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### **Welcome from Consuelo Casula, ESH President**

I welcome each of you with gratitude and hope: gratitude for being here in Manchester attending our ESH Congress; hope that your expectations will be satisfied. Both ESH and BSCAH will offer you many opportunities to learn new applications of hypnosis in your field of expertise, to reinforce your awareness of the efficacy of hypnosis in health care and to meet old and new friends. I wish for you to enjoy this Congress and that you return home satiated with what you have experienced during the scientific and social events.

### **Welcome from Peter Naish, BSCAH President**

It is a great pleasure to welcome you to the Congress. I will also have the privilege of doing so in person, on the opening day, so I will not write too much here. However, I do want to use the opportunity to thank Ann Williamson and her team, who have done so much to make this event possible. In fact it is not just possible, it is wonderful! I am in the fortunate position of having inside information; I was one of the people who looked through all the submissions from those of you who wanted to present. So, I know what awaits us, and I promise it is going to be a stimulating and inspiring event.

### **Welcome from Ann Williamson, ESH 2017 Organising Committee Chair**

After two years of planning, I am very happy to finally welcome you all to Manchester for what I hope will be a stimulating and exciting Congress. I would like to thank all our presenters and workshop leaders for their contributions and the Hilton Hotel Deansgate for all their help and support. A big thank you also to our professional conference organisers, Meeting Makers, who have taken most of the hard work of organisation off our shoulders! Finally, a big thank you to you all for coming – without you this event would not have been possible.

### **ESH Awards by Nicole Ruyschaert, Immediate Past-President ESH**

Traditionally, within the ESH hypnosis community, we like to award people who made outstanding contributions to the ESH, the field of hypnosis, people who had a special role in assisting the ESH. Recently a new award has been added to be given to a hypnosis society which contributed to having hypnosis acknowledged in their country and supports the good reputation of hypnosis.

As chair of the ESH awards committee, I am happy to announce the awards ceremony after the opening address on Wednesday 15.30.

### **ESH 2017 Organising Committee Chaired by Ann Williamson**

Les Brann  
Michael Capek  
Consuelo Casula  
Gaby Golan  
Åsa Fe Kockum  
Cath Potter  
Martin Wall

### **ESH 2017 Programme Committee Chaired by Cath Potter**

Mike Gow  
Michael Heap  
Peter Naish  
Nicole Ruyschaert  
Martin Wall

## General Information

### Registration

Registration for ESH 2017 will take place in the Deansgate Foyer on the first floor of the Hilton Manchester Deansgate and will be open at the following times:

Wednesday 23 <sup>rd</sup> August	0830 – 0930 hours (for Pre-Congress Day) 1400 – 2000 hours (for main Congress)
Thursday 24 <sup>th</sup> August	0730 – 1800 hours
Friday 25 <sup>th</sup> August	0800 – 1800 hours
Saturday 26 <sup>th</sup> August	0800 – 1700 hours

### Venue

Hilton Manchester Deansgate Hotel  
303 Deansgate, Manchester, UK, M3 4LQ  
Tel: +44 (0)161 870 1600  
E-mail: [mandg\\_frontoffice@hilton.com](mailto:mandg_frontoffice@hilton.com)

### Refreshment Breaks

Tea and coffee will be served in the Deansgate Foyer at the following times:

Thursday 24 <sup>th</sup> August	1030 – 1100 hours and 1600 – 1630 hours
Friday 25 <sup>th</sup> August	1030 – 1100 hours and 1530 – 1600 hours
Saturday 26 <sup>th</sup> August	1040 – 1110 hours and 1545 – 1600 hours

### Lunches

Lunch will be served in the Podium Restaurant on the ground floor at the following times:

Thursday 24 <sup>th</sup> August	1230 – 1400 hours
Friday 25 <sup>th</sup> August	1230 – 1400 hours
Saturday 26 <sup>th</sup> August	1240 – 1345 hours

### Posters

Posters will be displayed in the Deansgate Foyer. Presenting authors are asked to attend their posters during the afternoon coffee break on Thursday and the morning coffee break on Friday. Velcro to mount the posters will be attached to each poster board or can be collected from the Registration Desk.

Each poster will be allocated a poster board that corresponds to the poster number (page 19). Posters should be mounted and removed by the presenters themselves.

Any posters remaining on the boards at the end of the Congress will be removed by the organisers and will be recycled.

### Abstracts

The abstract book will be available on the Congress website.

### Social Tickets

There are a limited number of tickets available to purchase for the evening social events. If you don't already have one please see the staff at the Registration Desk as early as possible if you would like to purchase a ticket.

### Delegate Badges

For security purposes, delegate badges must be worn at all times.

### Accompanying Persons

Registered accompanying persons can enjoy a half day walking tour of Manchester on Thursday 24<sup>th</sup> August. The tour will leave from the Hilton at 09.30 hours. The tour is for registered accompanying persons only, who should meet in the Foyer at 09.25 hours. The tour will return at approximately 13.00 hours.

### General Assistance

Please go to the Registration Desk in the Deansgate Foyer if you have any queries.

**Currency**

Currency exchanges are available at Bureaux de Change in the city centre, as well as at Manchester Airport. Delegates will also be able to exchange currency in most Manchester city centre banks.

**Credit Cards**

Most credit cards are accepted in the UK. However, it is best to pay cash in smaller shops.

**Banking Hours**

Normal bank opening hours are Monday to Friday from 0900 to 1700 hours. The nearest ATM is at Santander on Deansgate (right and across the road on leaving the Hilton).

**Shopping**

Normal opening hours are Monday to Saturday from 0900 to 1700 hours. Some shops are open on Sundays from around 1200 to 1600 hours.

**Language**

The official language of the Congress will be ENGLISH – there will be no simultaneous translation in Congress sessions. There will however, be some sessions in French.

