

**ITALIAN SCIENTIFIC
SOCIETY CLINICAL
HYPNOSIS IN
PSYCHOTHERAPY
AND HUMANISTIC
MEDICINE**

2024

Newsletter

English

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*Società Scientifica Italiana Ipnosi Clinica
in Psicoterapia e Medicina Umanistica*

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LETTER OF GOOD SUMMER AND GRATITUDE FROM THE PRESIDENT TO ALL SIPMU MEMBERS AND SECTION COORDINATORS

Dear Friends and Colleagues,

It is with great pleasure and gratitude that I write to you today to thank you for your extraordinary collaboration and constant commitment within our beloved SIPMU, the Italian Scientific Society of Clinical Hypnosis in Psychotherapy and Humanistic Medicine.

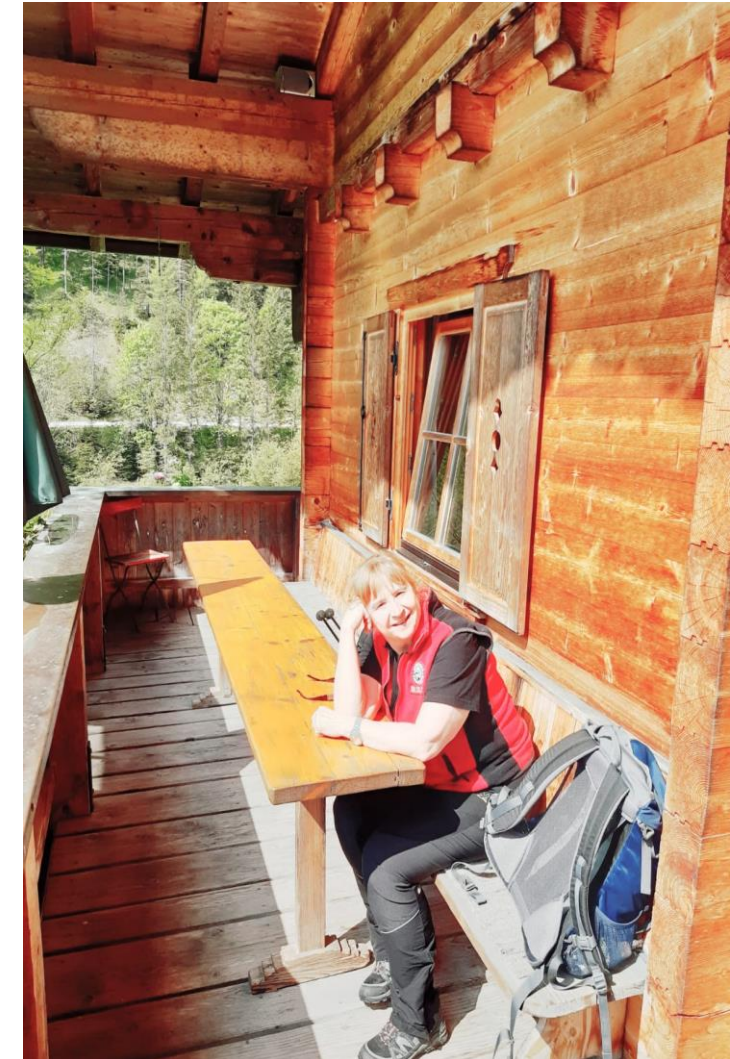
As President of the SIPMU, I feel deeply privileged to be able to work with such a dedicated and passionate community of professionals.

Every day, through your valuable contribution as supporters and as lecturers in our courses, you demonstrate not only remarkable expertise, but also a genuine spirit of sharing and a rare humanistic sensitivity.

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- Thanks to you, our practical and interactive SIPMU Clinical Hypnosis Courses are not only moments of technical learning of hypnosis in psychotherapy and humanistic medicine, but they become real spaces for personal and professional growth. Your ability to pass on knowledge with empathy and humanity enriches our medical doctors and psychologists immensely, and strengthens the mission of the SIPMU: to promote an integrated and humane approach to
- We all know how much effort is required to maintain the quality of our work and to support a scientific society such as ours, which now has many SIPMU sections in different Italian regions, all of which will be mentioned and described with the various section coordinators in our next SIPMU winter newsletter.
- Also in Italy, I would like to mention our collaboration on consciousness studies, philosophy, spirituality and neurobioethics, with the Department of Philosophy and the Research Group in Neurobioethics of the Regina Apostolorum Pontifical Athenaeum, in the figure of the director Prof. Alberto Carrara.



