Teilnahme sollten Sie eine Einführung in Hypnotherapie erhalten haben.

Hypnosis in the treatment of insomnia patients with comorbid depressive symptoms

Objective: Prevalence of insomnia ranges from 10-40% in adults. Insomnia has been found to be associated with increased age, female sex, lower education and lower income. Furthermore, consequences often are worse physical health as increased physical disability and worse perceived health. Some insomniacs show comorbid depressive symptoms.

Method: Therapy conditions were a hypnotherapeutic-behavioral treatment group, or a measurement control group. All in all, 79 patients participated in the study, 41 patients suffered from insomnia, whereas the other N=38 insomniacs had additionally a depressive disorder.

Results: The results indicated that all groups were effective in improving sleep problems but also a significant improvement of the treatment group concerning depressive symptoms. The participants felt less depressed after treatment and showed improvements concerning sleep parameters.

Conclusion: Hypnotherapeutic-behavioral treatments were found to be effective in improving sleep problems and depressive symptoms among adult insomniacs.

Sun in the belly – a hypnotherapeutic-behavioral intervention for children with recurrent abdominal pain

Objective 15% of all visits in outpatient care are caused by patients with recurrent abdominal pain (RAP). In about 15% of all RAP cases, parents ask for professional psychological support concerning their children's' issues, whereas 40% of paediatricians wish for psychological support considering this group of patients. Psychotherapeutic approaches are promising, but not widely used in Germany. This study's primary objective was to develop a short-term hypnotherapeutic-behavioral treatment for children suffering from RAP. The concept of a multimodal short term intervention and its acceptance are described and preliminary results are referred.

Method: 21 children aged 6 to 12 and their parents participated in a hypnotherapeutic-behavioral short intervention program. First results on efficacy up to three months are reported.

Results: Participating children showed a decrease in pain frequency and daily impairment. Health-related quality of life increased as well and associated mental problems could be reduced. Content and conditions of the intervention were rated as helpful by children and parents.

Conclusions: Preliminary results indicate that even short psychotherapeutic interventions might help affected children effectively and take strain off the parents. Further investigations using a RCT design and focussing on heavier strained children should follow to allow major conclusions.

Gary Bruno Schmid

Dr.

Bewusstseinsmedizin und die Macht der Vorstellungskraft: Was können wir vom psychogenen Tod für die Selbstheilung lernen?

Unerklärliche Todesursachen haben Rechtsmediziner und Pathologen seit jeher beschäftigt. Der psychogene Tod ist als Phänomen seit über einem Jahrhundert in der medizinischen Literatur dokumentiert: Information kann töten. Es bedarf einer vertieften wissenschaftlichen Auseinandersetzung mit dem Phänomen plötzlicher Todesfälle unter psychischen Belastungen (Schmid 2009).

Aussergewöhnliche Heilungsphänomene haben Mediziner seit jeher beschäftigt. Die psychogene Heilung ist als Faktum seit über einem Jahrhundert in der medizinischen Literatur dokumentiert: Information kann heilen. Es bedarf einer vertieften wissenschaftlichen Auseinandersetzung mit dem Phänomen Heilung unter autopsychischen Einfluss (Schmid 2010).

Weiterführende Literatur:

- Schmid GB (2010) Selbstheilung durch Vorstellungskraft (1. ed.). Springer-Verlag, Wien
- Schmid GB (2009) Tod durch Vorstellungskraft: Das Geheimnis psychogener Todesfälle (2. ed.). Springer-Verlag, Wien

Symposium "Manipulation and self trance"

English Abstract: Death is the last stage in the natural aging process. No effect on life is more profound than that which accelerates or delays one's getting old. Mankind has traditionally reserved this power to the gods and the stars. But both healers and murderers also seem to rule over life and death, each in their very own way. It is perhaps for this reason that they

instill almost as much awe or fear in their fellow human beings as does the cosmos itself. During this symposium I hope to motivate our participants to a similar appreciation of their own imagination, because the power to both - psychogenic healing and psychogenic death - lies within us.

Quantentheorie und Hypnose

Angeboten wird ein einfacher und für Laien verständlicher Einblick in verschiedene quantenphysikalische Begriffe (Teilchen-Welle-Dualismus, Unschärferelation, Verschränkung, u.a.m.), die in der Tat eine gewisse physikalische Relevanz für Heilungsprozesse haben können. Dazu werden einige umstrittene Methoden (sog. "Quantenheilung", "Vielweltenheilung", "QuantenholografieHeilung" o. Ä.) betrachtet, die angeblich auf quantenphysikalischen Erkenntnissen basieren, die sich aber bei genauem Hinschauen schnell als Scharlatanerie entpuppen.

Nichtsdestotrotz bietet die Quantenphysik einen Fundus an brauchbaren Metaphern als Ressourcen für die hypnotherapeutische Utilisation an. Auch dies wird im Workshop diskutiert. Das Einbringen eigener Fragen, Erfahrungen und Fälle ist selbstverständlich willkommen (fakultativ).

Gunther Schmidt

Dr.med. Dipl.rer.pol.

The wanted future family system determines the utilization of the present and past family system - Hypnosystemic family- and couple therapy

Abstract lag bei Druck noch nicht vor.

Albrecht Schmierer

Dr. med. dent.

Hypnose in der Zahnarztpraxis - schnelle und wirksame Hilfe beim Angstabbau, auch auf andere Angstthematik / Phobien anwendbar

Workshop auch für Kollegen ohne Hypnosekenntnisse bis zu weit fortgeschrittenen Kollegen. Die Anfänger werden die einfachen Interventionen lernen, die Fortgeschrittenen ihre Methoden verfeinern und aus den Angeboten neue und effektive Möglichkeiten gewinnen.

In einer Mitgliederumfrage haben die in de! r DGZH e.V. (Deutsche Gesellschaft für Zahnärztliche Hypnose) aktiven Kollegen angegeben, dass sie bei 95% der Patienten mit Zahnbehandlungsangst in der ersten Sitzung mit Hilfe von Hypnose eine Zahnbehandlung erfolgreich durchführen können.

Vorbehandlung: Vorgespräch am Telefon, Hypnotherapie, indirekte Hypnose, Prophylaxe Sitzungen in Trance nach dem Prinzip der kleinen Schritte, Entspannungsverfahren mit Elementen der Hypnose und Selbsthypnose, Einsatz der Hypnoseassistentin, Anwendung von CDs zum Angstabbau, liebevolle, wertschätzende Zuwendung durch das ganze Praxisteam.

Behandlungsvereinbarung

Videodokumentation und Zeithonorar

Therapiemöglichkeiten

Hypnose, Hypnotherapie, Hypnoanalyse, NLP schnelle Phobietechnik, Reframing, Ankertechniken, Provokative Therapie und Humor, EMDR, Klopakupunktur nach Gallo, Verhaltenstherapie, kognitive Umstrukturierung.

Praxistipps: Schneller und effektiver Angstabbau für jede Praxis

Ergebnis: Hohe Compliance, gesteigerter Praxiserfolg, mehr Freude an der Arbeit im ganzen Team

Arten der Angst, Psychodiagnostik, Angstforen im Internet, Was sind meine Motive mit Angstpatienten zu arbeiten, Helfersyndrom hilft und hindert, Die Angst vor der Angst, Wie unterscheide ich Zeitdiebe und Koryphäen Killer von Angstpatienten, Wer, wie und wann wird der Angstpatient instruiert, Zeit und Aufwand in Relation zum Ergebnis, Unterschiede zwischen Phobikern und Angstpatienten, Umgang mit ungeplanten Reaktionen, Was bringt Angsttherapie für die Praxis, Integration des Teams für die Behandlung der Angstpatienten

Therapie der Zahnbehandlungsangst

Therapie der Zahnbehandlung angst- und Phobie - auch auf andere Angstthematik / Phobien anwendbar. Vorbehandlung: Vorgespräch am Telefon, vorbereitende (Trainings-) Hypnosesitzung, indirekte Hypnose, Prophylaxe Sitzungen in Trance nach dem Prinzip der kleinen Schritte, Entspannungsverfahren mit Elementen der Hypnose und Selbsthypnose, Einsatz der Hypnoseassistentin, Anwendung von CDs zum Angstabbau, liebevolle, wertschätzende Zuwendung durch das ganze Praxisteam. Ergebnisse der neuesten StudienBehandlungsvereinbarungVideodokumentation und ZeithonorarTherapiemöglichkeiten der HypnosePraxistipps: Schneller und effektiver Angstabbau für jede Praxis Ergebnis: Hohe Compliance, gesteigerter Praxiserfolg, mehr Freude an der Arbeit im ganzen Team

Christian Schmitt

Dr.

Aus meiner persönlichen Sicht als Anästhesist - Wozu Hypnose, und mit welcher Ausbildung?

Nun, da die aktuelle Medizintechnik in der Anästhesie derart fortentwickelt ist, welches sind die Beweggründe, die mich dazu geleitet haben, die Hypnose zu lernen und diese im klinischen Alltag anzuwenden?

Meine Entdeckung der Hypnose im Jahre 2005 ist das Ergebnis einer Kombination aus Gelegenheit und aus persönlicher Neugier. Die anfängliche Überraschung über ihre persönliche Wirksamkeit und meine beginnende individuelle Erfahrungen im klinischen Bereich mündeten letztendlich in einem wahren Zusammensehen von Hypnose und Anästhesie im beruflichen Alltag.

Die Art und Weise der Übernahme des Patienten zur Anästhesie kann eine mögliche spontan negative Trance in eine positive umdrehen.

Notwendige unangenehme Maßnahmen der Anästhesie sind daraufhin wesentlich erleichtert. Der Gebrauch der Konversation- Hypnose während der gesamten Einleitung der Allgemeinanästhesie vorbereitet das Aufwachen und den postoperativen Verlauf.

Im Fall der Regionalanästhesien die Hypnose ist während des gesamten operativen Aktes zu fortfahren. Der postoperative Verlauf profitiert von diesem Zusammenwirken. Die vorhergehende Suggestionen erhöhen das postoperative Wohlbefinden.

Der Dank des Patienten bekundet die positive Wirkung dieses Zusammenwirkens von Hypnose und Anästhesie.

Eine gründliche Ausbildung ist unverzichtbar.

Das Erlernen der Hypnosetechniken zur Behandlung des Akutschmerzes muss unter anderem die Ausbildung durch einen klinisch erfahrenen Anästhesisten beinhalten. Des Weiteren sind vielfältige praktische Übungen notwendig, um schließlich einen guten Anfang zu finden in einem beruflichen Umfeld, welches gegenüber dieser Neuheit anfänglich oft sehr kritisch gegenübersteht.

Die Fortbildung in Hypnose lässt sich in Form von komplementären Modulen erweitern. Diese erlauben es, die Kompetenzen in den Bereichen Pädiatrie, Geburtshilfe und auch Chronischen Schmerz zu vertiefen!

Letztendlich kann man sich dann auch in Richtung einer Fortbildung orientieren, die über das eigentliche Feld der Anästhesie hinausgeht, etwa in Richtung Psychotherapie oder Kurztherapien

Diese zusätzliche Ausbildung, im Fach der Anästhesie angewandt, erlaubt ein zunehmendes berufliches Geschick und Selbstvertrauen.

Diese neuen Fortbildungen, können in einem weiten Feld des klinischen Alltages angewandt werden, vor allem bietet sich hier die Geburtshilfe an, aber auch in anderen Bereichen wie etwa die Anästhesie-Sprechstunde oder der präoperativen Visite.

In der Anästhesie -Sprechstunde verbessern sich die Kommunikation und das Eingehen auf den Patienten in seinem System, seinen Ängsten, seinen Phobien und Befürchtungen.

Die Schwangerschaft ist besser begleitet, nicht nur hin zu dem Gebären unter Behandlung des akuten Schmerzes, sondern vielmehr hin zu einer gelungenen Geburt als Wendepunkt im Leben, so ist es hier erlaubt, von einer echten Geburtsvorbereitung zu sprechen.

Im Rahmen der Fortbildung ist ein Austausch zwischen den Praktikanten der Hypnose wichtig. Die Gründung einer Vereinigung bestärkt und begleitet ihre Mitglieder bei der Einführung der Hypnosetechniken in ihren Einrichtungen. Außerdem wird so die Organisation der regionalen Fortbildungen erleichtert und deren Zugang vereinfacht. Und letztendlich markiert die Teilnahme ihrer Mitglieder als Dozenten auf regionalen und überregionalen Kongressen die gelungene Umsetzung der individuellen Fortbildung.

Maria Schnell

Dipl.-Psych.

Selbsthypnose

Theoretischer Hintergrund der Thematik: Im Unterschied zu vielen Entspannungstechniken und Meditationsstrategien ist Selbsthypnose nicht nur ausgerichtet auf ein zur-Ruhe-kommen, ein zu-sich-selbst-finden, sondern impliziert den Wunsch nach persönlicher Entwicklung und Veränderung. Wesentlich dafür ist die Erfahrung ressourcenvoller innerer Realitäten. Diese sind naturgemäß individuell, so dass es, um Selbsthypnose erfolgreich zu praktizieren, maßgeschneiderte Induktions- und Interventionsmethoden bedarf. Eingebettet in einen therapeutischen Prozess werden spezifische Strategien zur Bewältigung von psychosomatischen Symptomen, z.B. Schmerz oder zur Entfaltung des Selbst und Stärkung des Wohlbefindens, erarbeitet, die zuhause leicht umgesetzt werden können. Längerfristig praktizierte Selbsthypnose kann damit einen "Handwerkskoffer für alle Lebenslagen" umfassen.

