

Times are changing

The Hypnosis Tagung 2014

Gemeinsame Tagung der CH-Hypnosegesellschaften/
Journée commune des sociétés Suisses d'Hypnose



SSMH

Société Médicale Suisse d'Hypnose
Schweizerische Ärztegesellschaft für Hypnose



ghyps Gesellschaft für klinische Hypnose Schweiz
Société d'Hypnose Clinique Suisse

IRHYS

Institut Romand d'Hypnose Suisse

Thursday, 15.05.2014
Holiday Inn, Westside Bern (Brünnen)

08.30 Coffee

09.15 Welcome

09.30 Start

ca. 18.00 End followed by „Apero“

Fees, Registration, Information

Fee

Early bird until 28.02.2014
CHF 220.- members
CHF 250.- non members

From 01.03.2014 – 01.05.2014
Registration deadline: 01.05.2014
CHF 250.- members
CHF 280.- non members

Registration

by Reg. Form or online:
www.hypnos.ch / www.smsh.ch

SMSH-Sekretariat
Vreni Greising
Dorfhaldenstrasse 5
CH-6052 Hergiswil
Phone +41 (0)41 281 17 45
Fax +41 (0)41 280 30 36
E-Mail: info@smsh.ch

Information

Thomas Villiger, Psychotherapeut FSP,
www.psychologiebiel.ch

Workshops

Please indicate your first choice AND a second choice.
Certain workshops have limited numbers and we will try
to accomodate you, as best, we can.

A full workshop lasts 4 hours with breaks (1 hour 30 minutes,
morning, and 2 hours 30 minutes, afternoon).



Key note

Influence on one's own life

Susy Signer-Fischer, lic. phil., Fachpsychologin für Psychotherapie und Kinder- und Jugendpsychologie FSP, Basel, Switzerland

There are different kinds of influence from outside which influence our life. Some are rather superficial like attending day-care or the choice of profession. In these cases individuals or their parents often influence these events.

Others such as severe illness, death of a beloved person, poverty, a handicap, moving to a different place, loss of the job, or winning the lottery cannot be influenced however still influence the person's life. We solely can find a way to deal with the event.

Which circumstances influence life? What can the individual do to influence his or her own life and what can hypno-psychotherapists do to help their clients influencing their life in a healthy way? Why is hypnosis so helpful and effective for this process and what can we do to benefit from this fact? Research-based knowledge is applied to hypnosis in individual and family settings.

WS 1: Workshop en français

Bioy, Antoine, PhD. – Bicêtre (F)

Les métaphores

Les métaphores constituent l'un des outils les plus caractéristiques de l'hypnose. Nous proposerons dans ce workshop un rapide rappel des fondements de cette méthode, axé autour des analogies du discours. Par la suite, les intervenants seront invités à travailler tous autour d'un même thème pour bâtir une métaphore hypnotique selon cette règle des analogies.

Enfin, les participants seront accompagnés dans la construction d'une métaphore construite autour d'une difficulté rencontrée dans leur exercice professionnel.

Après avoir revu les principes de narration en hypnose de ces métaphores complètes (proches des contes), les métaphores seront proposées à l'ensemble du groupe, et commentées avec ouverture et bienveillance, comme il se doit!

WS 2: Workshop in deutsch

Hain, Peter, Dr.phil. – Zürich (CH)

Entlassung auf Bewährung – Humor und Hypnose ein hypnosystemischer Ansatz bei rigiden Mustern, Vermeidungsverhalten, Ängsten und Zwängen

Angstzustände und zwanghaftes Verhalten zentrieren die mentale und emotionale Aufmerksamkeit der Betroffenen. In einer Art selbsthypnotischen Gefangenschaft reduziert sich das bewusste Denken auf das Vermeiden oder das Überleben der mit Angst besetzten Situationen.

Da ein solches Gefängnis auch eine vermeintliche Sicherheit und Überschaubarkeit bieten kann, werden die ersten Schritte in Richtung Freiheit oft als die schwersten oder als bedrohlich empfunden.

Es werden humorvoll provokative Strategien und Interventionen vorgestellt, um bestehende Muster, Wertungen und selbsthypnotische Induktionen zu entdecken, zu verändern und eine anschließende Trancearbeit optimal vorzubereiten.

Mit Fallbeispielen und Live-Demos wird gezeigt, wie schnell Ressourcen aktiviert und der als problematisch erlebte Kontext verändert werden können.

WS 3: Workshop en français

Oswald, Martine, dipl.psych.

– Nyon (CH)

Schekter, Michael, M.D.