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Our collaborations abroad are also numerous:

- SIPMU has been recognised by ESH the European Society of Hypnosis, not only as an ESH constituent society, but also as a Training Society of ESH, i.e. our courses in clinical hypnosis and hypnotic psychotherapy are internationally recognised abroad;
- To further our international collaboration for the study of clinical hypnosis, with ESH President dr. Gerard Fitoussi, and other presidents of European ESH constituent hypnosis societies, I have proposed to organise webinars on clinical hypnosis in English, open internationally to graduates in medicine, psychology and dentistry, who in their clinical practice wish to approach or deepen the study of hypnosis. The ESH president will discuss this proposal with the ESH board.
- For some years now, SIPMU has been carrying out, together with the Rector Prof. Borys Ivnyev of the Kiev Medical University, a collaboration of studies and in-depth study of hypnosis, with Ukrainian medical and psychology colleagues, supporting them in this serious time of war in their community;
- SIPMU also has several collaborations in Bangladesh and India, with medical colleagues, psychologists and Hindu monks for in-depth studies on consciousness and spirituality.
- A few years after its foundation, SIPMU has now become an important scientific community both nationally and internationally, aimed at the study of hypnosis, consciousness and humanistic medicine, with your continuous support as members, your enthusiasm and dedication, which are the engine that drives us to constantly improve and innovate our knowledge and our work. Your presence and support, dear SIPMU members and dear Section Coordinators, make everything we do possible.



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- It is thanks to all of us and you that SIPMU continues to grow and spread the core values of our medical and psychological practice: the importance of the therapeutic relationship, the focus on the person in his or her entirety of body, mind and spirit, and the use of medicine, psychology, psychotherapy and hypnosis as powerful and respectful tools for wellbeing and healing. I would therefore like to express my heartfelt thanks to each and every one of you. You are the beating heart of SIPMU and your studies and dedication are our greatest resource.
- Together, we will continue to build a Scientific Society that not only excels in the clinical practice of psychotherapy and clinical hypnosis, but also knows how to be a beacon of hope, for all those who rely on us, in the neurobioethical, philosophical and spiritual realm of a Humanistic Medicine.

