



BSMDH NEWSLETTER

AUTUMN 2019

VOLUME 14



Welcome to the autumn edition of our newsletter

Conference October 2019 – Fabio Carnevale

'An Introduction to Ericksonian Techniques like Utilisation & Rapport using exercises, case studies & Demonstrations.'

A Report by Alasdair Gunn

The society gathered together on a mild autumn day in the historic old town of Stirling, once again in the pleasant surroundings of Stirling Highland Hotel. It was gratifying to see such a cosmopolitan mix of attendees from a wide range of professions; something that quickly became apparent during the introductions.

This was well illustrated in the person of the speaker Fabio Carnavale; an experienced psychotherapist, teacher and author and a leading figure in European hypnosis. It was a great privilege to welcome him to Scotland to share his perspective on his hypnotherapy practice embedded as it is in the Ericksonian technique. He brought a unique blend and distillation of his academic and clinical background to bear on the subject and managed to convey a very accessible & human perspective of Milton Erickson.

The relaxed setting, combined with Fabio's accessible style, made for easy communication; the naturalistic person-orientated approach was very appropriate to the Ericksonian subject matter. The workshop approach, with theoretical interpretation interspersed with practical exercises amply illustrated Fabio's wealth of experience as a practitioner and teacher. His discourse showed a great depth of research and this resource was a generously shared and well presented. A flexible presentation allowed participants to respond and interact freely with the expansion on different aspects as well as the sharing of different individual experience.

Some of the aspects highlighted included how the presence of a second person affects the dynamic and how the frailties of the self are an important resource for the practitioner. These frailties can be key to establishing rapport; allowing synchronising of the dissociative process. Fabio emphasised the importance of acute observation to help identify minimal cues that could help drive dissociative

process specific to the patient and his symptoms. The patient is the key and provides the resources to bring about changes; observation creates opportunities for detachment with the choice of language chosen to explore these observations vitally important. It was emphasised that there is no defined protocol; there is a need to find the link between spontaneous phenomenon and symptoms for each individual

The days discourse was highly effective in raising awareness of how embedded your existing practice was in the Ericksonian technique and in giving a rationale to this practice. It was supported by some very interesting experimental evidence relating how motor neurons fire to mimic or 'mirror' sensory stimulation, be it auditory or visual.

The whole course provided a very worthwhile day with an interesting mix of new perspectives ('arriving where you started from and recognising it for the first time') and many new concepts and ideas. It also usefully served in signposting areas of hypnotic technique for participants to take away and explore, with further opportunity for learning.

Some final thoughts to take away from the day; "Hypnosis is about looking for questions....." and "with hypnosis there is nothing deeper than is on the surface"

Small Group Meeting

'How to understand and use Neuro-Linguistic Programming'

17th November 2019

12 pm – 2 pm

2.8, Waterloo Chambers, 19 Waterloo St, Glasgow

Join us for a coffee. **There is no cost to attend as it is a benefit of your Society membership**

Please feel free to bring any hypnosis cases that you would like to share with the group.

RSVP your attendance to our office secretary Angela

✉ mail@bsmdhscotland.com ☎ 07981 333391

If you have any questions in relation to this event, please get in touch.

RSM – David Waxman Memorial Lecture

'The impact and management of chronic stress and the David Waxman memorial lecture'

Mon 9 Dec 2019

3:00pm to 11:00pm

Royal Society of Medicine, 1 Wimpole Street, London

This afternoon meeting will raise awareness of the impact of chronic stress on health and well-being.

With presentations from a number of high-profile speakers including John Gruzelier and Angela Clow

[Book here.](#)

Conference October 2019 – Dr. Jeffrey K Zeig

A Report by Kathleen Long

BSMDH(S) held its autumn meeting at the Stirling Highland Hotel and we were not disappointed.

The weekend was dedicated to Ericksonian techniques. We were delighted to have two fantastic presenters to deliver what was a masterclass in Ericksonian hypnosis.