Lernziele: TeilnehmerInnen erlernen ausgewählte Selbsthypnosestrategien, die auf persönliche und therapeutische Ziele ausgerichtet sind und an individuelle Ressourcen anknüpfen.

Inhaltlicher Ablauf: Nach einer kurzen Einleitung wird zunächst eine Selbstinduktionen in Verbindung mit dem Erleben einer inneren Ressourcen situationen geübt, z.B. "Ort der Ruhe". Größeren Raum wird das Auffinden individuell bedeutsamer Suggestionen, Metaphern und Symbolisierungen einnehmen, die für die Bewältigung von Symptomen und für persönliches Wachstum genutzt werden können, z.B. als Komposition aus Schlüsselwörtern, kraftvollen Bildern und der Begegnung mit einem inneren Teil oder inneren Helfer.

Didaktische Mittel: Im Vordergrund steht das praktische Ausprobieren konkreter Vorgehensweisen. Fallbeispiele illustrieren den möglichen Selbsthypnotischen Prozess im Verlauf einer Therapie. Gemeinsamen Austausch, Einordnen und Reflektieren in der Gruppe ist erwünscht.

O. Berndt Scholz

Prof. Dr.

Hypnotherapie bei chronischen Schlafstörungen

Anliegen und Zielstellung: Teilnehmerinnen und Teilnehmer lernen, die störungsbezogene Hypnotherapie in einen psychotherapeutischen Kontext zu stellen.

Vorgehensweise und Inhalte: Auseinandersetzung mit verschiedenen Arten chronischer Schlafstörungen; störungs- und therapiebezogene diagnostische Methoden sowie Diskussion ihres Stellenwertes der hypnotherapeutischen Diagnostik; Ablauf der Hypnotherapie; flankierende Maßnahmen; Verwendung direkter und indirekter Suggestionen. Übungen in der Gruppe.

The unconscious and the post-hypnotic task (PHA)

Questions: (1) There is established a theoretical and empirically proven procedure how to formulate and present a PHA optimally. (2) It is shown that the participation of implicit processes of the PHA's effect is probably overestimated.

Method: 40 patients with severe test anxiety received a hypnosis CD that they have one vs. two weeks heard daily. Depending on the membership of a patient to his study group, the PHA was formulated either globally or actional. At the end of the self-therapy, patients underwent an experiment in which the influence of implicit associative memory traces was tested.

Results: Presentation of a PHA in actional mode will benefit more than the global formulation. About 20 to 25 percent of the success of treatment can be explained by working of implicit processes.

Discussion: The practical importance of a well-formulated PHA is emphasized. About the role unconscious memory processes for hypnotherapy is reflected.

Stefanie Schramm

Dipl.-Psych.

Hypnose lernen ist nicht schwer - Hypnotherapie dagegen sehr!?

Theoretischer Hintergrund der Thematik:

Im Rahmen der Hypnotherapie-Weiterbildung lerne ich immer wieder KollegInnen kennen, die bereits viele hypnotherapeutische Seminare besucht haben und die von sich selber sagen "eigentlich weiß ich alles, was ich wissen muss, um hypnotherapeutisch zu arbeiten, ich traue mich aber nicht" oder solche die sagen "ich warte bis ich alles richtig kann, dann fange ich an, es umzusetzen".

Erfahrungsgemäß wird dadurch - wie bei so vielen Dingen - die Hürde immer höher und das Wissen entzieht sich mehr und mehr dem bewussten Zugriff. Als Hypnotherapeuten können wir uns natürlich trotzdem darauf verlassen, dass das Unbewusste weiterhin über das Gelernte verfügen kann und dieses in der ein oder anderen Situation selbstständig einbringt. Oft ist es aber wünschenswert, auf das große Repertoire auch bewusst zurückgreifen zu können bzw. sich irgendwann bewusst entscheiden zu können, das Ganze dem Unbewussten und der Intuition überlassen zu können.

Lernziele und inhaltlicher Ablauf:

In diesem Prozess soll der Workshop den TeilnehmerInnen helfen, den eigenen aktuellen Standpunkt zum hypnotherapeutischen Vorgehen und der Integration in die bisherigen therapeutischen Modelle und die Therapeutenpersönlichkeit zu klären. Dabei wird auf die "Passung" der einzelnen Methoden zum Therapeuten und zur bisherigen therapeutischen Ausrichtung genauso Wert gelegt, wie auf die Passung zum jeweiligen Klienten und dessen Zielen und Wünschen. Auf diese Art sollen die TeilnehmerInnen mehr Vertrauen in die bereits vorhandenen hypnotherapeutischen Fähigkeiten erlangen und dieses dadurch immer breiter aber auch gezielter einsetzen lernen. Das Finden der "optimalen" (Hypno-) Therapeuten-Trance kann dabei genauso hilfreich sein, wie die Freude am Ausprobieren.

Didaktische Mittel:

Gruppeninduktion, Zugänge zur Thematik anhand von eigenen Beispielen der TeilnehmerInnen in Übungs- und/ oder Demonstrationsform

Erforderliche Vorkenntnisse:

Hypnotherapeutische Vorkenntnisse (zumindest theoretischer Natur) sollten vorhanden sein

Meine Teilnehmer/innen sollen mitbringen:

Neugier und Interesse sowie der Wunsch hypnotherapeutisches Vorgehen mehr in die bisherige Arbeit zu integrieren

Sebastian Schulz-Stübner

Privatdozent Dr. med.

Hypnosis for procedural sedation and adjunct to regional anesthesia

The workshop covers the origin and the neurobiological background of medical hypnosis; reviews the most recent scientific updates on the topic; describes the applications and practical techniques of medical hypnosis in anesthesia and for procedural sedation in both adult and pediatric practice. Participants will have the opportunity to learn and practice variety of induction techniques and construct effective hypno-suggestions for their daily clinical routine in procedural sedation and perioperative care.

Is there a role for hypnosuggestive techniques in the intensive care unit?

This lecture will highlight the scientific literature regarding the use of hypnosis in the critical care setting and illustrate possible utilization based on a series of cases and practical examples.

Cornelie Schweizer

Dr. rer. nat.

Sevrage tabagique par l'hypnose - "Das Tübinger Programm"

Dans le cadre de ce workshop, nous dispensons une méthode d'arrêt du tabac qui a été testée sur 150 personnes et a pu démontrer son efficacité aussi bien pour les groupes que pour les personnes individuelles.

La particularité de cette méthode repose avant tout sur la focalisation des ressources de chaque client. Ceci permet un travail sans avoir recours à la suggestion de l'aversion.

De plus, nous combinons explicitement plusieurs concepts de thérapie, tout en prenant en compte la composante physiologique de l'état de manque.

Au cours du workshop des exercices pratiques sont prévus.

Le séminaire offre la possibilité, à tous les collègues ayant de l'expérience avec la thérapie par l'hypnose de Milton Erickson, d'acquérir les facultés nécessaires pour proposer une méthode de sevrage tabagique à des groupes ou à des individus. Les participants moins expérimentés pourront utiliser les interventions non-hypnotiques pour leurs clients -et profiter de ce workshop pour découvrir les bases de l'hypnose. Et peut-être, si besoin est, ils peuvent même arrêter de fumer!

Conseil de lecture: " Vom blauen Dunst zum frischen Wind", Cornelie Schweizer 2009, Carl Auer-Verlag (21,95 Euros). Le livre repose sur les années d'expériences scientifiques et pratiques de l'intervenant et contient beaucoup de suggestions et de documents de travail pour les professionnels comme des organigrammes, des check-lists... Le livre peut être acheté pendant le workshop.

Merci de bien vouloir indiquer lors de l'inscription si vous souhaitez vous-même profiter du séminaire pour arrêter de fumer.

Hypnose in der Raucherentwöhnung – ein Überblick zum aktuellen Stand der Wissenschaft

Hypnotherapie zur Raucherentwöhnung ist beliebt und bekannt, ihre wissenschaftlich belegte Wirksamkeit jedoch nicht unumstritten. Der Vortrag gibt einen Überblick über die aktuelle Studienlage in der hypnotherapeutischen Raucherentwöhnung und stellt die wichtigsten Ergebnisse der letzten eineinhalb Jahrzehnte sowie deren Implikationen für weitere Forschungsarbeiten vor.

Thierry Servillat

Dr.

Hypnosis by moving

The works of Milton Erickson, Ernest Rossi, and, in France, François Roustant and Patrick Bellet put in the foreground the creative movement as means to enter hypnosis and to make a therapeutic work. From the beginning of the hypnosis (Franz Anton Mesmer), the music was used to facilitate the induction of trance. We assist at present a strong renewed interest for the effects the music has on the brain, and for the various states of consciousness the music can provoke or facilitate.

Furthermore, the music has the peculiarity to be able to provoke the stake in movement of the body of the one who listens to it, even to put him in dance.

From various exercises, the participants can experiment:

- How the hypnosis creates movement
- And also how certain movements create the trance.

They can feel how the hypnotic state is - paradoxically - a movement. A movement among which the correctness and the pulsation are completely felt.

The therapeutic applications of this dynamic hypnosis are particularly important at the kinaesthetic and hearing patient's. Thanks to the cenesthetic phenomena, the visual patients can also get benefit from this approach.

Qijia Shi

Prof. Dr.med.

Soulstealer in China

Soulstealer was once widely used in ancient china and was used by the people in purpose to revenge between the families and different tribes. People used the sculpture in the pale to form the shape of victim and put it into the ground by saying curses. Although the victims were unknown where and when it happened, they seemed to be hypnotized as they were imprecated. The Behavior and Curses will be discussed in the meaning of hypnotic theories and related with Chinese Culture.

Dan Short

Ph.D.

Working with Complex Resistance

Although your clientele may be voluntarily seeking treatment, you will occasionally encounter individuals who are strongly opposed to outside influence. Standard techniques and procedures often fail to achieve results with these individuals. This workshop will describe the type of approach that achieves positive outcomes in cases of complex resistance.

Larisa Shtark

Projective Hypnotherapy

Projective Hypnotherapy method (by R.D. Tukaev, 2002-2006) allows working with spontaneous hypnotic reality - the complex sensory experience of deep hypnosis. This method utilizes the projective character of thinking in hypnosis and allows interpreting hypnotic reality as a projection of person's traits and actual situation. Structural and dynamic investigation of hypnotic reality is used for diagnostic and its subsequent therapeutic transformation aimed on positive therapeutic results. We described two cases of the utilization of projective hypnotherapy and assessed its effectiveness in the group of anxious disorders.

Susy Signer-Fischer

lic.phil.

Developmental aspects in motivation, self-responsibility and self-efficacy in hypnotherapy

Oftentimes children and adolescents are not motivated for psychotherapy/ hypnotherapy to work for a change in their behaviour or their attitude, to take responsibility for their life, sometimes to come out of their attitude of being a victim to more self-efficacy. In this input-statement some methods will be presented.

Magic and Realism in the treatment of Anxiety Disorders in children and adolescents

Anxiety is a reality in our lives today. However, too much anxiety can be limiting and even dangerous for children. The phenomenon of anxiety contains both a real and magic component. The utilization of magic and symbolism can be very effective in the treatment of anxiety disorders. Magic should eventually be utilized to bridge to real life situations to influence a child's self-esteem and eventually to overcome anxiety in everyday life.

"Der Schlafhund und der Wachhund" - Hypnose mit Kindern, Jugendlichen und Erwachsenen zum Gut schlafen und ganz wach sein

Manche Kinder, Jugendliche und Erwachsene haben über längere Zeit oder in einer gewissen Lebensphase Mühe den Zugang zum guten Schlaf zu finden. Manchmal sind es die gleichen Leute, oft auch im Teenageralter, oder es können auch andere sein, die am Morgen und im Alltag nicht ganz wach sind und somit sich schlecht konzentrieren oder nicht achtsam sind.

Im Workshop werden einige hypnotherapeutische Möglichkeiten aufgezeigt, wie Kinder, Jugendliche und Erwachsene therapeutisch unterstützt werden können, um zu gutem Schlaf und Wach-Sein zu finden.

Karl-Josef Sittig

Dipl.-Psych.

Hypnosystemischer Sprachkurs für die tägliche Praxis

Worte machen Hoffnung, beruhigen, schaffen Klarheit, Sicherheit, Gelassenheit, Vertrauen und Verständnis, öffnen Geist und Herz, bringen gute Laune, erheitern, beleben, beglücken, ja bezaubern, energetisieren, bauen auf, stärken und ermutigen, aktivieren, befreien, verbinden, erfreuen, erleichtern, bringen zum Lachen, inspirieren, muntern auf, eröffnen neue Perspektiven und neue Horizonte.

(-; Mehrmals lesen, tut einfach gut

Worte wirken wirklich wirksam. Wörter können bezaubern. Wörter können heilen. Worte wirken bewusst und besonders intensiv - mehrschichtig unbewusst!