With affection and esteem,

Dr. Maria Paola Brugnoli, MD, PhD President SIPMU

ORCID: <https://orcid.org/0000-0003-3920-4118>



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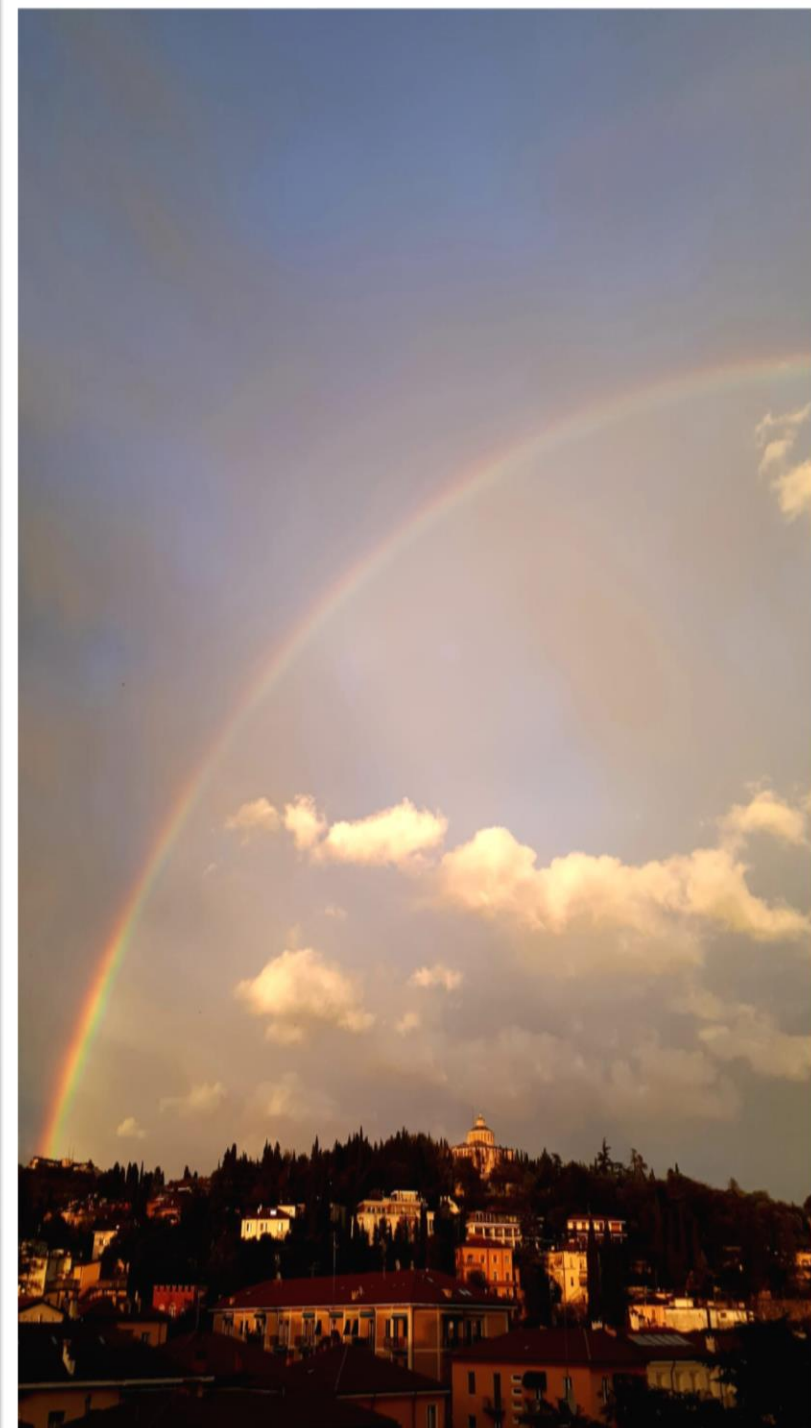
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**NOTE: Graduates in Medicine,
Psychology and Dentistry, both
Italian and International, who
would like to become SIPMU
MEMBERS, can contact me directly:**
paola.brugnoli@libero.it;
mariapaola.brugnoli@gmail.com

- All SIPMU members who would like to contribute to the next newsletter in December 2024, or who would like to recommend their books and publications, please write to me no later than 30 November 2024,

Thank you ;) Maria Paola



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Letter from the Editor Dr. Maria Paola Brugnoli

CONTINUING COLLABORATION OF SIPMU WITH KIEV MEDICAL UNIVERSITY KMU, KIEV, UKRAINE



Europe is living in a time of war. Writing a newsletter today, even with a scientific content, must not make us forget that our Ukrainian brothers and sisters are under bombardment in conditions of severe suffering and distress. For this reason, in order to join us in helping our Ukrainian colleagues also through science, 3 years ago, we invited prof.

Borys Ivnyev, Psychiatrist, Rector of the Kiev Medical University KMU, and member of the ISH International Society of Hypnosis and ESH European Society of Hypnosis, to become an Honorary Member of SIPMU.