**Business Centre**

The Hilton Business Centre offers facilities including internet access, fax machine, PC/printer and photocopier.

**Parking**

The closest car park is at the NCP Great Northern Warehouse. For further information please view [www.ncp.co.uk](http://www.ncp.co.uk)

Delegates can receive a 15% discount when parking at NCP Great Northern. To receive the discount, delegates should hand their carpark ticket to concierge before leaving the hotel. With the discount the cost is approximately £16.00 for 24 hours.

**Speakers**

Presentations should be loaded directly onto the PC/laptop in your presentation room. Please bring your presentation with you on a memory stick/USB. There will be technicians on hand to assist you if there are any technical difficulties. If a technician is not readily available, please ask a Congress helper (identified with an orange badge) to assist. The registration desk is also open throughout the Congress.

There will be two laptops available in the speaker preview area (Meeting Room 1) should you wish to modify or check your presentation during the meeting.

**Mobile Phones**

Out of courtesy to speakers and other delegates, mobile phones and pagers must be switched off or to silent mode before entering sessions.

**Social Media**

If you use Twitter, please use #eshmcr to post about the Congress. The Twitter handle is @ESH2017.

**WiFi**

There is free WiFi on site for all delegates. Connect to the network "BT Openzone" and enter the password "guest2017".

**Talk by book author Wendy Moore**

On Friday at 13.00 in the Boardroom, best-selling author Wendy Moore will talk about her new book, *The Mesmerist: the society doctor who held Victorian London spellbound*, which tells the story of John Elliotson, the esteemed Victorian physician who introduced hypnotism to Victorian Britain. Elliotson's battle against an entrenched medical profession helps to explain why today hypnotherapy remains on the fringes of mainstream medicine.

**Meditation/Self-hypnosis Session**

For those who would enjoy a quiet few moments to recharge their batteries during this busy conference, Ann Williamson will be offering to guide a gentle twenty-minute meditation/hypnosis session on Thursday and Friday from 13.30 - 13.50 in Deansgate Suite 1.

## Social Programme

### Wednesday 23<sup>rd</sup> August

#### Welcome Drinks Reception

Deansgate Foyer, Hilton Manchester Deansgate

1830 - 2000 hours

*Inclusive*

#### Sponsored by Hilton Manchester Deansgate

ESH 2017 will commence with an Opening Ceremony and, following the opening keynotes and invited addresses, there will be a Welcome Drinks Reception in the exhibition area, where drinks will be served. Inclusive for all registered delegates and registered accompanying guests.

### Thursday 24<sup>th</sup> August

#### Northern Evening - English Ceilidh & Talent Show

Deansgate Suite, Hilton Manchester Deansgate

2000 - 2300 hours

*Ticket required*

Come and enjoy some Northern hospitality! Great Manchester food and drink, fun and frolics! Showcase your talents at "ESH Got Talent" – make sure you've signed up at the Registration Desk by lunchtime on Thursday. Enjoy northern music and dancing in an English Ceilidh with 'Shake-a-Leg', suitable for all levels of ability.

### Friday 25<sup>th</sup> August

#### Gala Dinner & Dance

Deansgate Suite, Hilton Manchester Deansgate

2000 - 2300 hours

*Ticket required*

One of the highlights of ESH 2017 will be the Gala Dinner and Dance. Enjoy your pre-dinner drinks while you are amazed by the sleight of hand of our great magician, David Smith, doing close up magic that will astound you! After a three-course meal with wine, guests will have the chance to listen and dance to Jazz Hands, a Manchester based jazz band.

## Additional Meetings

The following meetings will take place during the Congress:

### Wednesday 23<sup>rd</sup> August

19.45	ISH BOD	Meeting Room 6
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### Thursday 24<sup>th</sup> August

12.30 – 14.00	ESH BOD	Meeting Room 4
12.30 – 14.00	WBDH	Meeting Room 6
18.00 – 20.00	ESH COR	Deansgate Suite 3

### Friday 25<sup>th</sup> August

12.45 – 13.45	ESH BOD	Meeting Room 6
18.00 – 19.45	ISH COR	Boardroom

### Saturday 26<sup>th</sup> August

12.30 – 13.30	BSCAH AGM	Boardroom
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## Local Information

The ESH 2017 Conference will be held at the modern Hilton Manchester Deansgate. The Hilton is at the heart of modern Manchester, an integral part of a growing commercial and cultural community that has become known as the Convention Quarter. This vibrant square mile includes a wide range of hotels, the Bridgewater Hall concert venue, multiplex cinema, museums and dozens of restaurants.

The Hilton opened in 2007 in the magnificent 47 storey Beetham Tower. It has excellent purpose-built conference facilities in a self-contained area on the first and second floors. The hotel takes up the first 23 floors of the skyscraper, with 279 stylish luxury bedrooms, a spa and fitness centre and a sky bar with unparalleled panoramic views.

The Manchester area has the most extensive motorway network in the United Kingdom. It is easily accessible by road, rail and air. Manchester Airport is a major international hub just nine miles (14.5km) from the city centre. Manchester is just over two hours from London Euston by Virgin trains, with departures every 20 minutes, and also has direct connections to most major UK cities. The city also boasts the UK's first modern street tram system.

The city of Manchester has many attractions for its visitors, including museums, galleries, historic landmarks, shopping and architecture. In particular, Manchester is home to not one, but two world-famous football clubs. There are stadium tours available at both the Etihad Stadium, home of Manchester City, and at Old Trafford, home of Manchester United.

If you are planning to stay on for a few extra days, there is an opportunity to explore further afield. The historic city of Chester is of historical interest, as its streets reflect the influences of Roman, Norman and Georgian architecture. In addition, the Lake District, England's largest National Park, is approximately 1½ hours by train from Manchester.

