



BSMDH CHRISTMAS NEWSLETTER

WINTER 2014

VOLUME 10



And welcome to our Christmas 2014 newsletter



Autumn 2014 Symposium presented by Dr Albrecht Schmierer

A report by Dr Alasdair Gunn

Albrecht practices as a private dentist in Stuttgart and has been a keen practitioner, teacher and advocate of clinical hypnosis. He has been a prime mover in fostering a significant interest and participation in the clinical application of hypnosis within Germany: which can only serve as an example and give encouragement here in Scotland and the UK. So, it was with anticipation the society gathered in the picturesque old town of Stirling in the shadow of castle.

It was very instructive to watch such an experienced practitioner in action; particularly, I suspect, for newer members, although there is always something new to be learnt from watching such accomplished technique. The breadth of experience showed with the ease of which he achieved rapport and the comfortable style. The approach to assessing and treatment of chronic dental disease was salutary and although dentally focussed would have easy application in other fields. Equally, the rapid induction technique as used with such effect in the paediatric dental setting would be a useful addition to anyone's armamentarium.

It also served to show the effect of practitioner confidence on proceedings and how integral self-belief is. How very encouraging to see this well demonstrated in the clinical setting in such a straight forward manner. Along with this we were given a myriad of practical tips for paediatric hypnotherapy, from which all would have taken away something useful.

In the evening there were some lively discussions around the dinner table, which were carried on into the 'wee hours'. Consequently, an early morning fire alarm was perhaps a less than welcome disruption and which even a visit by the fire service could not really alleviate! Fortunately, it was nothing more serious but the opportunity to undertake self-hypnosis during the morning's session proved a helpful anodyne.

As ever, time seemed too limited and one wish for more – in particular, the examples of hypnosis in paediatric setting were particularly interesting and perhaps could be explored further in a future meeting. All in all, a very satisfying weekend serving to illustrating the benefits of hypnosis in the dental setting and yet how that is an artificial boundary; all things are connected and a practitioner should strive for and encourage the natural evolution to a wider, inclusive clinical perspective.

Training Course

11 doctors and dentists successfully completed the basic hypnosis training on our first new style training course in November. Feedback has been very good, and we welcome the new certificate holders to our Society.



Early Spring Meeting

Saturday 28 February 2015

10am to 4pm

Venue: House For An Art Lover

Next year's spring meeting and AGM is being held in the lovely surroundings of the House for an Art Lover, Bellahouston Park in Glasgow. This will be an event for everyone interested in using hypnosis as part of their clinical practice, where we can present case histories, techniques, studies and stories.

Come and share your own experiences and learn from others – all skill levels will be welcome. For those just setting out there will be the opportunity to talk with more experienced members about the nuts and bolts of using hypnosis, for those a couple of years after training looking to apply for accreditation this will be a great chance to practice presenting case histories. The more senior members already know that you never stop learning, and everyone will enjoy hearing what comes after years of practice, so don't hide your light under a bushel – come and tell us about it!

At the June workshops with ESH Board members we look forward to hearing from internationally recognised experts, so it seems timely that we have a day devoted to home grown talents.

NO CHARGE will be made to come to the meeting, but there will be a cost of £2 for teas/coffees, and £7.50 for the optional soup and sandwich lunch. **Please pay on the day.**

If you are interested in attending please contact mail@bsmdh-scot.com with your name, email and preferred contact phone number.

Annual General Meeting

Saturday 28th February 2015 at 12.15pm

Please note that our 8th AGM will be held in the House For An Art Lover

Members are encouraged to attend. You are the future of this society, so come and help to shape it and to decide what comes next.

Hypnosis in Healthcare BSMDH (Scotland) and BSCAH Joint Conference 2015

Friday 5th to Sunday 7th June

Venue: The Beardmore Hotel and Conference Centre, Clydebank

We look forward to welcoming BSCAH members and guests to the beautiful West of Scotland in June next year. As local members will know, the Beardmore Hotel is a stone's throw from Glasgow airport, and within excellent local train or road reach of Glasgow City centre.

The weekend offers great variety. BSCAH is organising a day of academic papers and presentations on Friday 5th June, and members of the Board of ESH (who will be having their own business meeting over Thursday 4th and Friday 5th June) will be running presentations and workshops for us on Saturday and Sunday 6th and 7th June.

The CVs of ESH Board members are readily available to see on the ESH website, <http://esh-hypnosis.eu/about/board-of-directors/> so do take a look and see what an interesting group of European Hypnosis practitioners and researchers we have coming to join us.

We hope that this broad topic may prove of interest to friends and colleagues who don't as yet have any experience of using hypnosis as a part of their practice. Please do encourage anyone curious to come along. Hypnosis use in healthcare, particularly psychotherapy and clinical psychology, is mainstream in most of Europe. Why don't UK citizens have easy access to healthcare professionals with this training?

There will of course also be socialising and fun with dancing to a ceilidh band.

If this has whetted your appetites, please do put the date in your brand new 2015 diaries **NOW**. More details and registration form can be found in January on our website www.bsmdhscotland.com



We are always looking for interesting pieces that we can share a success story, an article or a book review perhaps. Please get in touch.

Contact office secretary Angela mail@bsmdh-scot.com

*May you unwrap lots of joy, love, peace and laughter this
Christmas*

