



BSMDH CHRISTMAS NEWSLETTER

WINTER 2013

VOLUME 7



Betty-Alice Erikson

Coming to Scotland March 2014



Details below



Welcome to the Christmas 2013 newsletter.

Included is information on recent events which might revive memories of those who participated and evoke wistfulness in those who missed out.

Hopefully future wistfulness will be minimized with adequate notice of forthcoming events and prompt filling in of diaries!



September 2013 Symposium presented by Julie Linden

A report by Dr Judith Chapmen

Dr Julie Linden is a very experienced therapist and teacher in Philadelphia US and current President of the International Society of Hypnosis. We were lucky she was willing to spare some time to lead our September workshop this year. It probably helped that one of her children graduated from St Andrews University a few years ago, and that she had fond memories of Scotland. Julie came highly recommended, and more than lived up to our expectations.

The workshop divided naturally into 2 days. The first day focussed on medically unexplained symptoms, and explored both diagnosis and approaches to treatment using hypnosis. Julie presented theoretical and practical aspects, illustrating her talk with histories and recordings of some of her own patients. We discussed indirect approaches using reframing and metaphors when working with patients consciously, and recognised the value of using formal trance as a helpful framework to access the roots of an underlying problem directly. Dabney Ewin's COMPISS is still one of the most useful tools for elucidating the causes of functional symptoms. We did challenging exercises with each other, sometimes well outside our usual fields of practice and stretched our thinking.

Day 2 was all about creativity and intuition in hypnosis, and proved hugely enjoyable as well as thought-provoking. We entertained inspirational teachers in our trances at the beginning of the day. We heard about diagnostic breakthroughs due to “gut feelings” and sometimes down to accidental happenings turned to advantage, but we also learned to be deeply suspicious of relying too much on intuition, recognising it can be telling us more about ourselves than our patients at times. We practised flexible language and confusional trances. We brainstormed T shirt slogans for hypnotherapy and learned how to re-frame “life rules” so that they broadened to become ego-strengthening. We pondered and questioned our cultural assumptions about people while recognising universal deep archetypes. We made art in a sandpit in trance and we laughed a lot.

The workshop was recorded on film, thanks to Jose, a charming Portuguese dentist who is spending some time working with Mike Gow. Members may enjoy getting a flavour of the weekend by viewing it once available. You’ll see something of Julie’s style, and her skill and grace not only putting across her own points but also using every offering from participants in a creative and positive way.

Free Film Night for Small Group Meeting – 6th November

A report by Alasdair Gunn

On a somewhat unpromising dark November night some brave souls ventured out to the Tom Alan Centre for a local meeting of the BSMDH, part of some new initiatives to help foster the use of hypnosis in clinical care.

And they were well rewarded for making the effort, with a good turnout congregating for a presentation by Dr Ros Carmichael who showed two related films by Leora Kuttner, PhD professor of clinical pediatric psychology in Vancouver who specialises in management of children’s pain. The first programme, “No Fears, No Tears”, dealt with the delivery of the treatment for those undergoing therapy for cancer, with the second, “No Fears, No Tears – 13 Years Later”, reviewing some of the surviving patients in early adulthood.

The initial showing followed the management techniques used during the challenging delivery of therapy involving repeated venepuncture, lumbar puncture and delivery of chemotherapeutic agents. Observing the footage of various age groups brought home the physical, mental and emotional trauma involved, for parents as well as patients.

A variety of ages was involved highlighting the flexibility of the approach; which included a blend of distraction, role playing and sliding along the spectrum into more obvious hypnosis using a variety of induction techniques and scripts. The parents were heavily engaged in the delivery of these practising them at home.

Of additional interest, was how the parents described their total absorption of concentration and their distortion during the treatment session, tending to indicate that was they were also in a hypnotic state.

The following video then featured a follow up with some of the patients in early adulthood. This gave an interesting perspective suggesting they were rather resilient individuals but with a notable aversion to the use of pain killers. There was a tendency to feel that they could/should be able to cope on their own - a possible unintended consequence of previous hypnotic suggestion?

The practical cases demonstrated in the videos would be easily translatable into primary care for all those dealing in both medical and dental paediatric settings. They also gave a very good example for those starting to use hypnosis as part of their paediatric service, providing guidance on how to proceed.

Many thanks from the group to Ros for highlighting and sharing this excellent and inspiring example of blending hypnosis and other behavioural management techniques into mainstream care. It is to be hoped that the group can look forward to similarly successful meetings in the future.

Accreditation

Practitioners require to be 2 years post certificate and with enough hypnosis experience to be able to present a number of cases, demonstrating the use of a variety of techniques for an assortment of issues.

The European Society of Hypnosis is currently deliberating on the details of their accreditation criteria and we are awaiting the outcome so BSMDH (Scotland) is well aligned.

Other Dates for your Diary

Small Group Meeting

Repeat showing of "No Tears, No Fears – 13 years later"

Venue: Glasgow Caledonian University. Room will be advised

Date: **February 12th**

Please encourage any interested colleagues to accompany you to this free event.

Spring Symposium



Betty-Alice Erikson, daughter of Milton Erikson, has agreed to come from the USA to Glasgow to present a workshop to our Society members and guests. She was a hypnotic subject for her famous father and followed him into the discipline, becoming well known in her own right as both practitioner and teacher. As well as recounting incidents from his professional life, she is willing to share her own wealth of experience. Surely an opportunity not to be missed!

Date: 8th, 9th March 2014

Venue: Beardmore Hotel, Clydebank

Early Bird rates - till 17th February - for 2 days (including lunches) - £180

Thereafter - £200

Single day rates - £100

Student rates for 2 days - £90

Conference dinner, Saturday night 7.00pm - £25.50

Annual General Meeting

Saturday 8th March 2014 at 5pm

Please note that our 7th AGM will be held in The Beardmore Hotel.

Members are encouraged to attend.



Autumn Meeting

Sat 4th & Sun 5th October 2014

Guest Speaker

Albrecht Schmierer

A Two Day Workshop

Venue: Stirling Highland Hotel

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.

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

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Advance warning -

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"



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

*Wishing all Members an
Entrancing Christmas and New Year*