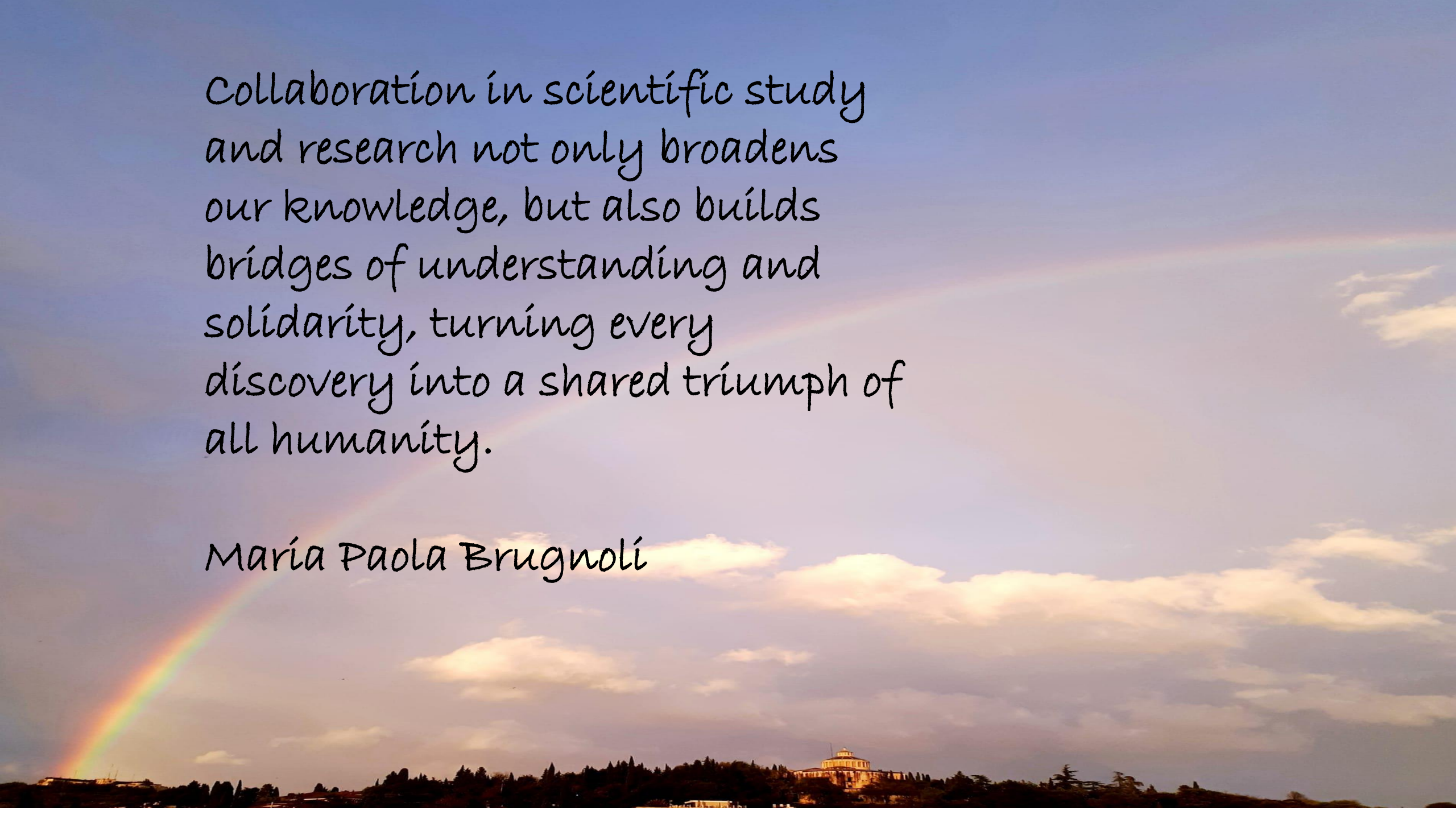
We are very honoured and happy that he accepted. For the past 3 years we have started an important scientific collaboration with KMU, initially with a 50-hour online basic hypnosis course, which has been internationally recognised by ESH and ISH. We are currently continuing the collaboration with new online webinars in English, in order to maintain contact and collaboration with our colleagues at KMU. We hope that the war will end very soon, and in any case our collaboration with our Ukrainian colleagues and brothers will last for many years to come, in the hope of a future of peace, serenity and ever greater scientific collaboration, and then we will also be able to meet one day in presence.



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Collaboration in scientific study
and research not only broadens
our knowledge, but also builds
bridges of understanding and
solidarity, turning every
discovery into a shared triumph of
all humanity.