– Lausanne (CH)

PHOBIES – Approches comparatives

Durant notre vie nous devons pouvoir nous adapter aux situations vécues pour poursuivre notre progression positive et satisfaisante.

La phobie vient à notre secours, lors de situations difficiles, traumatiques, ou conflictuelles dans notre quotidien, pour les résoudre partiellement. Une phobie, peu significative au départ, peut devenir encombrante lorsqu'elle nous empêche de faire les changements nécessaires pour s'adapter à la vie qui évolue. D'autres phobies peuvent s'ajouter et être responsables d'un rétrécissement plus important de nos capacités d'adaptation et de nos possibilités de réussite. Cet atelier présentera d'abord les techniques simples d'hypnose, puis les techniques plus complexes telles que la régression en âge, les 4 carrés et l'EMDR. Il y aura une présentation powerpoint et des vidéos de séances thérapeutiques et si possible une démonstration d'une ou l'autre de ses techniques.

WS 4: Workshop in deutsch

Signer-Fischer, Susy, lic.phil.

– Basel (CH)

Sich selbst beeltern

Immer wieder begegnen wir Kindern oder Jugendlichen, deren Eltern nicht genug oder auf eine ungeeignete Art Zuwendung, Liebe geben und somit nicht erziehen, beeltern. Oft ist es auch nicht möglich mit Erziehungsberatung die Fähigkeiten der Eltern zu beeinflussen, sei, dass sie nicht wollen oder nicht können, z.B. Erkrankung, materielle Not. Auch Erwachsene können noch daran leiden, dass sie nie richtige Elternschaft erlebt hatten. So ist es für die Kinder und Jugendlichen enorm wichtig, dass sie sich selbst beeltern können. Auch im Erwachsenenalter kann mit diesen Methoden geholfen werden, sich nachträglich zu beeltern.

Trasarti Sponti, Wilma, PhD.
– Rome (I)

Rapport and Intimacy a multilevel hypnotic language of intimacy between belonging and individuating.

Intimacy is a fascinating word, so tightly connected to the word love, soliciting our deepest emotion and driving us towards, wide and far away in time, horizons. Leading us towards the primitive experience of intimacy we had in the womb of our mother, followed then by the intimacy we experienced with our father and with our dear relatives.

The Authors illustrate an hypnotic intervention utilized for individuals, couples, and families with severe relational problems, conflicts phobias and dependency. The cases they carried out in the last four years, with one year follow up, proved to be successful.

The theory they present deals with incapacity of having intimacy in relationship, thus living with conflicts, problems, stress, phobias etc. They individuate in the relationship mother-child the primitive nucleus of intimacy. They refer to Bowlby, Winnicot, Stern, Whitaker and Erickson and consider hypnotic rapport as the possibility of having a reparative, regressive healing emotion. The multi-generational history of the patient will be discussed. The analysis of the patient's type of attachment is taken into account to connect the unconscious nostalgia of the primitive nucleus of intimacy and the unconscious or undeclared shame felt for this desire: Both are considered and utilized in the hypnotic rapport and in the whole intervention. By that the patient is

able to realize that by accepting his/her desire of belonging it is possible to accept a new liberty of belonging and therefore a new liberty for individuating, thus overcoming fear of differences in each member of system. The concept "power struggle" in individual, couple, or family can be then considered as uncertainty of belonging and as a unconscious shame of request for intimacy Furthermore, the previous shame felt for the need of it is elaborated throughout the complexity of hypnotic multilevel language allowing each member of the involved system to have more satisfactory relationships feeling free to express his own desire of intimacy

Clinical Cases, video and exercise complete the workshop.

Literature is available from the author

Dalla lotta di potere al linguaggio della intimità nella coppia e nella famiglia

Le autrici illustrano la teoria e la pratica della psicoterapia utilizzata per gli individui le coppie e le famiglie con problemi relazionali, conflitti, fobie e dipendenze. I casi portati avanti negli ultimi quattro anni con due follows up a sei mesi e ad un anno dall'ultima seduta hanno dato buoni risultati.

La teoria presentata focalizza la sua attenzione sulla incapacità di avere intimità nelle relazioni dove sono presenti conflitti, problemi, stress, fobia e dipendenze ed individuano nella relazione madre-bambino il nucleo primitivo della intimità Facendo riferimento a Bowlby, Winnicot, Stern, Whitaker ed Erickson

considerano una sana relazione psico-terapeutica come attivazione di resilienza e come una possibilità di provare una emozione regressiva e ripartiva. La storia multi generazionale del paziente è considerata ed utilizzata e può provocare una regressione temporale per superare la vergogna della nostalgia di un primitivo attaccamento rivivendo tale intimità nella relazione terapeutica. Il sistema individuo,coppia o famiglia accettando la appartenenza possono provare una nuova capacità di appartenersi e quindi una nuova libertà di individuarsi così superando la paura delle differenze in ogni membro del sistema.

