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Here and Now!



ABSTRACT **BOOK**

Hypnosis: New Generation

Here and Now!



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HUNGARIAN ASSOCIATION OF HYPNOSIS



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GENERATIONS OF HYPNOSIS

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PAPER SESSION - 30.05.2019 - 08:30

Although the scientific investigation of the immediate predecessor of hypnosis started as early as in 1784 by the “Secret Report of Mesmerism or Animal Magnetism”, hypnosis was still considered an occult phenomenon in the middle of the twentieth century. The first generation of modern researchers of hypnosis in the ‘big five labs’ (E. R. and J. R. Hilgard, M. T. Orne, T. X. Barber, T. R. Sarbin, A. G. Hammer and J. P. Sutcliffe) using standardized induction and testing procedures and appropriate control groups made it possible to study hypnosis with the scientific rigor necessary to distinguish the ‘essence’ from the artifacts, and to recognize the individual differences in hypnotizability. It was also recognized that hypnosis is a social interaction, and the role of internal beliefs, attitudes, response expectancies were also studied, resulting in a ‘social-psychological interpretation’ (N. P. Spanos) then in a social-cognitive theory of hypnosis (I. Kirsch, S. J. Lynn, J. Rhue). Parallel with this, M. H. Erickson, E. Fromm, J. G. Watkins and D. Ewin developed new methods improving the clinical use of hypnosis. The next generation of hypnosis researchers – H. J. Crawford, J. Gruzelier, D. Spiegel, D. Oakley, G. de Benedittis, P. Rainville, A. Raz, and others – , using the advanced methods of cognitive psychology and neurosciences, helped hypnosis gain acceptance in the scientific community as a genuinely altered state of consciousness characterized by marked cognitive and biological changes. Unfortunately, however – as Kihlstrom pointed out –, for most of the recent history, the social psychological approach to hypnosis has defined itself in opposition to those approaches that focused on alterations of consciousness. The third generation of hypnosis research and theory – P. Sheehan, myself, and M. P. Jensen – realized that a new, more systems-oriented approach is needed, recognizing and studying both the social interactional and the cognitive-behavioral-biological aspects of hypnosis. Due to methodological considerations, however, empirical research based on this systems-oriented approach has been remarkably absent so far, although it would be important to conduct this type of research for improving the clinical use of hypnosis further. Hopefully, a new generation of hypnosis would be methodologically skilled and brave enough to conduct this type of research.

HYPNOSIS AND AGING

Victor Rausch

Tri-Centric Hypnosis Centre, Kitchener Ontario, Canada

PAPER SESSION - 30.05.2019 - 08:45

Can Hypnosis affect physiological aging?

A case presentation will be presented.

Ground breaking recent research on aging, supported by video, will be discussed.

Hypnosis and physiological aging from an energetic perspective, will be explored.

HYPNO-THERAPEUTIC COMMUNICATION: CORE ELEMENT OF A RESONANCE BASED MEDICINE

Hansjörg Ebell

Private Practice, München , Germany

PAPER SESSION - 30.05.2019 - 09:00

Any interaction between health care professionals and their patients should serve the determination of pertinent goals and appropriate procedures regarding their achievement. In this respect not only objective findings but interdisciplinary discussions and/or personal opinions and decisions on the side of our patients as well can prove decisive. An atmosphere of reciprocal resonance between the care-giver and the care-seeker creates the optimal conditions for professional expertise and individual autonomy. Therapeutic communication is an inter-subjective exchange that focuses on the potential benefits according to the negotiated agreement. In addition hypnosis and self-hypnosis may play a major role within an adequate complete therapeutic concept.

„Resonance Based Medicine“ (RBM) is a proposal that invokes the analogy to physical resonance as in disciplines such as systemic theory, psychology, philosophy, and sociology. It is pointing at the fundamental significance of inter-subjective resonance for all diagnostic and therapeutic interactions in health services. The similarity of the chosen term to the contemporary scientific gold standard „Evidence Based Medicine“ (EBM) is intentional; both concepts EBM and RBM can and should complement each other.

PRELIMINARY DATA ON FEASIBILITY OF ICU DOULAS PROVIDING A BEHAVIOURAL INTERVENTION TO REDUCE PSYCHOLOGICAL DISTRESS IN CRITICALLY ILL PATIENTS

Lioudmila Karnatovskaia, Phillip Schulte, Matthew Clark, Kemuel Philbrick, Ognjen Gajic
Mayo, Rochester, United States

PAPER SESSION - 30.05.2019 - 09:30

Rationale: Over a third of critical illness survivors suffer from new or worsening mental health problems following discharge. Memories of delusional experiences in the ICU are the strongest potentially modifiable risk factor. Research on formation of fear demonstrates that if mitigating information about a traumatic event is introduced during memory consolidation or following its recall during a reconsolidation window, the emotional experience of the memory can potentially be rewritten. Given that semantic processing continues during altered states of consciousness, and that the thinking process of the critically ill is characterized by heightened suggestibility, we adapted an approach based on positive therapeutic suggestions to be administered by trained doulas in the ICU in parallel with medical treatment.

Methods: Two doulas underwent training in therapeutic suggestion and basic medical conditions and terminology. Once training was completed, patients on mechanical ventilation and/or on vasopressors were recruited to participate in the study. Intervention was administered daily for the duration of ICU stay in parallel with medical treatment. Approach was individualized based on each clinical scenario but consisted of three main phases: informing the patient about aspects of ICU care and the nature of treatment while providing positive reframing (or pre-framing as appropriate) of the situation; actively involving the patient in the treatment process once they were able to communicate; and debriefing prior to transfer out of the ICU to clarify potential memory distortions. Institutional review board allowed for deferred consent by patient or proxy, enabling prompt initiation of the intervention.

Results: Sixteen patients in medical ICU received the intervention administered by two ICU doulas and completed the follow up. Intervention was provided an average of 5 days, with each session lasting an average of 22 min. Five (31%) patients scored >8 on Hospital Anxiety and Depression Scale (HADS) - Depression subscale, and 7 (44%) scored >8 on HADS-Anxiety subscale. Six (37.5%) scored >1.6 on Impact of Events-Revised scale and 8 (50%) scored <18 on Montreal Cognitive Assessment (MoCA)-blind. Our baseline data for the institution for similar patients (N=299) who did not have an intervention demonstrated that following ICU transfer, impairment was common: 48.9% patients had HADS-A \geq 8, 36.7% had HADS-D \geq 8, and 45.3% had IES-R \geq 1.6 on at least one subscore. 62.0% had MoCA-blind <18.

Of the 20 nurses who were present during doula sessions who agreed to fill out questionnaires, all provided positive feedback on the intervention. When questioned whether there was anything they didn't like, only 6 provided comments three of which included recommendation for better coordination of timing with nurses and shift changes, one that positivity may not always reflect reality, one that it may overstep the nurse's job and the other that the intervention should be longer. When patients were subsequently asked whether they remembered a member of the team talking to them about their medical course, 15 replied that they did; of those 13 found it

comforting. Ten patients remembered someone holding their hand and all found it comforting.

Conclusions: Positive therapeutic suggestion is a unique intervention targeted to reduce formation of traumatic memories and to humanize critical care. In this feasibility project, we were able to successfully enroll and intervene on 16 critically ill patients. ICU doulas were well accepted by nurses and patients. Testing the intervention on a wider scale with a control group is therefore warranted.

ELEVEN PRINCIPLES OF SUCCESSFUL THERAPY BY MILTON H. ERICKSON

Abraham Hernandez Covarrubias

Hipnocova, Arandas Jalisco México, Mexico

PAPER SESSION - 30.05.2019 - 09:45

Erickson was known by the efficiency of their treatments and it quickly to treat patients difficult, that was his specialty, and to do it used different technical and strategies with a unique style. However he did not create a systematization of his strategies.

One of the main objectives of this investigation was to know the main contributions of Milton Erickson from the point of view of those who are specialists in his work.

This research is based primarily on an extensive bibliography review both in English as Spanish including texts that are not translated into the Spanish, however to determine his main contributions were asked directly his major students and followers, this was carried out through a questionnaire that was applied directly to the direct disciples of Erickson as well as to directors, co-directors of institutes Erickson and some specialists in the world of hypnosis.

This article shows the main contributions of Erickson to psychotherapy agree with the views, from some of the main supporters, hypnosis specialist and Ericksonian colleagues, around the world, as Ernest Rossi (USA), Michael D. Yapko (USA) , Ronald A. Havens (USA), Teresa Garcia Sanchez (Spain), George Burns (Australia), José Augusto Mendonça (Brazil), João Facchinetti (Brazil), Irvin Cohen (USA), Jeffrey Zeig (USA), Claude Virost (France), Joëlle Mignot (France), Dan Short (USA), Eric Greenleaf (USA), John Lentz (USA), Hillel Zeitlin (USA), Robert Weisz (USA), Rubin Battino (USA), Edgar Etkin (Argentina), Mario Andrés Pacheco (Chile), Thierry Servillat (France), Eneko Sansinenea (Spain), Tamer Dovucu (Turkey), Rob McNeilly (Australia), Bayard V. Galvão (Brazil), Ortwin Meiss (Germany), Burkhard Peter (Germany), Teresa Robles (México), Ricardo Figueroa Quiroga (México), Jaime Montalvo (México), Göran Carlsson (Sweden), Bill O'Hanlon (USA), Roxanna Erickson Klein (USA), Alexander Simpkins (USA), Annellen Simpkins (USA), Michelle Ritterman (USA), Stephen Gilligan (USA), Mark Jensen (USA), Consuelo Casula (Italy), Daniel Araoz (USA), John H. Edgette (USA), Ricardo Feix (Brazil), Carol Sommer (USA), Marlene L. Levy (USA), Norma P. Barretta (USA), Bernhard Trenkle (Germany), Heinrich Breuer (Germany), Luc Isebaert (Belgium), Ben Furman (Finland), Eduardo Reis Penido (Brazil), Sandra Ostropolsky (Argentina) y Joyce Mills (USA), Camilo Loriedo (Italia). All of them great personalities in the world of Ericksonian hypnosis and psychotherapy, many authors and creators of new approaches.

In total the opinion of more than 50 authors from 14 countries and 4 continents gathered.

EGY KÓRHÁZI MŰSZAK SASOK TÁVLATÁBÓL, NŐVÉR SZEMMEL

A HOSPITAL SHIFT FROM A NURSE-EYE-VIEW

Judit Ridinger

Szent Imre Egyetemi Oktatókórház, Budapest, Hungary

PAPER SESSION - 30.05.2019 - 10:00

Az ápolás művészet: és művészetté válása olyan exkluzívodaadást, olyan felkészülést kíván, mint bármelyik festő vagy szobrász munkája ... Ez egyike a legszebb művészetnek. Úgy is lehet mondani a Szépművészet Legszebbje.”
Florence Nightingale

Kórházban szolgálatot teljesítő ápolók tapasztalata alapján elmondható, hogy egy műszak napirendje párhuzamba állítható a szuggesztió általános alapképletének ívével:

A raport felvételre emlékeztető gesztus a műszak elején történő személyes ismerkedés, mely hangozhat így:

- „Ébresztő, hogy néz ki ez az ágy, kórterem, mi ez a rendetlenség?” helyett jobb hangulatú
- „Jó reggelt kívánok, X.Y. nővér vagyok, én gondoskodom magukról a mai nap folyamán. Legyen szép az együtt töltött napunk!”

A cél meghatározását jelzi a személyre szabott, kimondott vagy hangosan meg sem említett ápolási terv.

„SZÁMODRA HELY” – POZITÍV SZUGGESZTIÓK ÉS SZIMBÓLUMOK EGY NÉGYPÉNTAG-BÉNULT FÉRFI REHABILITÁCIÓJÁBAN

“A PLACE FOR YOU” - POSITIVE SUGGESTIONS AND SYMBOLS IN A TETRAPARETIC PATIENT’S REHABILITATION

Réka Papi

Országos Orvosi Rehabilitációs Intézet, Gerincvelősérültek Rehabilitációs Osztálya, Budapest, Hungary

PAPER SESSION - 30.05.2019 - 11:00

Az Országos Orvosi Rehabilitációs Intézet, Gerincvelősérültek Rehabilitációs Osztályán a rehabilitáció interdiszciplináris team munkában valósul meg, melyben pszichológusként kísérem a sérülteket a veszteségeikkel való szembenézés, valamint egy új élethez való alkalmazkodás folyamatában. Ennek a folyamatnak a része az is, hogy újra otthonra lelhessenek megváltozott testükben, hiszen másik testbe költözni nem lehet, „nincs számukra másik hely”. A rehabilitáció általában hosszú, több hónapig tartó kórházi tartózkodást jelent, melynek folyamán a kiszolgáltatottság, a tehetetlenség és a kontrollhiány állandóan jelenlévő érzések. Ezek elviselésének könnyítésére szoktam a betegvezetések során a kedvenc hely relaxációt is alkalmazni, hogy „mégis lehessen számukra egy másik hely” ahova időről-időre el lehet vonulni, ezáltal pedig rövid pihenőkre eltávolodni a tartós és monoton kórházi léttől, illetve az idegenné vált testtől. Segített már pánikrohamok csillapításában, krónikus fájdalmak kibírásában, illetve adott menedéket álmatlan éjszakákra.

Előadásomban egy olyan esetet fogok bemutatni, melyben ugyancsak alvási nehézségek miatt kezdtük el a kedvenc hely módszert egy középkorú férfi pácienssel, aki egy biciklibaleset nyomán lett négypéntag-bénult. A kedvező fogadtatást követően azonban, meglepetésemre egyik alkalomról a másikra átalakult a hely, az idilli, otthonos környezetből elvadult idegen táj lett...ezzel a váratlan fordulattal vette kezdetét egy olyan több hónapig tartó szimbolikus munka, mely amellett, hogy segített abban, hogy új otthonra lelhessen a lélek a testben, végső soron irányításként is szolgált a korábbi és aktuális kapcsolódásainak, így ezeken keresztül pedig, a mi egymáshoz való viszonyunk megértésének útvesztőjében is.

STUDY OF THE IMPACT OF NON-PHARMACOLOGICAL TECHNIQUES (SELFHYPNOSIS/SELF-CARE) ON COGNITIVE COMPLAINTS IN CANCER PATIENTS

Charlotte Grégoire, Aminata Bicego, Marie-Elisabeth Faymonville, Helena Cassol, Guy Jerusalem, Anne-Sophie Nyssen, Floriane Rousseaux, Steven Laureys, Isabelle Bragard, Audrey Vanhauzenhuysse

University of Liege, Liege, Belgium

PAPER SESSION - 30.05.2019 - 11:15

Introduction: Cancer diagnosis generates a number of physical, psychological and cognitive impairments such as memory, attentional and informational processing deficits that can undermine patients' quality of life (QoL). Self-hypnosis combined to self-care learning have been used in the past years to treat these symptoms, at the moment of diagnosis, during and/or after the cancer treatments. However, the impact of self-hypnosis/self-care upon cognitive difficulties has not been investigated yet. The aim of this study is to better understand the impact of self-hypnosis/self-care upon the cognitive functions by means of the Functional Assessment of Cancer Therapy-Cognitive Function (FACT-COG) [1]. This questionnaire is divided into four subscales that assess (1) the functional implications of cognitive difficulties, (2) the perceived difficulties by others, (3) the change in cognitive function over time and (4) their impact on the QoL of the patient.

Method: 53 participants with cancer (mean age=54.86, SD=12.72, 3 men, all type of cancer) who had ended their treatment (surgery; chemotherapy; radiotherapy) were included in the study. Exclusion criteria are persons with psychiatric disorders, diagnosis of metastatic cancer, or relapse at time of inclusion. Patients were randomly assigned to two conditions: self-hypnosis/self-care and control group (waiting list). Each participant completed the FACT-COG before and after the self-hypnosis/self-care learning phase or the waiting list.

Results: No significant difference was displayed for the age between the hypnosis and the control group ($p=0.33$). No significant difference was observed on the FACT-COG total score pre-self-hypnosis/self-care learning between the two groups ($p=0.36$). Significant difference was shown on FACT-COG total score post-self-hypnosis/self-care learning between the two groups ($p=0.01$) with the hypnosis group showing less total cognitive complaints ($\bar{x}=-13.25$, $SD=18.45$) than the control group ($\bar{x}=-0.2$, $SD=17.92$). Significant difference was observed for total score of the FACT-COG, post-self-hypnosis/self-care learning, in the hypnosis group ($p=0.001$) whereas no significant difference was shown for the control group ($p=0.95$). Significant differences were observed in the subscale "functional implications of cognitive difficulties" ($\bar{x}=-6.7$, $SD=12.6$, $p=0.01$), "change in cognitive function over time" ($\bar{x}=-3.16$, $SD=4.37$, $p=0.001$) and "impact on the QoL" ($\bar{x}=-2.83$, $SD=3.55$, $p=0.001$), whereas no significant difference was observed in the subscale "perceived difficulties by others" ($p=0.09$). Furthermore, no significant difference was displayed in the four subscales for the control group.

Conclusion: The results indicate a beneficial effect of self-hypnosis/self-care learning upon cognitive complaints in cancer patients. Nevertheless, more studies are needed to generalize these results to the cancer patient population.

