



BSMDH NEWSLETTER

Winter 2012

VOLUME 4



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

Mindfulness and hypnosis

By Dr. Judith Chapman

Mindfulness has continued to attract attention and research. Members may remember the BSMDH workshop run by Professor Stewart Mercer and Dr James Hawkins on this topic last year.

In June Stewart and his colleague Dr Alistair Wilson organised a one day meeting at Glasgow University for Mindfulness Scotland at which Jon Kabat-Zinn (originator of the “Mindfulness based stress reduction” 8 week course, and author of “Full catastrophe living”) was the star guest.

Towards the end of that meeting Jon lead the participants through a guided meditation, which under a different title would have felt entirely at home in a hypnosis meeting. Questioned by one of the participants about the relationship between mindfulness, NLP and hypnosis, Jon admitted he did not know much about hypnosis, but was interested in the question.

Michael Yapko has addressed this relationship in his new book about the treatment of depression. I haven't yet read the book, but did watch a video of Michael's speech to the American Psychological Association in early August on the occasion of his receiving an award from the AMA's Psychological Hypnosis section in recognition of his lifetime of work in this area. (You can find it on www.vimeo.com – enter Yapko in the search box)

In his talk Michael Yapko points that using hypnosis in the treatment of depression has great advantages over antidepressant medications. Drugs cannot help an individual to identify and build upon their strengths, teach social skills or problem solving, nor can they help to change attributional, relationship or coping styles. Using hypnosis can enable shifts in perspective which mean people can start to make necessary changes for themselves.

Mindfulness, like hypnosis, uses manipulation of attention, dissociation from emotion and suggestion. The evidence for the effectiveness of mindfulness training for the prevention of relapse in recurrent depression is impressive. Michael Yapko clearly regrets that the use of hypnosis in psychotherapy is much less well researched. He is jealous of the acceptance and recognition mindfulness has achieved. He says in his talk that in the world of psychological treatments hypnosis is “like the crazy cousin no-one wants to invite to the family picnic”. This he partly attributes to the ways in which hypnosis has been taught, in that it has been difficult to study and surrounded by, in his view misplaced, mystique and caveats about it's use.

Forthcoming Events - Dates for your Diary

Spring Symposium 2013

Glynhill Hotel, Renfrewshire

Guest Speaker

Professor Lars-Eric Unestahl

We look forward to Professor Lars-Eric Unestahl making a welcome return visit to BSMDH (Scotland) in March. He has spent a distinguished career developing a system called Integrated Mental Training, which he defines as “A systematic, long term and scientifically evaluated self-hypnotic training of mental processes with the goal of developing individuals, teams and organisations”. As you will gather, his approach is very broadly applicable, and he is in demand as a coach and in the world of positive psychology. Health and well-being are important aspects of his work and we have asked him to address these latter topics in our Glynhill meeting.



Please do invite non-members, former members, friends and colleagues, who may have an interest in Lars-Eric’s work. They will be most welcome.

Registration Sat 9.00am for 9.30am start - finish 5.45pm

Sun 9.00am start - finish 1pm

AGM 6pm Saturday followed by post AGM council meeting

Please check our website for details on how to book your place www.bsmdhscotland.com

Joint Conference with BSCAH and RSM - Leicester

Friday 19th – Sunday 21st April 2013

3 excellent speakers expounding on 3 interesting topics:

Katalin Varga

“How to Teach Someone the Power of Words”

She will present some exercises used in training health professionals to encourage therapeutic communication, aware that patients in medical settings are already in a state very close to that of hypnosis.

Our very own Mike Gow and Kevin Davey

Will discuss hypnosis in managing bruxism, important to dentists and to those involved in dealing with facial pain.

Peter Naish

Will discuss how hypnosis affects memory and awareness of time.

Brochure and booking details are on our website. www.bsmdhscotland.com

Autumn Symposium 2013

Guest Speaker

Dr Julie Linden

Saturday 28th & Sunday 29th September 2013

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

More details to be announced soon.

Spring Symposium 2014

Guest Speaker

"Betty Erickson - daughter of Milton Erikson"

Saturday 8th & Sunday 9th March 2014

More details to be announced

Gleanings from "Self Hypnosis" by Valerie Austin

A book review by Dr. Ros Carmichael

Of potential interest and practical use for carers of young babies

She reports attending a hypnosis workshop in the USA and listening to a session by the great-great grandson of Geronimo, called Morgan Eaglebear. He explained that for generations Native American mothers trained their babies to go into trance, to be quiet and not to cry which might risk giving away their hiding place to attacking tribes. The mothers achieved this by gently, rhythmically, passing the palm of their hand close past the infant's eyes, encouraging the eyes to close and all the while talking soothingly.

This has certainly been effective with my grandson despite the lack of marauding tribes and I enjoyed adding the kinaesthetic element of stroking his forehead.

Stuck with bad habits

Usually bad habits are the result of practice rather than trauma, eg nail biting or smoking, so practicing a different habit instead is useful. Speedier results can be obtained by persuading the unconscious that the original "bad" habit is no longer useful or appropriate. Although people are generally rather surprised by how difficult it is to break these unwanted habits, they rarely give thought to the benefits of the longevity of good habits.

After induction of whatever variety:

"Now you are feeling so comfortable and profoundly relaxed, you find it easy to focus your attention and imagine things as clearly as you want to" –
Gets round visualiser/non-visualiser.

Reframing "doubts"

Doubts serve a useful function. They encourage you to look at lots of options. They encourage you to imagine the consequences/outcomes of various possible actions. They come from thinking and imagining. Their usefulness is to help you reach the correct decision for you and to keep you safe.

Conference in London September 2012

After enjoying this book by Valerie Austin I decided to respond to an e-mail flyer and attended a 2 day hypnosis conference the author was running for the second year in London.

I was curious to explore the "non- academic" world of hypnosis.

However, once there, I found a significant proportion of the presenters to be involved with topics out with my area of interest eg allergies and diets, embodiment of spirits and past lives, toxins and

machines to diagnose upsets with all body systems from placing a hand on a pad. Much of the content appeared to be promotion of courses or equipment. The hypnotic techniques described, and the few demonstrated, used a paternalistic approach to clients, now replaced by a more permissive, egalitarian manner by professionals, such as psychologists, involved in hypnosis.

The plan is for this conference to be a yearly event but it is not in my diary.

A Seasonal Suggestion

By Dr. Hetty MacKinnon

We should be mindful that by sending our patients away with an invaluable set of 'tools' that they can use in their daily lives, we are consolidating the hard work done in our sessions, enabling patients to cope differently from before and hopefully minimising chances of relapse.

For **Seasonal Affective Disorder** in particular, self - hypnosis can play a vital part in our patient's treatment.

We are all aware of the power of our mind and know that imagination is often the key to success. We all know that if asked to *imagine* eating a ripe, juicy piece of fruit then most will experience an increase in the production of saliva as our body prepares for the delicious treat. If we ask a phobic to *imagine* the stimulus of their fear, they will show physical signs of distress and panic as the 'fight or flight' response is activated to protect against the perceived threat.

So, asking a patient who suffers from SAD to spend some time everyday in self - hypnosis, where they can *imagine* they are in a warm, sunny climate, basking under clear blue skies then there is every hope that this will go some way to help them improve. Encourage them to work out the perfect place for them; you could even anchor the positive feelings produced.

Mastering this skill can be very helpful for patients, self and family. The independence created can improve feelings of confidence and self-worth and enable individuals to feel more in control of their lives and conditions rather than feeling controlled by them



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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