



BSMDH (S) AUTUMN NEWSLETTER

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Hypnosis in Healthcare – A Pan-European Perspective ESH Board - June 2015

A report by Dr Linda Dunlop (BSCAH) Lancs & Cheshire Branch

The Board of the European Society of Hypnosis are an admirable group. Not only do they provide the guiding hand on the tiller for ESH, they are skilled and erudite clinicians and researchers, they can present learned papers in a language other than their own, they can strut their stuff on the dance floor and they are jolly good sports.

Over the first weekend in June BDSMH (Scotland) hosted a programme of workshops and lectures by the ESH Board and a full-on weekend it was – we hit the ground running at 9am each day! I could give a list of presenters and topics, but I'm sure the programme will be available online somewhere. Instead I'll talk about what is still vivid in my mind a couple of months on.

As a dentist, I did wonder in advance whether all the topics would be useful for me, but I picked up something of benefit from every presenter. From Consuelo Casula, Gaby Golan and Nicole Ruyschaert I gleaned some new concepts and strategies for dealing with pain. Åsa Fe Kockum showed how ego state therapy could provide an additional hypnotic strategy for the resolution of internal conflict. Gaby also taught me I never want to be a provider of group therapy. We gave András Költő a bit of a hard time over the Stamford clinical hypnotisability scale, but he won us over the next morning talking about the effect of parenting style on hypnotisability. Flavio Di Leone showed such a fascinating slide of the effects emotion has on the body when viewed through an infra-red camera; I took a photo of the slide for future reference. Flavio also demonstrated the success of hypnosis in treating psychogenic non-epileptic seizures. Nicole led us in group work in approaches to medically unexplained symptoms. Martin Wall gave food for thought whilst discussing

the ethical consideration of hypnosis in clinical practice and later closed the meeting with a delightful lecture focussed on Poussin's painting, "A Dance to the Music of Time".

The **Beardmore Hotel** was a good choice of venue, though the pretty view over the Clyde from my room took on a different aspect when the weather turned in the early hours of the Saturday morning and a gale rattled the windows. After an excellent conference dinner on Saturday evening, the ESH Board were very game and all wore the "see you, Jimmy" hats given as part of their thank you presents. The young ceilidh band was superb. Testament to this is that every single person at the dinner was on the dance floor at some point and most of us definitely danced enough to burn off our puddings. Reluctant to end the evening, an impromptu sing-along gradually moved from function suite to bar to foyer as staff closed up for the night. Hidden talent of the weekend award goes to András for his performances both on the dance floor and as a vocalist.

Thanks and congratulations are due to BSMDH (Scotland) – in particular Angela Samson, Kathleen Long and Mike Gow – for their hard work in putting the weekend together and ensuring that it ran so smoothly.

Training course – CPD awarded
31st Oct & 1st November / 28th & 29th November 2015
Venue: The Pond Hotel, Glasgow
Registration has been extended to 22nd October

This updated, stream-lined course is designed to instruct in the basic precepts of hypnosis as an adjunct to medical and dental practice.

*Newly qualified or previously trained with BSMDH (Scotland) and looking for a refresher?
Discounts may be available....*

Please check our [website](#) for more information and booking form.

XIV ESH CONGRESS ANNOUNCEMENT
23rd to 26th August 2017

The XIV ESH Congress will be hosted by the British Society of Clinical & Academic Hypnosis (BSCAH) in Manchester. More information will follow soon....



Autumn Symposium Meeting
Katalin Varga Dipl. Psych. Ph.D.
Sat 3rd & Sun 4th October 2015

A report by Dorothy MacKinlay

Katalin Varga's session kept us engaged and stimulated from the start. Taking evidence based approach; she began by summarising a small selection of the literature which examines the effectiveness of hypnosis in medical settings. We were reminded that the benefits can often include lowered anxiety, lower heart rate and blood pressure, the need for less medication, shorter hospital stays and improved survival rates. Some studies suggest this could result in enormous savings for the health service.

Improved pain control is another phenomenon which is frequently observed. The evidence from fMRI studies suggests that this is achieved by the way we interpret the pain signals rather than any reduction in the sensation itself. Thus, Katalin introduced the importance of re-framing – how we can invite, by our words, a change of perception which enables another to cope more positively with a challenge. To illustrate, she described her work with comatose patients in ICU. In this state, no formal induction is required as she showed us how such altered states of consciousness share features of trance. In these states, people are often fearful and vulnerable. As they are also more suggestible, positive words and comforting communication at these times can have significant beneficial effects. She demonstrated this with a video of an interview with a young man with whom she had worked when he had been in a coma. Bravely she subjected her work to detailed scrutiny by allowing us to carry out a text analysis of their dialogue about his recall of that time.

From neurology, we moved to biochemistry, with her description of the roles of Oxytocin and Cortisol in the way we function. Particularly she focussed on the way Oxytocin facilitates the bonding process from birth, as this is an area of particular interest to her. With a beautiful film of a baby being bathed and massaged she indicated a further step in this process, emphasising the importance of the medium of touch during this pre-verbal stage. From developmental psychology, we know something of the subtle dance between babies and their carers which leads them into the world of social communication including language. Thus, if the early steps are disrupted, it follows that subsequent development may be more problematic.

Katalin argued effectively that hypnotherapy, having been demonstrated to make changes at the neurological, biochemical and behavioural level, can have a potential corrective/ reparative effect in dealing with problems.

In the later sessions, we were allowed to increase our Oxytocin levels by being 'playful'. At the experiential level, we tried hand massage and other physical techniques. At the intellectual level, we deconstructed how we are influenced in various ways, by films designed to shape our thinking. There was much laughter when we designed a comprehensive warning list for those using a swimming pool, thus freeing us up to consider how the process of obtaining Informed Consent can lend itself to negative and off-putting communication, unless care is taken to re-frame the information more positively.

Having so ably demonstrated the fundamental power of the careful use of words in medical settings, it should cause us to think how we can bring about the necessary paradigm shift to place such thinking closer to the centre of medical practice. By so doing, we would be enhancing the well-being of patients as well as saving the health service a fortune. That vital shift would be from a Pathogenic to a Salutogenic model.

Katalin, köszönöm szépen!



We are always looking for interesting pieces that we can share. A success story, an article or a book review perhaps.

Please get in touch. Contact office secretary Angela mail@bsmdh-scot.com