REFERENCE

1. Wagner, L.I., Sweet, J.J., Butt, Z., Lai, J.S., Cella, D. (2009). Measuring patient self-reported cognitive function : development of the functional assessment of cancer therapy-cognitive function instrument. *The Journal of Supportive Oncology*, 7, 32-39.

FÁJDALOMKEZELŐ HIPNOTERÁPIÁS CSOPORT KRÓNIKUS FÁJDALOMMAL ÉLŐK SZÁMÁRA

HYPNOTHERAPEUTIC PAIN MANAGEMENT GROUP FOR PATIENTS WITH CHRONIC PAIN

Petra Bagdi

Országos Gerincgyógyászati Központ, Budapest, Hungary

PAPER SESSION - 30.05.2019 - 11:30

A gerinceredetű krónikus fájdalommal élők hatékony rehabilitációja szerte a világon a mai napig megoldatlan. Az állandó, szűnni nem akaró, orvosi kezelésekre is mérsékelten reagáló fájdalom nagy terhet ró nem csak az egyénre, a családra, de országos szinten a munkáltatókra és az egészségügyi ellátókra egyaránt. Az Országos Gerincgyógyászati Központban három éve indulnak hipnoterápiás csoportok, melyek a krónikus fájdalommal élők számára a fájdalommal való hatékony megküzdés fejlesztését célozzák.

Az előadás során bemutatom, hogyan fejlődött és változott a csoportok tematikája, mely szakmai szempontok alapján alakult ki a jelenlegi struktúra. Részletesen ismertetek egy esetcsoportot, a csoportba való bevonástól, a csoporttagok állapotváltozásának utánkövetéséig, kiemelve néhány egyéni fejlődési ívet és a csoportdinamika legfontosabb momentumait. Az esetismertetésen túl felvetek olyan kérdéseket, - mint a mélység szabályzásának a kérdése, a kezeléssel kapcsolatos csodavárás, a páciensek saját ágenciájának megélése, - melyek továbbgondolást igényelnek a fájdalomkezelő csoportos hipnoterápia evolúciója során.

MÓDOSULT TUDATÁLLAPOTOKKAL VALÓ MUNKA SZERVEZETI KÖZEGBEN INTERAKTÍV KEREKASZTAL

Katalin S. Varga

Private Practice, Budapest, Hungary

WORKSHOP - 30.05.2019 - 14:00

Párhuzamban a pszichológia gyógyító jellegének erősödő elfogadásával, egyre gyakrabban jelenik meg szervezeti közegben is a pszichoterapeuta szemlélettel történő fejlesztés iránti igény. A módosult tudatállapotokkal való munka az üzleti szférában hol nyitottságot, kíváncsiságot, hol ijedtséget, távolságtartást vált ki.

Beszélgetve kollégákkal, gyakran tapasztalom, hogy a hipnózissal dolgozó szakemberekbe szinte beleívődik a szuggesztiókkal való munka. Nem egy választható módszer lesz a kezükben, hanem egy kapcsolódási forma, természetessé válik a módosult tudatállapotokban való gondolkodás.

A szervezetekben egyre erősödő idő- és profitabilitás-nyomás, a munkafolyamatok optimalizálására való kényszer számos olyan igényt szül, melyre adekvát megoldás a határozott idejű, eredményorientált coaching-folyamat, avagy a személyre szabott kiscsoportos tréning-műfaj. A kerekasztalban olyan hipnoterapeuták beszélgetnek a közönség aktív részvételével, akik hipnoterapeuta identitásukat nemcsak a klinikumban, de szervezeti helyzetben is megélik. Az esetbemutatók során többek között megjelenik az életközépi válság, mint tematika, családi vállalkozás elakadásban történő támogatása, a produktivitást megnehezítő, olykor transzgenerációs félelmek.

Várunk egy közös gondolkodásra, ahol együtt beszélgetünk határokról és kapcsolódásokról, módszerek és szemléletek ötvözéséről, kérdésekről és lehetséges megoldásokról.

USING HYPNOSIS TO DEAL WITH INTERGENERATIONAL CONFLICTS IN THE FAMILY

Camillo Loriedo¹²

¹ University of Rome - La Sapienza, Rome, Italy

² Italian Society of Hypnosis, Rome, Italy

WORKSHOP - 30.05.2019 - 14:00

More than as an individual/linear event hypnosis can be conceived in a systems per-spective, as a circular and evolving process. This view of hypnotic trance demonstrates to be particularly useful when intergenerational conflicts develop in the family with the consequence of interfering with the normal family life cycle. In these cases, the younger generations either break every possible form of connection with their relatives or remain stuck in their family of origin. Adopting an Ericksonian Naturalistic approach, families can be considered as a source of natural resources that the therapist should discover and activate in order to solve intergenerational conflicts. Specific direct and indirect techniques to induce a deep and meaningful change of the most rigid family patterns will be described. The demonstration of a family hypnotic session will give a clear idea of the powerful and subtle resistances families can develop in the course of the hypnotic treatment as well as of how naturalistic systemic hypnosis can transform these resistances in the required solutions of intergenerational conflicts.

RAPID INDUCTION WORKSHOP

Gabor Filo

Private Practice, Hamilton, Canada

WORKSHOP - 30.05.2019 - 14:00

“By a skillful operator a large proportion will be hypnotized in times varying from fifty seconds to four minutes.”
R.H. Vincent (1893)

How times have changed? Most inductions that are taught and practiced today take relatively protracted amounts of time which the hands-on professions – medicine, dentistry, nursing, emergency first response, etc. - just do not have. Even if they have the time, in today's third - party directed and funded healthcare world, the patients may then not be able to afford the care. Coupled with our Twitter induced diminished attention spans, can we afford not to know how to induce rapidly?

In this workshop, participants will be introduced to a variety of rapid induction techniques which they will have the opportunity to practice. The only prerequisite for this workshop is a basic knowledge of hypnosis and a willingness to expand one's repertoire. The techniques that will be encountered can be modified for a variety of clinical contexts with basic hypnosis knowledge, insight and creativity.

Not only will the history of hypnosis be experienced through the inductions, but insight will be garnered about stage hypnosis: ultimately there is much to be learned from the entertainers that has clinical relevance.

All clinical hypnotists are encouraged to attend and expand their understanding of hypnosis.

SELF-HYPNOSIS – MIND MAGIC

Victor Rausch

Tri-Centric Hypnosis Centre, Kitchener Ontario, Canada

WORKSHOP - 30.05.2019 - 14:00

My area of expertise is SELF-HYPNOSIS. The workshop is open to all participants - beginners and advanced.

The workshop is supported by videos - subjective experience by participants through group induction - self-induction technique - how to clearly and simply instruct the subconscious to achieve a desired result - how to holistically energize the physical body and produce energetic balance - how to heal the body and strengthen the immune system.

By the end of the workshop, participants will be able to self- induce hypnosis, give clear instructions to the subconscious, achieve energetic balance, come to alertness smoothly and have complete control at all times.

MINDING CANCER: WHAT WE HAVE LEARNED FROM HYPNOSIS

Giuseppe De Benedittis

University of Milano, Milano, Italy

WORKSHOP - 30.05.2019 - 14:00

There is a significant evidence that psychodynamic factors can play a significant role in the pathogenesis and progression of cancer, supported by numerous theories, psychodynamically and non-psychodynamically oriented.

The "easy" problem of Psycho-Oncology concerns the role of personality factors and cognitive-emotional correlates of the cancer event. In this context, hypnosis plays a valuable and privileged role as a "stand-alone" palliative therapy in the treatment not only of cancer pain, but also of the numerous problems related to cancer and its treatments (e. g., chemotherapy), such as control of anticipatory nausea, anxiety, depression, near-to-death issues, etc. Hypnosis can significantly improve the Quality of Life (QoL) of cancer patients, also implementing compliance with demanding surgical and medical treatments.

The "hard" problem concerns the role that psychological techniques and, in particular hypnosis, can play in effectively modulating cancer onset and progression, improving not only the Quality of Life but also the survival rate, and leading, in some cases, to the spontaneous remission of the disease.

The evidence is sparse, anecdotal and controversial, but encouraging, especially if hypnotherapy is integrated into standard treatments and not opposed to them.

A clinical case will be presented to demonstrate that hypnosis can allow you to live with and beyond cancer. Surviving cancer (cancer survivorship) can be a goal pursued with the hypnotic approach.

A group demonstration aimed at modulating cancer progression in virtual patients will conclude the workshop.

UNIVERSAL HYPNOTHERAPY EFFECTIVENESS IN TREATMENT OF MIXED ANXIETY AND DEPRESSIVE DISORDER (MADD). SYMPOSIUM: POSITIVE HYPNOTHERAPY FOR ANXIETY DISORDERS: CONTROLLED EFFICIENCY, PROCESSES, MECHANISMS

Ksenia Sryvkova

Moscow Research Institute of Psychiatry – Branch of National Medical Research Center of Psychiatry and Narcology, of the Ministry of Health of the Rus, Moscow, Russian Federation

PAPER SESSION- 30.05.2019 - 16:30

Universal Hypnotherapy (UH) is a part of Cognitively Oriented Psychotherapy (COPT), developed by R.Tukaev and belongs to a group of positive, humanistic psychotherapeutic approaches. In COPT psychotherapeutic intervention consists of three main components: psychoeducational, causal cognitively oriented and hypnotherapeutic (UH).

UH is aimed to increase personal integrity and self-identity. This approach includes projective transformations of individual psychogenic, somatosensory context; sedative, distancing effect of reproduced color; distancing from stressful situations and completion of negative experience, basing on the modeling of corrective, positive behavior. All these components are duplicated and repeated during a UH session. As a result, in UH a positive vector semantic space for active therapeutic transformations is created.

The purpose of this study was to investigate UH effectiveness for patients with Mixed Anxiety and Depressive Disorder (MADD). Forty four self-referred patients with MADD were randomized to main group or a waiting-list control group.

Treatment completers (n=35) showed a significant improvement in anxiety and depression symptoms compared to controls: large effect size for six scales (Cohen's d from 0.82 to 1.19) – Hamilton Anxiety Scale (HAS), Hamilton Depression Scale (HDS), SCL-90-R (Symptom Checklist-90-R), Spielberger State Trait Anxiety Inventory (STAI), Beck depression inventory (BDI), Shihan anxiety inventory (SAI). Mindfulness indicators also improved with a medium effect size for FFMQ-SF (Five-Factor Mindfulness Questionnaire – Short Form) (Cohen's d = 0.76) and MAAS (Mindfulness Attention Awareness Scale) (Cohen's d = 0.74). There were no significant changes in a waiting-list control group (N=15).

SYMPOSIUM POSITIVE HYPNOTHERAPY FOR ANXIETY DISORDERS: CONTROLLED EFFICIENCY, PROCESSES, MECHANISMS: COGNITIVELY ORIENTED PSYCHOTHERAPY IN TREATMENT OF ANXIETY DISORDERS, EVIDENCE-BASED RESULTS

Vladislav Kuznetsov

National Medical Research Center of Psychiatry and Narcology of Ministry of Health, Moscow, Russian Federation

PAPER SESSION - 30.05.2019 - 16:45

Background: Universal hypnotherapy (UH) was developed by R. Tukaev in 1970-80-th and became an essential part Cognitively Oriented Psychotherapy (COPT). Since that time UH proved its effectiveness in the therapy of anxiety disorders and other stress related, organic and toxic-related mental disorders. The method is based on the concept of «normal experiencing» and on the activation of eustress readaptive mechanisms according to the integrative theory of hypnosis and hypnotherapy (R. Tukaev, 1996-2007). The literature search showed UH and COPT basic principles to be very similar to the concepts of positive psychology and mindfulness. This study examined the effectiveness of COPT in treatment of panic disorder and generalized anxiety disorder.

Methods: 52 patients with anxiety disorders (29 with PD, 23 with GAD) were recruited to take part in the study. 20 patients were considered to be resistant to psychopharmacotherapy and 32 previously had not received any treatment. The study was based on wait list cross-over design. We used RRI-RE, MAAS and FFMW-SF to evaluate the level of resourcefulness and mindfulness. SCL-90, BDI, ShARs, STAI, were used to get the clinical data, systemic qualitative-quantitative scale of the effectiveness of psychotherapy were used to obtain the data about qualitative results of treatment (full recovery and partial recovery). After the course of therapy all subjects were divided into two groups: psychopharmacotherapy resistant and first time diagnosed patients. The effectiveness was evaluated in whole sample and in groups separately. The follow-up period was 2 years.

Results: 26 subjects experienced full recovery after the treatment (24 – partial recovery and 2 – no effect). There were significant changes in anxiety, depression, mindfulness and resourcefulness levels in whole sample compared to wait list control (d for SCL-90 DEP = 1,15, SCL-90 ANX = 1,25, SCL-90 GSI = 1,33, BDI = 1,25, ShARS = 0,90, STAI-S = 1,25, STAI-T = 1,06, FFMQ-SF = 1,24, MAAS = 0,8), effect sizes were much bigger in the first time diagnosed group. The results were even better after the follow-up period with 34 patients developed full recovery.

Conclusion: COPT is effective therapeutic method for anxiety disorders in first time diagnosed and in psychopharmacotherapy resistant patients. The results were stable over time and even were getting better during the 2 years follow-up. It also has strong influence on the level of mindfulness and resourcefulness.

SYMPOSIUM POSITIVE HYPNOTHERAPY FOR ANXIETY DISORDERS: CONTROLLED EFFICIENCY, PROCESSES, MECHANISMS: COGNITIVELY ORIENTED PSYCHOTHERAPY IN TREATMENT OF ANXIETY DISORDERS, PREDICTORS OF OUTCOME

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PAPER SESSION - 30.05.2019 - 17:00

Background: in previous studies of Cognitively oriented psychotherapy with Universal hypnotherapy effectiveness in the therapy of anxiety disorders differences were found in baseline scales rates for groups of full recovery and partial recovery. Later the Personal System of Psychological Adaptation (PSPA) theory was formulated based on this data. PSPA was defined as spontaneously activated homeostatic dynamic structure which forms during ontogenesis and creates a hierarchy of adaptive mechanisms from the earliest, most simple types to mature, complex, individualized and personal ones which can be used as coping mechanisms. The genesis of anxiety disorders was associated with regression or initial deficiency of PSPA and mechanisms of recovery are reactivation and formation of PSPA. This model were found to be similar to positive psychology concepts. We performed this study based on the theory of PSPA and the principle of dichotomous outcomes in anxiety disorders to examine the predictors of psychotherapy outcomes.

Methods: 52 patients with anxiety disorders were recruited to take part in the study. RRI-RE, MAAS, FFMW-SF, SCL-90, BDI, ShARs, STAI, MMPI scales were used to evaluate the baseline characteristics. After the course of therapy all subjects were divided into two groups: full recovery and partial recovery; with the help of systemic qualitative-quantitative scale of the effectiveness of psychotherapy. In these groups the discriminant analysis was made to evaluate predictors of the effectiveness.

Results: 26 subjects experienced full recovery after the treatment (24 – partial recovery and 2 – no effect). There were significant differences in baseline rates of MMPI and RRI-RE scales found. Anxiety, depressive and mindfulness scores were equal in both groups. According to discriminant analysis the predictors of effectiveness were RRI-RE Integration and Positive values scales and MMPI 5 scale.

Conclusion: Evaluation of the effectiveness according to criteria of full and partial recovery allows us to perform the search of effectiveness predictors. The level of resourcefulness and personality characteristics seems to be very perspective in prognosing the psychotherapy outcome. The data confirm the similarities between PSPA model and positive psychology.

THE OPEN INITIATIVE INTERNATIONAL MULTICENTER CONTROLLED STUDY OF THE EFFICIENCY, PROCESSES AND MECHANISMS OF HYPNOTHERAPY OF ANXIETY DISORDERS; PREREQUISITES AND FIRST RESULTS. SYMPOSIUM: POSITIVE HYPNOTHERAPY FOR ANXIETY DISORDERS; CONTROLLED EFFICIENCY, PROCESSES, MECHANISMS

Rashit Tukaev

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PAPER SESSION - 30.05.2019 - 17:30

Background: In 2017 the author has started the project of open, initiative, international, multicenter, controlled study of the efficiency, processes and mechanisms of hypnotherapy of anxiety disorders. This project is based on author's Universal Hypnotherapy (UH) method (1987-2018), which presents an essential part of his Cognitively Oriented Psychotherapy (COPT) (2010-2018), and belongs to positive psychotherapeutic approach. COPT has therapeutic protocols and consists of three components: psychoeducational, causal cognitively oriented and hypnotherapeutic (UH). In the controlled trial, UH and COPT showed high efficacy in the treatment of anxiety disorders (2015), revealed its predictors (2018). Specialists in Russia (Moscow, Ufa), France (Paris) have been trained in the UH and COPT and began to successfully apply both in their practice. They supported the author's proposal to carry out controlled study of the efficiency, processes and mechanisms of hypnotherapy of anxiety disorders. The relevant research program has been approved in National Medical Research Center of Psychiatry and Narcology (NMRCPN) of Ministry of Health, Russia (2017).

