



BSMDH NEWSLETTER

SPRING 2012

VOLUME 2



Welcome to our Spring Newsletter. We hope that you will find this edition both interesting and informative.

So if you have anything that you would like to submit for inclusion in the next edition please get in touch. Maybe you would like to review a book or paper or share an experience. Contact office secretary Angela, mail@bsmdh-scot.com

AGM

The Society held their 5th Annual General Meeting on Sunday 11th March 2012 in the Glynhill Hotel, Renfrewshire. Thank you to those who attended.

The new **Executive Council** are:

President – Dr. Rosamund Carmichael

Hon. Treasurer and Immediate Past President – Dr. Kathleen Long

Hon. Secretary – Dr. Judith Chapman

Members of Council are:

Dr. Elizabeth Allen

Dr. Kevin Davey

Mr. Alan Dewar

Dr. David Dunlop

Dr. Mike Gow (Past President) Miss. Elizabeth Reilly Dr. Fawzi Sharara

Dr. Joseph Lang has now retired as both Hon. Treasurer and member of council.

Dr. Carmichael extended her gratitude and thanks to Dr. Kathleen Long and Dr. Joseph Lang on behalf of all members of BSMDH (Scotland) for the huge amount of work that they did in their respective roles over the last 2 years.

A special thank you also goes to Dr. Karen McPhail for her previous hard work and services on council and as past Hon Treasurer.

Thanks also to Terry Slevin who has retired after serving 3 years on Council.

ESH Congress 2011 Istanbul

By Dr. Kathleen Long

I'm not exactly a veteran of ESH conferences so setting out on my own to attend the ESH Istanbul Congress was, to say the least, a bit daunting. I'd been to the ESH Congress in Gozo previously but had been in the company of several other members of BSMDH (Scotland) at the time. I'd visited Turkey two years before and, inspired, did a paraglide off a mountain that was 2000 feet high. The extent of my command of the Turkish language was, and sadly still is, 'tesekkür ederim' which means 'thank you'. It's easier to read than to pronounce but with phrase book in hand I headed off to Istanbul. I decided not to stay at the Sheraton where the conference was being held. Part of this was down to good old fashioned Scottish thrift and the rest was down to the fact that it looked a bit too far out from the main centre of Istanbul and, even in the limited time I had, I wanted to at least mingle with the locals even if it was only on the train to and from the congress. Of course just to make my life even more difficult, than I usually do, I arrived at my chosen hotel just off Taskim Square late at night dragging my suitcase behind me. That was my first mistake! The second was to assume that the 'Grand ' the hotel had in its title might be significant. I ended up in the basement in a room at the end of a dark corridor. The windows had bars on the outside and the phrase 'you only get what you pay for' was swilling about in my head most of the night. The next morning after a typical Turkish breakfast I headed across the city to the Sheraton. To say that Istanbul was wall to wall with people would not be an understatement. Mingling was mandatory in the hustle and bustle of the city centre. I had left early to make sure that I arrived for the start of the congress which was just as well since I took the metro in the opposite direction the first morning! Once off the metro I headed to the Sheraton dodging the traffic as I went. Once inside the Sheraton I made a resolution to stay at the recommended hotel next time. The Turkish organisers had chosen well and their welcome was second to none. The organisation of the congress and the food (not that I'm interested in food-not half!) was sumptuous. The congress motto of 'let's meet where mind and body meet:hypnosis' was particularly apt as Turkey joins the East and the West. Also the Turkish hosts ensured that we had an understanding of Turkish culture and music. One of the most memorable presentations was a concert demonstrating Turkish dance and music. Many of the delegates were up dancing in no time. The demonstration of Sufi dancing was amazing. Sufi is a form of physically active meditation. The dancing or spinning is thought to allow those who practice it to reach a state of perfection where ego and personal desires are abandoned. *Where body and spirit become one.* I was so enthralled with Sufi that I headed out in the evening with one of the other delegates to watch an hour of it! Not only did I sit still for the full hour but I also felt as if I was in a trance like state throughout. There was peacefulness and spirituality that descended on the auditorium that's difficult to describe unless experienced. It was much clearer after watching the Sufi dancing what the Turkish motto 'where mind and body meet' actually meant. It was only possible to attend a few of the presentations as there were several running at the same time. This is always frustrating as the choices were varied and the presenters all well versed in their particular fields. I particularly enjoyed Julie Linden's presentation where she showed a video of her work with children. She has a very open style allowing the children a lot of physical freedom while she works with them. No sitting still on a chair listening to the therapist! Using what the individual child presents and working with it. I asked her if she would like to come over sometime and give us a workshop on her techniques and she seemed quite keen so fingers crossed. She is the next president of ISH so she may be pretty busy!

