

# **Munich Lectures on Hypnosis and Psychotherapy**

edited by

Burkhard Peter  
Bernhard Trenkle  
Franz Christian Kinzel  
Christine Duffner  
and Alida Iost-Peter

# Hypnosis International Monographs

## Series Co-Editors

Burkhard Peter, PhD Dipl.-Psych.  
Walter Bongartz, PD PhD Dipl.-Psych.  
Franz Christian Kinzel, Dipl.-Psych.

## Associate Editors

Jerzy Aleksandrowicz, MD PhD, Cracow, Poland  
Claude Béguelin, MD, Bienne, Switzerland  
Patrick Bellet, MD, Vaison la Romaine, France  
Peter B. Bloom, MD, Philadelphia, PA, USA  
Giuseppe De Benedittis, MD PhD, Milan, Italy  
Graham D. Burrows, M.D., Melbourne, Australia  
David P. Fourie, PhD, Pretoria, South Africa  
Erika Fromm, PhD, Chicago, IL, USA  
Vladimir Gheorghiu, PhD, Gießen, Germany  
Onno van der Hart, PhD, Amsterdam, Netherlands  
Michael Heap, PhD, Sheffield, England  
Erik Hoencamp, MD PhD, The Hague, Netherlands  
Alida Iost-Peter, Dipl.-Psych., Munich, Germany  
Irvin Kirsch, PhD, Storrs, CT, USA  
Moris Kleinhaus, MD, Tel Aviv, Israel  
Richard P. Kluff, MD, Philadelphia, PA, USA  
Stanislav Kratochvíl, MD, Kromeriz, Czech Republic  
Daniel P. Kohen, MD, Minneapolis, MN, USA  
Shaul Livnay, PhD, Jerusalem, Israel  
Camillo Lortedo, MD, Rome, Italy  
Dirk Revenstorff, PhD, Tübingen, Germany, and Puebla, Mexico  
Teresa Robles, PhD, Mexico City, Mexico  
Jerzy, Siuta, PhD, Krakau, Polen  
Robb O. Stanley, DClinPsych, Melbourne, Australia  
Per-Olof Wikström, DDS, Stockholm, Sweden  
Jeffrey K. Zeig, PhD, Phoenix, AZ, USA

Copyright © 1996 by M.E.G.-Stiftung, Konradstr. 16, D-80801 Munich, Germany  
All rights reserved. No part of this book may be reprinted or reproduced or utilized in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including photocopying and recording, or in any information storage or retrieval system, without permission in writing from the publishers.  
ISSN 0949-474X

Layout by Franz Christian Kinzel

Cover design by Reinhard Gampe

Cover photo by Heinz Gebhardt

## Preface

Hypnosis in Germany has a long and rich, as well as a changeable tradition. It goes back to the times when Franz Anton Mesmer in 1775 was asked by the electoral prince, Maximilian III, Joseph of Bavaria, and the Academy of Sciences in Munich, Germany, to investigate the exorcism which Father Johann Josef Gassner was practising in Ellwangen, Allgäu. Mesmer testified that this exorcism was basically the very animal magnetism he thought he had already discovered. At this Mesmer became member of this Munich Academy of Science and received herewith some of the honour he felt he deserved.

At the beginning of the 19th century, the then old and long forgotten Mesmer was rediscovered at his place of retirement in Frauenfeld near Lake Constance, and his theory and therapy were revived by some influential physicians in Berlin, such as Christoph Wilhelm Hufeland, Johann Christian Reil, David Ferdinand Koreff, and Karl Christian Wolfahrt. This romantic Somnambulism - as we can call this most exciting movement between 1800 and 1830 was additionally inspired by the "animistic" theories of Mesmer's French pupil Puységur, and was much in accord with the then modern Nature Philosophy of Friedrich Wilhelm Josef Schelling. Later, German hypnosis disappeared almost completely until the end of the 19th century when the enthusiasm for hypnosis in Germany, as well as in Austria and Switzerland, reemerged and helped to develop modern psychotherapy. The theory and practice of hypnosis and suggestion as taught by Liébeault's and Bernheim's school of Nancy, France, was brought to Germany by such influential men as August Forel, Albert Moll or Oskar Vogt, to name only a few. As everybody knows Breuer and Freud started with hypnosis, too.

