



## BSMDH NEWSLETTER

SPRING 2013

VOLUME 5



Welcome to the Spring Newsletter.

### AGM

The Society held their 6th Annual General Meeting on Saturday 9<sup>th</sup> March 2013 in the Glynhill Hotel, Renfrewshire. Thank you to those who attended.

The new **Executive Council** are:

**President** - Dr. Rosamund Carmichael

**President Elect** - Dr. Mike Gow

**Hon. Secretary** - Dr. Judith Chapman

**Hon. Treasurer** - Dr. Liz Allen

**Members of Council** are:

Dr. Kevin Davey

Mr. Alan Dewar

Dr. David Dunlop

Miss. Angela Harkins

Mr. Tom Rankin

Having completed three years Alan Dewar accepted co-option from the floor for a further year.

Dr. Kathleen Long has now retired as both Hon. Treasurer and member of council.

Dr. Carmichael recognised the considerable amount of work Dr. Long has undertaken for the Society over the last 3 years in particular and thanked her on behalf of all members of BSMDH (Scotland).

Thanks were extended to Elizabeth Reilly and Dr. Fawzi Sharara who have both retired after serving 3 years on Council.

### 19th International Hypnosis Congress Bremen 2012

By Dr. Judith Chapman

This was the first international hypnosis conference I had ever attended, and I fully intend it won't be the last. The sheer size of the gathering and the huge array of workshops to choose from were impressive, and the enthusiasm was infectious. Rather than try and list all the sessions I attended I'll just pick out a few of my personal high-lights.

The pre-conference workshop with Michael Yapko. An inspiring man – his open and reflective approach to both his own experience and the breadth of scientific evidence comes across, and he is a hugely skilled teacher and communicator. He focussed on the advantages of using hypnosis as a part of psychotherapeutic practice, particularly in the treatment of depression. He points out that using hypnosis enables patients to access their own inner resources and build on their existing skills to change the depressive mind-set.

Symposium on working with children and adolescents. Putting faces to speakers who had previously only been names, including Daniel Kohen and Karen Olness, Julie Linden, Susy Signer-Fischer, Laurence Sugarman. The theme was about using hypnosis appropriately for patients at very different developmental ages, and for me built on the meeting we had with Greta Ross.

Walter Bongartz led a symposium about fundamental concepts in hypnotherapy. He makes a controversial case for regarding hypnotherapy as a psychotherapeutic modality in its own right, not just as a useful adjunct to specialist practice.

Charlotte Wirl gave a really useful presentation about using hypnosis in children and adolescents, involving story telling, jokes, making picture collages, totem animals and magic.

Dabney Ewin's session was packed out to hear our honorary fellow and esteemed veteran give his personal account of using ideomotor signalling.

Steve Hassan, who managed to escape the formidable grip of the Moonies himself, ran a fascinating session about recognising destructive cult mind control, and offering advice to those whose friends or relatives have become sucked in and who want to help them to leave.

## BSMDH Dates for your Diary

### Small group meeting - 22nd May

Venue: 20 Collylinn Road Bearsden G61 4PN at 7.30pm

Dr. Ros Carmichael would like to extend a warm welcome to all.

Bring cases, showcasing triumphs and ones that struggle to sparkle, for sharing and discussing.

Hopefully those who have recently attended meetings might be willing to demonstrate a new technique, lead an exercise or recount some new, useful information.

✉ Please indicate intention to attend by emailing Angela or Dr Carmichael by Monday 20<sup>th</sup> May.



### Autumn Symposium 2013

Venue: Stirling Highland Hotel

Guest Speaker

**Dr Julie Linden**

### Saturday 28th & Sunday 29th September 2013

It is with much pleasure that we welcome Julie Linden, internationally renowned practitioner and speaker who despite her many commitments as recently elected President of ISH has agreed to visit Scotland from the USA.