There are excellent walking tours of Manchester available. More information can be found on the Congress website, but some highlights are included below.

Book a guided walking tour of the city; or join one of the regular Discover Manchester tours departing at 11am every day from Central Library. As well as seeing the major landmarks and attractions, you will learn about the city's secrets and discover hidden gems that visitors often miss.

iOS/Apple users can download the Manchester Walking Tours app by Marketing Manchester (free to all delegates) to give you a heads-up experience: plug in your headphones, pop your mobile device in your pocket and simply follow our audio directions without ever having to look down at a screen. If you do want extra guidance there's an onscreen map available at all times showing your location, tour route and tour points.

For tours and trips by bus, train or boat visit <https://www.visitmanchester.com>

If you are staying over until Sunday 27<sup>th</sup> August, you might like to book a Sunday Lunch Cruise. Departing at 1pm, a three hour cruise with four course meal costs £29.95. Contact <https://www.citycentrecruises.com>

For more information about Manchester please see [www.visitmanchester.com](http://www.visitmanchester.com)

For more information on the surrounding area please see [www.visitnorthwest.com](http://www.visitnorthwest.com)

## Overview Programme

<b><u>Wednesday 23rd August</u></b>	
<b>Pre-congress workshops</b>	
09.30 - 13.00	Introduction to hypnosis
	Using Hypnosis with Families
	Hypnosis in the treatment of past traumatic memory
<b>Main Congress</b>	
15.30 - 16.00	Opening Address & Awards Ceremony
16.00 - 16.45	Keynote 1 – Consuelo Casula
17.00 - 18.30	Invited Addresses
18.30 - 20.00	Welcome Drinks Reception
<b><u>Thursday 24th August</u></b>	
08.30 - 09.30	Keynote 2 – Ulrike Halsband
09.30 - 10.30	Keynote 3 – Stuart Derbyshire
10.30 - 11.00	Coffee break
11.00 - 12.30	Parallel Session 1
12.30 - 14.00	Lunch
14.00 - 16.00	Parallel Session 2
16.00 - 16.30	Coffee break and poster discussion
16.30 - 18.00	Parallel Session 3
18.00 - 20.00	ESH COR
<b><u>Friday 25th August</u></b>	
08.30 - 09.30	Keynote 4 – Marie-Elizabeth Faymonville
09.30 - 10.30	Keynote 5 – Walter Bongartz
10.30 - 11.00	Coffee break and poster discussion
11.00 - 12.30	Parallel Session 4
12.30 - 14.00	Lunch
14.00 - 15.30	Parallel Session 5
15.30 - 16.00	Coffee break
16.00 - 18.00	Parallel Session 6
18.00 - 19.45	ISH COR

<b>Saturday 26th August</b>	
08.30 - 09.10	Invited Address
09.10 - 10.00	Keynote 6 – Veit Messmer
10.00 - 10.40	Keynote 7 – Martin Wall
10.40 - 11.10	Coffee break
11.10 - 12.40	Parallel Session 7
12.40 - 13.45	Lunch
13.45 - 15.45	Parallel Session 8
15.45 - 16.00	Coffee break
16.00 - 16.45	Invited Address
16.45 - 17.00	Closing remarks



## Programme

### Wednesday 23<sup>rd</sup> August

#### 09.30 – 13.00 Pre-Congress Workshops

Introduction to hypnosis workshop Les Brann (UNITED KINGDOM)	Meeting Room 6
Using hypnosis with families Camillo Lorigo (ITALY)	Meeting Room 7
Hypnosis in the treatment of past traumatic memory Geoff Ibbotson & Peter Naish (UNITED KINGDOM)	Meeting Room 8

*Tea and coffee will be served for pre-Congress workshop attendees in the second floor foyer at 11.00.*

#### Main Congress

15.30 - 16.00	<b>Opening Address and Awards Ceremony</b> <b>Chair: Ann Williamson</b> Peter Naish, BSCAH President Nicole Ruyssaert, ESH Past President	Deansgate Suite
16.00 - 16.45	<b>Keynote 1 - Eliciting hypnotic values</b> Consuela Casula, Outgoing ESH President (ITALY)	Deansgate Suite
17.00 - 17.40	<b>Invited Address 1 - Auto-hypnosis: the best tool to unlock hidden potential</b> Claude Virot (FRANCE)	Deansgate Suite
17.40 - 18.30	<b>Invited Address 2 - The interplay of structure, improvisation and creative chaos in the hypnotherapeutic process</b> Matthias Mende (AUSTRIA)	Deansgate Suite
18.30 - 20.00	<b>Welcome Drinks Reception</b>	Deansgate Foyer
19.45	<b>ISH BOD meeting</b>	Meeting Room 6

### Thursday 24<sup>th</sup> August

08.30 - 09.30	<b>Keynote 2 - Functional changes in brain activity after hypnosis and hypnotherapy: the science of hypnosis and its application to patients with anxiety disorders</b> <b>Chair: Martin Wall</b> Ulrike Halsband (GERMANY)	Deansgate Suite
09.30 - 10.30	<b>Keynote 3 - How has functional imaging informed our understanding of pain and hypnosis?</b> <b>Chair: Martin Wall</b> Stuart Derbyshire (SINGAPORE)	Deansgate Suite
10.30 - 11.00	<b>Coffee break</b>	Deansgate Foyer
11.00 - 12.30	<b>Parallel Session 1</b>	
	<b>Paper Session 1.1</b> <b>Chair: Peter Naish</b>	Meeting Room 2
11.00 - 11.30	1.1.1 Embodied cues facilitates and infibit self regulation Idit Shalev (ISRAEL)	