At the beginning of the 20th century, however, the interest in hypnosis again faded away. The autogenic training introduced in 1932 by Johannes H. Schultz was intended originally to represent a form of auto-suggestion. In the seventies, when young psychologists began to be interested in hypnosis, autogenic training, however, was conceived as a relaxation training but not as a truly hypnotic method, despite the 5th International Congress of Hypnosis which took place in Mainz, May 20-22, 1970; this Congress was acknowledged and remembered by only a few physicians and almost no psychologist. During the heyday of behaviour therapy and humanistic therapies and with psychoanalysis as the only officially acknowledged therapy in the seventies a kind of suggestive persuasion could not be considered as a genuinely therapeutic method. Therefore, in 1978, when the Milton Erickson Society for Clinical Hypnosis, Germany (M.E.G.) was founded, hypnosis had almost faded into oblivion. It is understandable that the ongoing renaissance of Hypnosis in Germany is closely connected with Milton H. Erickson whose pupils the founding members of M.E.G. have been.

The more, during the eighties, the differences between the "Ericksonians" and the "Traditionalists" in the USA increased, the more the M.E.G. sought ways of "building bridges of understanding" - as Peo Wikström, "father" of the European Society of Hypnosis, called it. Peter B. Bloom, President of the International Society of Hypnosis, also uses this image as the main theme of his presidency. As one result of these efforts the Joint Conference of "Ericksonians" and "Traditionalists" took place in Jerusalem in 1992. A selection of the lectures of this Joint Conference and that of the immediately following 12th International Congress of Hypnosis was published in the 1st volume of the *Hypnosis International Monographs* in 1995.

This 2nd volume of the *Hypnosis International Monographs* now presents a selection of the English contributions to the 2nd European Congress of Ericksonian Hypnosis and Psychotherapy, held at the University of Munich, October 3 - 7, 1995. A collection of the German contributions can be found in the volumes 13 and 14 of M.E.G.'s journal *Hypnose und Kognition*, 1996 and 1997.

This 2nd congress was sponsored by the Milton Erickson Society for Clinical Hypnosis, Germany (M.E.G.), and cosponsored by the Swiss Society for Clinical Hypnosis (GHypS); it was highly successful as it gathered more than 1.600 attendees from all over the world, including 200 faculty members. Like the 1st European Congress of Ericksonian Hypnosis and Psychotherapy which took place in Heidelberg, Germany, in 1989 this one, too, hosted nearly 100 colleagues from the former Eastern Block countries. Of course, most of the participants came from West Europe and from now unified Germany, but also from as far as Australia or South Africa, and made this Congress a very stimulating event. We apologize for not being able to publish all, not even all the most important and most interesting English lectures and papers given at this congress. Some can be found in contemporary hypnosis journals like the American Journal of Clinical Hypnosis, or in Hypnos, the Journal of the European Society of Hypnosis.

In conclusion I want to direct the awareness of the reader to the fact that Mesmer only refused the theoretical concept of Father Gassner while truly accepting his healing potentiality. He could not know that 9 years later in Paris he would suffer the same fate when the two learned commissions condemned him in a very similar way: his theory was rejected for lacking scientific bases but his healing power could not be denied. Theories of hypnosis as of psychotherapy in general are never right or wrong; they always serve the human need to understand the laws and power of healing.

On behalf of the editors

Burkhard Peter, PhD Dipl.-Psych.