María Paola Brugnoli



SIPMU AND THE CLINICAL AND SCIENTIFIC RESEARCH ON HYPNOSIS

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- Clinical hypnosis allows us to access the depths of our unconscious, the most hidden and complex part of our mind, where memories, emotions and traumas often not accessible to ordinary consciousness reside.
- During a hypnotic state, the critical mind relaxes, allowing a direct dialogue with the unconscious. This process facilitates the re-elaboration of past experiences, the identification of deep roots of emotional and behavioural disorders, and the removal of psychological blocks.
- Through this inner journey, one can discover the true causes of anxieties, phobias, depressions and stresses, which would otherwise remain hidden. Once brought to light, these can be addressed and transformed, fostering deep and lasting healing.
- The psychosomatic aspect of clinical hypnosis makes it possible not only to heal the mind, but also to positively influence the body. There is a close connection between psyche and soma; what ails the mind often reflects on the body in the form of physical symptoms. By healing emotional and psychological wounds through hypnosis, we can see the resolution of multiple psychosomatic disorders, such as chronic pain, gastrointestinal problems and skin diseases. In addition, clinical hypnosis strengthens the sense of self-efficacy and resilience, allowing people to tap into their inner resources to better cope with daily challenges. In this way, healing involving the whole being is promoted, integrating mind, body and soul, and realising a truly humanistic and comprehensive medicine.

Maria Paola Brugnoli, MD, PhD, President SIPMU



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PHYSICAL CONSCIOUSNESS vs. SPIRITUAL CONSCIOUSNESS

Dr. Anirudh Kumar Satsangi, Psychologist, Psychotherapist,
Dayalbagh Educational Institutes and University, Agra, India



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“Physicist Roger Penrose and neurophysiologist Stuart Hameroff claim that consciousness emerges from quantum-level elements of the brain’s cytoskeleton. The cytoskeleton is a protein based structure that maintains the integrity of living cells, including neurons.

The neurons in the brain are organized into a network of microtubules of microscopic size but astronomical number. The network of microtubule is known as a “microtrabecular lattice”. It could be responsible for the quantum-receptivity of our brain, picking up, transforming, and interpreting information based on phase-conjugate resonance.

But I feel that this is contrary to all religious belief particularly Eastern Philosophy.



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- Penrose-Hameroff Model of Quantum Consciousness deals with physical consciousness. In this model brain receives (quantum -hologram receptivity) information and process them. In this model physical consciousness dominates over spiritual consciousness. The domain of physical consciousness extends up to the region of Brahmā. In English Brahmā means ever expanding. This region was created after the first Big Bang and the universe is expanding ever since.
 - Ever expanding means ever changing. Quantum theory can be applied in this region since it deals with probability.
- Spiritual consciousness deals with Self-Realization.
- In State of Samadhi, when soul transcends for journey into higher spiritual regions brain does not accompany Soul.
 - It is the Soul only which realizes Itself.



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- However, brain of the enlightened persons gets the knowledge of this experience simultaneously. It is worth mentioning here that in disembodied spirits (subtle body) there is no brain but they receive information and process them and also sometimes communicate with us.
- So Quantum Theory cannot be applied at the level of Spiritual Consciousness.

His Holiness Maharaj Sahab (1861-1907) wrote in Dicourses on Radhasoami Faith: “During satyuga, the creational current, having freshly descended into the third division, was highly charged with the spiritual energy which it infused in every form of animate and inanimate existence.....



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- And the human entities, in consequence of their comparatively greater spirituality and of high purity of their heart, had no difficulty in getting access at times into the astral planes and holding communion with the departed spirits.
- This yuga was of the longest duration” Here again there’s no brain in departed spirits and no neural or cortical activity is involved in holding communion into the astral planes. This experience is purely at spiritual level.
- This is the difference in physical consciousness and spiritual consciousness.



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- I would also like to quote few lines from Hidayatnama from Sar Bachan (Poetry) by August Founder of Radhasoami Faith His Holiness Soamij Mahraj:
- “When your eye turns inward in the brain and you see the firmament within, and your spirit leaves the body and rises upward, you will see the Akash in which is located Sahas-dal-kanwal, the thousand petals of which perform the various functions pertaining to the three worlds.At the apex of this Akash, there is a passage which is very small like the eye of a needle. Your Surat (spirit) should penetrate this eye.
- Further on, there is Banknal, the crooked path, which goes straight and then downward and again upwards. Beyond this passage comes the second stage.