11.30 - 12.00	1.1.2 Is eye-blinks rate measurement an interesting tool to study hypnotic suggestions? Vladimir Zelinka (BELGIUM)	
12.00 - 12.30	1.1.3 From dead-lines to live durations Irit Cohen (ISRAEL)	
<b>Panel Session 1.2</b>		<b>Boardroom</b>
11.00 - 12.30	1.2 The healing value of hypnosis: the effect of adjuvant hypnotherapy on survival, immune functions and quality of life of intermediate and high risk breast cancer patients Éva Bányai, E Jakubovits and E Józsa (HUNGARY)	
<b>Paper Session 1.3</b>		<b>Meeting Room 3</b>
<b>Chair: Mike Capek</b>		
11.00 - 11.30	1.3.1 The illness/non-illness model: hypnotherapy for physically ill patients Shaul Navon (ISRAEL)	
11.30 - 12.00	1.3.2 A hypnosis framing of therapeutic horticulture for mental health rehabilitation Paul Stevens (UNITED KINGDOM)	
12.00 - 12.30	1.3.3 A study of using imagery in a large organisation to increase mental health Asa Fe Kockum (SWEDEN)	
<b>Workshop 1.4</b>		<b>Deansgate Suite 3</b>
11.00 - 12.30	1.4 A Comprehensive protocol for hypnotherapy of Irritable Bowel Syndrome (IBS) Enayatollah Shahidi (IRAN)	
<b>Panel Session 1.5</b>		<b>Meeting Room 4</b>
11.00 - 12.30	1.5 Integration of attack therapy, integrative psychotherapy and hypnosis Tahir Ozakkas, Enes Bulbul, Reyham Ozakkas, Ahsen Ozakkas and Gonca Kucuktetik (TURKEY)	
<b>Workshop 1.6</b>		<b>Deansgate Suite 1</b>
11.00 - 12.30	1.6 Nonverbal trance induction Christian Albrecht Schmierer (GERMANY)	
<b>Workshop 1.7</b>		<b>Meeting Room 7</b>
11.00 - 12.30	1.7 Clinical cases in General Practice using techniques from autogenics, neurolinguistics and hypnosis Kathleen Long (UNITED KINGDOM)	
<b>Workshop 1.8</b>		<b>Meeting Room 9</b>
11.00 - 12.30	1.8 The mysterious house technique Liana Orin Soffer (ISRAEL)	
<b>Workshop 1.9</b>		<b>Meeting Room 8</b>
11.00 - 12.30	1.9 Unlocking hidden potential through metaphoric communication and conversational trance Stephanie Schramm (GERMANY)	
<b>Workshop 1.10</b>		<b>Deansgate Suite 2</b>
11.00 - 12.30	1.10 Clinical use of hypnosis in the treatment of chronic pain Gunnar O R Rosen (NORWAY)	
<b>12.30 - 14.00 Lunch</b>		<b>Podium Restaurant</b>
	<b>ESH BOD meeting (lunch served in the room)</b>	<b>Meeting Room 4</b>
	<b>WBDH meeting (lunch served in the room)</b>	<b>Meeting Room 6</b>
<b>13.30 - 13.50 Meditation/Self-hypnosis Session</b>		<b>Deansgate Suite 1</b>

**14.00 - 16.00 Parallel Session 2**

**Workshop 2.1a**

14.00 - 15.00 2.1a D.R.E.A.M. : a hypnotic model for dream work  
Jane Turner (FRANCE)

**Deansgate Suite 2**

**Workshop 2.2a**

14.00 - 15.00 2.2a Acquired brain injury and PTSD, professional and personal experience  
Susanna Carolusson (SWEDEN)

**Meeting Room 3**

**Workshop 2.3a**

14.00 - 15.00 2.3a Helping an 'hidden' potential evolve with Ego State Therapy  
Eva Pollani (AUSTRIA)

**Deansgate Suite 1**

**Paper Session 2.4**

**Chair: Linda Dunlop**

14.00 - 14.30 2.4.1 The integrative use of Awareness Under Conscious Hypnosis (AUCH©) method and positive psychotherapy for unlocking the hidden potentials of the patient  
Ali Özden Öztürk (TURKEY)

**Meeting Room 9**

14.30 - 15.30 2.4.2 Of two minds: a mind/body concert for healing  
Nicole Ruysschaert (BELGIUM)

15.30 - 16.00 2.4.3 Life has lots to offer' 'Das leben hat viel zu bieten'  
Elisabeth Deltl (AUSTRIA)

**Workshop 2.5**

14.00 - 16.00 2.5 Using hypnotherapy with our young people to help unlock their inner selfie: finding a healthy balance between real life and digital life  
Tobi Goldfus (UNITED STATES)

**Meeting Room 7**

**Workshop 2.6**

14.00 - 16.00 2.6 Changing the word in the heart - when the word in the heart changes, change becomes easy. A unique 4 session approach to the treatment of smoking, alcohol and ice addictions.  
Brian Allen (AUSTRALIA)

**Deansgate Suite 3**

**Workshop 2.7**

14.00 - 16.00 2.7 Becoming friends with the monsters: hypnosomatic treatment of anxiety and phobia  
Silvia Zanotta (SWITZERLAND)

**Boardroom**

**Workshop 2.8**

14.00 - 16.00 2.8 Healing in the space between the words; exploring the intersection of hypnosis, neurobiology and quantum physics  
Susan Pinco (UNITED STATES)

**Meeting Room 2**

**Workshop 2.9**

14.00 - 16.00 2.9 Hypnotherapeutic storytelling in traumatherapy  
Stefan Hammel (GERMANY)

**Meeting Room 8**

**Workshop 2.10**

14.00 - 16.00 2.10 Have you lost your marbles? The use of Zarren's marble induction in hypnotherapy  
Shaul Livnay (ISRAEL)

**Meeting Room 4**

**Workshop 2.1b**

15.00 - 16.00 2.1b Timeline: experiencing the future  
Michael Capek (UNITED KINGDOM)

