



BSMDH NEWSLETTER

SUMMER 2013

VOLUME 6



Welcome to the Summer Newsletter.



Autumn Symposium Weekend

Sat 28th & Sun 29th September 2013

Guest Speaker

Julie H. Linden, PhD

A Two Day Workshop

Venue: Stirling Highland Hotel

Saturday: **Hypnosis and Functional Symptoms**

Sunday: **Facilitating Creativity and Intuition in Hypnosis**

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 Astronomical 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 application form and full programme www.bsmdhscotland.com

It is hoped that the membership, with friends and colleagues, will turn out in force to welcome Julie Linden with a warm and numerous audience so we can all gain from the experience and teaching of such a prestigious member of the hypnosis community.

Early Bird rate £180 until 31st August

Student daily rate £35

Certificated Training Courses - Glasgow Pond Hotel

Module One: 26th & 27th October 2013

Module Two: 23rd & 24th November 2013

We are able to offer this course at a cost of **£600**, with a special reduced rate of **£480** for doctors and dentists in the first two years after registration.

This updated, stream-lined course is designed to instruct in the basic precepts of hypnosis as an adjunct to medical and dental practice.

The new, pre-course, online module reduces costs and time away from home and allows the focus of the face to face weekends to be on experiential learning, so candidates gain practice and confidence in performing hypnotic techniques.

Members are encouraged to alert interested friends and colleagues to the training course.

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

Other Dates for your Diary

Small group meeting - 7th September 2013

Venue: The Pond Hotel at 1.30pm – 5pm

In response to requests for follow up to the training course, this half day meeting has been offered to those who trained in the last 2 years to support and encourage them in their on-going hypnosis practice.



Spring Symposium 2014

Saturday 8th & Sunday 9th March 2014

Guest Speaker

Betty Alice Erickson - daughter of Milton Erikson

A Two Day Workshop

Venue: The Beardmore Hotel and Conference Centre

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.

Registration forms are available for download from:

www.societaipnosi.it

www.esh-hypnosis.eu

PTSD - The Invisible Wound

The Royal Society of Medicine

Monday 23 September 2013

The full programme can be found at <http://www.rsm.ac.uk/academ/hyd04.php>. Speakers are varied and include first hand experiences from a survivor of the 7/7 bombing attacks in London.

Small Group Meeting at Ros's House – 22nd May

By Dr Joe Lang

Angela asked me if I could put a few paragraphs together about the above and I immediately agreed. Then I sat down to compose the said articleand suddenly the nightmare of being back at school returned..... of the weekend essay that took all weekend to do.....Writers block was back!!!!!!!!!!!!!! I'm not really sure how to start this type of report....should it be cold and scientific like the BDJ and BMJ

*The 1st small group meeting of the BSMDH took place in Bearsden on Wed.....

or perhaps more in the line of a Raymond Chandler type world.....

**The rain swept down through the streets and rattled against the window of my office. The city outside was dark with something other than the night! I cradled a cup of coffee on my lap as it cooled...and waited for the phone to ring. It always does. It rang...

I picked up the phone and placed the receiver to my ear.

"Yeah". I'm not much of a conversationalist.

A woman's voice answered.

She said her name was Angela.

She certainly sounded like an angel.

She said she had a message from the Big Ros!!!!!!!!!!

"I have a message for you from the Big Ros"

"Yeah?"

"Yeah"

"The Big Ros wants to meet you at the Big House.....tonight at 7"

"Yeah?"

"Yeah!"

"The Big Ros wants you to squeal.....I mean speak... to her colleagues, shall we say" she purred.

"Yeah?"

"Yeah!"

"Yeah?"

"YEAH!"

The conversation was growing stagnant. Like my now cold cup of coffee!

"There's a car waiting for you outside" she continued.

"We wouldn't want you to be lateor get lost". There was a slight touch of sarcasm in her voice.

The phone clicked off.

Dames.....huh!!!!!!!