Basic conditions for study are: uniform design and methodological tools; unified data analysis algorithm; coincidence of one of the methods of therapy and its protocol; access of all participants to the common database. The aim of the study is to conduct an open, initiative, multicenter, comparative, controlled study of the effectiveness, processes and mechanisms of psychotherapy (based on COPT) of anxiety disorders.

Objectives: To compare efficiency of UH, COPT and other therapies for anxiety disorders in different centers; analysis of the clinical dynamics in anxiety disorders for UH, COPT, other therapies. The unified research design was built on wait list cross-over design and unified therapeutic protocol. The study uses relevant clinical, psychometric, statistical tools. The research program is conducted from 2017 to 2020, with possible prolongation. The coordinator of the whole research program is the Moscow group (NMRCPN). The management of the research of a separate center is carried out by a local initiative group, intermediate results are discussed periodically, published, disc debated at conferences.

Intermediate results for Moscow research group are: controlled studies of COPT efficiency for anxiety (PD, GAD) and mixed anxiety and depressive disorders based on extended research protocol including clinical scales, psychometry, and heart rate variability (the latter in comparison with experimental data in hypnosis in healthy individuals); search and verification of criteria and predictors of therapy efficiency for anxiety and mixed anxiety and depressive disorders; development and popularization of positive approach in clinical hypnotherapy.

Intermediate results for Ufa research group are: controlled studies of COPT efficiency for anxiety (PD, GAD) disorders in comparison with CBT.

Intermediate results for Paris research group are: state registration of research, controlled studies of COPT efficiency for anxiety (PD, GAD) disorders in comparison with yoga, meditation (on the base of therapeutic protocol).

COMPARATIVE CHARACTERISTICS OF THE EFFECTIVENESS OF THE TREATMENT OF ANXIETY DISORDERS

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PAPER SESSION - 30.05.2019 - 17:45

Relevance: Today, one of the most pressing issues in the treatment of anxiety disorders is to choose a method of psychotherapeutic effects based on the effectiveness evaluation. Therefore, the Department of Psychotherapy of the Medical University and the Republican Psychotherapeutic Center of the Republic of Bashkortostan joined in an open, controlled study of the effectiveness of psychotherapy in the treatment of anxiety disorders.

The aim of the study is to compare and identify the most effective methods in the treatment of anxiety disorders.

Object of study: a comparison of the effectiveness of methods in the treatment of anxiety disorders.

Subject of research: Cognitive-behavioral psychotherapy, universal hypnotherapy, Transcranial magnetic stimulation.

During the study conducted in outpatient and inpatient conditions, a selection of patients with symptoms of anxiety disorders was made, divided into 4 groups (undergoing CBT, universal hypnotherapy, TMS). Waiting List Control Design Used.

At the beginning and end of therapy, each patient was subjected to a psychological study using: Spielberger-Khanin test, Toronto alexithymia scale (TAS), Beck Depression Scale (BDI), Hamilton Anxiety Scale, Taylor Personality Anxiety Scale, Sheehan Anxiety Scale (ShARS), and also evaluated the severity of clinical paroxysmal and non-paroxysmal symptoms. In each group of patients, treatment was carried out using one of the selected methods according to the protocol. To assess the clinical dynamics used original clinical rating scale. Currently, the study is ongoing, but now it can be concluded that the topic of evidence-based research in psychotherapy remains highly relevant for the further implementation of the results obtained in practical medical activities.

TESTING THE EFFECTIVENESS OF UNIVERSAL HYPNOTHERAPY BY R.D. TUKAEV IN THE TREATMENT OF GENERALIZED ANXIETY DISORDER

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PAPER SESSION - 30.05.2019 - 18:00

The presented results are part of an open controlled study of the comparative effectiveness of psychotherapy in the treatment of anxiety disorders.

The purpose of this study is to test the effectiveness of universal hypnotherapy in the treatment of GAD, using two comparison groups. The study so far included 16 patients diagnosed with generalized anxiety disorder (GAD, F41.1 - according to the criteria of ICD-10), they were randomly assigned to the group for universal hypnotherapy and control groups: the group for cognitive behavioral therapy and the group waiting list. No significant baseline differences were found in the groups.

Universal Hypnotherapy (UH) is a part of Cognitively Oriented Psychotherapy (COPT), developed by R.Tukaev and belongs to a group of positive, humanistic psychotherapeutic approaches. UH is aimed to increase personal integrity and self-identity. This approach includes projective transformations of individual psychogenic, somatosensory context: sedative, distancing effect of reproduced color: distancing from stressful situations and completion of negative experience, basing on the modeling of corrective, positive behavior. All these components are duplicated and repeated during a UH session.

The UG course involves 11 sessions lasting from forty to sixty minutes with an interval of one day.

The CBT course is represented by an intervention protocol for generalized anxiety disorder Timothy A. Brown, Tracy A. O'Leary, David H. Barlow, who supposes 12 sessions lasting 1 hour with an interval of one to two days. The technique consists of training progressive muscle relaxation, cognitive restructuring, prevention of anxious behavior, problem solving, time management, exposure to anxiety.

All patients included in the study completed the full course of therapy. According to the results of final testing, the following changes in the median were noted for the UG group: SCLdep: from 1.39 to 0.85, SCLanx: from 1.80 to 1.15, SpilbergerR: from 41 to 36, SpilbergerS: from 55.5 to 52.5, ShARS: from 55 to 48.5. Interquartile interval variations: SCLdep: from Q1-1.08, Q3-1.81 to Q1-1.4, Q3-2.5; SCLanx: from Q1-1.4, Q3-2.5 to Q1-0.75, Q3-1.65; SpilbergerR: from Q1-38.5, Q3-42.5 to Q1-35, Q3-38.5; SpilbergerS: from Q1-54.5, Q3-57.5 to Q1-50.5, Q3-53.5; ShARS: Q1-34.5, Q3-64 to Q1-25.5, Q3-59.

UG demonstrated a significant effect on anxiety-depressive symptoms. Significant changes in the control groups of the waiting list and CBT did not happen. The sample size limits the generalizability of the results.

(SELF)HYPNOSIS IN THE PREVENTION OF BURNOUT

Nicole Ruyschaert

Private Practice, VHYP ISH, Antwerp, Belgium

WORKSHOP - 31.05.2019 - 08:00

Even early in the career health care workers can be at risk of burnout. Facing challenges in new unfamiliar environments, demanding changes, long working hours, and even interface between developing a professional career, amid other familial and relationships challenges can put a lot of stress and bring along insecurity and anxiety.

In the workshop you discover helpful ways to develop an inner locus of control to better deal with daily hassles and have a long-term vision from where daily obstacles (“stumbling stones”) can be reframed to ways to make progress (“stepping stones”).

You will practice with some creative practice to letting go, where necessary and to modulate stress and negative affects and emotions to rebalance yourself.

Contrary to compassion fatigue, health care can generate “compassion satisfaction”. I will review some of the individual and team aspects being helpful to be or become more satisfied in work, you can integrate to “blossom” in your career!

FILM, TRANSZ, BEVONÓDÁS

Szilvia Sümeg

Életút Pszichiátriai és Pszichoterápiás Magánrendelés, Pécs, Hungary

WORKSHOP - 31.05.2019 - 08:00

Egy jó filmet nézve “hipnotizálódunk” és kijőve a moziból még gyakran perceekig nehezen kerülünk ki egy-egy film hatása alól. Megváltozik a tér és idő észlelése, és megváltozik a nézőpont, a nézés módja is. A hipnózis alatt megtapasztalt élmények, az álom és a film mind a képek, a tudattalan elsődleges nyelvén mutatnak meg valamit a néző számára a világ és önmaga mélyebb rétegeiből. Hipnózis, álom és film között a fő különbség a szerkesztettségben és a tudatos dramaturgiában rejlik. Bizonyos filmek nézőjüket a hipnózishoz hasonlóan képesek transz-szerű állapotba juttatni, és a profánon túli régiókba vezetni. Ennek, a filmek esetében vannak tudatos, filmnyelvi eszközei.

A világ észlelése és hogy hogyan éljük meg életünk pillanatait látásmód kérdése is. A kamera “tekintetének” és a szerkesztésmód törvényszerűségeinek elemzése erre is eszközöket kínál a néző számára. A “látás élesítéséhez” segítségül hívunk olyan rendezőket, mint Andrej Tarkovszkij vagy Stanley Kubrick.

Szinte észrevétlenül a filmben találjuk magunkat, ahol a transz finom rétegeivel találkozhatunk, melyek akár a mindennapokban is megtapasztalt élmények lehetnek. A film szerkesztettségén túl olyan történeti szálak válhatnak ezáltal hangsúlyossá mint például egy trauma, vagy a transzgenerációs örökség “hipnotikus hatása”, ami talán az egyik legszuggesztívebb hatás, ami jelen van életünkben - és a filmekben.

A workshop első felében a film szerkesztettségének hipnotikus, nézőt magával ragadó és bevonó hatását mutatjuk be (Mácsai Bálint), majd filmrészleteken keresztül, kitérünk a rejtett transz élmények közös, interaktív felfedezésére (Sümeg Szilvia). Ezáltal a résztvevő bevonódva, saját élményen keresztül gazdagodhat a film transz állapotot előidéző hatásával kapcsolatban.

CHILD, PARENTS, TEACHERS – HOW TO INTEGRATE THE HOLE SYSTEM

Claudia A. Reinicke

Praxis Claudia A.Reinicke, Dresden, Germany

WORKSHOP - 31.05.2019 - 08:00

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

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

DEEPENING TRANCE AND DEEP TRANCE

Ursula Lirk

Sinnzentrum, Salzburg, Austria

WORKSHOP - 31.05.2019 - 08:00

When using hypnosis to help a client, most of the time experiencing a light trance is enough. But there are circumstances, in which it can be helpful to deepen the trance, to move into a state, which allows people to act spontaneously and reasonable on an unconscious level, without the interference of the conscious mind.

So, what can we do to create a room of trance, in which it is easy for the client to elicit the special depth of trance, which is actually appropriate for his particular goal? What can we offer him, that makes him really want to go deeper into trance?

From the preliminary talk, over induction, deepening techniques and the creation of a room of trance to the option to deepen the trance during the dehypnosis - opportunities to facilitate the clients engagement in the deep trance shall be pointed out with the help of video-examples, live demonstrations, work in small groups and grouptrance.

DESIGNING COMPUTER – COMPATIBLE TEST SUGGESTIONS FOR HYPNOTIZABILITY MEASUREMENT

Zoltan Kekecs

ELTE, Eötvös Loránd University, Budapest, Hungary

WORKSHOP - 31.05.2019 - 08:00

This is not a regular workshop, more like a brainstorming session or a work-group meeting, where the participants will work toward designing suggestions that could be used in computer-delivered hypnotizability tests.

The best way of measuring hypnotizability (or hypnotic suggestibility) is to induce hypnosis and measure the responsiveness of the person to a set of test suggestions. The most accepted hypnotizability tests on the field include test suggestions that suggest behavioral responses to the subject, and these behavioral responses are then rated by a human observer (usually the hypnotist) or by self-report. However, these assessments can be subjective and imprecise, and they usually don't allow for graded responses. Furthermore, most hypnotizability tests require a human hypnotist to perform them and can take up to an hour. This can be a burden in both clinical and research settings. It would be useful to have a tool with which hypnotizability could be assessed at home by the subjects themselves before coming to the clinical or research sessions.

The goal of this session will be to put together a list of test suggestions that would be compatible with computer or smart-device measurement. In the first part of the sessions the session lead will briefly introduce the challenge, which will be followed by a brain-storming session. Aside from computer-compatibility, we will look for suggestions that are safe, pleasant, and allow for a graded response. We will likely have to come up with new tests suggestions that are not in use currently in hypnotizability testing. In the second half of the session we will start to design some of these new test suggestions and might try them in hypnosis.

IDEOMOTOR SIGNALING TO ENTER A “ROOM FOR CHANGE”

IDEOMOTOROS JELZÉS A “VÁLTOZÁS TERMÉBE” VALÓ BELÉPÉSHEZ

Hansjörg Ebell

Private Practice, München , Germany

WORKSHOP - 31.05.2019 - 08:00

I proceed on the hypnosystemic hypothesis that any experience (pain, suffering, conflicts, etc.) represents some kind of adequate response to issues that I, as an outsider, am unable to oversee. If there is any real chance for decisive modifications, these must originate within the immanent potential of the patients themselves as unique living 'systems', with their own experiences, values, resources and hindrances. Ideomotor phenomena (e.g. finger signals, Cheek/LeCron) – with or without formal hypnosis ritual – provide the necessary orientation to draw on intrinsic psychophysiological sources for well-being and change. They serve as precious tools to enter and explore a “room for change” (McClintock). This requires an intensive intersubjective exchange – especially under chronic conditions, when patient and therapist embark as traveling companions on a longer lasting journey of mutual experience and learning – and cannot be substituted by mere suggestion.

A VIZSGA-HELYZET, MINT TRANSZ ÁLLAPOT

EXAM SITUATION AS TRANCE STATE

Edít Jakubovits

Gáspár Református Egyetem, BTK, Pszichológiai Intézet, Általános Lélektan Tanszék, Budapest, Hungary

PAPER SESSION - 31.05.2019 - 10:30

Előzmények: A vizsgaidőszakban, a vizsgázáskor időlegesen a megszokott működésmódhoz képest a módosult tudatállapotban tapasztaltakhoz hasonlóan változik meg az észlelés, a gondolkodás, az érzelmek és a fiziológia is. Cél: A vizsgázás okozta tudatállapotváltozás kimutatása élményfeltáró kérdőív segítségével.

Módszer: a tudatállapotok fenomenológiai szintű jellemzésére Pekala és munkatársai által kidolgozott 12 fődimenziót és 53 alskálát tartalmazó PCI („Phenomenology of Consciousness Inventory”), azaz a Tudatállapotok fenomenológiája elnevezésű kérdőív adatait elemeztük egyetemisták körében. Előadást és vizsgahelyzetet követően vettünk fel adatokat a Semmelweis Egyetem Egészségtudományi Karán egy szabadonválasztható kurzus során (N=49).

Eredmények: A vizsgahelyzetben megélt tudatállapot a mért dimenziók változásai alapján megfelelnek a módosult tudatállapot kritériumainak. Vizsga helyzetben a nyugalmi helyzethez képest szignifikánsan nagyobb értéket mutattak 1. a tudat módosultságának mértéke 2. az arousal, 3. a negatív érzelmek, 4. belső beszéd dimenziók, míg a racionalitás csökkent.

Megbeszélés: Míg a negatív szuggesztiók ronthatják, addig a tudatosan kimunkált pozitív hatások segíthetik a hallgatók aktuális teljesítményét és életminőségét, mivel a szuggesztív hatások módosult tudatállapotban erősebben és hosszabb távra is hathatnak. További adatok várhatóak más egyetem hallgatóival.

HA VALAMILYEN VAGYOK, VALAKI VAGYOK – ÉS EZ VESZÉLYES IF, I AM SOMEWAY, THEN I AM SOMEONE - AND THIS IS DANGEROUS

András Kellner

Vadaskert Gyermek- és Ifjúságpszichiátriai Kórház és Szakambulancia, Budapest, Hungary

PAPER SESSION - 31.05.2019 - 10:45

Egy 15 éves kamasz fiú esetét mutatom be az előadásban. Szuicid fantáziák, kortárskapcsolati nehézségek, erős szorongás miatt jelentkeznek. A gyermekpszichiátriai osztályos felvétel során generalizált szorongásos zavar, major depresszív zavar, Asperger-szindróma diagnózisokat kapott.

A terápia során többek között transzgenerációs hatások, kötődési nehézségek, identitásválság kerül előtérbe. Szükségessé vált annak újragondolása, hogy hogyan lehet a terápiában (össze)kapcsolódni, ha a verbalitás szorongást kelt, hogy hogyan lehet használni a teret, illetve hogyan lehet valakit megtartani és erősíteni úgy, ha fél attól, hogy megláthatóvá válik.

EXPECTANCY OF THE EFFECTIVENESS OF UNCONVENTIONAL OR PLACEBO HYPNOSIS TECHNIQUES

Zoltan Kekecs

ELTE, Eötvös Loránd University, Budapest, Hungary

PAPER SESSION - 31.05.2019 - 11:00

Our current project aims to develop minimally effective or placebo control conditions for hypnosis research that can be used to control for the expectancy of undergoing hypnosis (either in a clinical or a laboratory setting). We have adopted and developed three methods that are not used for hypnosis induction by clinicians or researchers (we call them 'unconventional hypnosis techniques'), and that we presumed would be acceptable for naïve participants as potentially effective ways to induce hypnosis. In a three parallel group online study, we presented participants with a leaflet describing two 'hypnoanalgesia' methods to relieve pain during dental procedures. One of the two described techniques was a regular hypnosis induction while the other was one of the three unconventional hypnosis techniques, a different one in each arm of the study.