**Deansgate 2**

**Workshop 2.2b**

15.00 - 16.00 2.2b A hypnotherapy method with cancer patients  
Livia Ileana Duce (ITALY)

**Meeting Room 3**

<b>Workshop 2.3b</b>		<b>Deansgate Suite 1</b>
15.00 - 16.00	2.3b Emotional hypnosis unlocks additional resources John Lentz (UNITED STATES)	
<b>16.00 - 16.30</b>	<b>Coffee break and poster discussion</b>	<b>Deansgate Foyer</b>
<b>16.30 - 18.00</b>	<b>Parallel Session 3</b>	
<b>Paper Session 3.1</b>		<b>Boardroom</b>
<b>Chair: Jean Rogerson</b>		
16.30 - 17.20	3.1.1 Hypnotherapy for cancer-related problems Leslie Walker (UNITED KINGDOM)	
17.20 - 18.00	3.1.2 Using structured imagery in psychotherapy Val Thomas (UNITED KINGDOM)	
<b>Paper Session 3.2</b>		<b>Deansgate Suite 1</b>
<b>Chair: Geoff Ibbotson</b>		
16.30 - 17.20	3.2.1 Trauma, psychosis and hypnosis Peter Naish (UNITED KINGDOM)	
17.20 - 18.00	3.2.2 Two is better than one: dual-track hypnotherapy paradigms Shaul Navon (ISRAEL)	
<b>Paper Session 3.3</b>		<b>Meeting Room 2</b>
<b>Chair: Ann Williamson</b>		
16.30 - 17.00	3.3.1 Homo hypnoticus. Is there a hypnosis-prone personality? Burkhard Peter (GERMANY)	
17.00 - 17.30	3.3.2 Musical hypnosis and energetic therapy Stephane Ottin Pecchio (FRANCE)	
17.30 - 18.00	3.3.3 Sound, suggestibility and hypnotisability: a literature review Peter Bryant (UNITED KINGDOM)	
<b>Workshop 3.4</b>		<b>Deansgate Suite 2</b>
16.30 - 18.00	3.4 Working with personality parts in dentistry Veit Messmer (GERMANY)	
<b>Workshop 3.5</b>		<b>Meeting Room 3</b>
16.30 - 18.00	3.5 The use of two metaphors: universal wisdom and ego's homes, for unlocking hidden potentials Teresa Robles and Carlos Castro (MEXICO)	
<b>Workshop 3.6</b>		<b>Deansgate Suite 3</b>
16.30 - 18.00	3.6 Hypnosis in martial arts and competition Anke Precht (GERMANY)	
<b>Workshop 3.7</b>		<b>Meeting Room 4</b>
16.30 - 18.00	3.7 Playful hypnosis in couples and family therapy. Inger Lundmark (SWEDEN)	
<b>Workshop 3.8</b>		<b>Meeting Room 9</b>
16.30 - 18.00	3.8 OCD, suggestions in family system - hypnosystemic approach to OCD treatment. Krzysztof Klajs (POLAND)	
<b>Workshop 3.9</b>		<b>Meeting Room 7</b>
16.30 - 18.00	3.9 Hypnose aux urgences: découverte de ses ressources latentes Nazmine Guler (FRANCE)	

<b>Workshop 3.10</b>		<b>Meeting Room 8</b>
16.30 - 17.00	3.10.1 What about dreams? Using hypnosis to explore dreams as metaphors of patient's resources. A clinical case report Fabio Carnevale (ITALY)	
17.00 - 17.30	3.10.2 Strong with Tulani Annette Fuerst (GERMANY)	
<b>18.00 - 20.00</b>	<b>ESH COR meeting</b>	<b>Deansgate Suite 3</b>
<b>20.00 - 23.00</b>	<b>Northern Evening</b>	<b>Deansgate Suite</b>

## Friday 25<sup>th</sup> August

<b>08.30 - 09.30</b>	<b>Keynote 4 - Hypnotic strategies to optimize the management of pain</b> <b>Chair: Mike Heap</b> Marie-Elizabeth Faymonville (BELGIUM)	<b>Deansgate Suite</b>
<b>09.30 - 10.30</b>	<b>Keynote 5 - Hypnos never hypnotized: Unlocking hidden potential from the archaic past of hypnosis</b> <b>Chair: Mike Heap</b> Walter Bongartz (SWITZERLAND)	<b>Deansgate Suite</b>
<b>10.30 - 11.00</b>	<b>Coffee break and poster discussion</b>	<b>Deansgate Foyer</b>
<b>11.00 - 12.30</b>	<b>Parallel Session 4</b>	
<b>Workshop 4.1</b>		<b>Deansgate Suite 2</b>
11.00 - 12.30	4.1 Mindful creativity in children: unlocking hidden resources Julie Linden (UNITED STATES)	
<b>Workshop 4.2</b>		<b>Deansgate Suite 3</b>
11.00 - 12.30	4.2 Hypnotherapy for cancer-related problems Leslie Walker (UNITED KINGDOM)	
<b>Workshop 4.3</b>		<b>Meeting Room 3</b>
11.00 - 12.30	4.3 Self-compassion for clinicians as resilience Asa Fe Kockum (SWEDEN)	
<b>Paper Session 4.4</b>		<b>Boardroom</b>
<b>Chair: Geoff Ibbotson</b>		
11.00 - 11.30	4.4.1 The role of hypnosis in medical center multidisciplinary teams Zahi Arnon (ISRAEL)	
11.30 - 12.00	4.4.2 Past life regression - a revolution in emotional treatment Liana Orin Soffer (ISRAEL)	
12.00 - 12.30	4.4.3 Healing effects of hypnotic communication in mental and physical health in traumatising circumstance Adrienn Kelemen-Szilágyi (HUNGARY)	
<b>Paper Session 4.5</b>		<b>Meeting Room 4</b>
<b>Chair: Ann Williamson</b>		
11.00 - 11.30	4.5.1 Obstacles to hypnotic involvement: cold parental behaviour predicts anxiety and negative feelings in hypnosis Andras Kolto (HUNGARY)	
11.30 - 12.00	4.5.2 Who is hypnotized? The use of the therapist trance Shaul Livnay (ISRAEL)	