Die bewussten und unbewussten Assoziationen, die mehrdeutige Kraft der Sprache sind in therapeutischen, hypnosystemischen Kontexten hoch effektiv, hilfreich, heilsam und funktional.

Wollen Sie hochwirksame Sprach-Techniken kennenlernen?

Das Sprach-Pro-Bioticum bahnt dauerhaft, leicht, effektiv und ganz natürlich von selbst ein breitgefächertes hilfreiches heilsames Ressourcenerleben direkt ins Nervensystem genau dort, wo es nützlich, hilf reich und heilsam ist.

Ressourcen-Wörter werden emotional positiv intensiv aufgeladen mit einer Kombination von Hypnose und EMDR, EDxTM, EFT, PEP usw. Diese Affirmationen wirken ganz leicht und erstaunlich effektiv in vielen Lebenslagen, Beziehungen, Beruf, Prüfungen, körperliche und seelische Gesundheit.

Wollen Sie die neurophysiologischen Prinzipien von Sprache besser verstehen und ein Wörterbuch der konstruktiven Sprache kennen lernen? Dann sind Sie richtig in diesem Seminar!

Aktivieren Sie Ihren hypnosystemisch aufbauenden Sprachschatz, lernen Sie praxiserprobte, fallbezogene, individuelle Formulierungen kennen und probieren Sie maßgeschneiderte Affirmationen wie eine neue leckere Eis- oder Kuchensorte.

Ganz selbst-verständlich erleben Sie natürlich auch Erfreuliches und Aufbauendes für sich selbst. Gönnen Sie sich etwas richtig Gutes, das auch noch Spaß und Appetit auf mehr macht.

Literatur: Der Realitätenkellner, Carl Auer Verlag, 2011

George Stefanov

The dynamics of heart rate variability in healthy volunteers during the hypnotic session

We studied a model of hypnosis session and a course of hypnotherapy on 41 healthy volunteers using the R.D. Tukaev Universal Hypnotherapy method. The dynamics of heart rate variability during hypnosis session and a course of hypnotherapy were assessed. After the session reliable reduction of the heart rate and increase of the parasympathetic activity in combination with the reduction of general heart rate variability was detected, indicating the centralization of regulatory processes. The hypnotic suggestion of the blue color "vision" to subjects has resulted in significant increase of peripheral sympathoadrenal influence. The course of experimental hypnotherapy leads to activation of the body stress systems and readaptive remodeling of vegetative regulation.

Ute Stein

Dr. med. dent.

Musik und Trance in der Zahnmedizin

Musik in ihrer ganzheitlichen Wirkung kann in der Zahnarztpraxis als Anxiolytikum gezielt eingesetzt werden. Das Einspiel verschiedener Klangbeispiele lässt die Teilnehmer Eigenerfahrungen sammeln, um diese gezielt in der Praxis einsetzen zu können. Die Ergebnisse der Dissertation Einfluss von Sprach- und Musikinduktion in der Zahnärztlichen Praxis werden vorgestellt.

Birgit Steiner-Backhausen

Sond.-Päd.

"Wenn ich das kann, kann ich das auch!" - Die Bedeutung und Nutzung des Resilienzkonzeptes in der Hypnotherapie mit Kindern

Im Rahmen der Resilienzforschung wurden viele Hinweise dafür entwickelt, was Kinder und ihre Familien stark macht: Welche Basiskompetenzen brauchen Kinder und ihre Familien, um sich in Risikolagen und belastenden Lebenssituationen gesund und positiv entwickeln zu können (trotz dieser Situationen und vielleicht sogar durch diese). Dabei wird Resilienz nicht als angeborene Persönlichkeitseigenschaft verstanden, sondern als dynamische Fähigkeit von Menschen, die sich im Verlauf des Lebens im Kontext der Mensch- und Umweltinteraktionen in realen, positiven Bewältigungserfahrungen, entwickelt.

Die damit eingenommene ressourcenorientierte Grundhaltung, die das Resilienzkonzept auszeichnet, findet sich im hypnotherapeutischen Denken wieder. Erickson selbst ist ein beeindruckendes Beispiel für eine resiliente Persönlichkeit. Vertrauen in seine Resilienz war vielleicht die Basiskompetenz für die Bewältigung seines eigenen, schwierigen Lebens und daher ein natürlicher Ansatz für seine Psychotherapie.

Im Workshop soll gezeigt werden, wie das Resilienzkonzept für das hypnotherapeutische Arbeiten mit Kindern nutzbar gemacht werden kann.

INHALTE:

- Ericksons' Leben als Beispiel für die Nutzung von Resilienz,
- Vorstellung eines Konzeptes zur Resilienzförderung in einer Kindergruppe ,
- Vorstellung eines Elternkurses zur Entwicklungsförderung von Resilienz und deren Nutzung im Alltag.

- Hypnotherapeutische Interventionen zur Stärkung von Schlüsselprozessen der Resilienz (z.B. das Erleben von Selbstwirksamkeit und die Hoffnung, ein als bedeutsam erachtetes Ziel, aus eigener Kraft zu erreichen.).

Bruno Suarez

Hypnosis in the management of claustrophobic MRI patients

Purpose: Claustrophobia is responsible for the cancellation of a significant number of MRI examinations. We prospectively evaluated the usefulness of hypnosis in the management of claustrophobic patients scheduled for an MRI.

Patients and Methods: One receptionist, two MRI technicians and a radiologist learned ericksonian hypnosis. Over a period of twenty months, 3920 patients were explored by MRI. Fifty two patients were identified as claustrophobic, refusing the scheduled MRI. Seven patients experienced a panic attack. A brief single session of hypnosis was proposed.

Results: Among the 52 identified claustrophobic patients, 48 accepted hypnosis and underwent MRI. Four patients declined the proposed treatment and were unable to withstand the MRI procedure.

Conclusion: Hypnosis appears to be a suitable, efficient, rapid and inexpensive tool for the care of patients suffering from claustrophobia during MRI. With this drug-free method, MRI of claustrophobic patients can be performed in the best conditions.

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Beatriz Suarez-Buratti

M.A.

An Ericksonian approach to forming intentions and developing a new sense of agency in agoraphobia and severe anxiety

Symptom alleviation helps agoraphobic patients and severe anxiety sufferers put themselves in previously avoided situations. While the hoped-for behavioral changes aim towards more adaptive ways of functioning, these actions usually involve effortful deliberations and inner struggle and represent fragmented efforts that too often leave the psychological structure of the mind untouched. A more thorough transformation is called into order so that these suffering individuals develop the expected progression to change. Setting effective courses of actions seem to require a new sense of agency rooted on the ability to form more flexible planned and improvised future directed intentions and goals.

In this proposal we explore the benefits of an Ericksonian approach based on hypnotherapy and conversation to promote forming intentions and goals from a different mindset. We show how the use of Ericksonian strategies helps agoraphobic and severely anxious individuals to activate the awareness of themselves as experiential subjects of events thus avoiding their engaging in unwanted inner argument. Case examples are used to illustrate the application of Ericksonian multilevel communication techniques such as metaphors, anecdote and indirect suggestion to treat both the external and subjective experiences of these patients while they progressively build the kind of self efficacy that signals therapeutic change.

Laurence Sugarman

Dr.

Developmental aspects of early bound affect and the behaviors that accompany it in and out of trance

Developmental considerations in working with a population of children, "on the spectrum" which include children diagnosed with non-verbal learning disabilities, aspergers, and autism

Putting Hypnosis into pediatric practice

All clinical encounters contain elements of trance. The experience of Coming to the physician's Office involves intensified, focused attention, heightened responsivity to ideas and various expectancies, all conditioned from previous encounters. Clinical hypnosis is about utilizing trance therapeutically. This Workshop is about the principles and practice of integrating hypnosis into common clinical encounters in child and adolescent health care by "finding the hypnosis in the encounter." We will focus on the continuum of child health care - from primary care, to subspecialty situations and behavioral and mental health care. From our experiences (both faculties' and participants') we will extract principles of (1) how one can recognize and utilize opportunities for hypnotic interaction; (2) how one creates an Office environment that is conducive to hypnotic experiences; and, (3) how one integrates hypnosis into common clinical interactions (physical examinations, medical procedures, teaching about self-care, coping with chronic diseases, etc.). This will be a participatory experience. We will use your clinical experiences and challenges to find common principles, role-play clinical vignettes to illustrate the use of hypnotic strategies and discuss videorecorded examples. Participants can look forward to creating new ways to discover the hypnotic potential lurking in every encounter. Bring your experience!

Transforming Health and Care: Report from the Center for Applied Psychophysiology and Self-regulation at Rochester Institute of Technology

While international health care costs increase, our health does not. To realize health care cost reductions, we need more than a redistribution of medical care. We require a transformation of both health and care. The Center for Applied Psychophysiology and Self-regulation (CAPS) at Rochester Institute of Technology (RIT) is catalyzing that change by focusing its education, research and clinical initiatives on psychophysiological self-regulation: emphasizing skills over pills. This report summarizes CAPS first groundbreaking Steps and results in this multifaceted Integration of hypnosis and biofeedback into health care. CAPS' Minding Anxiety Project (MAP) supports RIT students with Asperger Syndrome by teaching them to modulate their sympathetic nervous System arousal while tracking their social engagement and progress towards other self-determined goals. Twenty RIT undergraduate students registered for the first Introduction to Applied Psychophysiology and Self-regulation course and generated, as a requirement, 7 research proposals, described herein. In a collaborative effort, CAPS has developed MindGamers™, a "game-changing" Computer program for young people with anxiety related to the autism spectrum to obsessive-compulsive disorders. This role-playing game uses physiological Controllers and hypnotic strategies to engage client/players during a Virtual, and engaging, day of choices and coping at home and school. The game and preliminary results of clinical trials will be presented. Projects in Community professional education, novel health informatics and community-based research - changing care in the Community - will be introduced. We will track the planned trajectory of these activities towards fulfilling CAPS's mission: to transform health care by helping people help themselves.

Teresa I. Sztab **Dipl.-Psych.**

Gut leben im Sterben: Dem Sterben Raum geben - Wahrnehmen und gestalten der "Innen- und Aussenräume"

In der Trance-Arbeit mit terminal erkrankten Menschen erlebe ich, wie der Prozess der Hinwendung zum gelebten Leben sich wandelt und erweitert in den Wunsch der eigenständigen Gestaltung der letzten Lebensphase des Sterbens. Bisher Unvorstellbares und Gefürchtetes nimmt neue Gestalt an, neue Wege entstehen, so mancher "Sichere Ort" nimmt paradiesische Züge an und wird zum Anfang und zum Ziel der Reise zugleich. Regression wird zu Progression, im Hier und Jetzt der Trance wird, aus der Vergangenheit schöpfend, die Zukunft vorbereitet.

So wie eine werdende Mutter "sich auf den Weg macht", sich auf die Geburt ihres Kindes vorbereitet, sich ihre Begleiter, ihre Lieder, ihre Nahrung und ihre Helfer aussucht, so kann der Schwerkranke und Sterbende auf diesem Weg befähigt sein, sich seinen eigenen Vorstellungen vom "Leben im Sterben" zu widmen und diese sowohl im "Innen- wie im Außenraum", im Sinne der Vorwegnahme der Handlung und des Geschehens in der Phantasie, zu realisieren.

Im Workshop wird die konkrete Arbeit aus der Praxis vorgestellt. In 3 Gruppentrancen wird zum Erleben eingeladen. Hervorgehoben wird der Nominalstil (Prädikat wird zum Subjekt) und die Einstreu-Technik ("sie" wird zu "Sie", "Ihnen" wird zu "Ihnen"), so wie die selbsthypnotische Vorgehensweise in Anlehnung an die Oberstufe des Autogenen Trainings.

Kasia Szymanska **Ph.D.**

Utilization of Couples' Resources in the Peer and Marital Therapy

The workshop will present an ericksonian model of couple psychotherapy.

The teachers are going to impart their experiences regarding a management of the therapy processes. They will show how they use hypnosis and trance phenomena for diagnostic purposes and for creation a strategy of peer and marital psychotherapy. They are going to show techniques of utilization of the couple's unconscious mind for a stimulation of change in the inner world of a peer.

Federica Tagliati **Dr.**

Hypnosis and mental training in Sport Psychology: "A way of working with hypnosis in Sport Psychology. Body techniques and Ericksonian metaphors

Using hypnosis in working with athletes is based on several worldwide literature theories and experiences. During this workshop we will show several ways of working with hypnosis. One way will focus on the body and self consciousness: here it will be possible to move from a wrong a technical athletic gesture performance to the right one. A second way will show a concrete example of an Ericksonian approach to a Shooters team: underling the communication and mental training done with that team. A third way will introduce a possible usage of metaphors to improve athletes' performance as well as the importance of the minimal cues for interpersonal communication among athletes and coaches.

Hypnosis and Archetypal images: How they could improve therapy

Many clinical evidences, especially in the work of Milton Erickson and in psychotherapeutic models that have originated from it, indicate a great ability of the subjects to "cure" themselves and to face their own existential difficulties. Even in the vision of Gustav Jung we can point out the ability of the unconscious to suggest adaptive or creative solutions when facing both limiting beliefs and the psychic complexes that in clinical psychology are generally called neurosis, phobias, depression etc.