Steeped in Scottish history, and situated near the castle, our new venue for September promises traditional hospitality, comfortable rooms and delicious meals with the possibility of post prandial star gazing from the roof top observatory under the direction of a member of the Stirling

Astrological Society. A lovely adjunct to the high level meeting planned by our prestigious speaker and one to consider sharing, for only a little extra cost, with an accompanying friend or partner. Please see our website for more details and application form [www.bsmdhscotland.com](http://www.bsmdhscotland.com)

### **Training courses – Dates TBA**

Although overall numbers applying to train have reduced our training course was a success. Our new Academic Chair, Kevin Davey, has his sights set on making the training course more accessible. This will involve re-vamping the 3 weekend training. The current proposal is to shorten face to face time to 2 weekends, reducing the cost to participants in terms of time and money with an obligatory pre-course, preparatory, on-line module.

Dates to be announced soon - Please check our website for more information and booking form [www.bsmdhscotland.com](http://www.bsmdhscotland.com)



### **Spring Symposium 2014**

Guest Speaker

**Betty Erickson - daughter of Milton Erikson**

**Saturday 8th & Sunday 9th March 2014**

Venue and more details to be announced soon

### **ESH congress in Sorrento in 2014**

XIII Congress - Venue: Sorrento (Amalfi Coast), Italy from 22nd to 25th October.

HYPNOSIS AND RESILIENCE

From Trauma and Stress to Resources and Healing. Emphasising the importance of resilience in a World in crisis and the role played by Hypnosis in activating and developing inner forces and resources

<http://esh-hypnosis.eu/wp-content/uploads/2012/09/Early-Bird-Registration-Call-for-Abstract-Forms.pdf>

### **Bremen - Another perspective**

By Dr. Ros Carmichael

I looked forward to the meeting to top up my enthusiasm for hypnosis, with an excitement my luggage evidently did not share, reluctant as it was to leave Edinburgh and join me in Germany. However this did not diminish the amazing experience for me of the 19<sup>th</sup> International Hypnosis Congress in Bremen in October 2012. The scale of the event and the sheer number of delegates – quoted as 2,300 - contrasted vividly with the thinning memberships of professional hypnosis societies here.

The spread of interests among those present, with backgrounds in diverse disciplines, ranged from academic research to many varieties of clinical roles. General medical practitioners, psychiatrists, anaesthetists, psychologists, paediatricians, radiographers, physiotherapists, counsellors and social workers were among people I personally met. Many nationalities were represented and, for the first time, I met an Eskimo. The range of topics of the workshops on offer took an evening of reading and careful selection, juggling competing interests and parallel sessions.

I began with a pre-congress, full day of Michael Yapko. Having read his book on treating depression with hypnosis, I was keen to experience this big name of the hypnosis world in action and was not

disappointed. His presentation was accomplished, surprisingly gentle and delivered with the simplicity achieved only by experience and mastery of the subject.

His introduction to hypnosis, he recounted, captivated him as he witnessed a woman achieving comfort after suffering pain since a car crash some years previously. He was quite clear that hypnosis on its own cures nothing but that during hypnosis the subject can achieve new and useful understanding and associations. He described his approach as permissive and empowering and was not afraid to use humour if he felt it would be helpful. He quoted Erikson who described the therapist as being like the weather, providing the climate for change.

A short film of him working with a young man who described a history of abuse, demonstrated his putting into practice that what you focus on, you amplify. Rather than lingering on the wretched past, he guided the fellow's focus to new possibilities and encouraged a remarkable change in one, short session.

Other intriguing workshops I attended included hypnosomatic approaches to Ego-State therapy by Maggie Phillips, hypnotic management of pain by Mark Jensen and Dave Patterson and one, well received, by our very own Mike Gow. Hypnosis used in couples' therapy to enhance affect regulation and connection was elaborated on by Americans, Carolyn Daitch and Sheryll Daniel. And Australian, Brian Allen, usefully described some simple, tried and tested hypnotic techniques and explained that denial is not just the biggest river in Egypt and the first line of defence in therapy but also the principle cause of death in smokers.

I have snatched some snippets from six stimulating, informative and entertaining days which worked, like magic, to heighten my commitment to hypnotherapy.



Do you have anything interesting that you would like to submit for inclusion in the next edition? Something you would like to share, an article or a book review. Please get in touch.

Contact office secretary Angela, [mail@bsmdh-scot.com](mailto:mail@bsmdh-scot.com)