Although there was going to be a crowd there.....I knew I was going to be alone. I decided that I would need some company. I opened the drawer of my desk.....and pulled out a 45.

It was *Strangers in the Night* by Frank Sinatra!!!!!!!!!!!!!! How appropriate.

"NAH " I thoughtthey would only frisk me and take it off me. And it was my only copy!

I put the 45 back in the drawer and closed it shut.

Downstairs a black limo was waiting for me. A big pallooka.....sorry, chauffeur stood next to the car holding the door open. He didn't speak but gestured, with hands as big as shovels, into the back seat of the car. I didn't argue with him.

Climbing into the car, he closed the door behind me. It locked immediately!!!!!!!!!!!!!! Guess there was no chance of me overpowering him and escaping by rolling out of the car.....as it sped over a cliff, this time!!!!!!!!!!

The journey to the Big House was uneventful and the driver made good time. We arrived outside the gates of the mansion just before the clock struck 7. After speeding up the driveway the car stopped outside the front door. Once released from the confines of my mobile prison I scrunched up the pathway, climbed the few steps to the front door and rang the doorbell.

The door opened and I was greeted by a tall, elegant woman with platinum blonde hair.

"Ah At last. You have arrived!" she said in a seductive plummy Joanna Lumley type of voice.

"Everyone else is here. They are all just waiting for you. Then we can begin!"

She stepped inside and welcomed me into the hallway. Escorting me across the hallway to the drawing room door. She opened it and beckoned me into the drawing room. I stepped through the doorway. The noise, the smell of cigars, cigarettes and expensive perfumes filled the room. It was intoxicating.

The room was full.....crowded.....Suddenly it all went quiet!

They all turned round to face me.

The crowd began to split right down the middle.....like Moses separating the Red Sea.....like in that movie ... And it only stopped when the sea of people had been divided into two equal halves.

Then I saw her!

There she was at the top of the room. Holding court....in all her splendour.
The Big Ros.....holding in her hand her trademark.....her Golden Walking stick.

She looked directly at me and pointed it at me. There was an audible click behind me. The platinum Blonde had closed the door behind me .She turned the key.....and locked the door!!!!!!!!!!!!!!!!!!!!!!

Well that was somewhat dramatic.....I wonder how it ended?

The actual event on that Wednesday was a delightful and pleasant evening with a good mix of both Medics and Dentists, and most welcome were three of our recent recruits, who became heavily involved in the various subjects that were discussed. Everyone at the meeting had a chance to talk and ask questions and there was a good exchange of ideas and plenty of chat. Both Ros and Judith made everyone welcome and at ease.

Points that came across from the meeting, most strongly were:

1. This type of meeting where newcomers and ordinary member can discuss techniques and how to improve their skills. Or even just to encourage clinicians to build up their confidence need to be more regular..... No point in planting a flower if you are not going to water it!!!!!!!!!!
2. More involvement with our younger members.....on the committee??????????????
3. Can the new technologies help to involve more participation with each other to help each other in our normal day with our patients or even our own daily lives?
4. Do we want this organisation to be a vibrant meaningful powerhouse that will continue long into the future with a membership that confidently uses it skills in the community or are we a club that raises funds to pay for guest speakers?

All that said everyone enjoyed and was involved in the evening.....and looked forward to the next event.

I would like to thank Ros for being gracious enough to make her beautiful house available for the event. Thanks Ros.

I wonder what happened to our Raymond Chandler character??????????

****The limo took me back to the street where it had originally collected me.**

I left the car and went up the stairs to my office. At last a decent cup of coffee....if only I could [get](#) some peace!

I had barely closed the door when the phone rang!

I picked up the phone and placed the receiver to my ear.

It was Angela again.

"Yeah!"

"The Big Ros liked what you said"

"Yeah?"

"YEAH !"

"She may have another job for you!"

"Yeah?"

"YEAH!"

"Yeah?"

"YEAH!"

Dames..... Huh!!!!!!!

THE END



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