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- Trikuti (Region having three prominences) is situated here. It is one Laksi Yojan 2 in length and one Lakh Yojan in width.
- There are numerous varieties of glories and spectacles at that plane which are difficult to describe.
- Thousands of suns and moons look pale in comparison to the light there. All the time, melodious sounds of Ong Ong and Hoo Hoo, and the sounds resembling thunder of clouds, reverberate there.
- On attaining this region, the spirit becomes very happy, and purified and subtle.

From here onward, it becomes cognizant of the spiritual regions. “



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- Quantum theory can also not be applied in Pure Spiritual Region which was created before the first Big Bang where Time and Space does not exist. Nothing can be assumed of this Region.

There is no Brain-Realization, there's Self-Realization. Brain cannot know itself. Brain can know only surroundings.

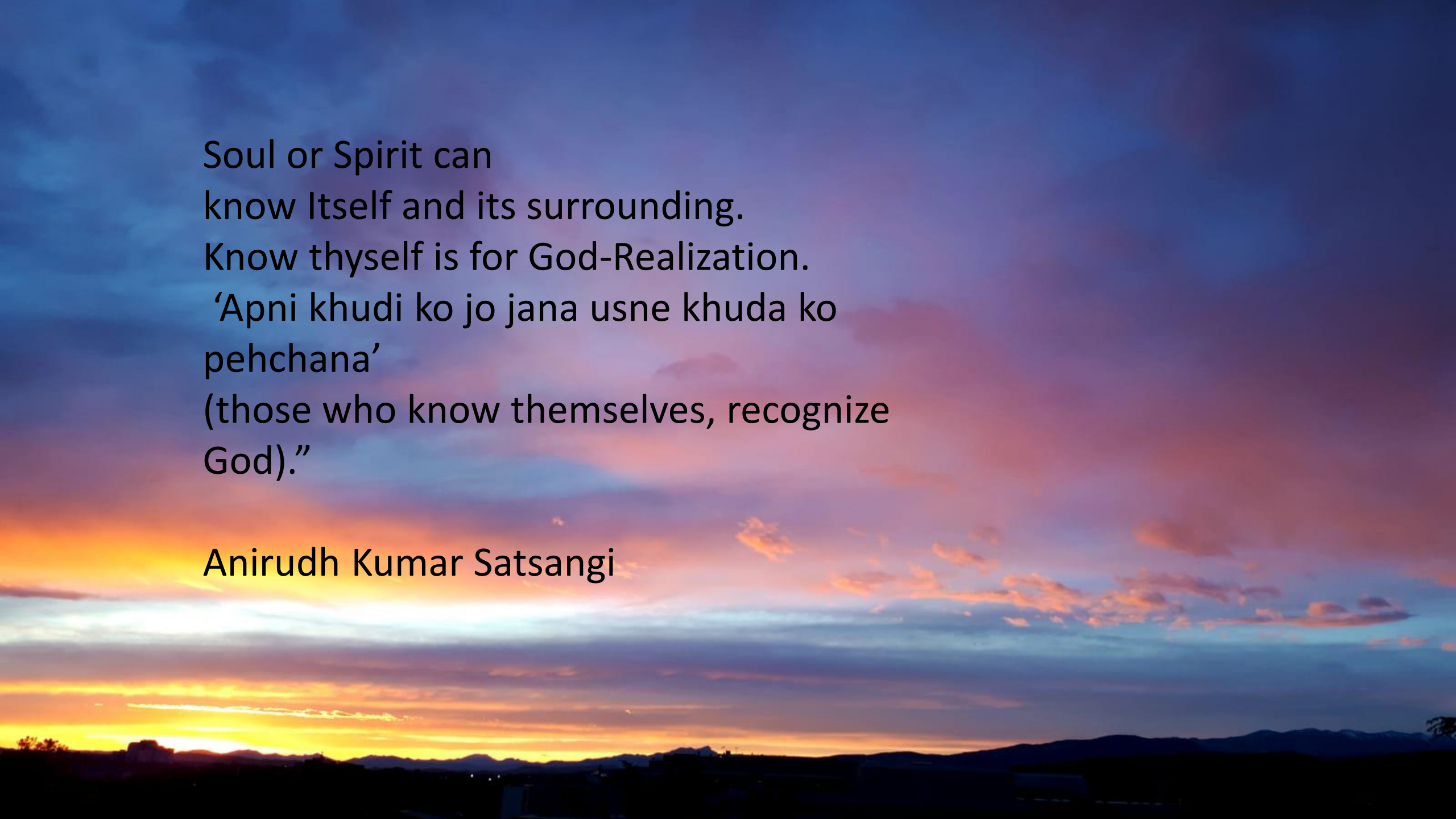
- Soul or Spirit can know itself and its surrounding. Know thyself is for God-Realization.
'Apni khudi ko jo jana usne khuda ko pehchana'
(those who know themselves, recognize God)."