The conventional and the unconventional hypnosis techniques evoked the comparable expectancy ratings in both main outcomes: expected amount of pain reduction and expected effectiveness of inducing hypnosis. Furthermore, only 57% of the respondents preferred the regular hypnosis over the unconventional hypnosis when faced with a forced choice. Interestingly, even though there was no difference in expectancy across real vs. unconventional hypnosis, there was a significant difference between the different arms of the study. Those who were presented with 'white noise hypnosis' as an unconventional hypnosis expected lower effectiveness for both conventional and unconventional techniques, than those presented with 'embedded hypnosis' as an unconventional technique.

Our findings indicate that all unconventional hypnosis techniques assessed in this study may be viable to control for the expectancy of being hypnotized, but further studies are required to test this hypothesis.

FROM ENDOTHELIAL NITRIC OXIDE TO SENSORIMOTOR SUGGESTIONS

Enrica Santarcangelo

University of Pisa, Pisa, Italy

PAPER SESSION - 31.05.2019 - 11:30

We present the hypothesis that the proneness of the highly hypnotizable individuals (highs) to respond to sensorimotor suggestions may be due to reduced inhibition of the cerebral cortex by the cerebellum, with consequent facilitation of ideomotor behaviour through stronger functional equivalence (FE) between imagery and perception.

In addition, we show different modes of information processing in highs and low hypnotizable participants (lows)

The brain availability of endothelial nitric oxide (NO) availability could play a role in the observed highs' reduced grey matter volume leading to reduced inhibition of the cerebral cortex and consequent greater proneness to ideomotor behavior. Such hypothesis is suggested by behavioral studies (postural and visuomotor tasks, paradoxical pain control after cerebellar anodal stimulation) and supported by Topological Data Analysis (TDA) of EEG signals recorded during sensorimotor and imagery tasks.

Larger brain NO availability could also account for higher higher dopaminergic and nor-adrenergic tone suggested for highs by indirect evidence and possibly responsible for the highs' peculiar information processing.

The response to obstructive suggestions (anaesthesia/analgesia, memory suppression) cannot be accounted for by stronger FE and is likely sustained by different physiological mechanisms related to socio-cognitive factors such as oxytocin availability.

HEART RATE VARIABILITY (HRV) DYNAMICS DURING AND AFTER HYPNOSIS SESSION DEPENDING ON SEX AND INITIAL AUTONOMIC NERVOUS SYSTEM STATUS IN HEALTHY YOUNG VOLUNTEERS

Ksenia Sryvkova, Olga Antipova

Moscow Research Institute of Psychiatry – Branch of National Medical Research Center of Psychiatry and Narcology, of the Ministry of Health of the Rus, Moscow, Russian Federation

PAPER SESSION - 31.05.2019 - 11:45

Heart rate variability (HRV) was studied before, during and after experimental hypnosis session in 54 healthy young volunteers. The study was focused on the analysis of HRV dynamics in three groups with different initial autonomic nervous system (ANS) status, identified by statistical methods. The same pattern of HRV dynamics was observed in all three groups after a hypnosis session: heart rate (HR) decrease, total HRV increase. These changes were caused by the hypnotic state itself and indicated an increase of ANS flexibility and adaptive capacity. However, some differences in HRV dynamics depending on initial ANS status and sex were revealed.

In the first group (n=17) initial ANS status was optimal. No active ANS restructuring during hypnosis was observed. The posthypnotic increase of total power (TP) was due to an increase in sympathoadrenal (LF) and central (VLF) cardiac rhythm (CR) influences. These data confirm an activating effect of hypnosis in healthy individuals with an optimal ANS status. The second group (n=22) was initially characterized by the prevalence of sympathetic modulations of CR. During hypnosis, the sympathovagal balance (LF/HF) was shifted towards normotonia due to the decrease of sympathoadrenal CR influences (LF). After hypnosis the intensity of parasympathetic (HF) and central (VLF) influences increased. This led to the normalization of the sympathovagal balance (LF/HF). In both groups the contribution of VLF band in CR regulation did not change during and after hypnosis. In the third group with initial predominance of VLF band in CR regulation the contribution of central influences (VLF%) was significantly reduced during hypnosis and remained at this decreased level after hypnosis. The total HRV increased after hypnosis due to a proportional increase of sympathetic and parasympathetic activity, so the sympathovagal balance remained unchanged.

In all groups there was a tendency to normalization of HRV parameters that were initially outside the norm. Together with the posthypnotic increase in total HRV this confirms adaptive potential of hypnosis. The optimizing effect of hypnosis on the autonomic regulation manifested much more clearly in healthy young men than in women. This is consistent with the idea of sex differences in stress-induced autonomic reactivity and confirms the eustress mechanisms of biological effects of hypnosis.

THE ROLE OF BRAIN ACTIVITY IN RESPONSE TO HYPNOSIS TREATMENT: ENHANCING RESPONSE TO SELF-HYPNOSIS TRAINING

Mark Jensen

University of Washington, Seattle, United States

PAPER SESSION - 31.05.2019 - 12:00

Evidence suggests the possibility that brain mechanisms—specifically, slow wave brain oscillations, as measured by electroencephalogram—may play an important role in the beneficial effects of hypnotic treatment. This talk will present and discuss the findings from two studies to evaluate this possibility: (1) one clinical trial examining the ability of baseline oscillations in different bandwidths to predict treatment outcome and (2) one pilot study evaluating the potential beneficial effects of theta oscillation neurofeedback and mindfulness meditation training for enhancing response to hypnosis treatment. As a group, the findings from these studies support the hypothesis that the power of slow wave activity (reflecting the number of neurons firing in alpha and theta frequencies) are related to hypnosis treatment outcome, and that the efficacy of hypnosis treatment can be enhanced by preparing patients for treatment using neurofeedback or other training procedures that enhance slow wave activity.

JUST BREATHE (60 MIN DEMONSTRATION)

Linda Thomson

Springfield Medical Care Systems, Springfield, United States

WORKSHOP - 31.05.2019 - 14:00

Multiple ways to teach diaphragmatic breathing to children as well as adults will be demonstrated. The physiology and the efficacy of stimulating the relaxation response with focused breathing will be discussed.

HYPNOSIS RESEARCH AND PUBLICATION: QUESTION AND ANSWER SESSION WITH THE INTERNATIONAL JOURNAL OF CLINICAL AND EXPERIMENTAL HYPNOSIS

Gary Elkins

Baylor University, Waco, Texas, United States

WORKSHOP - 31.05.2019 - 15:00

This session is a conversation with the editor and managing editor of the most widely read scholarly hypnosis journal. Topics will range from conducting research to preparing articles for submission for publication. The session will be of interest to empirically minded clinicians, researchers, graduate students, interns, fellows, and residents, as well as professionals in the field who wish to learn more about publication in the International Journal of Clinical and Experimental Hypnosis.

Discussions will include key considerations in designing case studies, pilot studies, and randomized clinical trials of hypnosis and related concepts (e.g., relaxation, mindfulness, etc.). Topics can also include assessment of hypnotizability and cognitive expectancies, participant selection in clinical and experimental studies, control conditions, and the evolving body of clinical and experimental hypnosis research. Organizing and writing manuscripts, submitting a paper for publication consideration, and the peer review process will also be discussed. Participants are encouraged to bring questions for discussion.

THE ENERGETIC COMPONENTS OF HYPNOSIS, SELF-HYPNOSIS, RAPPORT AND PHYSICAL CONTACT. KIRLIAN PHOTOGRAPHY, HYPNOSIS AND MESMERIC PASSES – THE CONNECTION

Victor Rausch

Tri-Centric Hypnosis Centre, Kitchener Ontario, Canada

WORKSHOP - 31.05.2019 - 14:00

“Everything is Energy and that is all there is to it. Match the frequency to the reality and you cannot help but get that reality. It can be no other way. This is not philosophy, this is physics.” Albert Einstein

All aspects of the workshop will be supported by Power Point.

An explanation and demonstration, with audience participation, of Rapid Energetic Rapport will be given.

The connection between Mesmerism, Hypnosis and the manipulation of Kirlian images and the mysterious ‘Red Blotch’ effect in Kirlian (high voltage) Photography will be discussed.

A predictable, measurable energetic definition of Hypnosis, Deep Trance and Hypnotic Sleep will be discussed and supported by Power Point.

POWER OF BREATH, WISDOM OF BODY – AN INTRODUCTION TO HOLOTROPIC BREATHWORK™

LÉLEGZETÜNK EREJE, TESTÜNK BÖLCSESSÉGE – BEVEZETÉS A HOLOTROP LÉGZÉSBE

Csaba Sóti

Private praxis, Holotropic Hungary, Budapest, Hungary

WORKSHOP - 31.05.2019 - 14:00

From the very first breath, breathing accompanies individual human and collective earthly life. Beyond its life-giving power, it connects us with the universe and the numinous. Its trans-inducing action has been applied by our ancestors from shamanic journeys through mystery religions to Eastern meditative practices (prana, chi, air, life force).

Elements of these traditions has been put into psychological practice by Stanislav Grof, one of the founders of transpersonal psychology. Breathing is employed with evocative music, elements of mindfulness and expressive art therapy in the frames of a community ritual. The result is a purely experiential, somatopsychological bottom-up method, Holotropic Breathwork™ (HB, holotropic /Greek/ 'moving toward wholeness').

At the workshop, we present the principles of HB, the spectrum of potential experiences and the expected impact. Then, a simplified and shorter breathwork session provides an introductory self-experience. Participants supported by their own breath and a carefully constructed music set may connect to the wisdom of their unconscious mind, which brings them unique, relevant experiences. Then, there will be an opportunity to express the experiences through artwork and by group sharing.

Participation is contraindicated for persons with epilepsy, aneurysm, stroke, cardiovascular disease, retinal detachment, cataracts, major psychiatric illness, pregnancy or fresh surgery. Persons with asthma should bring an inhaler. If participation is not clear, please contact us by email. For optimal experience, light meal, comfortable clothes and open mind are recommended.

A lélegzet az első légvételtől végigkíséri az egyéni emberi és a kollektív földi életet. Életadó erején túl összekapcsol a mindenséggel, a numinózzsal. Transzindukáló hatását alkalmazták elődeink a sámáni révülésektől a misztériumvallások szeánszain át a keleti meditatív gyakorlatokig (prána, csi: levegő, életerő).

Az ősi tudást Stanislav Grof, a transzperszonális pszichológia egyik atyja ültette át a pszichológiai gyakorlatba. A lélegzést a zene, a mindfulness és az expresszív művészetterápia eszközeivel, közösségi rituálé kereteiben alkalmazza. Az eredmény egy tisztán tapasztalati, testtudatos 'bottom-up' módszer, a holotrop légzés (holotrop görögül 'teljesség felé tartó').

A műhelyen bemutatjuk a légzés hatótényezőit, élményspektrumát és várható hatásait. Majd az autentikus formától eltérő, rövidebb folyamat nyújt ízelítőt. A résztvevők saját légzésük és a gondosan felépített zene támogatásával rábízhatják magukat tudatalanjuk bölcsességére, mely aktuális, egyedi tapasztalásokat hoz

számukra. Ezt követően lehetőség lesz az élmények alkotás révén történő kifejezésére és a csoporttal történő megosztására.

A részvétel ellenjavallt epilepszia, aneurizma, stroke, szív-érrendszeri betegség, retina leválás, zöldhályog, major pszichiátriai betegség, terhesség, friss műtét esetén. Asztmás résztvevő hozzon magával inhalátort. Ha nem egyértelmű a részvétel, a megadott emailen lehet érdeklődni. Optimális tapasztaláshoz könnyű étkezés, kényelmes ruha és nyitott elme ajánlott.

HYPNOTIC TREATMENT OF THE NEW GENERATION EATING DISORDERS

Camillo Loriedo¹²

¹ Società Italiana di Ipnosi, Rome, Italy

² Università di Roma La Sapienza, Rome, Italy

WORKSHOP - 31.05.2019 - 14:00

Eating Disorders are a good example of massive interdependence among family generations. Salvador Minuchin described Anorexia Nervosa family systems as a prototype of enmeshed families, and generational interdependence it is certainly the structural base for enmeshment. Recent studies as well as more extended clinical experiences demonstrate that Bulimia Nervosa seems to produce less reciprocal involvement. Despite this formal appearance, there is now a general agreement to consider this form of Eating Disorders a sort of apparent generational disengagement that seems to be typical of the new generations. In these always more frequent cases, we really can say that the reciprocal interdependence with the family, even if it assumes more hidden and complex forms, it is always present.

Indication will be given on how to intervene both with Anorexia and Bulimia Nervosa in order to redefine and reduce the powerful traps of covered or uncovered family generational interdependence.

FROM QUANTUM PHYSICS TO QUANTUM HYPNOSIS: THE HEALING FIELD

Giuseppe De Benedittis

University of Milano, Milano, Italy

WORKSHOP - 31.05.2019 - 14:00

A substantial body of evidence does not support the mind-body dualistic model on both epistemological and clinical grounds. As a consequence, the biomedical approach and the current taxonomy seem unable to provide an adequate, descriptive and explanatory model of somatic and psychic domains (such, as for instance, pain).

In order to overcome the old and inappropriate dicotomy between Mind and Body, a novel, heuristic model based upon Chaotic Complex Systems Theory and Quantum Mechanics is proposed (De Benedittis, 2015; 2008). The model postulates that Mind/Body interface and, possibly Consciousness, represent a Chaotic Complex System, ruled by the probability principle, as shown in subatomic physics and quantum mechanics, rather than by the deterministic principle of causality (i.e., somatogenic vs. psychogenic). Accordingly, instead of categories such as “structures” and “functions”, “events” are the basic components of this complex system. Events can be wavefunctions, whose morphofunctional configuration can change with time and according to probability differentials. Quantum Mechanics abolishes differences between structures and functions, by conceptualizing the Universe as a Chaotic Complex Network of Mental and Physical functions.

From various experiments, it has been well established that neuronal activity and EEG recordings show many patterns of chaotic behavior. New trends in psychology and cognitive neuroscience suggest that applications of chaotic patterns seem to be particularly important for research of some fundamental problems regarding mind-brain relationship and the process of trance.

This novel paradigm postulates that Mind/Body interface may be conceptualized as a continuum spectrum. At one extremity of the spectrum we might assume the pure Somatogenic Event (i.e., Exoception), while at the other extremity there is the pure Psychogenic or Mental Event (i.e., Endoception). Any particular event at a given time is the expression of quantum probability differential, with most of the events being under the gaussian curve. After the Tao of Physics (Capra, 1975), the new Tao of Hypnosis opens exciting perspectives in exploring a new healing field and its effects on both somatic and mental disorders.

LISTENING FOR EFFECTIVE HYPNOTIC SUGGESTIONS: USING OPEN QUESTIONS AND REFLECTIVE LISTENING TO BOOST TREATMENT EFFICACY

Mark Jensen

University of Washington, Seattle, United States

WORKSHOP - 31.05.2019 - 14:00

This workshop will provide a description and demonstration of a strategy for identifying effective hypnotic suggestions for helping clients more effectively achieve their treatment goals. It will begin with a brief presentation of research findings demonstrating the central role that client's "self-talk" (i.e., self-suggestions) plays in facilitating or suppressing goal attainment. The facilitator will then demonstrate the use of two strategies (open questions and reflective listening) to identify the helpful self-suggestions (to be nurtured) and less than helpful self-suggestions (to be gently altered). Participants will then be encouraged to practice the strategies to increase their confidence in being able to use the technique in their practice.

HYPNOSEDATION FOR OPERATIVE DENTISTRY

Kristóf Perczel¹, János Gál¹, Ilona Szmirnova², Zsolt Németh²

¹ Semmelweis University - Department of Anesthesia and Intensive Care, Budapest, Hungary

² Semmelweis University - Department of Oro- Maxillofacial Surgery and Stomatology, Budapest, Hungary

PAPER SESSION - 31.05.2019 - 16:30

The vast majority of operative dentistry is conducted under local anesthesia. However, some comorbidities may mandate the use of general anesthesia. Such comorbidities include pathological levels of anxiety or the inability to cooperate (eg. mental retardation or a hypersensitive gag reflex). Hypnosis is a well known and recognized method for increasing patient comfort in the perioperative setting, modulating involuntarily bodily responses and providing sedation, analgesia and anesthesia. There is a long tradition of utilising the aforementioned qualities of the hypnotic experience in the setting of dentistry.

We performed hypnosis as an adjunct to local anesthesia in four patients requesting oral surgery under general anesthesia because of dentophobia or a hypersensitive gag reflex. After three to four sessions of preoperative hypnosis we performed a total of seven minor procedures (prothetical interventions, extractions and sanations) under hypnosis plus local anesthesia. During the preoperative sessions we focused on familiarising the patient with hypnosis, ego strengthening, developing a set of personalised suggestions (dissociation, reframing, glove anesthesia, etc.) and tolerating an escalating level of oral stimulation under hypnosis. Six out of seven procedures could be conducted within the usual timeframe without the need for systemic narcotic medication. Postoperative feedback from patients was positive and the dentist deemed the operating conditions appropriate.

We conclude, that hypnosis can be a helpful adjunct to patients presenting for dental surgery who cannot undergo the given procedure under only local anesthesia because of dentophobia or a hypersensitive gag reflex.

In our presentation we plan to cover the details of the utilised hypnotic techniques. Video footage of the procedures will be used to help participants experience the special circumstances under which hypnosis is utilised during dental surgery.