Il concetto di "lotta di potere" negli individui, nelle coppie o nelle famiglie può essere considerata come incertezza di appartenenza e come una inconsapevole vergogna di richiesta di intimità.

La precedente vergogna percepita per il bisogno di questa viene quindi elaborata attraverso un linguaggio a multilivello del sistema coinvolto per avere una relazione più soddisfacente liberi così

Di esprimere i propri desideri più intimi. Casi clinici,video, ed esercizi completano il seminario.

BIBLIOGRAFIA is available from the author.

**Williamson, Ann, M.D.
– Ashton-u-Lyne (UK)**

Brief Psychological Interventions in Practice

Many people think that work with emotional problems such as anxiety or depression is time consuming. I will demonstrate how working in a brief, solution oriented way using hypnosis and imagery can be fast and effective. Whether we label techniques hypnotic or not we can access a client's unconscious resources through their imagination and use imagery to connect in a very powerful way to their ability to heal themselves.

I will demonstrate, with the use of case examples, practical ways that a busy health professional can maximise the effectiveness of the time they have with a client. I will focus mainly on anxiety and depression, including building self esteem; but we can also look at pain, PTSD and grief if time permits. I will also show how using the expressive arts can be integrated into these hypnotic and non-hypnotic approaches.

Learn practical techniques to lead patients to discover experientially new ways of looking at things, new ways of doing things, new ways of feeling about things. Health Professionals often work under the precept that therapy takes a long time and so this becomes a self-fulfilling prophecy. But "the mind only works quickly!" and much can be done with "drip feed" psychotherapy in consultations of ten minutes or less. Hypnotic techniques can often enable the patient to develop tools that will not only help them to continue therapy between sessionsbut also help them in the years to come.

Experts

Bioy, Antoine, Ph D. – Bicêtre (F)

Antoine Bioy est professeur de psychopathologie et de psychologie médicale à l'université de Bourgogne, docteur en psychologie clinique attaché au CHU Bicêtre, et expert scientifique pour l'Institut Français d'Hypnose. Son dernier ouvrage paru est «Du soin à la personne – clinique de l'incertitude» (coordonné avec Florence Barruel, éditions Dunod).

Hain, Peter, Dr.phil. – Zürich (CH)

Fachpsychologe für Psychotherapie & für Kinder- und Jugendpsychologie in freier Praxis in Zürich u. Bremgarten (CH) für Therapie, Coaching und Supervision.

Ausbildungen in klientenzentrierter Psychotherapie (pca), Hypnotherapie, systemischer Paar u. Familientherapie, sowie NLP u. Provocative Therapy. Past-Präsident und Ausbilder der Gesellschaft f. klinische Hypnose Schweiz, ghyps, Supervisor und Dozent an systemischen Ausbildungsinstituten, Supervisor pca. Gründungspräsident von HumorCare und wissenschaftl. Leitung von 9 Humorkongressen in Basel, Arosa und Bad Zurzach (1996-2006, CH).

Organisation der 1. & 2. Hypnosystemischen Tagung in Zürich (2010/2012). Buchautor (Das Geheimnis therapeutischer Wirkung, C. Auer 2001).

Oswald, Martine, Dipl.psych. – Nyon (CH)

Madame Martine Oswald est installée à Nyon et travaille comme psychologue FSP indépendante depuis 1993-94. Elle s'est formée en hypnose médicale. Elle est également sophrologue depuis 1975. Elle a fait partie du Collège des Enseignants de la fondation Ling et a enseigné aux côtés des Dr G.Salem, P.Noyer, R.Rumley au même temps que B.Picard et d'autres personnes issues de la même volée. Puis elle a continué à enseigner à la SMSH en romandie et a été nommée enseignante et superviseuse à la SMSH, à l'IRHYS, puis à la GHYPS.

Elle a perfectionné sa formation en hypnose auprès de personnalités comme Déborah Ross, Olga Silverstein, Shal Livnay, Michael Yapko, etc.



Schekter, Michael, M.D. Dr. – Lausanne (CH)

Michael Schekter est installé à Lausanne et travaille depuis de nombreuses années en tant que psychiatre et psychothérapeute FMH.