Jung, during his experience as a psychiatrist, applied many times some hypnotic techniques to his patients. This work is the development of a first research on the ability of the subjects to elicit, during hypnosis, deep or archetypal images concerning either their problem or the possibility to cope with it in a restructuring and deep manner. The level of hypnosis is assessed by the levitation of the arm or by the reaction to an imaginative fly on the dominant hand. This is not an unbiased parameter but it establishes the first standard to refer to in developing this research. The outcomes seem to confirm that the subjects show spontaneous images relevant to their psychic life and to their existence.

Devin Terhune

Ph.D.

The instrumental use of hypnosis for the study of synaesthesia

Synaesthesia is an unusual neurological condition characterized by atypical binding and the concomitant involuntary experience of a second, atypical image or percept. In this presentation, we will summarize a series of experiments in which we have used hypnosis to study the mechanisms and characteristics of synaesthesia. First we will describe research demonstrating the posthypnotic induction of synaesthesia in highly suggestible individuals without this condition, with implications for the neural mechanisms underlying synaesthesia. Next, we will present data showing that synaesthesia can also be disrupted using posthypnotic suggestion, thereby indicating that this condition can be overridden via cognitive control. Finally, we will outline recent experiments that demonstrate how we can induce and alter different phenomenological subtypes of synaesthesia, thereby providing stronger evidence for a close coupling of particular behavioural responses patterns with synaesthetic phenomenology. These results have important implications for the neurocognitive basis of synaesthesia as well as the cognitive processes underlying hypnotic responding.

Toward the next generation of measures of hypnotic responding

The measurement of hypnotic responding provides the cornerstone of experimental hypnosis research. Standardized measures of hypnotic responding have numerous practical and psychometric strengths and have proven to be very useful in the measurement of individual differences in hypnotic responding. Despite these strengths, the scales of hypnotic responding used in experimental hypnosis research suffer from numerous limitations, which I will describe in this presentation. These limitations include, but are not limited, to: the use of binary response formats, which rest on the untested assumption that responding is an all-or-nothing phenomenon; the inclusion of suggestions with poor predictive validity, which reduces our ability to discriminate different response classes across the spectrum of hypnotic suggestibility; the failure to sample from a diverse range of suggestions; and the inclusion of suggestions with dubious ecological validity and minimal relevance to contemporary research questions. I will describe these and other limitations, their significance, and how they can be circumvented in the next generation of measures of hypnotic responding. I will conclude by emphasizing the need to develop new measures of hypnotic responding.

Irmtraud Teschner

Dipl.-Psych.

Hypnose bei medikamentenrefraktären Epilepsien

Nach Kroger (1963!!!) helfen Hypnose und Selbsthypnose bei Epilepsiepatienten a) erfolgreich zu Anfällen führende Spannungen zu beseitigen, b) den Bedarf an Antikonvulsiva bedeutend zu senken und c) einen Anfall auch dann noch zu verhindern, wenn es für eine Medikamentenwirkung bereits zu spät ist. Trotz der Entwicklung einer ganzen Reihe neuer antikonvulsive Medikamente werden ca. 30% aller Epilepsiepatienten nicht anfallsfrei und eine Gehirn-OP kommt nur für wenige in Betracht. Als besonders beeinträchtigend wird von diesen Patienten der mit den Anfällen oft einhergehende Kontrollverlust erlebt. Darüber hinaus führt die Erkrankung meist zu beruflichen und sozialen Einschränkungen, deren Folge ein gestörtes Selbstwerteleben ist. Ausgehend von dem verhaltensmedizinischen Ansatz von J. Dahl (1992) wird ein ressourcenorientiertes Therapiekonzept vorgestellt. Darin ist Hypnose als komplementäre Methode zur medikamentösen Behandlung in unterschiedlicher Form einsetzbar. Die von Stein (1967) veröffentlichte "Technik der geballten Faust" zur Anfallsabwehr kann demonstriert und durch Fallgeschichten ergänzt werden. Das Handout ist so aufgebaut, dass damit praktisch gearbeitet werden kann. Zielgruppe: Ärzte und Diplompsychologen, die mit Anfallspatienten arbeiten.

Dorothea Thomaßen

Dr.

Sinne und Spiritualität

Theoretischer Hintergrund:

Medizin und Spiritualität haben eine gemeinsame Wurzel. Trance ist ein zentrales Element dieser Heil(s)kunst. In der Hypnose werden die Sinneskanäle zur Induktion und Vertiefung von Trancezuständen genutzt. Die Aktivierung der Sinnesmodalitäten ist entscheidend für den Erfahrungscharakter von Trance. Mit Hilfe unserer Sinne überschreiten wir Grenzen und dringen in spezifische Erfahrungsfelder ein.

- Die Sinne ermöglichen als Pforten der Wahrnehmung einen Zugang zur äußeren Welt.
- Sinne sind Instrumente der Kommunikation mit anderen: Ein zorniger Blick hat eine andere Bedeutung als ein liebevoller.

- Auch Selbstwahrnehmung geschieht durch Sinnesmodalitäten, durch Introspektion, in sich hinein hören, in sich hinein spüren.
- Schließlich sind Sinneskanäle ein Zugang zum Spirituellen.

Unterschiedliche Religionen bevorzugen verschiedene Sinneskanäle als Zugang zur Spiritualität: Durch den gewählten Sinneskanal entstehen spezifische Strukturen und Werte, die prägend sind für die jeweiligen Weisheitssysteme, in Sonderheit Polytheismus, Monotheismus und Buddhismus. In den Religionsstrukturen spiegeln sich dadurch Eigenschaften der Sinneskanäle wieder.

Den differenzierten diagnostischen und therapeutischen Möglichkeiten der Sinne wurde in der modernen Hypnose bislang zu wenig Aufmerksamkeit geschenkt. Der Workshop befasst sich mit den Eigenschaften der unterschiedlichen Kanäle für eine modifizierte Zustandsarbeit.

Lernziel: Es geht darum, Sinnesmodalitäten gezielt diagnostisch und therapeutisch nutzen zu lernen. Dabei kann es hilfreich sein, Sinneskanäle je nach Problemzustand unterschiedlich zu gewichten oder sogar selektiv einzusetzen.

Inhaltlicher Ablauf: Die Sinneskanäle werden mit Experimenten erforscht und die so gemachten Erfahrungen mit religionstheoretischem Wissen verglichen. Hieraus ergeben sich mögliche Strategien für den spezifischen Einsatz in der Hypnose.

Didaktische Mittel: Selbsterfahrung mit den einzelnen Sinneskanälen und PowerPoint-Vortrag

Erforderliche Vorkenntnisse: Keine

Linda Thomson

MSN

Metaphorical Approaches and Techniques for Changing Habits with Children

Long history and solid research has substantiated the therapeutic benefits of using hypnotherapeutic techniques with children for a variety of habit disorders. The presentation will describe interventions that can be used with children with habit disorders, that not only give the child skills to solve the problem himself, but also increases self-esteem, bolsters a sense of accomplishment and gives the child a valuable skill that he can adapt to many new situations throughout life. Utilizing metaphors in hypnosis can be an effective and creative way to help children help themselves with a variety of habit disorders such as nail biting, thumb sucking, enuresis, encopresis, tics and trichotillomania.

This session will include a review of the developmental stages of childhood and the conditioned psychophysiological, semiconscious behavior patterns that may develop and then become habituated and difficult to extinguish. Effective hypnotic interventions for a variety of common habit disorders will be discussed along with video demonstrations of hypnosis sessions with children.

The remainder of the workshop will be devoted to increasing the knowledge, skills and comfort level of the participants in designing treatment strategies for children with habit disorders. Small group skill practice sessions will be used as experiential opportunities for the attendees to learn to cultivate the positive forces of imagination, bypass natural resistance to change and generate new patterns of consciousness by using metaphors in their hypnotic work.

To Poop or not to Poop

Encopresis is the term used to describe when children beyond the developmental age for being toilet trained have stools in unacceptable places, usually their underwear.

The psychological and social morbidities for both the child and the family can be devastating. The child may live in constant fear of being discovered, teased and ridiculed. Children with encopresis and overflow soiling are commonly rejected by classmates, teachers and even parents. This certainly can result in maladaptive social, developmental and relational problems. The toll on self-esteem can be enormous.

This session will describe the etiology and a biobehavioral approach to treatment. Engaging the co-operation of the child and the parents, an initial catharsis and a consistent treatment plan, along with hypnosis can have a significant positive effect on this difficult and frustrating problem. Hypnosis is structured to reinforce the child's confidence, sense of personal responsibility and mastery. When a child has successfully conquered his problem with encopresis, he and his family are forever grateful. A huge burden has been lifted allowing self-esteem to flourish.

Oleksandr Tokhtamyshev

Prof.

Dialectic of freedom and limitations in hypnotherapy and self-development

Dialectical thinking, as for us, is a basis for theory and practice of modern hypnotherapy and its development. The various aspects of generalized notions of freedom, liberation, acquisition of choice, taking limits as necessary conditions in work with clients on the verbal and nonverbal levels will be analyzed. We investigate the universality of these notions and their

differences at the cultural and social levels. Individual perception of these notions by client is very important in therapy. The typology of client's attitude to these notions will be considered. The opportunities and options of using the procedural guidelines and universal metaphors related to this subject will be considered in this address. Corresponding work in a state of age regression can be appropriate to those clients, who had fuzzy parental limitations in their childhood.

Guylaine Tran

Dr.

Coloscopy and hypnosedation: gastroenterologist and anesthesiologist differing perspectives

This video shows the path of a patient selected for hypnosedation from his pre-op consultation to his exit from the coloscopy operating room.

I will demonstrate my experience of hypnosedation for gastroenterologic procedures in the university hospital of Nîmes, including the different stages of hypnosedation allowing a full colonoscopy (with biopsies, change of patient's positioning, augmented intra-abdominal pressure).

A controlled study (hypnosedation vs "usual" procedure) conducted in our hospital confirms the acceptability of hypnosedation for the gastroenterologist, and its feasibility in everyday procedures.

Finally, I will give some examples of difficult procedures, due to the patient's medical condition, and the way to deal with these.

The short course will be given in English. The french supporting video is subtitled in english.

Wilma Trasarti Sponti

Ph.D.

Paolo from 9 to 39 years: a case of natural reciprocal hypnosis

A Case Report. An intervention of 30 days made by a psychologist (A.M. Rapone) in the treatment of a 9 year old boy hospitalized at terminal phase of cancer. The psychologist did not know anything about hypnosis at the time. She "spontaneously" utilized a Rapport of Intimacy and a Time Distortion technique: each day lasted one year in the reciprocal psychologist/patient time progression hypnosis. The case was then told to me when I was her supervisor for Family Therapy. And then we wrote the case I present.

Rapport and Intimacy - a multilevel hypnotic language of intimacy between belonging and individuating

The Author illustrates a hypnotic intervention utilized for individuals, couples, and families with severe relational problems, conflicts and alcohol dependency. The cases she carried out in the last four years, with one year follow up, proved to be successful. The theory she presents deals with incapacity of having intimacy in relationship, thus living with conflicts, problems, stress, phobias etc. She individuates in the relationship mother-child the primitive nucleus of intimacy. Referring to Bowlby, Winnicot, Stern, Whitaker and Erickson she considers the hypnotic rapport as the possibility of having a regressive healing emotion. Multigenerational history of the patient is considered where the nostalgia of the primitive belonging and the unconscious shame felt for it are considered and utilized in hypnosis. The patient then finds out that by accepting the belonging it is possible to accept a new liberty of belongings and therefore a new liberty for individuating thus overcoming fear of differences in each member of system. The concept "powers struggle" in individual, couple, or family can be then considered as uncertainty of belonging and as an unconscious shame of request for intimacy. The previous shame felt for the need of it is then elaborated throughout the complexity of hypnotic multilevel language allowing each member of the involved system to have more satisfactory relationships feeling free to express oneself desire. Clinical Cases, video and exercise complete the workshop. The workshop will be conducted by Wilma Trasarti Sponti and Anna Maria Rapone.

Bernhard Trenkle

Dipl.-Psych.

Speeding up Van Riper Therapy through Hypnosis and strategic approaches (at Symposium "Hypnosis & Stuttering")

Building on the Foundation of Stuttering Therapy especially of Charles Van Riper this presentation will address possibilities to speed up usually longlasting stuttering therapies by including hypnosis and self-hypnosis, strategic planning of interventions and utilization of trance phenomena like time distortion.

Zeitverzerrung – Eine Trancephänomen mit therapeutischen Implikationen / Time Distortion – A trance phenomena with therapeutic implications

Erickson und Cooper experimentierten mit dem Trancephänomen Zeitverzerrung. Darauf aufbauend benutzte Erickson dieses Phänomen auch therapeutisch. Erickson trainierte seine Patienten bevor er dieses Phänomen einsetzte. Leider ist nirgends überliefert wie dieses Training aussah. Im Vortrag wird dieses Phänomen diskutiert. Fallbeispiele aus dem Bereich Stottertherapie und Medizinische Hypnose illustrieren die Möglichkeit dieses Phänomens. Eine neue Induktionstechnik demonstriert Möglichkeiten dieses Trancephänomen in die Therapie einzuführen.