ERICKSONIAN HYPNOSIS DURING THE FIRST IMMEDIATE FACE TRANSPLANT IN THE WORLD

Marta Nowak-Kulpa

The Oncological and Reconstructive Surgery Clinic in the Oncology Center- Maria Skłodowska Curie Institut/
Branch in Gliwice, Gliwice, Poland

PAPER SESSION - 31.05.2019 - 16:45

Facial transplants are extremely complex and relatively rare treatments that usually require many preparations in months or years, but in May 2013, doctors in Poland performed the world's first life-saving face transplant. After the procedure the patient started the rehabilitation process, including psychotherapeutic care. Ericksonian hypnosis was very helpful in finding body homeostasis and coping with the hardships of treatment.

EFFECTS OF THERAPEUTIC SUGGESTIONS ON THE RECOVERY OF PATIENTS UNDERGOING MAJOR ORTHOPEDIC SURGERY

Csenge Szeverényi¹, Zoltán Csernátóy¹, Ágnes Balogh², Tünde Simon³, Zoltán Kekecs⁴, Katalin Varga⁵

¹ University of Debrecen, Department of Orthopedic Surgery, Debrecen, Hungary

² independent statistician, Brussel, Belgium

³ University of Debrecen, Department of Anesthesiology and Intensive Care, Debrecen, Hungary

⁴ Lund University, Department of Psychology, Lund, Sweden

⁵ Eotvos Lorand University, Institute of Psychology, Budapest, Hungary

PAPER SESSION - 31.05.2019 - 17:00

Hip and knee replacement surgery is very demanding for patients. Medication consumption is further increased by perioperative anxiety. Besides pain killer and anxiolytic medications, patients' recovery can be enhanced by applying therapeutic suggestions, which are easily applicable during the patient-physician communication.

In our prospective, randomized, controlled study we examined the effects of positive suggestions on patients undergoing hip or knee arthroplasty in spinal anesthesia. Members of the suggestion group received the therapeutic suggestions during a pre-surgery physician visit, and by listening to an audio recording during surgery.

Compared to the control group, in the suggestion group the need of medication (pain killer and adjuvant pain medication) during the surgery was lower, the mean change from baseline in the well-being of the patients was better on the 2nd and 4th postoperative day and less transfusion had to be administered. However, there was no difference between the two groups in the postoperative need of medications, in the length of hospitalization and in the frequency of complications.

Our results indicate that the administration of therapeutic suggestions in the perioperative period may be beneficial for orthopedic surgery patients.

PROPUESTA DE UN NUEVO MODELO DE TRABAJO PSICOTERAPEUTICO CONSTELACIONES FAMILIARES ERICKSONIANAS JAVASLAT EGY ÚJ PSZICHOTERÁPIÁS MÓDSZERRE: CSALÁDÁLLÍTÁS ERICKSONI MODELLJE

Cecilia Fabre

Centro Ericksoniano de México A.C., Cancún, Mexico

WORKSHOP - 01.06.2019 - 08:00

La técnica de Constelaciones Familiares es una técnica altamente efectiva para sacar a la luz el origen inconsciente de algunos síntomas o patrones repetitivos, que heredamos y continuamos. Ha sido altamente criticada puesto que, Bert Hellinger, su autor, no le da el sustento teórico a su propuesta, ni tampoco ha creado esta técnica, como un modelo de psicoterapia que garantice el acompañamiento emocional a la persona, y la solución del problema. He encontrado que a través de la integración de la psicoterapia ericksoniana al trabajo de Hellinger, esto si sucede, por lo que he creado una nueva propuesta que permite la resolución del origen del síntoma de una manera clara, protegida y cómoda para el cliente. Propongo como parte de este trabajo un modelo de implementación con objetos metafóricos, que he creado para llevar a la psicoterapia individual, las constelaciones familiares ericksonianas.

En esta conferencia, ofrezco primero una nueva visión sobre las características de las constelaciones familiares desde su origen con Bert Hellinger, incluyendo mi propia visión desde los marcos teóricos de la hipnosis ericksoniana, y la nueva propuesta que hago “Constelaciones Familiares Ericksonianas”; También les daré ideas prácticas que pueden utilizar con sus clientes.

A TEST RÉVÜLETE: ŐSI TRANSZ-KIVÁLTÓ TESTÁLLÁSOK

Gábor Filó

Private Practice, Hamilton, Canada

WORKSHOP - 01.06.2019 - 08:00

A villogó tábornűz fényénél, mióta a dobolás és a csörgés ismeretes, az emberiség az eksztázis révületeit a testén keresztül idézte. E szomatikus módszer leszármazottjai ma az aktív éber indukciók és a harcművészetek/ küzdő sportoknál láthatók, amelyek különböznek a szokásos kognitív „top down” technikáktól, amiket manapság tanítanak és használnak.

A világ minden pontján az idők kezdetétől fogva számos testállást alkalmaztak a tudatállapotok módosítására. Őseink annyira értékelték ezeket a testállásokat, hogy megörökítették ezeket az archaikus grafikáikban és plasztikai művészeikben, amelyet Goodman Felicitas dr., antropológus, és tanítványai újra felfedeztek.

Ez a saját-élmény műhely ezeket a testállásokat alkalmazza, hogy a résztvevők a tapasztalásaink keresztül eljussanak a „tudunk róla” szinttől a valódi tudásig! A maximális tapasztalathoz a résztvevőknek a műhely előtt ajánlott a könnyű étkezés, vagy enyhe böjtölés és kényelmes, laza ruha viselése.

Hozzák a kíváncsiságot és nyitottságot a megtapasztaláshoz.

HYPNOTIC APPROACH TO THE TREATMENT OF PSYCHOSOMATIC PATIENTS

Joseph Meyerson

Bar Ilan University, Ramat Gan, Israel

WORKSHOP - 01.06.2019 - 08:00

Treatment of psychosomatic patient is a complicated mission. Patients are usually focused on their somatic complaints, and most of them are not psychologically minded.

Hypnosis implementation with this group of clients are very effective and can help on one hand to orient the therapeutic process toward psychological issues and on the other hand to decrease somatic compliance.

In the workshop hypnotic semi-stage approach, to the treatment of psychosomatic patients, will be explained and demonstrated with volunteers from the audience.

HELPING CHILDREN HELP THEMSELVES WITH HYPNOSIS

Linda Thomson

Springfield Medical Care Systems, Springfield, United States

WORKSHOP - 01.06.2019 - 08:00

This workshop is designed for clinicians to increase their hypnotic skills and techniques in working hypnotically with children and adolescents who experience medical or psychological challenges. The developmental goals of childhood and adolescence will be presented and how failure to master those developmental tasks of childhood can have deleterious effects and result in difficulties in adulthood.

Hypnosis not only gives the child a tool to better cope with or solve the problem himself, but also increases self-esteem, bolsters a sense of accomplishment and gives the child a valuable skill that he can adapt to many new situations throughout life. The workshop will include demonstrations of introducing hypnosis, the mind-body connection and the power of imagination to children and their families. How to match hypnotic strategies to the developmental level of the child will be illustrated by using video clips. The principles and practice of integrating hypnosis into clinical encounters in child and adolescent healthcare for a variety of common pediatric habit disorders, anxiety and pain will be discussed.

RETURN TO THE NEW SELF. HYPNOSIS IN THE ONCOLOGIC AND RECONSTRUCTIVE SURGERY CLINIC

Marta Nowak-Kulpa

The Oncological and Reconstructive Surgery Clinic in the Oncology Center -Instytut, Gliwice, Poland

WORKSHOP - 01.06.2019 - 08:00

The workshop will show how hypnosis helps to survive after surgery. Participants will find information and presentations on techniques how to:

- reduce the pain;
- restore body homeostasis;
- improve wound healing;
- find a new identity after transplantation (especially facial transplantation and reconstructive)

INTRODUCTION TO NEUROSCIENCE OF CONSCIOUSNESS

Roberta Marzolla

Università Pontificia Regina Apostolorum, Roma, Italy

PAPER SESSION - 01.06.2019 - 10:30

Consciousness is a function that, fed by sensitive and sensory peripheral impulses, coming from all over the body, it is an expression of the close cooperation between the most archaic parts of the brain (archicortex) and those of more recent formation (neocortex), which reaches its maximum extent and complexity in the human specie. In particular the reticulate substance would be the connection point of the nerve pathways that act on all activities and units of the organism. On the other hand the interference of the states of consciousness with the endocrine and neurovegetative system are well known, so it's hypothetical that the state of consciousness could also be the result of a close cooperation between the cortex and other brain zones. The neocortex, particularly the frontal lobes, seems to be a more important zone because the person may be aware of himself. In particular the frontal lobes' orbital portion has connections with the hypothalamus and it's an integral part of a series of complex neural circuits which involve the cerebral hemispheres, the mid-brain, the medulla and the other diencephalic areas. We are therefore faced with a precise function of the person that, if it requires the integrity of selective brain zones, it's still the result of a cooperation of all the brain parts, superficial and deep ones, with an immeasurable series of urges coming from the periphery. So it is certain that the phenomena related of consciousness are inexplicable with the only knowledge of the nervous cells' activities, neither they can be traced back to them. Based on the extent of states of consciousness' pathological loss different degrees of cerebral coma are distinguished.

CONSCIOUSNESS AND THE MODIFIED STATES OF CONSCIOUSNESS: FROM NEUROSCIENCE TO SPIRITUALITY

Maria Paola Brugnoli¹, Katalin Varga²

¹ University Verona, Verona, Italy

² Eötvös Loránd University (ELTE), Budapest, Hungary

PAPER SESSION - 01.06.2019 - 10:45

The conscious mind is one of the most unresolved problems of neuroscience. What are the conscious sensations that accompany neural activities of the brain? Consciousness is extremely elusive from the empirical point of view. Scientists of consciousness usually proceed as if such a definition were already available: in the modified states of consciousness as clinical hypnosis and meditative states, we assume a priori that consciousness is an object and exist in an observer-independent way. A primary point of contention between the major neuroscientific theories of consciousness is whether attention is generally necessary for consciousness. It is important to go beyond the mask of brain anatomy to explore the fine spatio-temporal patterns and underlying the mechanisms of consciousness. Life, mind and consciousness are the complex multi-leveled patterns that emerged from and then organize brain/matter/energy, electric and magnetic-field interactions in living biochemical organisms. Nearly all other neuroscientists are concentrating on the electric signals that travel through and among neurons and see quantum physics as an answer to the problem of explaining consciousness. Recent studies show that awareness is an emergent property of the collective behaviour of frontoparietal top-down connectivity- With this network, external (sensory) awareness depends on lateral prefrontal-parietal cortices, while internal (self) awareness correlates with precuneal-mesiofrontal mialine activity. Both fMRI and electrophysiology suggest that attention and consciousness share neural correlates. However, science still doesn't know the mechanisms that produced awareness experiences and doesn't have a clear definition of them. Consciousness then, is more than the sum of its constituent neurophysiological events and substrates.

THE HYPNOTIST'S VIEW: IS HYPNOSIS AN ALTERED STATE?

Maria Paola Brugnoli, Eric Willmarth²

¹ Pontifical Athenaeum Regina Apostolorum, Roma, Italy

² Saybrook University, Oakland, CA, United States

PAPER SESSION - 01.06.2019 - 11:00

While some claim that the State-Nonstate debate in hypnosis has run its course, there is still a great divergence in opinion regarding whether hypnosis is in fact an altered state of consciousness. It was not long ago that one school of thought claimed victory in this debate, feeling that they had proved that no special “state” was required to explain all hypnotic phenomena. At the same time, over 70% of the clinicians and researchers interviewed and asked to define hypnosis began their definition with “It’s an altered state in which...”. This talk will explore the opinions and new data that contributes to the conversation related to the altered state debate.

Keywords: hypnosis, altered state, hypnotic phenomena, consciousness.

SHAMANIC TRANCE IN GEORGIA

Alessandro Norsa

Private practice, Verona, Italy

PAPER SESSION - 01.06.2019 - 11:15

Data from this work were collected directly in a recent research campaign in Georgia in the Agiara region. In this area, as in other parts of Georgia, some women with shamanic powers pay attention to children who have important organic or psychological problems typical of age (lack of appetite, insomnia) or referable to the cultural reference system (for example the evil eye)). The ritual begins with the purification of the environment followed by different sequences of prayers that are interspersed with breaths addressed to the small patients and oriented in different ways according to the case. A first mode of prolonged breath is moved from one shoulder to another, another directed to the chest (in the idea that the soul resides in the heart). If during the prayer recitation the woman has had an apnea or a change in the state of consciousness, it means that the child would have the evil eye. If the same conditions were transmitted to other people present, it would be an indisputable diagnostic confirmation. The invocations and the possibility that women come into contact with the divine constitute the central element of the exorcist activity.

CONSCIOUSNESS IN BUDDHIST PHILOSOPHY

Ananda Shastrapati-Pundit Bhikkhu

Member Legislature Parliament Constituent Assembly, Lecturer Department Buddhist Studies Tribhuvan University Kathmandu, Nepal, Kathmandu, Nepal

PAPER SESSION - 01.06.2019 - 11:30

Existing in a way is consciousness. In the absence of consciousness no 'being' exists in the sentient world. Without consciousness life ceases to exist. In the eastern religious philosophy consciousness is one of the most inevitable part of discussion which leads to total awareness of awakening or enlightenment. In the Pali Canonical Texts (Tipitaka) of Buddhism consciousness is defined as Vinnana, Manas and Citta which are translated as "life-force", "mind" and "discernment". In the first four Nikayas of the Sutta – Pitaka Vinnana is one of the three overlapping Pali terms used to refer to mind. The others are being manas and citta. Each is used in the generic and non-technical sense of mind in general but the three are sometimes used in sequence to refer to one's mental process as a whole. Their primary uses are however distinct. Consciousness is one of the twelve links in the Theory of Causation or the Formula of Dependant Origination (paticcasamuppada) is an application of the casual relativity to suffering and repeated existence in the cycle of births and deaths. Dependant on the rebirth-producing volitional formations (belonging to previous births) arises consciousness (re-linking or rebirth consciousness). In other words dependant on the kamma or good and evil actions of the past, is conditioned the conscious life in this present birth. Consciousness therefore is the first factor or first of the conditioning links belonging to the present existence. Ignorance and volitional formations belonging to the past together produce consciousness in this birth. Consciousness is re-linking, re-uniting, re-joining vital force of re-birth, reentry into the womb. Dependant on consciousness there arises mentality –materiality (nama-rupa) or full form of body and mind. Here consciousness plays as re-generating force of a new life. Mentality stands for mental states (cetasika) in other words the three mental groups, namely feeling (vedana) perception (sanna), volitional or mental formation or disposition (sankhara) and materiality stands for physical body. The so called "being" (satta) is nothing but the composed of five aggregates or group (pancakkhandha). If consciousness is taken as the "mind" then feeling, perception and volitional formations are the concomitants or factors of that mind. Hence consciousness is one of the inter-related chain of five-aggregates. Consciousness is again classified when mental functions take place in accordance with the sense faculties. There are six kinds of consciousness by way of their relationship to sense-faculties: eye-consciousness, ear-consciousness, nose-consciousness, tongue-consciousness, body-consciousness, and mind-consciousness. Very many functions of the mind are recorded in the canon revealing its nature and function in different contexts. According to the foregoing definitions of the multi-faceted nature and function of mind, it is quite clear that Buddhism recognizes three functions of it:

1. Affective 2. Conative 3. Cognitive

The Dhammapada, one of the most popular hand books of Buddhism and Buddhist world devoted the whole of the citta vagga (mind-segment) to the explanation of mind or consciousness its nature, function, and significant places it occupies in individuality. Abhidhamma Pitaka; the Basket of higher doctrine or ultimate teaching (Paramattha Desana) is the last of the three pitaka is a detailed scholastic analysis of mind (consciousness). In it man is described as psycho-physical being. Since mind occupies the pre-eminent place in the Buddhist course of training of culturing mind, in Abhidhamma, mind has been classified into eighty-nine verities in accordance with the planes of existence.

THE THERAPIST AS A TRAVELING COMPANION: HYPNOSIS AND CANCER RELATED SYMPTOMS – PANEL DISCUSSION

Hansjörg Ebell

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WORKSHOP - 01.06.2019 - 14:00

The complex interaction of pain, other symptoms and suffering in cancer patients requires a treatment approach that integrates psychological as well as pharmacological interventions. The utilization of hypnotic phenomena for symptom control requires an intensive subjective exchange over a period of time between the patient and the therapist, who embark as travelling companions on a journey through uncharted territory. It is advisable to differentiate between three 'time windows' of this travelling companionship: short term / crisis intervention, cooperation for several weeks / coping enhancement, and long term / psychotherapy.