Founding President, Milton Erickson Society for Clinical Hypnosis, Germany

II

## Contents

<i>Treating Patients with Conversion Disorders. A Theoretical View with Practical Approaches</i>	5
Peter B. Bloom	
<i>Trauma Prevention: Hypnoidal Techniques with the Chronically Ill Child</i>	15
Julie H. Linden	
<i>Preparation of Patients for Stressful Medical Interventions. Some very simple approaches</i>	27
Christel J. Bejenke	
<i>Marie - A Swedish Case of Apparent Anxiety Disorder, Showing up to be a PTSD and DID (NOS), as Uncovered by Hypnosis</i>	37
Susanna Carolusson	
<i>Dissociative Identity Disorder: Perspectives on Recent Findings and Current Controversies</i>	45
Richard P. Kluff	
<i>The Healing Dream. The Therapeutic Use of Dreams in Hypnosis</i>	69
Giuseppe De Benedittis	
<i>When Erickson meets Freud: The Therapist Trance and Countertransference as Resources for the Hypnotherapist</i>	79
Shaul Livnay	
<i>Hypnotism and the Eternal Return: The Case of Ideomotor Signaling</i>	87
André M. Weitzenhoffer	
<i>The Creative Process in Naturalistic Ultradian Hypnotherapy</i>	103
Ernest Lawrence Rossi	
<i>Capitalizing on Concepts in Hypnotherapy. The Theory of Ecosystemic Practice</i>	119
David P. Fourie	

III

*Hypnosis and the Evolution of Behavior Therapy*  
Joseph Wolpe

*Hypnosis without Hypnosis: Fact or Fiction?  
Or the Relation of Hypnotism to Strategic Therapy*  
André M. Weitzenhoffer

*Effects of Subliminal Suggestions on Task Performance*  
Frank Metzner and Dirk Revenstorf

*Normal Instruction or Hypnotic Suggestion: What makes the Difference?*  
Burkhard Peter

*Differences between Direct and Indirect Hypnotic Techniques*  
Csaba Szabó

*Hypnosis - a State or a Relationship?*  
Jerzy W. Aleksandrowicz

*Maintaining Standards in Hypnosis Training -  
The Need for Patient Protection: The Australian Experience*  
Robb O. Stanley and Graham D. Burrows

*A River runs through it: The Relational Self in Psychotherapy*  
Stephen Gilligan

*List of contributors*

131  
137  
141  
151  
157  
171  
177  
185  
195  
211

## Treating Patients with Conversion Disorders A Theoretical View with Practical Approaches

Peter B. Bloom

■ *Treating patients with conversion disorders is difficult. Establishing a therapeutic alliance, making a proper diagnosis, and choosing a safe, yet effective, course of therapy requires time, tolerance of uncertainty, and patience. The following case reminds us, once again, that the capacity to heal always resides within the patient: it is we clinicians who must discover and use our patient's own unique resources for treatment to be effective. Techniques proven in one patient, with the same diagnosis, do not always work in the next patient. It is a lesson we must relearn throughout our careers.*

Conversion disorders have challenged clinicians throughout the centuries. When neurological disorders are excluded by history, physical examination, laboratory studies including radiographic and imaging studies, therapists search for psychological causes. Surprisingly this attempt at insight is often unsatisfying for both the therapist and patient. In fact it has been suggested that the "cause" of these disorders may be found deeply within one's cultural expectations on how non-organic complaints may be present in socially acceptable ways and, as such, are subject to changes over decades from one syndrome to another (Shorter, 1995).

History shows that until the last century, somatization disorder and conversion disorder were considered under the same rubric - hysteria (Guggenheim, 1995). In 1900 B.C., the Egyptians attributed these multiple symptoms to the wandering of the uterus within the female body - reflecting the predominance in adults (not in children) of these symptoms in females. By the mid-1800's, Paul Briquet considered conversion disorder to be a central nervous system dysfunction, and Jean-Martin Charcot suggested inherited characteristics predisposed individuals to this disorder. Freud and Breuer, in describing Anna O., suggested that a somatic complaint was substituted for a repressed thought leading many therapists today to approach the treatment of this disorder by the use of the "uncovering" techniques of psychoanalysis (Guggenheim, 1995). Pierre Janet noted that, in his observations, conversion disorders were associated with dissociation. It seems natural that hypnosis and suggestions were woven throughout the fabric of these emerging theories and therapies and resulted in remissions in some cases.