English:

Erickson/Cooper made interesting experiments with time distortion. Milton Erickson also utilized this phenomena working with clients. Erickson trained his clients before he used this technique therapeutically. It is a pity that we do not have information about the structure of this training. In this Key-Note the phenomena will be discussed. Case Examples from Stuttering Therapy and Medical Hypnosis are illustrating the phenomena. A new induction technique will be showed via which time distortion can be introduced to the client and utilized in the therapeutic process.

Walter Tschugguel

Univ. Prof. Dr.med.

Das was benennbar ist, ist nicht das Problem

Indem wir wiederkehrenden Herausforderungen einen "Problem-Namen" geben, z.B. "Ich bin depressiv." oder "Ich leide unter Ängsten." oder "Schon seit vielen Jahren leide ich unter dauerhaften Unterbauchschmerzen.", etc., bestätigen wir die eigene Problemmannahme. M.a.W. bedeutet das, wir zementieren mittels der Namensgebung das Problem.

Im Vortrag wird erläutert, dass die das Problem machenden Vorannahmen so lange und präzise zwischen Patient und Behandler erörtert werden können, bis die für die verbale Begründbarkeit zugrunde liegenden Annahmen nicht mehr weiter in Worte gefasst werden können. Dabei stellt sich heraus, dass Begriffe die emotionale Struktur von Befindlichkeiten nicht ausreichend erfassen können. M.a.W., das was benennbar ist, ist nicht das Problem.

Hier angekommen, ist der Patient für die in der Folge eingesetzte Hypnose und ihre vielfältigen Möglichkeiten disponibel geworden.

Hypnose bei Patientinnen mit gynäkologischen Symptomen

Am Beispiel chronisch gynäkologischer Symptome (chronische Unterbauchschmerzen, Schmerzen beim Geschlechtsverkehr, unerklärliche Kinderlosigkeit, Menstruationskrämpfe, u. a.) betroffener Frauen werden nicht-hypnotische und hypnotische Vorgangsweisen vermittelt, die ein dauerhaftes Verlernen von bisherigen, das Symptom aufrechterhaltenden Verhaltensmustern ermöglichen. Diese Vorgangsweisen umfassen das Aufbauen veränderter Bezugsrahmen, das Erkennen und Nutzen introspektiver natürlicher Hypnose-Zustände, die Nutzung hypnotischer Phänomene und die Arbeit mit Metaphern.

Im Workshop werden Fallbeispiele vorgestellt und erläutert.

Vom Teilnehmen an Hypnoseerlebnissen

Ich erlebte, dass Hypnoseeffekte, die als Folge genauen Beobachtens in Hypnose mit der Intention etwas am Patienten zu erreichen oder zu bewirken, beim Hypnotisierten zumindest teilweise auf mein Handeln mit ihm zurückgeführt werden konnten. Indem ich hingegen am Erleben des Hypnotisierten unintendiert teilnehme, kann Beobachtung geschehen oder nicht geschehen, sodass die Handlungskonsequenzen nach der Hypnose "Erlebnissen" zugerechnet werden können. Durch diese Erlebnisse führt der Hypnotisierte implizit die von ihm erreichten alternativen Erfahrungen auf seine eigenen Erlebnisse und nicht oder kaum auf den Hypnotiseur zurück. Folglich habe ich immer nur zufällig - über andere PatientInnen - erfahren, dass in Folge der Hypnosearbeit signifikante Lebensveränderungen erreicht worden waren, welche die PatientInnen ihrer eigenen Initiative zugeschrieben hatten. Das Erreichte ist damit eine Eigenleistung, die Grundlage für viele weitere Eigenleistungen sein kann. Methode: Darstellung der Problematik von Strategien und Manualen in der Hypnose, Demonstration und Diskussion des gemeinsam Erlebten.

Cuneyt Tugrul

Dr.

The effectiveness of fast hypnotic suggestions on breast surgical cases

Measured results of the fast hypnotic trance and the efficiency on pain management. The results depend on Waas criteria. The videos show fast hypnotic trance and suggestions before the surgery, and right after the surgery. Pain measurement of Waas results of the patients after the surgery and some videos of the patients and their interviews about the surgery and pain are also included in the presentation.

All patients have a hope of having less pain after surgery. When they think that there is a way to get rid of the pain and trust their doctors, they follow their doctor's orders and usually feel better.

Hypnotic way of talking with the breast cancer patients, creating lifesaving metaphors and paradoxes

The longterm results of the breast cancer patients in Dr.Cevdet Tugrul Breast Clinic of which longterm survival rates are relatively higher than the expected wellness ratios. The results seem to be correlated with the higher psychological level of the patients.

The hypnotic way of talking with the patients which is considered as a part of a good prognosis is a routine of this clinic. During the whole diagnose and treatment process, the patients are made to be aware of the light at the end of the tunnel which improves their endurance.

In the keynote, the methodology of talking with the patients, the hypnotic suggestions and the paradoxes which are used during the period of clinic exam, diagnose and treatment will be presented. Some videos of the patients and their interviews about their stress level before the diagnosis and after the treatment.

Rashit Tukaev

Prof.

Domains of hypnotherapy, resilience and resourcefulness: researches and perspectives

Last two decades the author developed the Universal Hypnotherapy method that has proven to be effective for a wide range of anxiety disorders. Given approach is based on the following principles: 1) activation of the hypnotherapy biological therapeutic effect which is consistent with the integrative theory of hypnosis and hypnotherapy; 2) stimulation in therapy of the holistic personal positive therapeutic activity that would promote recovery and future adaptation; 3) usage of universal hypnotherapy method. The basic constructs and techniques of universal hypnotherapy are similar to the concepts of Antonovskiy's Sense of Coherence and the Celinski's and Gow's Resilience and Resourcefulness model. The author research on the effectiveness of the universal hypnotherapy identified two mechanisms of successful psychotherapy: reactivation and formation of the Personal System of Psychological Adaptation, which support the theoretical constructs of Resilience and Resourcefulness underlying the processes of recovery in cases of anxiety disorders.

Jane Turner

DESS

GOSH it Works! Goal Oriented Self Hypnosis: setting and achieving goals with self-hypnosis

Hypnosis is a goal-oriented reverie. What better way to define self-hypnosis? What if self-hypnosis really were the place where dreams really do come true?

Without a doubt, any invention, accomplishment or project begins with a dream, no matter what form such dreaming may take. Daydreaming has been shown to be beneficial for creativity. The nightly dream cycle has restorative and healing powers.

Many essential discoveries have been made fortuitously thanks to relaxation and other altered states of consciousness. It seems that it's at these moments that the unconscious mind, that vast reservoir of resources, that facet of oneself, which free from contradictions, conflicts or limitations or censure can express itself.

But, rather than start with the dream state and wait for the benefits that self-hypnosis practice makes possible, would it not be better, more efficient, to begin with a goal then orient to a reverie and dream one's goal into reality? Not only is this possible, it's easy.

However, goal setting is only one of the important steps toward goal getting. To accomplish goals, meet objectives, finish projects and make dreams real, there are other steps in the process, which is greatly facilitated by regular self-hypnotic practice.

During this workshop, we shall explore the necessary parameters of goal setting and some essential hypnotic practices using them.

Mathias Ulbricht

Dr. med.

Depression als Reaktion auf ein Dilemma - hypno-systemische Bewältigungsstrategien und therapeutische Beziehung

Die Depression ist neben den Angsterkrankungen das Leiden unserer Zeit, zu ihrer Erklärung ist nach wie vor das medizinische Modell vorherrschend.

In dem Workshop soll ein eher anthropologischer Zugang zu dem Phänomen "Depression" dargestellt werden.

Ausgehend von dem Grundgedanken, dass das depressive Reagieren eine Fähigkeit, sogar eine sinnvolle Antwort auf ein inneres oder äußeres Dilemma sein kann, kommt dem Therapeuten die Aufgabe zu, die Tür zur Zukunft und zur Hoffnung wieder zu öffnen.

Da viele Dilemmata aus der Bindungsgeschichte der Betroffenen herrühren, ist eine gute therapeutische Beziehung vielleicht noch wichtiger als bei anderen Erkrankungen. Sie ist aber auch besonders gefährdet, weil die Patienten sich einerseits um ein hohes Maß an Zuwendung bemühen, andererseits aber sehr rigide an ihren Mustern festhalten.

Die hypno-systemischen Behandlungstechniken, die in diesem Workshop vermittelt werden sollen, ergänzen in sinnvoller Weise andere Therapieverfahren, weil sie auch kognitiv blockierte Patienten erreichen können. Sie sind an die jeweiligen Behandlungsphasen anzupassen und nur auf der Basis der "Therapeutischen Beziehung" sinnvoll, die immer wieder Modifikationen der "Technik" erfordert.

Die Teilnehmer sollen lernen, das jeweilige grundlegende Dilemma bei ihren Patienten zu identifizieren und ein inneres Modell zu entwickeln, welche Intervention im Rahmen der "Therapeutischen Beziehung" sinnvoll und effektiv sein könnte.

Abschließend soll die Falldarstellung einer erfolgreichen Depressionsbehandlung durch einen guatamaltekischen Schamanen dargestellt werden, in denen die Teilnehmerinnen das zuvor Vermittelte wieder finden und dabei entdecken können, dass die Komplexität dieser in allen Gesellschaften verbreiteten Störung auch in so genannten primitiven Kulturen differenziert behandelt werden kann. Eine Literaturliste wird am Ende der Workshops ausgegeben.

Harald Ullmann

Dr. med.

Metaphors and Stories in the Daydream Method

"Guided Affective Imagery" (GAI), also known as "Symboldrama", is regarded as a well systemized psychodynamic method of using daydream-like trance phenomena for therapeutic purposes. A meaningful symbolic process is set in motion by presenting motifs or themes and then guiding through the developing scenes of imagination. This process can be enhanced by a variety of techniques. Subsequent painting of pictures and discussing on them offers various chances to introduce different metaphoric perspectives and to bring new types of stories into play. The aim of the workshop is to provide a preliminary impression of this metaphoric and narrative approach.

Lars-Eric Uneståhl

Prof.

Developmental Hypnosis (DH) complementing or replacing Clinical Hypnosis

Like Positive Psychology, which is complementing or replacing the traditional "negative" Psychology, DH is based on human strengths and resources, dreams and visions and on the possibility of Life Long Learning (3L) and development. One area is training of self-hypnotic skills and interventions and another is educating experts in DH by teaching hypnosis to experts in Personal and Skills development.

Some characteristics of DH are:

1. The intervention techniques are effective in Sport, Art, Education, Personal growth, etc. as well as in many clinical areas
2. The direction is towards the positive instead of away from the negative and the driving force is goal satisfaction instead of problem dissatisfaction
3. DH is resource based, goal oriented and solution focussed combined with a flow directed and mindful presence.

Hypnosis - Mental Training - Positive Psychology - The Ideal Triad

Integrated Mental Training (IMT) is a self-instructional, systematic, long-term and scientifically evaluated training in order to learn and integrate mental skills and attitudes aiming for Excellence in Sport, Performing Arts, School, Health, Work and Relations.

MT is based on hypnosis where mental and body systems can be induced, controlled, changed and programmed. It uses the principles from Positive Psychology with focus on goals, strengths and resources instead of problems.

Since the start 1969 IMT has been applied to millions of people in most areas of Society. The workshop will contain examples from MT in both Theory and Practice.

Katalin Varga

Dr.

Is the scoring of Harvard Group Scale of hypnotic susceptibility really objective?

Aim: to test the objectivity of the scoring of Harvard Group Scale of Hypnotic Susceptibility, Form A (HGSHS)

Method: Based on the documentation of the HGSHS of our laboratory hypnotizability scores of 1887 Subjects has been analyzed. In addition to the usual self-scoring by the Ss, trained observers also scored the behavioral manifestations of the Ss according to the same standardized criteria during the sessions (self-scores and observer-scores, respectively).

Results: Self- and observer-scoring proved to be internally consistent, highly correlated ($r = .832$). Item by item analysis, however, yielded notable differences. The items were scored differently by the Ss and the observers in about 20% of the cases, in only 3 items did we find no systematic bias toward pass or fail. Many subject would belong to a different category of hypnotizability depending on the basis of self vs. observer categorization (Cohen's Kappa = .563).

Conclusion: We suggest reconsideration of "objectivity" of self scoring. The standard scoring is suggested to be called "subjective score".

Katalin Varga, Lajos Farkas, László Mérő

Eötvös Loránd University, Faculty of Pedagogy and Psychology, Budapest, Hungary

How to Teach Someone to Realize the Power of Words in Medical Practice

In this workshop I will present some of those exercises that we are using in training medical professionals. These exercises are focusing on the importance of rapport, communicating in situations of emotional involvement, use of suggestive techniques in critical situations, applying simple metaphores, etc. The approach is based on the observation that patients in medical settings are in a state very close to the hypnotic state, so any comment may function as a powerful hypnotic suggestion. The participants of the workshop will have the opportunity to take part in these exercises. We will discuss the relevance of these experiences in training professionals (nurses, psychologists, doctors, physiotherapists, etc.).

Adrienn Vargay

MA

Mobilization of hidden resources as a result of hypnotic suggestions administered for breast cancer patients.