PANEL ON CONSCIOUSNESS STUDIES: A MULTIDISCIPLINARY APPROACH'

Maria Paola Brugnoli

Coordinator International, Interdisciplinary, Interreligious Research Group on Consciousness Studies at GdN Neurobioethics, UNESCO Chair in Bioethics and Human Rights, Pontifical Athenaeum Regina Apostolorum, Roma, Italy

WORKSHOP - 01.06.2019 - 14:00

The 'Panel on Consciousness Studies' is an International and Interdisciplinary Conference emphasizing broad and rigorous approaches to the study of consciousness and the modified states of consciousness. The Panel brings together various fields approaching the issue of consciousness from different perspectives, orientations and methodologies. These include Neuroscience, Philosophy, Medicine, Psychology (as Clinical hypnosis), Anthropology, Contemplative Spirituality and experiential Traditions. Presenters and Speakers are from the entire world.

THE RESEARCH GROUP IN NEUROBIOETHICS (GDN): 10 YEARS OF INTERDISCIPLINARY AND INTERRELIGIOUS EXPERIENCE TOWARDS AN INTEGRATIVE NEUROETHICAL UNDERSTANDING OF THE HUMAN PERSON

Alberto Carrara

Pontifical Athenaeum Regina Apostolorum, Roma, Italy

Scientific developments in neuroscience and neurotechnologies have generated potentially contentious issues in the sphere of anthropological, ethical, and bioethical inquiries. These developments affect clinical realms of neuroscience, especially neurology, neurosurgery and psychiatry. Philosophical issues have both guided such inquiry and are essential to understand the complex intersection of neuroscientific progress and ethical domains of research, medical practice and the social impact of these enterprises. Some of these debates include whether particular interventions represent treatment or enhancement, the use or misuse of neuro-genetic and neuroimaging data, moral ambiguities surrounding the use of neural allo- and xenotransplantation, and ethical dilemmas arising within the contexts of neuroscientific policy, clinical practice and the scope and tenor of current and future research directions. This is Neuroethics: a systematic and informed reflection dealing with both neuroscientific and neurotechnological developments and application to human life, and the interpretation of such neuro-culture in order to achieve a better self-understanding of who the human being is, and how he/she should behave for the sake of his/her authentic flourishing.

The Research Group in Neurobioethics (GdN), founded in March the 20th, 2009 at the Pontifical Athenaeum Regina Apostolorum (APRA) in Rome, is an interdisciplinary research group that gathers more that 300 experts from different disciplines, like Neuroscience, Medicine (Neurology, Psychiatry, Pathology, Forensic Medicine, etc.), Biology, Philosophy, Moral Philosophy, Moral Theology, Sociology, Bioethics, Law, Psychology, Media and Communication, etc., to discuss neuro-biotechnological advances from an Anthropological perspective that attributes value and dignity to every Human Person, regardless of her status or condition. As part of the Science and Faith Institute and the UNESCO Chair in Bioethics and Human Rights of the Pontifical Athenaeum Regina

Apostolorum, the GdN is the only Italian academic based group with a strong emphasis on the application of an interdisciplinary methodology using a sound anthropological perspective, monthly meetings, and a 10 years' experience in the development, discussion, publication, and formation in neuroethics.

At this moment, the GdN is structured into 6 main research fields (subgroups): 1) Neurobioethics and Methodology; 2) Consciousness; 3) Neuroesthetics; 4) Neurolaw; 5) Posthumanism and Transhumanism; 6) Neuroscience and Spirituality.

Within our aims are the study and discussion of issues such as: the dignity of patients with severe impairments of consciousness, like the so called "vegetative state", "minimal conscious states", and similar conditions; the mind-brain-body dilemma; the question of neural enhancement in healthy subjects using pharmaceuticals developed for conditions of impaired memory; the methodology of an interdisciplinary and transdisciplinary approach to modern Neuroscience; the possible application of an Aristotelian-Thomist model to the most recent studies on the neurobiology of morality.

The GdN is creating a global network dealing with neurobioethics that involved our twin-group BINCA in Mexico, and other research study groups in Habana (Cuba) and Santiago (Chile).

The GdN is helping providing proposals and guidelines for the EU through the UNESCO Chair in Bioethics and Human Rights organizing international conferences, seminars, and publications, etc. All this effort contributes to foster neuroscientists to seek points of contact with a philosophical-anthropological vision centered on the human person.

MEDITATIONAL SPIRITUAL INTERCESSION AND RECOVERY FROM DISEASE

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Human body is a biological, open system and maintains itself in the changing environment. Disease state is cured by many medicinal systems for healing. Esoteric healing (through introspective hypnosis, meditation and spiritual intercession) is the system where its believers regard Supreme Being as Omnipotent, Omnipresent and Omniscient. Such persons take ill health as a boon and pray through meditation that He may by His Mercy grant health or if God wishes otherwise, they happily accept it so that they keep moving ahead on their spiritual path. This study is a review of literature, where results clearly point towards better psychological and spiritual healing in patients who believe in esoteric cures. Modern science in terms of cognitive psychology or neurophysiology has begun to emphasize the role of consciousness but, that is confined only to the physical world. It is only with the advent of Param Purush Puran Dhani Soami Ji Maharaj (200 years ago) that in the religion of Saints, the ultimate consciousness or the Super Consciousness of the highest order has been revealed.

Keywords: Biological system, self-hypnosis, meditation, esoteric healing, faith, spiritual intercession, Super Consciousness

CONSCIOUSNESS FROM A NON-DUALIST PERSPECTIVE BY SWAMI NARASIMHANANDA

Narasimhananda Swami Swami

Ramakrishna Math and Ramakrishna Mission, Mayavati Post, Lohaghat, Uttarakhand, India

The discourse on consciousness has assumed a new importance because of the considerable growth in artificial intelligence in the last decade. While we human beings are now forced to discover nuanced expressions of consciousness to keep our uniqueness intact, a uniqueness that has been endangered by the proliferation of artificial intelligence applications, it is indeed urgent now to reconsider whether consciousness means only that which is associated with this word in the popular notion. Is consciousness merely an active expression or is it possible for it to be latent in everything? Are there different levels of consciousness, if so, what are they? These questions need to be considered in depth and analysed so that we get pointers to implementing changes in our lives in order to achieve peace and resolution of conflicts in individual and social lives. I argue that the Advaita or Non-dual perspective of consciousness helps us to achieve this and maintain harmony among different belief systems.

MIND, MEDITATION AND THE FUNCTION OF AUTONOMIC NERVOUS SYSTEM

Anirudh Kumar Satsangi

Dayalbagh Educational Institute (Deemed University), Dayalbagh, Agra, India

Generally brain and mind are used synonymously. But they are not one. Brain is a physical part of Central Nervous System. Mind is the functional state of nervous system and autonomic nervous system (ANS). This distinction may be very clearly manifest to the practitioner of meditation and yoga.

Practice of concentration to meditate at Sixth Chakra is considered to be an ideal state of meditation practice. Sixth Chakra is very closely connected with hypothalamus. Hypothalamus forms the floor and part of the lateral wall of the third ventricle. Pineal gland (third eye), according to Rene Descartes is the soul-body interaction point, is situated behind the third ventricle. Sixth Chakra (optic chiasma), hypothalamus and pineal gland are the very important parts of human anatomy with regards to meditation process.

Hypothalamus coordinates the functions of ANS which controls our emotional responses (not under voluntary control). Thus and is also termed as Involuntary Nervous System.

What happens during meditation? Our mental power increases when we develop concentration. When we fix the attention on Sixth Chakra, oscillations and fluctuations of mind are controlled. Consciousness starts revolving around it. After considerable practice of meditation, the mind becomes concentrated and stabilized at the given point. Emotional Stability is achieved, the higher intuitive faculties are revealed and begin to guide the individual.

THERAPEUTIC APPLICATIONS OF ALTERED STATES: DEPRESSION, HYPERTENSION, CANCER/CHEMOTHERAPY

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Many mind-body practices induce altered states of consciousness. Such practices -- from sweat lodges, to ayahuasca ingestion, to meditation, to breath regulation – have deep roots in spiritual and shamanic traditions and have been widely used for millennia to support spiritual awakening and spiritual transformation. The experience of deep hypnotic trance induction parallels the effects of many of the traditional spiritual practices. Today, mind-body practices are increasingly supported by research as interventions for strengthening wellness and remediating illness. This present will utilize both research evidence and clinical narratives to illustrate the therapeutic applications for mind-body practices for depression, hypertension, and cancer and the ill effects of chemotherapy.

CHANGING THE WORD IN THE HEART. WHEN THE WORD IN THE HEART CHANGES - CHANGE BECOMES EASY

Brian Allen

Private Practice, West Perth, Australia

WORKSHOP - 01.06.2019 - 14:00

This unique 4 session approach to overcoming addictions draws on the presenter's 40 years of experience in helping thousands of people quit smoking, alcohol and drugs. It outlines a simple four session approach aimed at improving successful outcomes and minimising withdrawal.

Topics covered include:

- Some current research findings on the effects of smoking and alcohol.
- 4 Things that improve success rates.
- Useful questions to ask in history taking.
- The role of triggers.
- 2 key intake questions.
- Denial - not just the name of the biggest river in Egypt but also the greatest cause of death amongst smokers and drinkers - and what to do about it.
- Smoking and feelings.
- Smoking and unfinished business.
- Case study.

PEDIATRIC CHRONIC PAIN: NEW ATTITUDE, NEW EFFORTS

Andrea Gyimesi-Szikszai

Bethesda Children's Hospital, Budapest, Hungary

WORKSHOP - 01.06.2019 - 14:00

Due to the developing pediatric anaesthesia and emergency care, the management of acute pediatric pain has improved significantly in the past few decades. However, pediatric chronic pain remained neglected despite of its high prevalence. While chronic pain of adults has been in focus of pain research for a long time, pediatric chronic pain is considered widely as irrelevant even nowadays. Moreover, the existence of the problem has been questioned, especially, if it couldn't be explained with an organic illness. There are numerous other predominant misconceptions, inappropriate attitude is widespread.

The recent practice is usually limited to the exclusion of the organic background. In most cases of pediatric chronic pain either no evident disease can be identified – or even if there is an illness, its therapy can be insufficient for long term pain relief. The question raised in these cases, mostly by the parents: „How to proceed further?” Children and their parents are often advised to visit the psychologist, yet many of them are not motivated, and they often consider this as a stigmatization. It's a recurrent failure in the treatment of chronic pain to treat it as if it was an acute one, which leads often to further impairment of the situation. Growing helplessness, frustration are commonplace, since these families often don't get appropriate help for the long-term improvement.

More and more studies refer to the efficacy of the multimodal, interdisciplinary pain treatment based on the bio-psycho-social pain model, also by pediatric chronic pain, in both inpatient and outpatient care. The number of the pediatric teams representing this mentality is increasing. Hungary's first Outpatient Department for Pediatric Pain Therapy in the Bethesda Children's Hospital in Budapest is progressing along this path as well. We use the previously mentioned complex approach, underlining the own responsibility of the child and his or her family.

The goal of our presentation is to offer a brief survey of pediatric chronic pain, as well as to submit the suggestions we use, representing an essential part of our activity.

HEROES AND VICTIMS IN THE COLLECTIVE SPACE OF EMERGENCY. WORKSHOP

Mariann Ziss, Adrienn K. Szilagy

Doctoral School of Psychology, Institute of Psychology, Faculty of Education and Psychology, ELTE Eötvös Loránd University, Budapest, Hungary

WORKSHOP - 01.06.2019 - 14:00

At the workshop we analyze extreme situations, exposure to trauma in the frameworks of collective altered state of mind.

We elaborate on extreme situations that are present at intensive therapy care departments and at communities that are preparing for terror threat. We explore the theoretical and practical tools to understand and deal with the polarization of the sense of agency, the exchangeable mindset of heroes and victims.

HIPNOTERÁPIÁS TECHNIKÁK ALKALMAZÁSA EGYÉNI CSALÁDRENDSZERI MUNKÁBAN

Erika Somogyi

Private Practice, Pécs, Hungary

WORKSHOP - 01.06.2019 - 14:00

Egyéni terápiás munka során rendszeresen tapasztalhatjuk, hogy a fókuszban álló probléma gyökere túlnyúlik a páciens életén, személyes pszichodinamikai történésein. Ebben az esetben indokolt lehet és a terápiát előre viheti, ha családrendszeri munkát illesztünk megfelelő kontextusba ágyazva az egyéni terápiás folyamatba.

Családrendszeri munka során, -legyen az egyéni vagy csoportos- a páciens erősen fókuszált figyelemmel van jelen a folyamatban. Ugyanakkor a számára új, sokszor meghökkentő, magáról és családjáról alkotott ismereteibe nehezen vagy egyáltalán nem illeszthető információk által realitáskontrollja jelentősen csökken. A fókuszált figyelem, a realitáskontroll csökkenése és az érzelmi bevonódás egyidejű jelenléte megfigyelésem szerint gyakran vezet spontán módosult tudatállapothoz családrendszeri munka közben is. A MTÁ megjelenését lehet facilitálni egyéni családrendszeri munka során, amennyiben tudatosan szeretnénk a MTÁ előnyeit hipnózis terápiás technikákkal kihasználni, a családrendszeri munka szabályaival összhangban dolgozva. Tapasztalataim szerint a két módszer együttes alkalmazása hatékonyabban indítja meg a páciens számára terhelő, akadályozó családrendszeri kötés érzelmi feldolgozását, mint önmagában sokszor csak a kognitív szintig megérkező családállítás.

A műhely célja, hogy bemutassa azokat a metodikai és technikai elemeket, megfelelő elméleti háttér felvázolása mellett, amelyek alkalmazásával a két technikát ötvözve az egyéni családrendszeri munka hatékonyan integrálható az egyéni terápiás folyamatba.

A műhelyen a családállítás alapfogalmainak megbeszélésére nem szeretnék kitérni.

HYPNOTIZABILITY SCORES AND WHAT THEY MEAN FOR THERAPEUTIC OUTCOMES

Lynae Roberts¹, Gary Elkins¹, James Sliwinski²

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² Defiance College, Defiance, Ohio, United States

PAPER SESSION - 01.06.2019 - 16:30

Hypnotizability varies in the general population with some being more readily able to experience altered thoughts or sensations from hypnotic suggestions. This study was conducted to assess whether hypnotizability scores were related to levels of improvement in various symptoms.

In a randomized controlled trial, 93 women were received a clinical hypnosis intervention for postmenopausal hot flashes. Hot flash frequency and severity were collected at seven timepoints and questionnaires on depression, anxiety, and sleep quality were given at three timepoints. Hypnotizability was assessed at endpoint using the Elkins Hypnotizability Scale (EHS). We analyzed results week-by-week on measures of hot flash frequency, hot flash severity, depression, anxiety, and sleep quality among participants who scored low, medium, high and very high in hypnotizability.

For hypnotizability, our sample was 11.0% lows, 28.1% middles, 47.6% highs, and 13.4% very highs. Results show that Lows could often reach the same improvement level as others with further use of hypnosis. For instance, on hot flash frequency lows showed the same amount of improvement at week 3 that very highs saw at week 1. On most symptoms, participants at all hypnotizability levels experienced significant symptom improvement after one visit and the trend continued throughout the study period. This trend of improvement was more extreme for highs and very highs.

Measuring hypnotizability is important for planning a course of treatment and predicting how quickly patients will see maximum effects, but these results suggest that almost anyone can benefit from therapeutic hypnosis on the symptoms assessed here.

HIPNOCOACHING

Imre Boros

Private Practice, Budapest, Hungary

PAPER SESSION - 01.06.2019 - 16:45

Az előadás néhány esetvignettán keresztül mutatja be a coaching és a hipnózis egyfajta ötvözését a vezetéslelektan és sport területén. A hipnocoaching a hipnózis nem terápiás alkalmazási területe. Azt vizsgálja, a life-, business-, kapcsolati-, sport coaching területén hogyan alkalmazhatók a hipnotikus módszerek és a szuggesztív kommunikációs technikák. A hipnózist eszközként használja fel a célok elérésére rövid, időhatáros, eredmény- és megoldás központú pszichológiai munkakapcsolatban a lelkiileg egészséges emberek életminőségének és eredményességének fejlődése, kiteljesedése érdekében. A belső akadályozó tényezők, „mérgező belső monológok” hatásának csökkentése, a sikeres megoldás képzeletben való felépítése hogyan járul hozzá a személyes teljesítmény fokozásához. Ami a belső erőforrások mobilizálását, a szuggesztíók, önszuggesztíók és hipnotikus módszerek teljesítmény fejlesztésének szolgálatába állítását jelenti.

HYPNOSIS AND MILD COGNITIVE IMPAIRMENT: STUDY OF EIGHT CASES SHOWING BENEFICIAL EFFECTS IN PSYCHOLOGICAL WELL-BEING AND BEHAVIORAL SYMPTOMS

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PAPER SESSION - 01.06.2019 - 17:00

Mild cognitive impairment (MCI) affects between 15%-20% in persons 60 years and older, constituting a growing clinical condition among the elderly population. MCI is diagnosed by the presence of changes in one or more cognitive domains, without impairment of activities of daily living and insufficient severity to represent dementia. Unlike normal cognitive aging, MCI is associated with psychological and neurobehavioral symptoms that can undermine mood stability or lead to mental debilitation. Depression, anxiety, irritability, motor activity or sleep alterations are common features of MCI occurring in up to 75% of patients. The negative impact of these features has been associated with reduced quality of life and increased risk of progression to dementia or of institutionalization. Psychotherapy is more and more being applied among older adults and within dementia care to promote patient-well-being. Despite growing evidence for the benefits of psychological interventions in elderly patients, there is a lack of studies investigating the application of hypnotherapy for treating neurobehavioral and psychological symptoms in patients with mild cognitive decline.