12.00 - 12.30	4.5.3 The denied emotions. Sensory memories in the hypnotherapy of functional somatic disorders Flavio Di Leone (SWEDEN)	
<b>Workshop 4.6</b>		<b>Meeting Room 2</b>
11.00 - 12.30	4.6 Hypnotic communication in surgical operations with Awareness Under Conscious Hypnosis (AUCH <sup>®</sup> ) method Ali Özden Öztürk (TURKEY)	
<b>Workshop 4.7</b>		<b>Deansgate Suite 1</b>
11.00 - 12.30	4.7 How to teach someone to realize the power of words in medical practice. useful exercises Katalin Varga (HUNGARY)	
<b>Paper Session 4.8</b>		<b>Meeting Room 9</b>
<b>Chair: Jane Boissiere</b>		
11.00 - 11.30	4.8.1 Use of neurofeedback and mindfulness to enhance response to hypnosis treatment in individuals with multiple sclerosis Mark Jensen (UNITED STATES)	
11.30 - 12.00	4.8.2 The neuroscience of pain and hypnosis used as an interactive model for treatment strategy The neuroscience of pain and hypnosis used as an interactive model for treatment strategy neuroscience of pain and hypnosis - interactive model for treatment Gunnar O R Rosen (NORWAY)	
12.00 - 12.30	4.8.3 What is the optimal level of trance? Considerations about choosing the appropriate technique for hypnotic induction Udi Bonshtein (ISRAEL)	
<b>Paper Session 4.9</b>		<b>Meeting Room 7</b>
<b>Chair: Nicole Russyhaert</b>		
11.00 - 11.30	4.9.1 Hypnosis efficacy for the prevention of anxiety during a coronary angiography (HypCor) Nazmine Guler (FRANCE)	
11.30 - 12.00	4.9.2 Hypnosis and thinning down Aurelie-Rejane Ferrara (FRANCE)	
12.00 - 12.30	4.9.3 A French methode phobias treatment by hypnosis Valentina Kieffer (FRANCE)	
<b>Workshop 4.10</b>		<b>Meeting Room 8</b>
11.00 - 12.30	4.10 Doctor, are you going to hypnotize me like in the movies? Hypnosis in Movies Gaby Golan (ISRAEL)	
<b>12.30 - 14.00</b>	<b>Lunch</b>	<b>Podium Restaurant</b>
	<b>ESH BOD meeting (lunch served in the room)</b>	<b>Meeting Room 6</b>
<b>13.00 – 13.30</b>	<b>Talk by book author Wendy Moore</b>	<b>Boardroom</b>
<b>13.30 - 13.50</b>	<b>Meditation/Self-hypnosis Session</b>	<b>Deansgate Suite 1</b>
<b>14.00 - 15.30</b>	<b>Parallel Session 5</b>	
<b>Workshop 5.1</b>		<b>Deansgate Suite 1</b>
14.00 - 15.30	5.1 The effects of systematic and long-term self-hypnosis, self-coaching and mental training to unlock potentials in sport and life Lars-Erik Unestål (SWEDEN)	
<b>Workshop 5.2</b>		<b>Deansgate Suite 3</b>
14.00 - 15.30	5.2 Symptoms as solutions: hypnosis and biofeedback for autonomic regulation for young people with Autism Spectrum Disorder	

- Workshop 5.3** Laurence Sugarman (UNITED STATES) **Meeting Room 4**  
 14.00 - 15.30 5.3 The 'tooth sleeping pearl' method - and you will have never more a problem to give a child a dental injection.  
 Allan Krupka (AUSTRIA)
- Workshop 5.4** **Meeting Room 9**  
 14.00 - 15.30 5.4 The power of using dialogue in trance with children and adolescents  
 Luc Bouteligier (BELGIUM)
- Workshop 5.5** **Deansgate Suite 2**  
 14.00 - 15.30 5.5 Indirect trance and conversation  
 John Lentz (UNITED STATES)
- Paper Session 5.6** **Boardroom**  
**Chair: Cath Potter**  
 14.00 - 14.30 5.6.1 The concept of hypnotizability and its clinical assessment  
 Enrico Facco (ITALY)
- 14.30 - 15.00 5.6.2 On the origins of consciousness: hypothesis as to the roll of glia cells, forked nerve terminals and dendrite arms  
 Gary Bruno Schmid (SWITZERLAND)
- 15.00 - 15.30 5.6.3 Mirrors over the bridge, a technique for change, 30 years on  
 Leon Gevertz (UNITED KINGDOM)
- Paper Session 5.7** **Meeting Room 2**  
**Chair: David Kraft**  
 14.00 - 14.30 5.7.1 Introducing hypnosis  
 Kathryn Kinmond (UNITED KINGDOM)
- 14.30 - 15.00 5.7.2 Hypnosis for prevention, diagnosis and treatment of cancer  
 Linda Harel (ISRAEL)
- 15.00 - 15.30 5.7.3 Ideomotor signaling – unlocking hidden potential in a case of cancer related pain  
 Hansjoerg Ebell (GERMANY)
- Panel Session 5.8** **Meeting Room 7**  
 14.00 - 15.30 5.8 Case study presentations: integrative hypnotherapy in clinical settings  
 Tahir Ozakkas, Betul Sezgin and Ender Vardar (TURKEY)
- Workshop 5.9** **Meeting Room 3**  
 14.00 - 15.30 5.9 Therapeutic storytelling: a weapon against hate?  
 Marie-Jeanne Bremer (LUXEMBOURG)
- Workshop 5.10** **Meeting Room 8**  
 14.00 - 15.30 5.10 L'hypnose par le corps: une alternative de changement dans les processus chroniques  
 Bruno Dubos (FRANCE)
- 15.30 - 16.00 Coffee break**
- 16.00 - 18.00 Parallel Session 6**
- Paper Session 6.1** **Boardroom**  
**Chair: Fiona Gilbert**  
 16.00 - 16.30 6.1.1 The last 24 hours of life – how we can help patients to die in peace?  
 Stefan Hammel (GERMANY)
- 16.30 - 17.00 6.1.2 A handshake, a handshake - Erickson Hypnosis, palliative care: review and reflections in psychotherapy in the end of life  
 Fabio Glielmi (ITALY)