The way of coping with the stress of a life-threatening disease is dependent upon the functioning of the so called "Psychological Immune System" a concept developed by Attila Oláh, a Hungarian health psychologist. According to Oláh, the psychological immune system is an integrated system of cognitive, motivational, and behavioural personality dimensions that should provide immunity against stress, promote healthy development, and serve as stress-resistance resources or "psychological antibodies". In order to define operationally the concept of Psychological Immune Competence, Oláh has developed the Psychological Immune Competence Inventory (PICI) which is an 80 item questionnaire with 16 subscales.

Using PICI, Oláh has demonstrated that the psychological immune system profile of cancer patients significantly differ from patients with cardiovascular disorders. However, the effect of psychological support on psychological immune system during a critical life event has not been examined yet.

In the present study intermediate or high risk malignant breast cancer patients have been examined who, according to the international standard protocol of chemotherapy, receive 4 AC and 12 PAC treatment. The immune competence of the patients is measured by PICI before the first AC and the first PAC treatment and at the end of the chemotherapy protocol.

While receiving cytostatic infusion, and the following week while waiting for the result of the blood test, patients listen to an approximately 1 hour long recording of positive suggestions in hypnosis or, as a control, a music selection with the same length. After listening to the recordings patients are asked to recall all the thoughts, feelings and experiences that they felt in the course of listening to the suggestions in hypnosis or the music selection.

Data analysis involved comparison of PICI profiles, and content analysis of the patients' subjective experiences. Preliminary results demonstrate that PICI profile of cancer patients at the beginning of their treatment is similar to the Hungarian healthy standard. It means that our patients show stronger coping abilities in several subscales than the formerly presented cancer patients of the Oláh's study. The subjective experiences in the hypnotherapy group were more intensive and diverse in term of themes than the ones in the music group. Those who described more intensive experience with diverse content after 4 AC treatment, have maintained or even developed their immune competence, as opposed to those who showed less intensive and thematically homogeneous experiences. Their PICI profile showed similar tendencies to the formerly examined cancer patients in the study of Oláh.

In the present paper we will thoroughly analyse how hypnosis or music induced experience can modify the coping capacities of breast cancer patients.

József Pál Vas

Dr.

Tandem Hypnotherapy as a New Method Functioned at Sensori-motor Level

Tandem Hypnotherapy (THT) has been evolved by the authors as a group hypnotherapeutic method for resolving psychic and psychosomatic pathology originating from pre/perinatal traumas. The meaning of TANDEM is Touch of Ancient and New generations with a Dialogue Experiencing Oneness of Minds. While touching each other, more than one person, a patient and a co-therapist could go into hypnosis while the therapist keeps distance. When using THT, ethics of therapeutic touch is fundamental to be kept. A mutual physiological, emotional and experiential attunement develops during rapport, induction and trance, which is viewed as a method to recall the earliest sensori-motor level and associative mode of prenatal experiencing in embryonic period of life, before the central nervous system would evolve. By using THT the symptoms of pre/perinatal traumas could be replaced with this associative mode of prenatal experiencing which contains acceptance and love. There will be some possibility to relive this method as a self-experience of participants during the workshop.

Eric Vermetten

Dr.

Hypnotic Realities in Psychotrauma

This workshop will focus on hypnosis and psychotrauma. An overview will be provided on state of the art science in neuroscience on PTSD (biology, neuroimaging, and biomarkers of psychotrauma) and current use of hypnosis embedding this in psychotherapy. PTSD patients as a group are moderately high hypnotizable. The application of psychotherapeutic interventions should use this capacity and at the same time be cautious for unwanted effects in therapy e.g. time distortion, dissociative responses. Patients have no difficulty in remembering and over-engaging in the traumatic scene; they need to be able to resolve the underlying issues through hypnotic abreactive or adjunctive alternative hypnotic interventions. Such resolution restructures the patients personality to function more adaptively. The beauty of hypnosis lies herein that it can facilitate synchronicity between history, affect, and natural defenses. This is a landscape that is a common workplace when working with psychotrauma.

Hypnotische Realitäten bei Psychotrauma

Dieser Workshop wird sich auf Hypnose und Psychotrauma richten. Eine Übersicht richtet sich auf den Stand der Technik Wissenschaft in den Neurowissenschaften von PTSD (Biologie, Neuroimaging, und Biomarker der Psychotrauma) und den

derzeitigen Einsatz von Hypnose und die Einbettung dieser in Psychotherapie. PTSD-Patienten als Gruppe sind mäßig hoch hypnotisierbar. Die Anwendung der psychotherapeutischen Interventionen sollte diese Fähigkeit nutzen und gleichzeitig aufmerksam machen auf unerwünschte Wirkungen in der Therapie wie z.B. Zeitverzerrung, dissoziative Reaktionen. Die Patienten haben keine Schwierigkeiten bei der Erinnerung und der Reaktivierung in die traumatischen Szene. Sie müssen in der Lage sein, die zugrundeliegenden Themen durch hypnotisches Abreagieren oder adjunktive alternative hypnotische Interventionen zu lösen. Diese Auflösung restrukturiert die Persönlichkeit des Patienten um adäquater und angepasster funktionieren zu können. Die Schönheit der Hypnose liegt darin, dass die Synchronität zwischen persönlicher Geschichte, Gefühlen und der natürlichen Abwehr erleichtert wird. Dies ist eine Landschaft, die einen gemeinsame Arbeitsplatz bietet bei der Arbeit mit Psychotrauma.

Denis Vesvard

Dr.

Hypnosis and Cognitive-Behavioural Group Therapy for Patients in Pain

This lecture presents a 20 hour program as it has been set since 2005 in the University Pain Clinic of Rennes (France). It has been designed for outpatients who suffer from a persistent pain that has not been relieved by conventional treatments. Several questions will be answered:

- How hypnosis can be associated to CBT to enhance the coping and the autonomy of the patients?
- How such an experiential learning can be evaluated ?
- How effective is this approach in terms of pain intensity, suffering and quality of life?

Thomas Villiger

lic.phil.

Innen ist wie Aussen: Meine Stimme...

Das Finden von innerer Stabilität - und damit Sicherheit - ist eine grundlegende Anforderung für die Zusammenarbeit mit Menschen mit Traumafolgestörungen. In der therapeutischen Kooperation lassen sich Bewegungserfahrung, die Gestaltung unserer Sprachmuster, Sprechrhythmus und Körper-Koordination verstehen wie indirekt hypnotische Induktionen. Gerade bei traumatisierten Menschen kann die Arbeit mit eigenaktiver Bewegungserfahrung, Stimme und Stimmgebung wesentlich beitragen zu einer achtsamen Beziehungsgestaltung zu und mit uns selbst (Propriozeption) bzw. zu unseren Klienten; und damit zu einem hilfreichen Einordnen von Körperempfindungen, das das Vertrauen in die eigene Wahrnehmung und die eigenen Fähigkeiten stärkt. Raum- und Bewegungserfahrung sind gute Antidissoziativa, sehr geeignet das Zwerchfell anzuregen und können gute Ent-Spannungshilfen sein.

Was z.B. haben die Füsse (oder z.B. Zwerchfell oder die Resonanzräume im Kopf) zu tun mit einer möglichst freien Stimme, die sich wiederum auf die Kooperation auswirkt?

Erfahrungs-WS: Leicht umsetzbare Übungen zum eigenem Stand und Stimme; zum Einsatz von (inneren) Stimme(n) bzw. eines Chor; und v.a. aber auch zum Körpereindruck (vgl. Rothschild).

Ablauf: Kurze Einführung, Fallvignette; praktische Übungen, Erfahrungsaustausch.

Anregungen zur Weiterentwicklung sind herzlich willkommen.

Literatur:

- Anderson, J. (2005): Spaziergang am Meer. München
- Gindl, B.: (2002): Anklang die Resonanz der Seele. Paderborn
- Rothschild, B. (2002): Der Körper erinnert sich. Essen

Claude Virot

Dr.

New concepts in depression - From diagnosis to therapeutic strategies

The diagnosis of depression hides two very different realities. If depression becomes chronic, it is firstly acute and chaotic... If, the chronic patients are very poor as if their brain was worn out and imaginary was closed, chaotic's have a lot of resources for the changing. As if a chaotic depression was a precious moment of creativity in the life !

Of course, hypnosis and the therapeutic strategies have to be very different...

Activation of resources in a deep depression

Now, we are in the eighth session. He's a very chronic patient with a very deep depression since a few years. Today, he is hopeless, hypnosis and therapy have no effect, he thinks to take again his drugs. The session is very difficult for each other. We are in the chaos. What happens now?

We will work with a DVD of this session and the next one. Each step of the session will be experimented by the attendees.

Educational objectives:

- To keep quiet with a very depressive and painful patient
- To help the patient to wait a few days by metaphors and symptom's prescription

- To prescribe a very simple drawing who help the patient to find a new order

Maarit Virta

Ph.D.

Hypnotherapy for adults with attention deficit hyperactivity disorder (ADHD)

Attention-deficit/hyperactivity disorder (ADHD) is developmental neurobiological disability that emerges in childhood and often continues into adulthood. ADHD is characterized by deficits in attention, executive functioning, processing speed, regulating alertness, modulating emotions and utilizing memory. Psychiatric comorbidities are common including: anxiety, depression, bipolar disorder, personality disorders and substance abuse. Adults with ADHD often have considerable difficulties in managing finances, work, personal economy and/or social relationships.

Objectives

- Understanding what ADHD is in adults, what are main deficits and how ADHD is treated.
- Learning what is known about effectiveness of cognitive behavioural therapy (CBT). Also the results of our hypnotherapy study (9 participants) are reviewed.
- Learning the idea and results of the short, 10 session hypnotherapy treatment for adults with ADHD is reviewed in detail. The script (and perhaps demonstration) for at least one session is given to participants.
- Clinical reality and longer treatments are discussed. Few cases are reviewed.

Astrid Vlamynck

Dr. med.

Wie das mit der Liebe noch besser werden kann. Multisensorisch-hypnotherapeutisch lösen - entlasten - befreien - UND - Stärken stärken: (auch) für die Liebe.

Wo die Liebe hinfällt, muss sie wieder - aufstehen. Nur wie? Und da soll das Klopfen helfen!? Und das soll sich auch noch mit Hypnose kombinieren lassen (und Ego-State Therapie)?! Ja - und zwar sehr gut!

Was Sie besser lassen sollten und was Sie gern tun können, um guter Liebe eine echte Chance zu geben, darum geht es. Einsamkeit, Selbstwertzweifel, Hoffnungslosigkeit, Misstrauen, Scham, Romanzen-sucht, Sexsucht, Wutausbrüche, unverarbeitete Traumata, Schüchternheit oder Ängste können eine (neue) Liebe schwer machen. Eine gekonnte Kombination aus Hypnotherapie und Energetischer Psychotherapie kann (kleine und auch größere) Wunder bewirken.

Selbstsabotage, Stimmungstiefs und Dauerbrennerthemen können überwunden, nützliche Glaubenssätze können etabliert werden. Entdecken Sie Stabilisierung-, Distanzierung-, Selbstkompetenz- und Wohl-fühl-Übungen mit unmittelbarer Evidenz (besonders auch in der Krise): Prozessorientierte integrative Psychotherapie mit Elementen aus Hypnotherapie, Advanced Energy Psychology®, EFT, Traumatherapie, Embodying Well-Being, Bonding-Psychotherapie.

Manfred Vogt

Dr. phil.

Hypnose mit Kindern und Jugendlichen

Hypnose bietet vielfältige Interventionsmöglichkeiten um erlebnisintensive Entwicklungs- und Veränderungsprozesse zu gestalten. In dem Workshop werden verschiedene Vorgehensweisen zum Aufbau einer vertrauensvollen therapeutischen Beziehung mit Kindern und Induktionstechniken für unterschiedliche Alterstufen gezeigt. Die TeilnehmerInnen lernen hypnotische Phänomene zu erkennen, einzuleiten und therapeutisch zu nutzen.

Inhalte sind:

- " Zähl-, Münzinduktion und andere Kurzinduktionen
- " Stanford Suggestibilitätsskala als Intervention
- " Die Kraft der Gedanken.

Neben direktiven Induktionsverfahren werden auch indirekte Verfahrensweisen, wie das Arbeiten mit Alltagstrance beim Malen und Zeichnen vorgestellt und geübt.

In kleinen Übungen, Praxisbeispielen und Videodemonstrationen werden die Möglichkeiten der Kinderhypnose erlebbar.

Teilnehmer: Ärzte, Psychotherapeuten, Psychologen, Pädagogen, Sozialpädagogen und Sozialarbeiter und andere im Bereich der Kinder- und Jugendhilfe professionell Tätige.

Jens von Lindeiner

Dipl.-Psych.

Hypnose nach Schlaganfall

Schlaganfall ist eigentlich erst einmal eine Kontraindikation für Hypnose. Denn wenn das Gehirn selbst geschädigt ist, sind auch die Mechanismen der Hypnose/Trance ungewiss und in ihrer Auswirkung unkalkulierbar.