Objectives: The aim of this study is to find whether patients with MCI can benefit from Ericksonian hypnotherapy and to determine areas of change or improvement in psychological well-being and behavioral symptoms.

Methods: Participants were eight MCI patients (ages 64-72; CDR=0,5) and their partners as informants. These MCI patients requested treatment with Ericksonian hypnosis for problems, such as fear of signing one's name, repetitive need to urinate, bad mood, irritation, chronic headaches or fear of falling. Patients received individual hypnotherapy in private practice over a 9 month period in 2-5 sessions lasting 2 hours each. Ericksonian conversation and personalized formal hypnosis inductions were applied. Participants were assessed based on observation and neuropsychiatric evaluation. The following scales were applied: GDS, NPI-Q, EuroQoL-5D and PWB.

Results: Comparison between baseline and end of treatment measurements showed beneficial effects of Ericksonian hypnotherapy in improved psychological well-being, reduction in behavioral symptoms and better quality of life. In particular, beneficial results originated in unexpected treatment situations dealing with revelation of traumatic events. Spontaneous reminiscence of trauma experiences occurred during the application of techniques of Ericksonian conversation which required special therapeutic strategies intended to manage psycho-trauma.

Conclusion: Ericksonian hypnotherapy can be an effective and rapid therapeutic modality in patients with MCI suffering mild neurobehavioral symptoms.

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THE IMPACT OF NON-PHARMACOLOGICAL APPROACHES ON THE PATIENTS'S COMFORT AFTER A CARDIAC SURGERY: A RANDOMIZED CONTROLLED TRIAL

Floriane Rousseaux¹, Ninon Puttaert¹, Didier Ledoux², Paul Massion², Aminata Bicego¹, Anne-Sophie Nyssen¹, Steven Laureys¹, Marie-Elisabeth Faymonville²

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PAPER SESSION - 01.06.2019 - 17:30

Introduction: Different non-pharmacological techniques including hypnosis, music, and virtual reality (VR) are being used as complementary tools in the treatment of pain. A new technique which encompasses a combination of hypnosis and VR, called "virtual reality hypnosis" (VRH), should soon be used on a regular basis in clinical settings. The aim of this study is to better understand the impact of hypnosis, music, VR and VRH, and to investigate their influence on the patient's perception of pain, anxiety and tiredness after a cardiac surgery in intensive care unit.

Methods: 25 adults undergoing cardiac surgery were included in the study (mean age= 66years, SD 13 years, 20 men, 5 women). Exclusion criteria were patients with psychiatric diseases, suffering from claustrophobia, acrophobia, and with heavy hearing or visual impairment. Patients were assigned randomly to 5 conditions (control, hypnosis, music, VR and VRH). Each patient received three 20 minutes' sessions of one of the 5 techniques. The first session was before surgery and the other 2 sessions took place the day after surgery. Blood pressure, heart and respiratory rates were recorded and patients completed the Dissociation Questionnaire [1] and a Visual Analogical Scale (0-10) to measure their level of anxiety, tiredness and pain.

Results: Results showed a normally distributed participants' tendency to dissociation (\bar{x} =13.7, SD=10.21). During the preoperative phase, the hypnosis group (n=5) showed a significant decrease on the mean blood pressure ($p=0.0154$); and the music group (n=5) displayed a significant effect on the heart rate ($p=0.0087$) and the mean blood pressure ($p=0.0446$) compared to the control group (n=5). In the postoperative phase, the hypnosis group (n=3) showed a significant decrease on the mean blood pressure ($p=0.0437$) compared to the control group (n=4). An ANOVA analysis with repeated measures before/after the use of a tool and before/after the surgery displayed a significant effect on tiredness for the hypnosis and the music group (respectively $p=0.0324$; $p=0.0167$) compared to the control group. All other effects were non-significant. We do not have enough data for the VRH conditions (n=1) yet due to participants' dropout.

Conclusion: Non-pharmacological approaches seem to have a positive impact on different parameters amongst heart surgery patients. More patients are required to confirm these preliminary results. We plan to recruit 125 patients. This study will enable us to gain further knowledge by comparing the influence of non-pharmacological approaches on the patient's well-being.

[1] Bernstein, E. M., Putnam, F. W. 1986. Development, reliability, and validity of a dissociation scale. *Journal of Nervous Mental Diseases*, 174(12), 727-735.

HIPNÓZIS ALKALMAZÁSA AZ ELEKTÍV GERINCMŰTÉTRE VALÓ PSZICHOLÓGIAI FELKÉSZÍTÉSSEN

USE OF HYPNOSIS IN PSYCHOLOGICAL PREPARATIONS FOR ELECTIVE SPINE SURGERY

Péter Dániel Stoll

Országos Gerincgyógyászati Központ, Budapest, Hungary

PAPER SESSION - 01.06.2019 - 17:45

Az egészségügyi ellátás, a kórházi tartózkodás rendkívül stressz-keltő helyzet, különösképp, amikor műtétre kerül sor. A megküzdést nehezíti, hogy az orvosi beavatkozások ellentmondásos lélektani helyzetet teremtenek, mivel a jobbanlét ígérete mellett a múlandósággal és a test sérülékenységgel szembesítik az embert: egy műtét során az életminőség javulásáért el kell szenvedni a test destrukcióját, az önállóság visszanyeréséhez átmenetileg át kell adni a kontrollt az egészségügyi személyzetnek.

Az elmúlt négy évtizedben számos módszertani tanulmány és metaanalízis látott napvilágot a pszichológiai felkészítéssel kapcsolatban, melyek konszenzusos üzenete, hogy a fenyegető helyzettel való megküzdés hatással van a betegek mentális és fizikai állapotára, jelentős befolyást gyakorolva az orvosi beavatkozások kimenetére. A legelterjedtebb módszerek között találjuk a pszichoedukációt, a kognitív és viselkedésterápiás, valamint relaxációs és hipnoszugesztív technikákat.

A műtét előtti időszak okozta érzelmi megterhelés megváltozott tudati állapotot eredményez, mely során a páciensek különösen fogékonyá válnak a környezetből jövő, műtétre vonatkozó információkra, így azok szuggesztíókként önkéntelenül hatnak a beteg élményvilágára. Ez azt is eredményezi, hogy a pozitív szuggesztíók használatával kedvező irányba fordítható a beteg szorongásokkal teli élményvilága. Előadásomban bemutatom a műtétre való pszichológiai felkészítés módszertani sajátosságait, kiváltképp a hipnózis alkalmazásának lehetőségeit. Intézetünkben megvalósuló gyakorlatot, annak kihívásait eseti példákkal szemléltetem.

HYPNOTIC COMMUNICATION: THE WAY TO HANDLE THE DIFFERENT STATES OF MIND IN STRESSFUL MEDICAL SETTINGS

Adrienn Kelemen-Szilágyi

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PAPER SESSION - 01.06.2019 - 18:00

We can see many types of alteration of mind during the critical illness. Hallucinations, ICU psychosis, catatonia, coma or just the trance of the resistance, fear, or pain.

Our team developed the method of psychological support based on positive suggestions to attain the psychic state that helps recovery.

In our prospective randomized controlled clinical trial it has shown that by hypnotic communication psychic needs could be satisfied. In the last 10 years 220 patients were randomized in the trial. Patients having this complementary psychological treatment beside the standard intensive care had the length of stay in the unit and the length of the mechanical ventilation 2-3 days shorter, that means 20-30% cut off.

In this presentation, it's shown by case vignettes how and why these states of mind – different in type and in deepness – appear and could be treated by hypnotic communication. We show the way how these evolutionary fixed basic needs can be satisfied, and how we can give patients a useful tool to use these different states of mind to help themselves.

Key words: hypnotic communication, critical illness, stress induced altered states of mind

SCHAMANIC TRANCE IN THE FELUPE ETHNIC GROUP (GUINEA BISSAU)

Alessandro Norsa

Private practice, Verona, Italy

POSTER

The present research on modified states of consciousness is related to the Felupe ethnic group in the north of Guinea Bissau. In this reality there is a kind of priestesses known as asserahao who perform mantic rites at some crucial moments for the life of the community (such as rain). Communication with the divinity takes place through modified states of consciousness: these can happen or during dances with frenetic movements or even simply in their homes. Whether these women present in domestic situations a reality detachment accompanied by detachment from reality or that this state is more blatantly followed by the fall and wiggle during the dances, the people of the village believe in any case that in those moments they are possessed by the divinity. During the ceremony, the altered state of consciousness can precede the choreutical manifestations or following the sound of the drums. In some cases, the rhythmic sound of these instruments can increase the manifestations.

STATES OF TRANCE IN CUBAN RELIGIOUS PRACTICES

Alessandro Norsa

Private practice, Verona, Italy

POSTER

In the Cuban santería, heir to the African religious practices Yoruba, the person in need of care enters a state of trance through the sound of the drum. The ceremony (tambor) is officiated by a singer, a choir and four tamboreros. During the ritual the singer invokes an oricha (divinity) and, in the swirling dance the sufferer falls into a modified state of consciousness. What happens in these conditions reminds the events of the tarantata that are found in Puglia in Italy. The person falls to the ground, shakes and wiggles. On awakening it often refers to well-being with respect to the previous condition. Another manifestation of modification of state of consciousness that takes place in a practice called cajón espiritual in which the antepasados or ancestres (ancestors) are invoked: also in this case the manifestation is accompanied by the music of drums.

IMPROVING MEDICAL STUDENT'S COMMUNICATION SKILLS WITH INTEGRATIVE MEDICINE: A GERMAN-ISRAELI MEDICAL STUDENTS COLLABORATIVE

Elad Schiff, Ariel Schiff²

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² Faculty of Health Sciences, Ben-Gurion University of the Negev, Be'er Sheva, Israel

POSTER

Background: It is well known that good communication is associated with better patient understanding, adherence to treatment, control of symptoms, and patient satisfaction. It also has a strong effect of how physicians relate to themselves, and thereby may decrease physician burnout. However, patient surveys show that patients want better communication with their doctors. Integrative Medicine (IM) takes into practice the best of conventional and complementary medicine (CM). We believe that IM can expand communication skills, building upon Traditional Chinese Medicine, and additional CM therapies.

Aim: To develop educational modules that will inform health care practitioners and students on communication with patients using concepts from CM.

Methods: 22 medical students, 9 men-tors and 2 public representatives from Israel and Germany participated in a project aimed to improve patient-physician communication skills based on themes from CM. The project took place in Israel and Germany during 2017-2018. In total three 3-day-workshops took place in Haifa, and Berlin with continued group work in-between, mainly through electronic media. The workshops included interactive group formats such as World Café, self-experience sessions, working in small groups, and presentations to the large group. The workshops focused on introduction of CM modalities, and their relevance to communication.

Results: Five educational modules in Integrative medicine based communication were developed by project participants. The modules highlight how the following IM themes may improve healthcare provider-patient communication: Traditional Chinese Medicine; Mind-Body medicine; Touch therapies; Mindful mindset; and Herbal Medicine. These modules are currently presented online with open access on: http://www.b-zion.org.il/pages_e/6683.aspx

Conclusion: Although medicine has been practiced continuously from ancient times, foundations of traditional medicine have been forgotten or marginalized. It may be worthwhile to explore how traditional healing systems approached Doctor-patient communication in order to regain ancient attitudes that can improve the way we communicate and interact with patients.

INFLUENCE OF HYPNOTIC SUGGESTIONS ON VICARIOUS FEAR LEARNING

Alexa Müllner-Huber, Lisa Anton-Boicuk

University of Vienna, Vienna, Austria

POSTER

In the study for my master thesis I collaborate with scientists from the neuropsychological department of the University of Vienna, Prof. Dr. Claus Lamm and Dr. Alexa Müllner-Huber.

In this study we are investigating the impact of hypnotic suggestions on the level of social learning as measured by skin conductance response. Participants of the study took part in a screening procedure (Harvard Group Scale of Hypnotic Susceptibility & Stanford Hypnotic Susceptibility Scale) and highly hypnotizable participants were invited to take part in the experiment.

For the experiment we replicated the design by Olsson et al. (2016), which is a vicarious fear conditioning paradigm and which we completed with hypnotic suggestions in order to manipulate the level of empathy for the observed person in pain. In the experiment, the participant is observing another person (demonstrator) in a video who is looking at a computer screen where squares in two different colors are being presented. One of the colors is paired with an electric shock to the demonstrator who demonstrates it by an observable nonverbal response. The participant thinks that he or she will be participating in the same experiment after observing the demonstrator, meaning, he or she is also expecting to receive electric shocks when the pain-associated square is presented on the monitor. In fact, the participant never actually receives electric shocks during the whole experiment. This ensures that social learning is happening and not (classical) conditional learning. During this phase we measure skin conductance responses of the participant – a biological marker for the level of fear and thus the level to which social/vicarious fear learning has happened.

At the beginning of the experiment the participant is being hypnotized by an experienced hypnotist and given a hypnotic suggestion. The procedure is then repeated with a different hypnotic suggestion. The suggestions are either to feel extraordinarily empathic for the demonstrator or not at all – and the order is counterbalanced over all of the participants.

Our hypothesis is that social learning as measured by skin conductance response is stronger after the empathy-promoting hypnotic suggestion compared to the empathy-suppressing suggestion.

At the moment we are analyzing the collected data, which will presumably be finished in beginning of May. I would be glad to present the results of the study at the “Hypnosis – New Generation” convention with a poster.

LITERATURE:

Olsson, A., McMahon, K., Papenberg, G., Zaki, J., Bolger, N., & Ochsner, K. N. (2016). Vicarious Fear Learning Depends on Empathic Appraisals and Trait Empathy. *Psychological Science*, 27(1), 25–33.

CHANGES IN LASER-EVOKED POTENTIALS DURING HYPNOTIC ANALGESIA FOR CHRONIC PAIN

Maria Paola Brugnoli

University of Verona, Verona, Italy

POSTER

Background: Hypnotic analgesia is one of the most effective nonpharmacological methods for pain control. Hypnosis and distraction of attention from pain might share similar mechanisms by which brain responses to painful stimulation could be similarly reduced in both states. There is ample evidence for the efficacy of clinical hypnosis as a psychological intervention in the treatment of acute or chronic pain. Results are conflicting, however, with some studies showing an increase, others a reduction, and others still no change in the amplitude of event-related brain potentials during hypnosis as compared to control conditions. Here we compared the effects of clinical hypnosis to simple distraction of attention during recording of laser-evoked potentials (LEPs) in patients with chronic pain.

Methods: The dominant hand in ten patients with chronic pain was tested with LEPs during: (I) resting state; (II) clinical hypnosis, and (III) distraction of attention. Nociceptive responses elicited by LEPs were graded on a numerical rating scale (NRS), and the change in N2-P2 complex amplitude during the three experimental conditions was analyzed.

Results: N2-P2 amplitudes were significantly decreased during the hypnotic state as compared to the resting state and distraction of attention.

Conclusions: Hypnosis is a modified state of consciousness that may differ from mental relaxation or distraction of attention from pain. A reduction in N2-P2 amplitude may result from the modulation of diverse brain networks, particularly the frontolimbic pathways, which could modify noxious stimuli input processing during hypnotic analgesia. Our findings indicate that several different brain mechanisms may act together in hypnosis and distraction of attention during pain processing and that clinical hypnosis may provide a useful non-invasive pain relief therapy.

THE ROLE OF CLINICAL HYPNOSIS AND SELF-HYPNOSIS TO RELIEF PAIN AND ANXIETY IN SEVERE CHRONIC DISEASES IN PALLIATIVE CARE: A 2-YEAR LONG-TERM FOLLOW-UP OF TREATMENT IN A NONRANDOMIZED CLINICAL TRIAL

Maria Paola Brugnoli

University of Verona, Verona, Italy

POSTER

Background: Patients with severe chronic diseases and advanced cancer receiving palliative care, have a complex range of pain and anxiety that can arise early in the course of illness. We studied two groups of patients with severe chronic diseases who participated in a nonrandomized clinical trial of early integration of clinical hypnosis in palliative care versus standard pharmacological care. The purpose of this investigation was to evaluate whether a long-term intervention of 2 years with clinical hypnosis and self-hypnosis as an adjuvant therapy in chronic pain and anxiety, is more effective than pharmacological therapy alone.

Methods: The study was performed at the Center of Anesthesiology, Intensive Care and Pain Therapy at the University of Verona, Italy. The study population consisted of 50 patients, 25 in the hypnosis group and 25 in the control group. Fourteen men and 36 women participated in the study. Evaluations with Visual Analog Scale (VAS) for pain and Hamilton Anxiety Rating Scale (HAM-A) for anxiety and the evaluation of the use of opioids and analgesic medicines were conducted at baseline and for a long-term follow-up (after 1 and 2 years).