17.00 - 17.30	6.1.3 How it works when nothing works anymore Allan Krupka (AUSTRIA)	
17.30 - 18.00	6.1.4 Psychological interventions influence patients' attitudes and beliefs about their chronic pain Audrey Vanhauzenhuyse (BELGIUM)	
<b>Workshop 6.2</b>		<b>Deansgate Suite 3</b>
16.00 - 18.00	6.2 How professional mistakes can unlock hidden potentials and be learning opportunities, for therapist and patient. A two voices workshop Susanna Carolusson and Camillo Lorio (SWEDEN)	
<b>Workshop 6.3</b>		<b>Deansgate Suite 1</b>
16.00 - 18.00	6.3 How to cure anxiety and panic in just 4 x 30 minute sessions Patrick McCarthy (NEW ZEALAND)	
<b>Workshop 6.4</b>		<b>Meeting Room 2</b>
16.00 - 18.00	6.4 Unveiling hidden health resources Gary Bruno Schmid (SWITZERLAND)	
<b>Panel Session 6.5</b>		<b>Meeting Room 4</b>
16.00 - 18.00	6.5 Clinical case presentations Tahir Ozakkas, Reyhan Ozakkas, Nimet Zengin Kirisci, Ahsen Ozakkas, Sahin Ucar and Meliha Tuzgöl Dost (TURKEY)	
<b>Workshop 6.6</b>		<b>Meeting Room 9</b>
16.00 - 18.00	6.6 Hipponosis - helping children help themselves Linda Thomson (UNITED STATES)	
<b>Workshop 6.7</b>		<b>Meeting Room 3</b>
16.00 - 18.00	6.7 Refugees and asylum seekers in the UK Geoff Ibbotson (UNITED KINGDOM)	
<b>Workshop 6.8</b>		<b>Meeting Room 7</b>
16.00 - 18.00	6.8 Hypnotic-Motivation-Generators (HMG): hypnotic techniques for creative enhancement of motivation Udi Bonshtein (ISRAEL)	
16.00 - 18.00	<b>CEPE Workshop</b>	<b>Deansgate Suite 2</b>
18.00 - 19.45	<b>ISH COR</b>	<b>Boardroom</b>
20.00 - 23.00	<b>Gala Dinner</b>	<b>Deansgate Suite</b>

## Saturday 26<sup>th</sup> August

08.30 - 09.10	<b>Invited Address 3 - Dissociative disorders and traumatic experiences: the therapeutic relationship and treatment connecting and integrating different parts into a functional and unified self</b> <b>Chair: Kath Long</b> Camillo Lorio (ITALY)	<b>Deansgate Suite</b>
09.10 - 10.00	<b>Keynote 6 - Hypnosis in dental treatment: why, when and how?</b> <b>Chair: Kath Long</b> Veit Messmer (GERMANY)	<b>Deansgate Suite</b>
10.00 - 10.40	<b>Keynote 7 - European hypnosis - the state we are in</b> <b>Chair: Kath Long</b> Martin Wall (UNITED KINGDOM)	<b>Deansgate Suite</b>



<b>10.40 - 11.10</b>	<b>Coffee break</b>	<b>Deansgate Foyer</b>
<b>11.10 - 12.40</b>	<b>Parallel Session 7</b>	
	<b>Paper Session 7.1</b>	<b>Deansgate Suite 2</b>
	<b>Chair: Cath Potter</b>	
11.10 - 11.55	7.1.1 Clinical and experimental hypnosis: are they the same? Michael Heap (UNITED KINGDOM)	
11.55 - 12.40	7.1.2 Hypnosis as self-deception; meditation as self-insight Zoltan Dienes (UNITED KINGDOM)	
	<b>Workshop 7.2</b>	<b>Boardroom</b>
11.10 - 12.40	7.2 Both at the same time - how to treat ambivalence Annette Fuerst (GERMANY)	
	<b>Workshop 7.3</b>	<b>Deansgate Suite 3</b>
11.10 - 12.40	7.3 Metaphor, mindfulness and Ericksonian communication in the healing process Liliana Cane (CANADA)	
	<b>Workshop 7.4</b>	<b>Deansgate Suite 1</b>
11.10 - 12.40	7.4 Rapid hypnosis: a practical mastery workshop Gabor Filo and Ashley Goodman (CANADA)	
	<b>Panel Session 7.5</b>	<b>Meeting Room 2</b>
11.10 - 12.40	7.5 Silence falls upon the internet; full frontal living Susan Pinco, Tobi Goldfus and Eva Pollani (UNITED STATES)	
	<b>Panel Session 7.6</b>	<b>Meeting Room 3</b>
11.10 - 12.40	7.6 Clinical case presentations: advantages of using hypnotherapy in clinical settings Erdem Akgün, Tahir Ozakkas and Kevser Akun (TURKEY)	
	<b>Workshop 7.7</b>	<b>Meeting Room 9</b>
11.10 - 12.40	7.7 Hypnosis for children with irritable bowel syndrome (IBS) or functional abdominal pain (FAP) Carla Frankenhuis (NETHERLANDS)	
	<b>Workshop 7.8</b>	<b>Meeting Room 7</b>
11.10 - 12.40	7.8 From my to I and selfesteem Vilma Trasarti Sponti (ITALY)	
	<b>Paper Session 7.9</b>	<b>Meeting Room 4</b>
	<b>Chair: Les Brann</b>	
11.10 - 11.40	7.9.1 Unlock the hidden potential in alcohol addiction Henriette Walter (AUSTRIA)	
11.40 - 12.10	7.9.2 Group hypnotherapy for addiction: a dual-diagnosis approach. Denis Mirlesse (UNITED KINGDOM)	
12.10 - 12.40	7.9.3 The effect of hypnotherapy on alcohol dependence/ severe alcohol use disorder Irene Shestopal (NORWAY)	
	<b>Workshop 7.10</b>	<b>Meeting Room 8</b>
11.10 - 12.40	7.10 ECH (European Certificate Holder) Workshop Martin Wall, Flavio Di Leone and Asa Fe Kockum	
<b>12.40 - 13.45</b>	<b>Lunch</b>	<b>Podium Restaurant</b>
	<b>BSCAH AGM (lunch served in the room)</b>	<b>Boardroom</b>