In der Autosystem-Hypnose, eine besondere Form der Medizinischen Hypnose, klärt der Therapeut zuerst mit seinem eigenen UB, ob er dem jeweiligen Patienten helfen darf. Und so kam es, dass der Referent seinen ersten Patienten bekam mit dem Auftrag der Wiederherstellung der Gesundheit - nach Halbseitenlähmung durch einen Schlaganfall.

In dem Vortrag werden anhand des enorm schnellen und nachhaltigen Krankheitsverlaufes, die verschiedenen verwendeten Techniken aufgezeigt.

Bhaskar Vyas

Prof. Dr.

Age regression and selective ablation of the past for disorders of undiagnosed etiology: A comprehensive hypnotherapeutic strategy

Unconscious mind by its very definition is not conscious to the patient/client and, often to the therapist, In spite of his/her refined probing with psychoanalytic tools and perspective insight, he/she fails to decipher the underlying psychodynamics of the subject. Hypnosis is a royal road to unconscious mind. Subtle probing of the hypnotized subject, while asking him/her to relive the past during age regression does provide clues about the repressed material. During the session, the selected material is selectively ablated; leaving behind pleasant memories to be relived. Results are good.

Genomics of Hypnosis

Hypnosis as an altered state of consciousness is radically different from ordinary awake state; It logically implies that it may have differential genomics. That there are hypnotherapeutic cures also connotes cascades of metabolic events: the pathways will be governed by different sets of genes.

Rossi and Cheek (1984) hypothesized thus in 1984. A Pilot Study of Positive Expectations and Focused Attention via a New Protocol for Optimizing Therapeutic Hypnosis and Psychotherapy Assessed with DNA Microarrays: The Creative Psychosocial Genomic Healing Experience was published in 2008 by Rossi et al. A New Bioinformatics Paradigm for the Theory, Research, and Practice of Therapeutic Hypnosis was published by David Atkinson, Salvatore Iannotti, Mauro Cozzolino, Stefano Castiglione, Angela Cicatelli, Bhaskar Vyas et al in July 2010. Thus the literature on genomics of hypnosis is scant. However, genomics of meditation is vastly explored by Dusac et al as Genomic Counter-Stress Changes Induced by the Relaxation Response in 2008.

Rossi provided the data of his results to us. We have analysed it through different softwares. Results indicate at least 25 pathways being activated that encompass more than 4500 genes.

The experiment is to be repeated at our lab. The results will be presented at the conference.

Past life regression in hypnosis in the service of the client

It is impossible to scientifically prove/disprove rebirth and past life. After a life time devotion to research in this area, along with a few collaborators, Ian Stevenson (a medical doctor) claims to have scientifically proved past life in a few thousand instances. If we consider this to be true, it requires scientific investigation as to how consciousness can transgress biological limits. Even if Space Time and Consciousness were to converge as a Fifth Dimension, biological transmigration is miles away. A therapist is not concerned with esoteric issues: his concern is to help/cure his client. Regardless of his belief, he is value-neutral when it comes to therapy: he utilizes the currency of country concept. Those subjects who are dysfunctional because of "their unfinished agenda with past life" request - demand past life regression. This we concede in service of clients. Often enough such clients ask before taking therapy: do you believe in rebirth? We answer them by telling them that what we believe is not important; if they believe, we believe in them. When so regressed to past life, they do come back to functional mode.

Ian Stevenson, Children Who Remember Previous Lives: A Question of Reincarnation, revised ed., Jefferson, NC, 2001.

ii. Bhaskar Vyas and D.V. Nene, Changing Course of Brahmaputra, Dalai Lama the Change Initiator, Bombay 1992

iii .Vyas Bhaskar and Vyas Rajni, Space Time and Consciousness; The Fifth Dimension New Delhi 2000

Rajni Vyas

Prof. Dr.

Positive suggestions in hypnotherapeutic session

Positive psychology is said to be a new concept. In fact, philosophically, it is old wine in a new bottle. Since time immemorial, blessings and prayers were emphatically positive. Rishis of Rig Veda prayed so that good thoughts may come to them from all the sides. Patanjali, a master positive psychologist, first laid out the preparations for spiritual progress by defining what to do and what to avoid. Only thereafter the meditation follows through the steps of focalisation on positive creative

visualisation of one's choice; be it a symbol of a deity, of aesthetic beauty, a musical chant or simply a brief sutra. Besides this royal road to spirituality (Raja Yoga), our tradition developed intricate - and at times, intriguing - mystical techniques that came to be called tantra. The masculine principle came to be best illustrated in its singularity in Vigyan Bhairav; the multiple feminine manifestations as in Panchastavi and other masterpieces, symbolising the best of charm and grace combined with artistic elegance of the environment made one realise the Divine at ultimate destination, Samadhi. Samadhi, though apparently experienced as a state of Void, was positively full since it had the portent and potential to generate immense creativity. Even the road map was charted as to how Ichha-sakti created and guided Kriya-sakti to accomplish the goal.

Science speaks a different language, yet it is about to find the truth of what was seen through the Third Eye of intuition. It is only now that with the cutting edge research through molecular biology and genomics, we come to understand the molecules of stress as well as the healing pathways in genomics and stem cell regeneration that reverse the effects of the former. They indeed are the floating particles in the blood stream - not virtual but actual - that are generated by thinking processes - let us call it mind. We are about to know how to carve a certain future for ourselves and be the creator of our destiny through positive thoughts that generate positive actions through changes in the circuitry of neurones, transformations of programmes in the Unconscious and, as seen in the process of hypnosis, by mirror imaging of the neurons as well as brain plasticity.

Ian Stevenson, Children Who Remember Previous Lives: A Question of Reincarnation, revised ed., Jefferson, NC, 2001.

Bhaskar Vyas and D.V. Nene, Changing Course of Brahmaputra, Dalai Lama the Change Initiator, Bombay 1992

Vyas Bhaskar and Vyas Rajni, Space Time and Consciousness; The Fifth Dimension New Delhi 2000

Treatment of Unexplained Reproductive Failure in 554 couples with Hypnotherapy

Unexplained Reproductive Failure is an enigma. We shared this with Dr. Cheek in 1985. He agreed that the psychodynamics are etiological. We made the detailed study of various defenses of ego in 554 couple (Rajni Vyas et al.) that were generic ground for hostility. This was further substantiated by studying Cervical hostility with Vyas' Modified Huhner's test (Rajni Vyas). Indirect and direct hypnosis when combined with conventional therapy resulted in 55% fertility - a success thus far not reported in world literature (Rajni Vyas).

Psychodynamics of hostility can be wiped out with hypnotherapy was further proved by a joint publication in AJCH in 2010. Hypnotherapeutic strategies employed will be presented.

Rajni Vyas et al PSYCHODYNAMICS OF UNEXPLAINED REPRODUCTIVE FAILURE J Obst of India 2002

Rajni Vyas et al Vyas's Modification of Huhner's Test: An Innovation for Immunological Infertility, Obstet Gynecol Ind Vol. 53, No. 4 : July/August 2003 I>g 359-362

Rajni Vyas et al STRATEGIC PSYCHOTHERAPEUTIC INTERVENTION IN 554 COUPLES WITH REPRODUCTIVE FAILURE, Accepted for JIMA

Maitri Shah and Rajni Vyas AJCH 2010

Martin Wall

Dr.

Hypnosis and evidence based medicine, perceived 'through a glass darkly' - A proposal to clear the glass.

Hypnosis invariably performs poorly in any Cochrane Review of efficacy of outcome.

Why is this, when those of us who employ hypnotic phenomena report powerful and consistant benefit?

An investigation into the nature of empirical data and the notion of subjective and objective experience.

David Wark

Dr.

Alert Hypnosis: Hypnotic Phenomena with Wide Open Eyes. Review of Research, Mechanisms and Cases

This scientific presentation will review the literature on alert hypnosis from Wells (1924) to the current time. There will be an analysis of the phenomena of alert hypnosis, and its comparison, both positive and negative, with traditional formats. There will be detailed case presentations and open discussion.

Alert Hypnosis: Workshop in Inducing and Using Eyes Open Hypnosis

Participants will review 60 years of research on the use of alert hypnosis to improve grades. There will be a description of a complete course to train students how to use hypnosis to increase grades. Participants will practice entering alert hypnosis.

Alert Hypnosis: Applications to Education

Participants will review the history of alert hypnosis for clinical and educational use. The emphasis will be on the techniques of induction, and ways to develop effective educational suggestions. In the applied part of this workshop, participants will practice the steps of inducing and using alert hypnosis, working in supervised pairs.

Christine Watremez

Dr.

Benefits of hypnosis on breast cancer surgery

Anesthetic technique could influence breast cancer recurrence. Locoregional anesthesia reduces postoperative incisional pain, opioid consumption and eliminates surgical stress response after breast cancer surgery influencing oncological outcome. Moreover, stress level in cancer patients is associated with the degree of postoperative immunosuppression. Some studies prove that hypnosis can influence positively immunity. In this context, performing surgery under local anesthesia and hypnosis seems very attractive.

Claudia Weinspach

Dipl.-Psych.

Isn't The Lake Beautiful - Ode to Milton H. Erickson, MD, an American Healer

Milton H. Erickson was called an American Healer, who showed similarities with shamans and medicine men from American indigenous cultures in the way he worked with patients seeking his help. Concerning his special way of healing patients, this presentation reflects personal insights by friends and colleagues (e.g. Bradford Keeney, Carl Hammerschlag, Dan Short and Teresa Robles) as well as meaningful family stories told by his daughters, Betty-Alice Erickson and Roxanna Erickson-Klein are highlighted.

Anette Werner

Antenatal hypnosis training and Childbirth - the effect on Pain Experience, Length of Birth and other Birth outcomes

Background:

Experiencing labour pain is a challenge to the parturient woman. Pharmacological pain relief methods to relieve birth pain are limited and often associated with side effects.

Several studies indicate that hypnosis has a positive impact on labour pain and several other birth outcomes; yet the size and quality of research methodology in many of the studies has been less than optimal.

Aim:

The aim of this study is to examine the effect of a short antenatal course in self-hypnosis on several endpoints:

Primary endpoint:

- The use of epidural analgesia during birth

Secondary endpoints:

- Duration of birth
- Birth progression at admission to labour
- Pain experience
- Birth experience
- Medical interventions during birth including mode of delivery
- Hemorrhage during birth
- Saliva cortisol profile
- Infection (mother and child)
- Postnatal depression
- Breastfeeding duration
- Child's condition and wellbeing
- Future mode of delivery

Methods:

The study is designed as randomised, controlled, single blinded trial using a 3 arm group design.

The intervention group: Receives 3 antenatal classes in self-hypnosis including audio compact discs for homework.

The active comparator group: Receives 3 antenatal classes containing a mixture of different relaxation methods and Mindfulness. This course also includes audio compact discs for homework.

The control group: Receives ordinary antenatal care and no additional interventions.

The data collection is based on questionnaires, register data, medical records and biological material.

Status:

We started including participants July 2009 and completed recruitment May 2011. In total 1222 pregnant women were included. The last participants gave birth August 2011. We estimate the data collection to be completed March 2012 and will be able to present the results at The 19th International Congress in Bremen.

Presentation:

The study will be presented as 3 papers: Hypnosis and Pain experience, Hypnosis and Childbirth Experience, and Hypnosis and Length of Birth and other Birth outcomes. It will be discussed against the existing knowledge on the area.

Bernhard A. Wicke

Dipl.-Psych.

Aus einem alten Muster heraus wirbeln

Ziel des Workshops ist, die in einem alten Muster gebundene psychische Energie zu wandeln.

Hierzu wird eine wirksame Technik der Trance durch Bewegung präsentiert.

Nachdem wir als "Therapeut" dem "Patienten" mit dem Herzen zugehört haben, zentrieren wir uns, stellen uns für den "Patienten" auf, schildern sein Befinden, seine Ressourcen und sein altes Muster. Wenn das Erleben des Problems emotional und energetisch auf dem Höhepunkt ist, drehen wir uns. Das Drehen verändert die Atmosphäre im Raum und das emotionelle Befinden, die Bewegung führt aus der Trägheit und Rigidität des alten Musters heraus. Die gewandelte Energie bringen wir in einem Lösungsbild zum Ausdruck, so dass Wort, Haltung und Atem übereinstimmen. Oft sind Patienten davon stark berührt. In diesem Zustand ahmt der "Patient" den gesamten Prozess nach. Das neue Verhalten oder die neue Identität wird anschließend vom "Patienten" gespielt oder getanzt, damit sich die Lösung konsolidieren kann.

Wir werden die einzelnen Schritte im Workshop gemeinsam erfahren und einüben.

Monika Widauer-Scherf

Dipl.-Soz.-Arb.

Hynosystemische Aspekte in der Arbeit mit Genogrammen

Arbeit mit Genogrammen zählt zu den bewährten Methoden der systemischen Familientherapie. Durch die Auseinandersetzung mit inneren Leitsätzen und inneren Bildern unter Berücksichtigung hypnotherapeutischer Techniken können diese "flachen" Darstellungen an Tiefe und Greifbarkeit gewinnen.

Ziel dieses Workshops ist es, Möglichkeiten zu demonstrieren, die es für KlientInnen sichtbar und spürbar lassen können, ihre Ursprungsfamilien, deren Muster und Leitwerte mehrdimensional mit "liebenswerten" und auch "hassenswerten" Eigenarten zu erleben und somit ihre eigene Lebensgeschichte als Ressourcenpool zu nutzen.

