



BSMDH EASTER NEWSLETTER

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Welcome to the Easter edition of our newsletter.

AGM

The Society held their 7th Annual General Meeting on Saturday 8th March 2014 in the Beardmore Hotel & Conference Centre, Clydebank. Thank you to those who attended.

The new **Executive Council** are:

President - Mike Gow

President Elect - Alan Dewar

Hon. Secretary - Judith Chapman

Hon. Treasurer - Liz Allen

Members of Council are:

Kevin Davey

Alasdair Gunn

Angela Harkins

Tom Rankin

Victor Noguera

Ros Carmichael - Immediate Past President

Incoming president Mike Gow recognised the considerable amount of work that Ros Carmichael had undertaken for the Society over the last 2 years as president and thanked her on behalf of all of the members of BSMDH (Scotland). Thanks were also extended to David Dunlop who has retired after serving 3 years on Council.

Autumn Symposium Meeting



Sat 4th & Sun 5th October 2014

Guest Speaker

Albrecht Schmierer

A Two Day Workshop

Venue: Stirling Highland Hotel, Stirling

This charismatic dentist was very well received when he gave a workshop a number of years ago in Scotland and we are delighted he is keen to return to share his expertise to benefit our current doctors and dentists. He will be addressing the control of pain, acute and chronic, among other topics from his long experience.

More details on how to book will appear on our website soon

<http://www.bsmdhscotland.com/training-and-events/autumn-2014-symposium-weekend>

The Magic Glove – Hypnotic pain management for children

Here is a U-tube video showing Leora Kuttner demonstrating the use of the "Magic glove" technique for children needing blood tests, injections etc. The "No tears no fears" film showed the technique in use, but not in enough detail to learn the underlying principles, and a number of people were keen to learn it. Michael Yapko gave a link to this in his March newsletter. This demo spells it out beautifully - http://www.youtube.com/watch?v=cyApK8Z_SQQ

September 2013 Symposium presented by Betty Alice Erickson

A report by Jose Eduardo Pinheiro Rosa

The idea “connection is felt—not describable with words” was underlined throughout the workshop and I am honoured to have the challenging task of writing a few words about this fascinating weekend workshop. In order to do so, this text will be written “with all my heart”, although my “intellect is telling me win some/lose some, it is alright...”.



The scene was set by outgoing BSMDH Scotland President addressing the group and pondering the question 'Betty-Alice Erikson, the daughter of famous medical hypnotherapist Dr Milton H. Erickson or Betty Alice Erickson the hypnotherapist?' Dr Carmichael's introduction highlighted what was probably on the mind of everyone attending the workshop.

Betty-Alice masterly fulfilled both roles. At first sight (with all due respect), the physical resemblance was obvious. Then, the workshop started with the presentation of a collection of pictures of her father, family and childhood, giving the group an unique point of view about the worldly recognized therapist, and about how it was growing up with him, both a father and as a person.

The workshop advanced with a continuous exchange between her father's point of view and her personal experience as a therapist in a typical Ericksonian hypnotic communication style. This was achieved with precise tone of voice variations and entrancing looks, which skillfully captured the audience's attention. Several clinical cases examples were presented as, well as several creative, practical exercises being performed with the aim of enhancing each person's ability to connect with the other and with a patient, with the ultimate objective of “expanding options and perspectives”.

Although, continuously demonstrating conversational trance while lecturing, Betty-Alice also demonstrated formal inductions, including a characteristic Ericksonian hand levitation, performed with two volunteers simultaneously.

With the audience divided in pairs, a silent induction was practiced, in which only gestures and sounds with different intonations could be utilized, leading to very interesting results. It was also one of the funniest moments of the weekend as some of the members were not able to stop laughing. The more they tried not to, the more they did it.

The final stage of the workshop was focused on storytelling and metaphor. Related to this topic, several exercises were conducted, with the aim of demonstrating and improving the ability of

building a story constructed to a specific patient. Betty Alice reminded us that "the patients will take whatever they need". In small groups, auto-hypnosis while telling a story was also carried out.

This workshop had the obvious draw of an obvious curiosity about meeting Betty Alice, the daughter of Dr Milton H. Erickson.

Beyond this, I would summarise that the workshop was really about learning new techniques and improving the skill of communicating with more than words. This learning was even more than simply learning physical gestures (in what is commonly taught with the typical non-verbal creation of rapport). In fact what was taught cannot really be easily described. It has to be demonstrated. The individual has to feel it in order to understand it. From my personal point of view, although difficult, this was achieved and brilliantly performed by Betty-Alice, as I felt it.

At the close of the workshop, incoming President Dr Mike Gow mirrored one of Betty Alice's recurring techniques (that satisfies the defiant 2 year old in all of us!) that 'What we have to do (we don't have to do anything), but what we have to do, is allow all the new information and techniques we have learned to sink in'.

Now, you just have to "breathe in... and breeeeeeaaaathe out... that is aaaall that it takes".

With thanks to Betty Alice Erickson for a fantastic workshop and to BSMDH Scotland for organising it.

Some more dates for your diary

Training course

1st & 2nd November and 29th & 30th November 2014

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.

Venue & cost will be announced very soon - Please check our website for more information and booking form www.bsmdhscotland.com

BSCAH National Conference - 27-29 June 2014

Conference Details

Registration Form

Call for papers

All available at www.bscah.com/home

Mental Training Certification Course

Lars-Eric Uneståhl

This is the first time that Lars-Erich is offering a certification course in English online and it will probably be a '*one time only*' opportunity.

Information and registration can be made through ICC at www.internationalcoachingcommunity.com

ESH congress in Sorrento in 2014

XIII Congress - Venue: Sorrento (Amalfi Coast), Italy from 21st 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.

CALL FOR PAPERS / ABSTRACT FORM – DEADLINE 15 MAY 2014

Registration forms are available for download from:

www.esh-hypnosis.eu

ISH

20th International Congress will take place in Paris in 2015, 26th -29th August when our recent presenter, Julie Linden, will relinquish the Presidency.

Title: "Hypnosis - Roots and Future of Consciousness"

Obituary – George Reid

We were sad to hear of the recent death of George Reid, eminent former BSMDH member and past president, who died on Friday 21st March 2014. George was a lovely gentleman and a very gifted dentist who used hypnosis for his patients. He was highly respected by all who knew him. His sense of humour was outstanding and he was a great lecturer at courses. He was expert in the treatment of TM joint pain. George was one of our Golden older members, very special and highly respected for his good work.



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