**13.45 - 15.45 Parallel Session 8**

**Paper Session 8.1**

**Meeting Room 2**

**Chair: Caron Moores**

- 13.45 - 14.15 8.1.1 Improving the efficacy of clinical hypnosis for the management of non-specific low back pain and dysfunction  
Alan Szmelskyj (UNITED KINGDOM)
- 14.15 - 14.45 8.1.2 Hypnosis in childbirth  
Linda Harel (ISRAEL)
- 14.45 - 15.15 8.1.3 It's a family affair: healing the child within  
David Byron (UNITED KINGDOM)

**Workshop 8.2**

**Meeting Room 3**

- 13.45 - 15.45 8.2 Age regression therapy : an effective method for creating corrective experiences utilizing hidden resources and others  
Michael Schekter and Martine Oswald (SWITZERLAND)

**Workshop 8.3**

**Meeting Room 9**

- 13.45 - 15.45 8.3 Quantum physics unveiling hypnosis  
Gary Bruno Schmid and Veit Messmer (SWITZERLAND)

**Workshop 8.4**

**Boardroom**

- 13.45 - 15.45 8.4 Hypnosis: medico-legal and forensic issues  
Michael Heap (UNITED KINGDOM)

**Workshop 8.5**

**Deansgate Suite 2**

- 13.45 - 15.45 8.5 Treating chronic pain and fibromyalgia with hypnosis - an integrative approach  
Jose Cava (SPAIN)

**Workshop 8.6**

**Meeting Room 4**

- 13.45 - 15.45 8.6 Hypnotic scaling an Ericksonian solution focused self-hypnotic technique to resolve any stress, anxiety, depression or other negative emotion  
Paul Koeck (BELGIUM)

**Workshop 8.7**

**Deansgate Suite 3**

- 13.45 - 15.45 8.7 Jediatics and jediodontics - the art of rapport, language and communication for health and healing in medicine and dentistry  
Mike Gow (UNITED KINGDOM)

**Paper Session 8.8**

**Meeting Room 7**

**Chair: Cath Potter**

- 13.45 - 14.15 8.8.1 Searching our sisters: where are the women in the history of hypnosis?  
Marianne Martin (AUSTRIA)
- 14.15 - 14.45 8.8.2 Hénin de Cuvillers, designer of hypnosis  
Remi Cote (CANADA)
- 14.45 - 15.15 8.8.3 Post-hypnotic responses to hypnotic suggestions: an empirical observation  
Vladimir Zelinka (BELGIUM)
- 15.15 - 15.45 8.8.4 Pathological postural scheme treatment with hypnosis  
Alessandro Fedi (ITALIA)

**Workshop 8.9**

**Deansgate Suite 1**

- 13.45 - 15.45 8.9 A hypnotic first aid kit for treating panic and anxiety disorders  
Matthias Mende (AUSTRIA)

<b>Workshop 8.10</b>		<b>Meeting Room 8</b>
13.45 - 15.45	8.10 Quels sont les apports des techniques d'induction rapide dans ma pratique de médecin anesthésiste Christian Schmitt (FRANCE)	
<b>15.45 - 16.00</b>	<b>Coffee break</b>	<b>Deansgate Foyer</b>
<b>16.00 - 16.45</b>	<b>Invited Address 4 - The life and discoveries of Dr James Braid: 'The father of hypnosis'</b> <b>Chair: Ann Williamson</b> Mike Gow (UNITED KINGDOM)	<b>Deansgate Suite 1</b>
<b>16.45 - 17.00</b>	<b>Closing Remarks</b> Ann Williamson (Chair ESH 2017 Organising Committee)	<b>Deansgate Suite 1</b>

### Poster Listing

P1 - Phenomenology of active-alert hypnosis  
Eniko Kasos (HUNGARY)

P2 - Bilateral electrodermal activity in active-alert hypnosis  
Krisztian Kasos (HUNGARY)

P3 - Does dissociation can inform about hypnotisability?  
Audrey Vanhauzenhuysse (BELGIUM)

P4 - Managing hypersensitive gag reflex: a case study  
Mike Gow (UNITED KINGDOM)

P5 - Utilizing client's metaphors in hypnotic process  
Petr Sojka (CZECH REPUBLIC)

P6 - Hypnotic Approach for 121 chronic pain patients; how chronic pain altered in hypnosis?  
Miyuki Mizutani (JAPAN)

## Notes