Il s'est aussi intéressé dès le début de sa pratique à l'hypnose éricksonnienne. Formé initialement par Mme Deborah Ross, il a perfectionné ses connaissances avec Ernest Rossi, Stephen Gilligan, Michael Yapko entre autres.

Désireux de partager son expérience, il est devenu enseignant et superviseur SMSH et Irhys. Il s'est spécialisé dans les traitements de l'état de stress post-traumatique, les traitements des phobies y compris la phobie sociale, ainsi que le traitement des personnes avec troubles affectifs. Il s'est aussi formé en EMDR et utilise une combinaison d'hypnose et EMDR, la technique des 4 carrés.

Convaincu que l'adaptation est la clé de toute guérison, il recherche des approches thérapeutiques amenant le patient à augmenter ses ressources et ses capacités pour qu'il puisse effectuer les changements nécessaires.

Signer-Fischer, Susy, lic.phil. – Basel (CH)

Susy Signer-Fischer, is a psychologist and psychotherapist FSP, specialising in working with children adolescents and adults. She is the past-president and founding member of the Swiss Society of Clinical Hypnosis (GHypS).

Actually she works at the Institute for Developmental and Personality Psychology at the University of Basel in Switzerland and is also in private practice in Basel and Bern. She was director of the Family and Educational Counselling Centre in Basel, Switzerland for ten years. She is a supervisor and trainer in psychotherapy, mainly in hypnotherapy, psychotherapy for children, adolescents, adults, families and couples.



Trasarti Sponti, Wilma, PhD. – GIA University La Sapienza of Rome (I)

Dr. Sponti received her doctorate degree in psychology from University La Sapienza, and was a member of the Department of Psychiatric Science and Psychological Medicine at there from 1976 to 2008 in charge of the outward Psychotherapy Ambulatory. Her responsibilities included teaching, research and supervision of psychiatry residents.

Trained in both Systemic Relationship Therapy and in Ericksonian Psychotherapy, Sponti has held positions in post graduate teaching and supervision at both Istituto Italiano di Psicoterapia Relazionale (IIPR) as well as at Scuola Italiana di Ipnosi e Psicoterapia Ericksoniana (SIPE). A member of the BOD of European Society of Hypnosis, she is a founding member of the Italian Society of Milton Erickson (SIME) and a member of the Board of Directors of the Società Italiana di Ipnosi (SII).

Presenter at numerous national and international congresses, Sponti has authored more than 300 articles and book chapters. She has recently become interested in the Synergy of Family Therapy and Hypnosis as a new method of therapeutic intervention. She practices psychotherapy and resides in her native city of Rome Italy.

Williamson, Ann – Ashton-u-Lyne (UK)

Dr. Ann Williamson was a GP (family doctor) for more than thirty two years and still uses hypnosis and brief therapy both formally and informally in private practice. She has been involved with running hypnosis training for many years and has lectured at Manchester, Chester and Salford Universities. She has had several cases published in Contemporary Hypnosis and has published three books, on Smoking Cessation, Anxiety Management and «Brief Psychological Interventions in Practice» published by Wiley in 2008. She has run numerous workshops on brief psychological interventions and stress management. She is one of the editors of the new «Handbook of Contemporary Clinical Hypnosis» published by Wiley in 2011. 2011 and has contributed to several other books and journals. She is also a Reiki Master Trainer and has an interest in creativity and exploring one's emotions through the arts.

Smoke free – no butts, Co-author, (1998) Crown House Publishing Ltd. ISBN: 1-899836-20-9; Still – in the Storm, (1999) Crown House Publishing Ltd. ISBN: 189983641-1, Reprinted 2000, 2004 – translated into Russian, Chinese and Spanish; Named contributor to «Hypnosis, Dissociation and Survivors of Child Abuse» by Marcia Degun-Mather, (2006) Wiley. ISBN: 0-470-01945-X

For more details please visit the website. www.annwilliamson.co.uk



Time – schedule

08.30	Coffee
09.15 – 09.20	Welcome
09.30 – 10.15	Keynote: «Influence on one's own life»; S. Signer-Fischer
10.30 – 12.00	Workshops 1.part
12.15 – 13.45	Lunch
14.00 – 16.15	Workshops 2.part
16.15 – 16.30	Coffee Break
16.45 – ca.17.30/18.00	Closing Ceremony W. Trasarti Sponti, followed by «Apero»

**The congress «Times are changing» has been accredited 6 credit points
by the SSMH, ghyps/shyps, SGAM, SPGG, SAPP, SGKJPP**