Results: The two groups were homogeneous in the distribution of sex, age, type and subtypes of diseases and use of opioids and analgesic medicines at baseline. The patients suffered from 3 main types of severe chronic diseases: rheumatic (n=21), neurologic (n=16) and oncologic (n=13). The VAS score at baseline was similar in both the hypnosis group and control group (mean \pm standard deviation, SD: 78 \pm 16 and 77 \pm 14, respectively). The average VAS value for the hypnosis group decreased from 81.9 \pm 14.6 at baseline to 45.9 \pm 13.8 at 1-year follow-up, to 38.9 \pm 12.4 at 2-year follow-up. The average VAS value for the control group decreased from 78.5 \pm 14.8 at baseline, to 62.1 \pm 15.4 at 1-year follow-up, to 57.1 \pm 15.9 at 2-year follow-up. The variance analysis indicated that the decrease in perceived pain was more significant in the hypnosis group patients than in the control group, after 1- and 2-year follow-up (P=0.0001). The average HAM-A Hamilton anxiety score decreased from 32.6 at baseline to 22.9 and 17.1 respectively at 1-year and 2-year follow-up for the hypnosis group, but it remained almost the same in the control group (29.8, 26.1 and 28.5 at baseline, first and second year respectively). ANOVA showed that the difference between the two groups was statistically significant (P<0.0001). Univariate analysis showed a 4-times greater risk of increasing analgesic medicines and opioids in the control group (adj. IRR: 4.36; 95% CI: 1.59–12.0) after 2-year follow-up.

Conclusions: The patient group receiving hypnosis as an adjuvant therapy showed a statistically significant decrease in pain and anxiety and a significantly lower risk of increasing pharmacological pain treatment in a long term follow-up after 1 and 2 years compared to the control group. Clinical hypnosis can be considered an effective adjuvant therapy for pain and anxiety control in cancer as well as in severe chronic diseases for patients receiving palliative care.

A STREAM OF CONSCIOUSNESS: ART, CONSCIOUSNESS, SELF-CONSCIOUSNESS AND THE UNCONSCIOUS

Marco Architect Brugnoli¹, Maria Paola Brugnoli²

¹ Private Practice, Verona, Italy

² Pontifical Athenaeum Regina Apostolorum, Roma, Italy

POSTER

'Stream of consciousness' denotes a description of a mental state where one has neutralised, as it were, all conscious 'direction' of one's thinking, and put one's mind in 'neutral', freewheeling along, in a manner of thinking. As we look at consciousness closely, we see that it can be analyzed into many parts: neurophysiology of brain, neuropsychology of mind, philosophy and spirituality. However, these parts function together in a pattern: they form a system. While the components of neurophysiological consciousness can be studied in isolation, they exist as parts of a complex and unified system, the consciousness, and can be fully understood only when we see this function in the overall system. 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. We can experience many levels of consciousness through the art experience, and the 'Stream of consciousness' or 'higher consciousness', we become able to live in it continuously. Then, with further practice and development, we become permanently awakened and live in uninterrupted higher consciousness. We can direct our inner power to move and express itself in our own life and those of your loved ones. In this work, we carefully examine the role and use of art to obtain specific states of consciousness, as mindfulness and meditative states. Through art, we can reach the spiritual awakening, a sudden expansion or shift in consciousness, the complete dissolution of one's identity as a separate self, with no trace of the egoic mind remaining.

ART, CLINICAL HYPNOSIS AND THE TRANCE STATE

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POSTER

The use of art and achieving trance states has a history as long as time itself. Some theorize that the earliest known cave paintings of Cantabria and Laxcaux, were actually expressions of ritual magic, produced by shamanic hunters attempting to summon and manipulate animal spirits. This incredible power that art held for early man as a bridge between the sacred and the profane continued throughout the cultures of the ancient world. In Egypt, India, Mesopotamia, Persia, Pre-Colombia, China and many more all incorporated aspects of art and trance to draw man ever closer to the gods. Along with divine communication art also began to be used in rituals to help people with physical and emotional problems. The Navajo of the American southwest and the Aboriginal Australians incorporated sand paintings and healing ceremonies to accomplish this and still do today. As human consciousness evolved and greater insight was shed upon the workings of the mind, art began to be seen, not only as an expression of the spirit world but also the outflowing of the psyche. In the early 18th century it was discovered that art could be used as a effective tool for helping severely troubled individuals express thoughts and emotions that went beyond language. Beginning primarily with the insane, the practice eventually became more and more respected. Such great names as Sigmund Freud and Carl Jung embraced the powerful healing properties of art in their work. Eventually an entire field of practice was created called Art Therapy (Hill, Adamson, Caumburg, Kramer and Ault) that focuses upon helping people express their emotions non verbally thru the creative process. How does hypnosis and art work together? By the sheer act of focused creation your breathing slows down, you achieve a deep state of relaxation and your perception of time becomes temporarily distorted: you are entering a hypnotic state. Founders of modern art like Miro, Kandinsky, Pollack and the Surrealists all relied heavily upon the idea of entering trances and allowing the subconscious to work 'through' them.

CLINICAL HYPNOSIS IN PALLIATIVE CARE: ADVANCED TECHNIQUES FOR EFFECTIVELY RELIEVING PAIN AND SYMPTOMS

Maria Paola Brugnoli

Pontifical Athenaeum Regina Apostolorum, Roma, Italy

POSTER

In severe chronic illnesses and in Palliative Care, when we cannot cure the illnesses, we can improve the well-being of the patients or benefit in psychological, social, and/or spiritual dimensions. This positive outcome often occurs despite substantial suffering during the illness, even in terminal cases.

The complexity of providing pain and symptom management to patients receiving palliative care has highlighted the need to develop evidence-based nonpharmacologic strategies as part of the treatment plan. Among the psychological and integrative medicine approaches, clinical hypnosis has received increased recognition for its potential not only to improve psychological and spiritual well-being in patients, but also as a modality for directly improving pain and symptom control.

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NEUROSCIENCE, CLINICAL HYPNOSIS AND SHAMANISM

Alessandro Norsa, Maria Paola Brugnoli

Pontifical Athenaeum Regina Apostolorum, Roma, Italy

POSTER

A major development with the advent of cognitive neuroscience and the application of neuroimaging methods to Clinical Hypnosis has been the validation of participants' subjective responses to hypnosis. Despite different historical trajectories and sociocultural contexts, hypnosis and the modified states of consciousness, originated as practices of attention and self-regulation designed to ease suffering.

Shamanism is a practice that involves a practitioner reaching modified states of consciousness in order to perceive and interact with what they believe to be a spirit world and channel these transcendental energies into this world.

Eliade (1951) defined shamanism as an ancient "ecstasy technique". [1] Trance, meditation and ecstasy, contact with the spirit world, and deities are closely associated with the medicin man for patient care. In this culture, the methods to reach the trance are mainly the use of psychotropic substances, dance, music, absolute silence and hyper-breathing. In addition to treating reasons, the trance is also sought to solve issues of utility for communities or for bellows.

A further challenge in relating hypnosis and meditation is posed by the need to apply a neurophenomenological approach to rigorously describing and preserving the complexity and nuances of lived experience during these practices and integrating this with neurophysiological data (Lutz and Thompson 2003) [2].

[1] Eliade M. (1951), *The shamanisme and the techniques archaiques de extase*. Librairie Payot, Paris.

[2] Lutz A, Thompson E. (2003) *Neurophenomenology: integrating subjective experience and brain dynamics in the neuroscience of consciousness*. *J Conscious Stud* 2003;10:31–52

THE PHENOMENOLOGY OF ACTIVE-ALERT HYPNOSIS: INTERACTIONAL SYNCHRONY IN SUBJECTIVE EXPERIENCES

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POSTER

One would be hard pressed to describe hypnosis – this unique very individual experience- without subjective, phenomenological descriptors, especially within an interactional framework. While examining subjective experiences might be considered problematic, valuable data is lost when the focus is solely on objective measures.

The aim of the present study was to explore the phenomenological properties of active-alert hypnosis, using Pekala's Phenomenology of Consciousness Inventory, the Dyadic Interactional Harmony scale and the Archaic Involvement Measure. In the study, 58 healthy adult subjects and 6 hypnotists participated in standard active-alert hypnosis, filling out paper-pencil tests following each session. The tests examined experiences regarding their altered state of consciousness, mapped their transference and countertransference, and interaction.

We found low correlation between the subjects' hypnotizability and their subjective experiences, emphasizing that hypnosis related phenomenology has only a loose relationship with hypnotizability scores.

The experience of the hypnotists showed significant correlation with their subjective evaluation of the interaction, however participants did not show the same pattern. This indicates, that the hypnotists were more focused on the developed interaction while the subjects were not as influenced by it. It appears that the hypnotists, being more aware of the importance of the interaction were more focused on it. At the same time, the focus of the subjects was more on their own inner experiences.

Keywords: phenomenology, interaction, synchrony, active-alert hypnosis

CONTROLLING THE THREAT SENSE OF AGENCY IN THE TRANCE OF ANTICIPATORY TRAUMA

Mariann Ziss

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POSTER

The research is exploring the characteristics and challenges of preparing for terror attacks in a school setting. As part of the research a suggestive communication method is implemented aiming at increasing the sense of agency of those who practice the method. The setting of waiting for an attack -the anticipatory trauma- is analyzed in the theoretical framework of altered state of mind, rituals and cultural reproduction.

ORAL SURGERY WITH HYPNOSIS + FOLLOW UP INTERVIEW WITH THE PATIENT 17 LATER

Author: Rausch, V.

Theme: Surgical dental procedures (Part 1 is very explicit, Part 2 is not)

FILM

A teaching video with 2 parts.

Part 1: The surgical removal of six anterior teeth and the immediate placement of a full upper denture.

The video demonstrates many hypnotic principles such as rapid induction, ideo-motor response, deep trance somnambulism, total pain control, bleeding control, post hypnotic instruction for post-operative comfort and rapid healing etc. The result is excellent. (Length of part one is 30 minutes)

Part 2: The same patient is seen 17 years later. She is re-hypnotized and in waking trance gives an excellent testimonial as to how she has used self-hypnosis in difficult and critical times in her life and how it has changed her and her ability to cope effectively. (Length of part two is 20 minutes.)

ORAL SURGERY WITH SELF-HYPNOSIS

Author: Rausch, V.

Theme: Surgical dental procedures (very explicit!)

FILM

A fractured lower right molar is surgically removed. A flap is raised, bone is removed, the tooth is split and each root is elevated from its socket separately. The video is self-explanatory.

APPLICATION OF HYPNOTIC GLOVE ANESTHESIA FOR TONGUE SURGERY – PREPARATION

Author: Abia, J, Nunez

Theme: Tongue surgery (very explicit!)

FILM

We decided to apply this technique in order to demonstrate the systematization of that intervention.

We have a vast experience because through the National Autonomous University of Mexico we offer the option to use hypnotic anesthesia in women with breast tumor, as an alternative to help shorten the waiting time span required for the surgery, since the public health services of pharmacological anesthesia require a longer time span, with this we accelerate the differential cancer diagnosis.

We used a child technique, because we wanted to prove this kind of intervention in children too, in particular odontologic services.

First we compile the general Medical Record.

We apply the technique in situ, we don't need previous preparation with the patient, we can work directly in the operating room. As we work with an ericksonian approach, we don't need to measure hypnotizability.

We work based on a self developed script that any student could apply with the same results.

Second we induce the trance and ask the patient to represent through drawings his/her own self Pain Scale Control.

Third the surgeon proceeds with the medical intervention. In this case extraction of the abscess. During the procedure the Hypnotherapist keeps giving anesthetic suggestions.

Fourth, post hypnotic suggestions are given to keep in check the pain control and natural swelling, without the need for medication; just taking the antibiotics.

Fifth, 24 hours after the post hypnotic anesthetic suggestions are removed, they are replaced with post hypnotic analgesic suggestions, in order to keep the required minimum pain, necessary to continue with the recovery process.

Our thanks to: Surgeon: Guillermo López, Surgeon assistant: Lourdes Suárez, Nurse: Estela Ham

APPLICATION OF HYPNOTIC GLOVE ANESTHESIA FOR TONGUE SURGERY – SURGERY

Author: Abia, J, Nunez

Theme: Tongue surgery (very explicit!)

FILM

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Our thanks to: Surgeon: Guillermo López, Surgeon assistant: Lourdes Suárez, Nurse: Estela Ham

NO FEARS NO TEARS

Author: Kuttner, L.

Theme: Non-pharmaceutical techniques to help children with cancer (and parents and medical staff) to deal with pain and anxiety.

FILM

In the early 1980s, Dr. Leora Kuttner spearheaded a pioneering pain management project for children undergoing painful medical procedures. She developed non-pharmaceutical techniques to help children, parents, and the medical staff cope with pain and anxiety.

In this film eight courageous children with cancer, ages 3 to 12, demonstrate ways in which the natural abilities of the mind can be enlisted to help ease physical pain. Instead of fussing and crying as they suffer through needles, IVs, and spinal or cranial taps, children are taught to „resist less and practice more” in their treatment.

This film has become a standard for training hospital staff in how to make a long series of painful tests and treatments bearable, and how to integrate parents into their child’s treatment process.

“A powerful film, especially for pediatricians and pediatric nurses who have experienced the lonely task of inflicting pain in the service of preserving life. A must for all pediatric physicians, nurses, and clinicians in training who work with sick children.” – Journal of Developmental and Behavioral Pediatrics

NO FEARS NO TEARS – 13 YEARS LATER

Author: Kuttner, L.

Theme: Children with Cancer dealing with Pain: Long-term benefits.

FILM

In the early 1980s, Dr. Leora Kuttner spearheaded a pioneering pain management project for children undergoing painful medical procedures. She developed non-pharmaceutical techniques to help children, parents, and the medical staff cope with pain and anxiety. In a first film – No Fears, No Tears – eight courageous children with cancer, ages 3 to 12, demonstrate ways in which the natural abilities of the mind can be enlisted to help ease physical pain.

In this follow-up film, No Fears, No Tears – 13 Years Later, Dr. Kuttner revisits seven of the eight original children to explore the long-term impact of having learned as a child how to deal with fear and pain. The young people describe what helped and what didn't, the central role that their parents played, and how they have dealt with subsequent incidental pains. Their stories dramatically challenge prevailing myths about childhood pain, proving that children can learn to actively help themselves through even the most taxing medical treatment.

This film has become a standard for training hospital staff in how to make a long series of painful tests and treatments bearable, and how to integrate parents into their child's treatment process.

DANCING WITH PAIN

Author: Kuttner, L.

Theme: A film on youth with chronic pain

FILM

The film explores chronic pain in teenagers using mind-body methods including hypnosis, through the lens of dance as metaphor.

Coming to grips with chronic pain is a very trying process for teenagers and their families. Dancing with Pain takes us into four teen's experiences dealing with pain from a facial injury, Sickle Cell Disease, CRPS (complex regional pain syndrome) and neck and shoulder trauma.

Combining animation of the brain's central role and embodiment through dance, we are led into the different stages of their healing, including the experience with their chronic pain team.

Produced and directed by Dr. Leora Kuttner with choreographer Judith Marcuse and dancer Vanessa Goodman, edited by Moira Simpson, with original score by Hal Beckett, this film is to inform and support health care professionals, patients and their families.

RAPID HYPNOTIC INDUCTIONS: DEMONSTRATIONS & APPLICATIONS

Author: Filo, G.

Theme: Hypnotic techniques

FILM

This Learning Guide and 60-minute DVD demonstrates rapid and instantaneous hypnotic inductions that creative, insightful clinicians can easily adapt for use in their clinical settings. Up until now, hypnosis has been considered time intensive, but it doesn't have to be. These actual demonstrations by Dr. Filo include some that are verbal, some that are non-verbal, and some that are physical inductions.

Careful observation will reveal that each induction contains the basics of all professional hypnotic interactions rapport, focusing, deepening, re-alerting and debriefing. Since these inductions are ultimately for clinical use, appropriate generic suggestions are also demonstrated. In addition, a real world application is demonstrated with a patient who is dental-phobic showing the replacement of a filling without any local anesthetic.

HYPNOTHERAPY WITH CHILDREN

Author: Thomson, L.

Theme: Hypnosis sessions with children and their reports on their experiences

FILM

James is a 10 year old boy with Tourettes (a motor and vocal tic disorder). He also experiences anxiety and obsessive-compulsive tendencies. James was a good hypnotic subject, but felt self-conscious being videotaped.

This video illustrates how children go in and out of trance and often keep their eyes open. The elicitation begins with using an imaginary key that starts up the vehicle of his choosing which also opens up many metaphorical possibilities. James imagines a suit of armor so that any unkind comments from other children can bounce off.

James uses a screen technique with a remote control so that he can watch a situation play out and control his reaction with the remote control. The video also demonstrated anchoring and ego-strengthening techniques.

Megan is a teenager who has had chronic regional pain syndrome for several years following an insignificant injury that happened at a time of great vulnerability (her parents contentious divorce).

In Chronic Regional Pain Syndrome the brain thinks the affected limb is still injured even though the physical injury has resolved. The appendage may experience allodynia where just a breeze, change in texture or temperature can be quite painful. Using hypnosis to help the patient go back to a time before the injury and imagine the comfortable use and easy movement of the limb and then fast forward into the future with the problem resolved and the limb pain-free and functional, can be very effective.