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The 15th International Congress of Hypnosis

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Preface

The 15th International Congress of Hypnosis took place in Munich, Germany, October 2 - 7, 2000. It attracted more than 1500 professionals from around the world and was the largest of these congresses ever held.

This highly successful conference has demonstrated that hypnosis has regained strength at least in Europe since the 1980's. In Italy and Austria hypnotherapy is now an officially acknowledged therapeutic procedure, and in Germany it is officially accepted as an adjunct to behaviour therapy, and reimbursed by health insurance companies which gives hope for similar developments in other countries.

The congress was organized by the Milton Erickson Society for Clinical Hypnosis, Germany (M.E.G.), and was co-sponsored by all professional hypnosis societies of the German speaking countries, Austria, Germany, and Switzerland. Most of the contributions therefore were given in German; these are published in M.E.G.'s Journal *HYPNOSE UND KOGNITION*, volume 17 - 20, 2000 - 2003.

In this issue of *HYPNOSIS INTERNATIONAL MONOGRAPHS* a selection of the English lectures is published; most of the articles focus on clinical themes of hypnosis and hypnotherapy and are of special interest for practitioners in psychotherapy, medicine and dentistry.

We sincerely hope that the use of hypnosis and hypnotherapy in these fields will continue to grow in the new Millennium like it has done so impressively in the last 20 years.

Munich, August 2002

Burkhard Peter
Walter Bongartz
Dirk Revenstorff
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At the beginning of this
15th International Congress of Hypnosis
we want to commemorate the members of

Die Weisse Rose

Who called upon the people
for resistance against the
Hitlerregime.

For this they were condemned to death
and executed by decapitation.

In 1943

Sophie Scholl and her brother Hans

students of this university, were arrested
after having distributed leaflets right in this hall.

The Ludwig Maximilians University of Munich
built a memorial relief and established
a memorial behind this Lichthof.

The resistance of Die Weisse Rose may set an example for us
to stand up for the human rights and freedom of all people
of whatever color or nationality whenever it is necessary.

recited by Brigitte Morgenstern-Junior (in German) and Prem Misra (in English) at the Get Together Party in
the Lichthof [main hall] of the Ludwig Maximilians University of Munich, October 2, 2000

Éva I. Bányai*

■ *In the past decade psychology has undergone a considerable change: Evolutionary psychology has become a new theoretical paradigm in psychology. The basic idea behind evolutionary psychology is that psychological mechanisms - similarly to biological ones - are adaptive, and they developed in the course of natural selection. The paper argues that the time has come to integrate the field of hypnosis within the context of evolutionary psychology. Relying on anthropological, psychological, psychophysiological and clinical data, and also on the empirical work conducted in our laboratory within a complex interactional framework, I suggest that altered states of consciousness, including hypnosis, promote adaptation to the biological and social environment. The beneficial effects of integrating hypnosis into evolutionary psychology on the conceptualization of hypnosis and on the mainstream of psychology are discussed.*

I can hardly express how honored I feel to give the President-Elect's Address at this Congress and to follow so eminent scholars and experts in the field of hypnosis as all of my predecessors in the Presidency of ISH have been, particularly, as I am the first woman in this post.

I feel that my active professional life and the newly founded International Society of Hypnosis have been intertwined from the beginning. In 1973, the very same year when ISH was founded by Professor Ernest R. Hilgard, I began my post doctoral research on active-alert hypnosis at his Stanford Laboratory of Hypnosis Research. This way I could have a personal experience of the sparkling and creative atmosphere that characterized both the Lab and ISH.

As an experimental psychologist I was deeply impressed by the methodological inventions serious hypnosis research created, as a result of which not only the phenomena of hypnosis could be better understood, but significant contributions have been made to the understanding of unconscious processing, voluntary and involuntary