



BSMDH NEWSLETTER

Summer 2012

VOLUME 3



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

Dr Greta Ross - 'Hypnosis – Working with children and adolescents'

Saturday 29th September 2012

10am – 4pm

Venue: Huntingtower Hotel, Perth, Scotland

Greta Ross worked in the North Lincolnshire Child Health/School Health services as Senior Clinical Medical Officer, and Associate Specialist in Sexual Health, for over 20 years. Prior to this, Greta was a GP and Paediatric Registrar in Australia and Canada, and her early years in England were spent working in a GP Teaching Practice in Manchester. She is a member of the RCGP, and her more recent professional role has been as independent consultant to various EU and other international health system projects, mostly within Central Asia and Eastern Europe. Her work in hypnosis spans almost 30 years, and as an NHS Community Health doctor she developed weekly hypnotherapy clinics for school children and young adults as part of her work helping young people manage physical, behavioural and emotional problems. Greta has also continued to see some adults and children for clinical hypnosis sessions on a private basis. She attained accreditation with the BSMDH in 1985, and has lectured on courses on behalf of the former BSMDH, now BSCAH. She completed a Masters Degree in Education in 2006. Greta's non-medical interests are the creative arts, poetry and music. Please use link to book your place <http://www.bsmhdhscotland.com/training-and-events/autumn-meeting-september-2012>

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 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>

March 2012 Symposium presented by Susanna Carolusson

A report by David Dunlop

The Annual BSMDH(S) Conference 10-11th March 2012 at the Glynhill Hotel, Renfrewshire was addressed this year by Susanna Carolusson, who practices as a licensed psychologist and psychotherapist in private practice in Sweden. A consulting teacher at the University of Gothenburg since 2003, Susanna teaches in Sweden and internationally on neuropsychology and rehabilitation.



From the opening remarks it was obvious that the discussion on “Brain Injury –loss and trauma” was no sterile discourse by a disinterested bystander. This was instead a unique perspective by a parent who had experienced the repercussions of the brain injury sustained by her 23 year old son in a serious road traffic accident. Drawing on a detailed diary of this period, which she recorded with an amazing degree of professional impartiality, the various phases of the trauma were enumerated. Thanks to the psychological training and analysis in Dr Carolusson’s perspective there was much for us to learn as health care professionals seeking to understand and assist patients *and patients’ families* in this time of need.

Carolusson described the consecutive phases of crisis so that we who would seek to help and understand the main players involved, including the family, might be better aware of a grief that is not always acknowledged in such situations. She described the initial shock for the family, with no time for emotion as in the flight or fight reaction. Afterwards followed the tears of the emotional response and a need to tell others, in a world that continues as before, what is going on so that they can understand what is being gone through. There is an awareness that individuals in the family need to reach out for help in order to remain healthy themselves for the benefit of the patient. Often family members can be demanding of staff that they give 100% of their professional energy to the patient. The processing and working through the new unfolding reality that Tobias, her son, would not return to the person he had been, led to a reorientation towards a future different from what had been. Without there being a funeral, the challenge was to mourn a lost son and to love the one he had become. There was finally a peace and acceptance of living in the present rather than a focus on some future time.

I found interesting Dr Carolusson insights regarding the contrasts between the healthcare professionals at the intensive care unit and those at the rehabilitation clinic. The former seemed to approach the patient and family with an open mind humbly aware of not being in control of life or death and interacting with the family with respect. By contrast as circumstances stabilised, staff from the rehabilitation clinic took territorial possession of the patient, having an unrealistic assurance that they knew what was best, inflexible and dogmatic, even suggesting that the family should not try to work with the patient.

Socrates words from 400BC “Try not to treat a body without treating the soul” seemed like a warning to all of us seeking to assist in the healing of the brain injured in an age of rules and regulations and all the trappings of modern medicine. The responsiveness of the listening health care professional and the unconditional love of family were identifiable as having powerful healing

properties. Despite the proclamations of some staff Tobias' improvement continued well beyond the four years after which they declared it should be ended.

Widening the area under examination Dr Carolusson touched on Burnout syndrome and IBS in a well-structured presentation with plenty of references for further reading. Dr Carolusson's recent book "There is someone in there", confidence and conscience after acquired brain injury, was on sale and is available online at <http://www.carolussons.se/>

Forthcoming Events - Dates for your Diary

Spring Symposium 2013: A two days workshop with Lars-Eric Unestahl
Saturday 9th & Sunday 10th March 2013

We are delighted to be welcoming back Lars Eric, who lead an inspiring workshop for us about 15 years ago that many members will remember.

Joint Conference with BSCAH and RSM - Leicester

Friday 19th – Sunday 21st April 2013

September 2013: A two day workshop with Dr Julie Linden

Spring Symposium 2014: A two day workshop with "Betty Erickson - daughter of Milton Erikson"

Please check our website for more information on all of the above events www.bsmdhscotland.com

Certificated Training Courses

Glasgow Pond Hotel

Module One: 27th & 28th October 2012

Module Two: 24th & 25th November 2012

Module Three: 12th & 13th January 2013

Remember you can attend any of these modules at reduced cost if you wish to update or refresh your skills.



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