



## BSMDH NEWSLETTER

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Welcome to the Spring edition of our newsletter.

### AGM

The Society held their 9th Annual General Meeting on Sunday 28<sup>th</sup> February in the beautiful venue, House For An Art Lover, Glasgow. Thank you to those who attended.

The **Executive Council** now are:

**President** – Alan Dewar

**President Elect** – Victor Noguera

**Imm. Past President** – Mike Gow

**Hon. Secretary** – Kathleen Long

**Hon. Treasurer** - Liz Allen (re-elected unopposed)

**Members of Council** are:

David Dunlop   Alasdair Gunn   Paul Lim   Fawzi Sharara

Nicola Syme   Angela Harkins (re-elected unopposed)

Incoming president Mike Dewar commended Mike Gow for all of his efforts over the last 2 years as president and thanked him on behalf of all of the members of BSMDH (Scotland).

Thanks were also extended to Tom Rankin who has now stepped down from council after serving 3 years.

### Training course weekends – October & November 2015

#### **A report by Dr. Rajitha Jayawardena, Consultant Psychiatrist**

I attended the two weekends' training course after participating in the introduction to hypnotherapy one day course via NES. I consider the course as one of the most useful trainings I have received since my Psychiatry training and I believe this course to be an absolutely useful one for any clinician. The course provided a number of useful tools to assess and treat patients of variety of problems. The trainers made the course very enjoyable and were very kind to share their experiences in using hypnosis. The course was interactive throughout and every participant received the opportunity to gain hands-on training, using a number of techniques. I would highly recommend this course to anyone regardless of the medical or dental specialty they practice and I look forward to more training like this.

The trainers were extremely knowledgeable and very keen to share their vast experience in hypnosis generously with trainees. They also spent ample time answering questions, and were available to

support via email and telephone even after completion of the course. This is one course that I felt excited and enthusiastic from the minute it started until the minute we finished.

Some members enjoyed further discussions over a glass of wine end of the day which shows the enthusiasm created in the course by the end of the second week.



## James Braid - The father of Hypnosis?

By Dr. Mike Gow

When I was invited to give a talk on hypnosis by the British Dental Association in Neston, The Wirral, I was delighted to accept. Little did I know the strange and fantastic coincidences that were about to unfold! Please read on, I promise it's worth it!

While preparing my presentation, I had been thinking about Dr James Braid, who popularised the terms hypnotism and ultimately hypnosis, deriving it from Hypnos the Greek god of sleep. Braid was the first person to identify that mesmerism was not in fact due to magnetism, but was in fact due to hypnotic suggestion.

Braid is therefore probably one of the most important figures in the history of hypnosis. He is in fact considered as the 'father of hypnosis'.

Dr Braid was born in Scotland but ultimately lived and died in Manchester.

As I prepared for my hypnosis talk, I wondered about where he may be buried. Was he brought back to Scotland? Was he buried in Manchester? It would be a nice little fact to include in my hypnosis presentation in Neston. Surely 'Google' could tell me.....

I was in disbelief when the results pages loaded. He is buried in Neston! The exact same small town I was travelling to give the hypnosis talk that I was preparing!

Braid's son, also called Dr James Braid, was the town doctor in Neston and by 1860 (25/03/1860) when his father died, he was already a widower (his wife dying aged only 27) and 2 out of 3 of his children had died. When his father died, he had him buried in one of the family grave plots he had obviously had to purchase in Neston. James junior in fact was buried with his father when he himself died 6 years later.

I contacted the church (St Mary's and St Helen's) and they told me they had details of the Braid graves and a map.

My wife Juliet and I arrived at the church on 26th November only a few minutes before sunset and met Terry from the church. We searched for a while but gave up due to failing light. I then realised later on at our hotel that we had been looking in the wrong place!

Bright and early the next morning, Juliet and I returned to search again. We only had a short time as I was due to give my talk on hypnosis, although the venue was very close by, just a few minutes by car.



We soon discovered the grave, and uncovered the moss from his name to confirm that this was in fact the right grave. We also found the grave of his daughter in law and grandsons close by. In an additional twist of fate, I also discovered that the date we 'rediscovered' the grave and that I then gave my talk on hypnosis, was actually the 174th Anniversary of Dr Braid's very first public lecture and demonstration of hypnosis in Manchester, 27th November 1871.

It was a real honour to rediscover his grave on such a significant date.

## Some more dates for your diary

### Autumn Symposium Meeting

Sat 1st & Sun 2nd October 2016

#### A Two Day Workshop

Venue: Stirling Highland Hotel, Stirling

[More details will follow soon.](#)

### Certificated Hypnosis Training Course 2016

Saturday 29th October & Sunday 30th October

Saturday 26th & Sunday 27th November

The Glasgow Pond Hotel, Great Western Road, Glasgow

Total Investment £480

See our website for [application form](#)

### XIV ESH Congress

Hosted by the British Society of Clinical & Academic Hypnosis (BSCAH)

**23th - 26th August 2017**

**"Hypnosis: unlocking hidden potential"**

More information can be found [here](#)



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.

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