On Saturday we had Fabio Carnevale a Psychologist and Psychotherapist with 20 years of private practice in the field of clinical hypnosis. Fabio is also Teacher and Supervisor of the Italian School of Hypnosis and Ericksonian Psychotherapy (SIPE), Board Member of SII (Italian Society of Hypnosis) and Advisory Board Member of “Ipnosi – Rivista Italiana di Ipnosi Clinica Sperimentale”, official publication of Italian Society of Hypnosis. Fabio delivered an outstanding day where he introduced us all to Ericksonian therapy which paved the path for our second day so that we all had a good understanding of the Ericksonian way. Fabio is a very charismatic presenter and this came across to all the attendees. He soldiered on despite a heavy viral infection, which he brought from Italy! His Scottish education included a lecture on the difference between a ‘wee breeze’ and a howling wind when we paid a short visit to Loch Lomond.

Fabio was a hard act to follow but who could do it better than the master of Ericksonian hypnosis himself, Jeffrey K. Zeig PHD who did a full day workshop on the Sunday for us. To say that I was beyond excited when I managed to persuade Jeff to come to Scotland is a bit of an understatement. It was lucky to have found him teaching in Italy and very gracious of his hosts in Italy to allow him to come to Scotland, so a thank you to Camillo Loredio for being so gracious in helping this to happen. As most of you will know Jeffrey K. Zeig, Ph.D. is the Founder and Director of the Milton H. Erickson Foundation, having studied intermittently with Dr. Erickson for more than six years. Jeff is a prolific writer and has penned and co-authored more than 20 books, some of which he brought with him and signed for our delighted attendees. Dr. Zeig is the architect of The Evolution of Psychotherapy Conferences, considered the most important conferences in the history of psychotherapy. Jeff’s workshop was titled ‘Evocative Approaches to Change’ which included three evocative orientations to psychotherapy, utilization, using metaphor and strategic development. Watching Jeff in full flow at such close quarters was indeed watching a master of his art. He delivered his workshop with such hypnotic language, metaphors and elegance that it was an education in itself to see him in action.

Jeff on this, his first visit to Scotland, wanted to see as much as possible in the short time we had here. Hopefully his whistle-stop tour of Loch Lomond, Glasgow by night, Stirling Castle, the Wallace Monument and Edinburgh Castle will suffice until he comes back again. Whilst I struggled with the 246 steps up to the Wallace Monument and only reached the penultimate floor Jeff zipped up and down the stairs like an athlete. To Fabio and Jeff we would like to say Haste Ye Back and thank you both for a wonderful instructive weekend.

The social and networking aspect of the weekend cannot be underestimated as it was a great opportunity to meet and greet new and long-standing members. The weekend was not only instructive but we laughed a lot and exchanged stories and experiences. A big thanks to all the members who supported the weekend and also to those who travelled from further afar from the lake district and to the BSCAH member who had a five-hour journey by train to attend. It was also

lovely to meet the long-suffering partners who hopefully made good use of the spa and beautiful surroundings. BSMDH appreciated all your support. A big thanks to the hotel staff who were helpful and made us feel welcome. Also big thanks to Angela for all her hard work over the weekend and for helping to make the conference a success.

Early Spring Meeting & AGM

Sunday 8th March 2020

10am to 4pm

Our spring meeting and AGM are again being held in the lovely surroundings of the House for an Art Lover, Bellahouston Park, 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 who use hypnosis, for those a couple of years after training looking to apply for accreditation this will a great chance to practice presenting case histories.

There will be a cost of £20 for teas/coffees and a soup and sandwich lunch. NO CHARGE will be made for the hire cost of The View, a suite of fantastic meeting rooms. This will be covered in your annual membership subscription. **Visitors are also welcome at a cost of £25. Please pay on the day.**

If you are interested in attending please contact office secretary Angela with your full name, email and preferred contact phone number [✉mail@bsmdhscotland.com](mailto:mail@bsmdhscotland.com)

Directions and Travel Information

13th International Congress 2019

Hyatt Regency, Arizona

12-15th Dec 2019

Please find [information](#) on the 13th International Congress 2019 on Ericksonian Approaches to Hypnosis and Psychotherapy



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@bsmdhscotland.com](mailto:mail@bsmdhscotland.com)