Albert Widmann

Dipl.-Psych.

Die Geschichte mit dem Punkt - oder - Der Punkt an der Geschichte ist ...

Eine kleine, leichte Geschichte über das Sein, die Entwicklung und die Abenteuer eines Punktes. Es geht um Such-Bewegungen und auf den Punkt kommen, um Handlungs-Spiel-Räume und Sack-Gassen, um Perspektiv-Wechsel und das Erreichen neuer Dimensionen. Eine Geschichte, wie sie das Leben selbst erzählt.

Ein Punkt vorneweg: Jede/r darf selbst entscheiden, was für ihn/sie der Punkt an der Geschichte ist.

Ria Willemsen

MD PhD

Hypnosis for Autoimmune Hairloss

The aim of this lecture is to present our personal data on the use of hypnosis in alopecia areata (AA). This latter was the subject of different publications included in my PhD project. AA is a highly unpredictable, auto immune skin disease, resulting in hair loss on the scalp and elsewhere on the body. AA starts with one or more small round bald patches on the scalp but may progress to total hair loss. AA, a medically benign disease, may cause tremendous emotional and psychosocial distress in affected patients leading to depression and anxiety.

Our preliminary data on the hypnotherapeutic treatment of a substantial sample of patients with extensive AA, have already demonstrated the benefit of hypnosis for this indication. In addition, we finished a controlled outcome study using hypnotherapy, combined with self-hypnosis -i.e. without any form of other treatment- in patients with refractory forms of AA. In that later study, we compared standard treatment versus hypnotherapy on hair re-growth and on psychological well being in a group of AA patients.

In this lecture, we will present the long-term follow up data of this study, together with our personal hypnotherapeutic approach for this particular disease. The protocol includes a mixture of symptom - oriented and ego-strengthening suggestions. Some illustrative case reports will be presented.

Hypnosis and Skin Disorders: From literature to practice

Hypnosis is actually infrequently used as an alternative or complementary therapy in dermatological practice. Nevertheless it has several indications. First, hypnosis can be used to relief anxiety and pain in dermatological surgery. Second, it has a role in reducing symptoms related to skin disease such as pruritus and inflammation. Third, hypnotherapy will improve general well being of the patient by attenuating shame or embarrassment, which are the typical negative psychological

consequences of skin diseases. In addition, hypnotherapy may help controlling self-inflicted dermatoses such as trichotillomania and neurotic excoriations. Finally, in some cases, hypnotic exploration can be useful. In the first part of this workshop we will present a summary of the actual knowledge concerning psycho immunology that explains the "brain – skin" and "brain – hair follicle" axis. Then, a number of useful hypnotic approaches to treat common skin affections will be presented. We will focus on the management of warts, atopic dermatitis, acne, psoriasis, trichotillomania among other indications. To this purpose, we will mix approaches found in literature as well as in our personal experience. Finally, a self-made hypnotic protocol, resulting in important psychological benefits for patients who suffer from the autoimmune hair disease, alopecia areata, will be presented. This protocol was part of my PhD project. Some short group demonstrations will be included within this workshop.

Ann Williamson

Dr.

Healing, spirituality and hypnosis - an integration

This workshop will explore the commonalities between hypnosis and other meditative states through our ancient history to the present day with an emphasis on their use for healing. We will discuss and experience different ways of accessing the 'trance state' within the workshop and also look at the importance of the role of intention in healing, whether in mainstream medicine or complementary approaches.

Charlotte Wirl

Dr. med.

The Power of Healing Ego States

Healing Ego States are very useful in different fields of psychotherapy and medical treatment. In this presentation, different approaches to healing states and their integration into therapy will be shown. Examples will be given for the application of ego state therapy with fertility problems, pain, complementing medical cancer therapy (chemotherapy), traumata, and psychosomatic disorders. The use of healing ego states can be considered as one of the oldest techniques in therapy.

Brief hypnotherapeutic interventions with children and adolescents

Brief hypnotherapy is particularly suited for children and adolescents with psychosomatic disorders, because it exploits their natural abilities to fall into trance and uses a language full of symbols and metaphors. It is based on the Ericksonian belief in the abilities of a child and is astonishing in its effectiveness.

Educational objectives:

- 1) three principles of brief therapy with children and adolescents
- 2) three different symbolic interventions to deal with psychosomatic disorders and anxieties
- 3) special treatment for asthma, allergies, neurodermitis and enuresis

Two questions for continuing:

- Where and when can we use the brief therapy with children and when not?
- Can brief therapy be integrated into other methods?

Thomas Wolf

Dr. med. dent.

Evaluation of the efficacy of self-organizing hypnosis in painful manipulation of vital teeth

PURPOSE: Non-invasive alternatives to dental local anesthesia for pain management in dentistry are rare. Therefore a variant of hypnosis, the self-organizing hypnosis, was investigated in an experimental clinical setting.

This randomized, controlled clinical pilot trial was designed to evaluate the effectiveness of self-organizing hypnosis (SOH) in relation to pain reduction.

MATERIALS AND METHODS: For this purpose 37 healthy voluntary subjects with no previous knowledge in this area were included. Under guidance of SOH perception thresholds were evaluated with a dental pulp test of an anterior tooth.

While monitoring the basic body parameters (ECG, ICG, BP), the pain threshold and a targeted, standardized pain stimulus were measured in each case with and without SOH. The pain threshold (PT) was determined by electrical stimulation through pulp test measuring ranging from 0 to 80. The standardized pain stimulus (PS) was evaluated by international pain score, the visual analogue scale (VAS).

RESULTS: In the range of 0 - 80 of the pulp test unit, the PT under SOH (57,1) was higher than without hypnotic intervention (39,6). The PS was also higher on the visual analogue scale under SOH (2,3) than in basal condition without SOH (6,0).

CONCLUSION: In both tests of PT and PS under SOH were found differences than without SOH. We noticed a correlation between the PT and the PS.

Edwin Yager**Prof.**Subliminal Therapy: A Therapy of the Future

Subliminal Therapy is a structured protocol for utilizing the advantages of extra-conscious process to facilitate treatment of psychogenic disorders, both mental and physical, with the highly encouraging results that are taught in this workshop. Extra-conscious abilities exist in a form that is objectively accessible and potentially of great value to clinicians. ST is researched-based. This three-hour workshop describes the protocol of ST and trains participants in its use.

Comparing Success Rates of Subliminal Therapy, CBT and EMDR

Success rates of the three modalities, psychodynamic, cognitive-behavioral and hypnotic, are contrasted by comparing objectively-derived data obtained from published studies.

Diane Yapko**MA**More Than Words: Working Hypnotically & Strategically with Social-Language Deficits in Children or Children

In this presentation I will present how hypnosis can be a useful tool in helping children who are challenged by speech and social-language deficits. With the increasing rates of autism spectrum disorders, and the large population of children diagnosed with learning and attentional problems, psychotherapists need tools for addressing the unique needs of these children. This short course/workshop will demonstrate how to integrate hypnotic and strategic interventions with visual strategies and story telling in working with children who have social-language deficits..

Michael Yapko**Ph.D.**The Merits of Clinical Hypnosis in Psychotherapy: Enhancing Treatment Experientially

The study of the science and art of clinical hypnosis begins with the recognition that influence is inherent in the therapy process. Far more complex, though, are the deeper questions related to how one person can instill a belief in someone else that their symptoms can diminish, resulting in a recovery, or how someone can suggest to another that he or she evolve a frame of mind that makes success in some desired domain possible. Hypnosis has been shown to enhance the efficacy of other

approaches, most notably cognitive-behavioral approaches. How hypnosis meshes with and even underlies various psychotherapies is well articulated in this brief overview of the field of clinical hypnosis.

Agenda:

The role of attention in symptom formation and resolution

Suggestion as the foundation of therapy

Hypnotic phenomena and their role in treatment

Experiential learning as a catalyst of therapy

Empirical support for hypnosis in treatment

Key issues in therapy raised by hypnotic experiences

Questions & Answers

Empowering the Disempowered: Hypnosis in Treating Depression

Depression typically features a pervasive sense of helplessness, that is, a perception that one is controlled by one's negative circumstances. From that vantage point, no amount of effort will likely be of any benefit, so passivity as a response seems reasonable. Therapists spend substantial amounts of therapy time striving to shift the depressed person's helpless perspective in order to recognize opportunities to be proactive in one's own behalf. Specific ways hypnosis can help in transforming the sense of helplessness will be described in this presentation.

Mindfulness and Hypnosis: The Same Differences

In recent years, popular forms of meditation that have their origins in eastern Buddhist traditions that have collectively come to be called "mindfulness" have been applied to a variety of clinical problems where they have successfully demonstrated the therapeutic value of teaching people ways to direct and intensify their quality of focus. The field of hypnosis had already established these same findings and has explored more diverse ways in which such methods could be applied in treatment. The literature of hypnosis is broad, deep and fascinating. Neither hypnosis or mindfulness are therapies in their own right, of course, but their capacity for improving the quality of people's lives has received substantial empirical support as a class of meaningful interventions. This is NOT a workshop about spiritual exploration or using standardized (i.e., scripted) hypnotic or mindful meditations for personal growth. The focus is entirely on clinical applications of key aspects of both hypnosis and mindfulness by deconstructing such processes, identifying their therapeutically relevant components, and constructing meaningful interventions by incorporating them in novel ways. Mindfulness and hypnosis as focusing strategies share some

key characteristics, yet each has a different aim in its application. This workshop is based on Dr. Yapko's newest book, Mindfulness and Hypnosis: The Power of Suggestion to Transform Experience.

Silvia Zanotta

Dr. phil.

Hypnosomatic approaches to Ego-State Therapy

This workshop explores the use of hypnotic Ego-State Therapy with a focus on treating somatic issues in children, adolescents and adults. A variety of clinical presentations illustrate how hypnosomatic methods widen the window of possibilities for healing mindbody symptoms and can help to reverse the emotional and physical effects of stress and trauma. Topics include the effective use of somatic approaches to strengthen the whole person; regulate fears, anxieties, and other symptoms; and expedite bottom-up trauma processing. Related hypnotic methods include conversational inductions, creative somatic imagery, uses of self-suggestion, breathing and mindfulness, and tension release. The presenters will emphasize strategies to access conflict-free ego states related to empowerment, protection, wisdom, and other strengthening qualities, techniques to utilize key ego states in the healing of specific mindbody difficulties (for example, tics, pain, sleep disturbance, brain injury, and autoimmune symptoms), and approaches to provide rapid relief, cooperation and integration for traumatized states. The workshop format includes lecture, case presentations, demonstration, brief practicum, and clinical consultation.

Ego State Therapy as Intervention Strategy for Children and Adolescents with Somatic Complaints

This lecture focuses on the use of Ego-State Therapy with children and adolescents who show somatic problems like nausea, headaches or belly aches. It includes the effective use of Ego State Therapy approaches to not only regulate anxieties and body symptoms, but also strengthen the whole person by connecting with empowering and resourceful states.

Jeffrey K. Zeig

Ph.D.

Principles of Advanced Induction

What makes an induction "advanced"? Principles of an advanced induction will be offered and illustrated from an Ericksonian perspective.

Advanced Techniques of Ericksonian Hypnosis: "Ornamentation"

Language is both informative and expressive. It is the expressive component that elicits changes in emotion, sensation, perception, "state," and physiology. The expressive component is created through elaborations. An analogy can be made to music. A theme is presented as a simple tune, but it's the embellishments (ornamentation) that reach the heart.

This workshop will present hypnotic "embellishments." Para-verbal forms will be described, including facial expressions; voice modulation; gestures; sound effects; behavioral modeling; social mimicry; pauses; proximity; metaphors and similes; verb repetition; the grammar of enhancement; the power of montage; and "set-up/payoff." These expressive forms are the elements that alter "state." Lecture, demonstration, small group exercises.

Christian Ziegler

Dr. med.

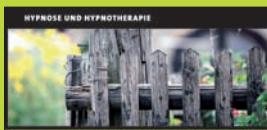
Das Rätsel Anorexia nervosa hypnotherapeutisch verstehen und lösen

Die Entstehung von und die Mechanismen bei Anorexia nervosa wurden bis jetzt nur vage verstanden. Gerade weil Hypnose ein genaues Pacing verlangt, konnte in 20 jähriger praktischer Forschung entdeckt werden, wie hypnotische Kommunikation eine Brücke zum besseren "Sich-verstanden-Fühlen" der Betroffenen baut. Am Grund der Anorexia nervosa befindet sich nämlich eine grosse "Gewitztheit", die, weil sie so schnell begreift, paradoyer Weise langsam aber sicher zum Verständnis der und Konfrontation mit der Umgebung führt. Die Technik des narrativ-suggestiven Erklärens wird vorgestellt.



Dazu fällt mir eine Geschichte ein ...

Hypnose in Therapie und Beratung

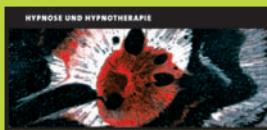


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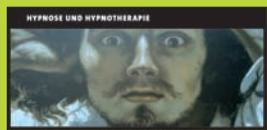


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