There were quite a few presentations on the uses of hypnosis in the treatment of pain. Gunner Rosen gave an interesting talk on how hypnosis can be used to treat pain by changing brain programming. There was also a presentation by Emil Hansen which looked at how patients in situations where they are likely to suffer pain or are fearful are often more susceptible to hypnotic suggestion. This reminded me of Dabney Ewin's work with burns victims. In my own experience I

have used hypnosis, as well as concurrent conventional medical therapy, in patients with severe cardiac pain and also severe asthma to good effect. It's always great and reassuring to hear that someone else has been doing it as well! There was an interesting talk on the uses of EMDR and it made me want to revisit this as a therapy. I used it a lot in general practice but had relegated it to the list of 'seldom used' techniques. The highlight of the social calendar was definitely the Bosphorus Cruise. It was an opportunity to meet delegates from all over Europe in a more relaxed setting. Dashing back to my hotel across bustling Taskim Square to glam up before rushing back to the Sheraton for the pick up was hectic but well worth it. I came back from Istanbul totally tired but refreshed. I returned with renewed enthusiasm for my hypnosis practice. I met lots of interesting people and last but not least was elected onto the ESH board. Mathias Mende stepped down as President of ESH and hand over to Nicole Ruyschaert who many of you will remember gave us an interesting workshop in Scotland a few years ago. Consuelo Casula is the new president elect and Martin Wall, who gave a presentation at the joint conference that we hosted, became 1st Vice President. I also mean to return to Istanbul which was awash with diverse culture, beautiful architecture and much more. The hospitality and friendliness of our hosts and the people of Istanbul was exceptional. The hotel even offered to upgrade me on my second last day! I was too tired to move room so I said 'tesekkür ederim' and politely declined!

BSMDH Dates for your Diary

Autumn Meeting: Saturday 29th September 2012

Spring Symposium: Saturday 9th & Sunday 10th March 2013

Training courses: Glasgow Pond Hotel

Module One: 27th & 28th October 2012

Module Two: 24th & 25th November 2012

Module Three: 12th & 13th January 2013

Please check our website for more information and booking form www.bsmdhscotland.com

19th International Hypnosis Congress Oct 17th – 19th Bremen 2012

This congress dates its inception from 1889 and has taken place every three years since 1973. The congress brings together leading experts from all over the world who represent a wide range of hypnotic skills, theoretical orientations and research interests. Numerous renowned hypnosis experts have replied to our invitation and will contribute to the congress. The ISH congress offers a pleasant atmosphere for speakers and participants from all over the world to meet, to exchange ideas and learn from one another.

The congress will offer a range of learning components with 3 hour and 1.5 hour workshops, lectures, panel discussions, symposia and keynote speeches. Please click on this link for more information and how to book. <http://cx-services.com/htx12/ish2012.php?page=start>

VHYP – Flemish Scientific Hypnosis Society – Congress 7th – 8th June 2012

a unique opportunity to attend lectures; participate at Workshops held by eight hypnosis experts from Europe. The full European Society of Hypnosis (ESH) Board of Directors are coming to Belgium, bringing with them their contributions; seeding knowledge and experience to enrich your own skills in working with hypnosis. The next Early Bird Registration is 15th May 2012: 455 Euros (415 Euros if ISH Member). To register please log on to: www.vhp.be

Body and Mind: Insights from Neuroscience

FREE lectures in Glasgow <http://www.gla.ac.uk/events/lectures/?action=details&id=5784>