Anirudh Kumar Satsangi



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Soul or Spirit can
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(those who know themselves, recognize
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Anirudh Kumar Satsangi

FOR A HUMANISTIC HYPNOTIC PSYCHOTHERAPY

by Francesco Malvasi, Psychologist-Psychotherapist
Coordinator SIPMU Section of Matera – Basilicata, Italy



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- Every health worker must be able to provide not only the professional support of his speciality but also human accompaniment.
- It is regrettable that too often, we still look at the treatment of the disease and overlook the variables linked to the complexity of the patient's personality.



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- The patient as a person, as an individual with his or her own dignity, is at most helped to overcome the disease of which he or she is the bearer, but little support is given in overcoming his or her fear, while also competently dealing with the overall suffering and anguish of his or her family.
- When a patient comes to us, in addition to the symptoms and signs of a disease, we encounter a universe filled with pain and, sometimes, despair, in the face of which we cannot turn a blind eye and remain aseptic.
- It is necessary to know when and how to provide reassuring assistance, to build a bridge of trust and human solidarity through responses that nourish the hope of being able to change - never false hopes, as soothsayers do. How hard it is to build compliance when we are faced with a human being rendered helpless by suffering.
- Bringing more humanity into care, more kindness, more respect, with scrupulousness and a spirit of service, because every man and every woman, with the same clinical diagnosis, suffer inwardly differently. A not inconsiderable weight in the health-patient relationship is carried by the personality of the health professional.



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- In the field of Psychotherapy, for example, success is the outcome of an interactive process of coordination of the epistemological premises and meaning-systems of the patient-therapist dyad. Let us recall here briefly the concept of *Durcharbeitung*, i.e. that mental work in Hypnotic Psychotherapy which is useful so that certain new connections between present and past problematic situations, between present discomfort and related painful memories, can be broken down and subsequently re-synthesised and made one's own by the patient, since she/he had already glimpsed and mentalised them by the therapist.
- What does a patient expect from Hypnotic Psychotherapy?



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- First of all, a conception still persists that is influenced by the semantic stratifications of the culture of belonging due to the sensationalism of pseudo-scientific readings or circus nonsense seen on TV or on the Internet that feed dereistic expectations that are detrimental to the scientific seriousness of the discipline, giving it a 'magical' halo.
- The psychobiological characteristics that make possible the establishment of rapport, the cornerstone of Hypnotic Psychotherapy, are based on a natural phenomenon, species-specific communication, the result of the adaptation of the human species to its social environment.
- Hypnotic phenomena, which can appear to varying degrees between different people (ideomotor phenomena; altered perception; altered memory; altered subjective perception of time, etc.), make Hypnotic Psychotherapy a Clinical Science of the psychobiological changes produced by communication between human beings within a relationship that is therapeutic, and which takes place in a given setting.



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- All types of psychotherapy start from an analysis of demand. It often happens that patients, in search of the longed-for change, have not achieved it with other colleagues; rather, they arrive 'burdened' by as many nosographic labels as there are colleagues who have visited them, conceptions that most of them have internalised so much that they have a pejorative self-image that it is a priority to dismantle, like when as children, we played with Lego bricks.
- This is a process from human being to human being, maintaining neutrality to avoid allying oneself too long with any of the instances of the patient's psychic apparatus, but dancing with her/him according to unpredictable parameters, avoiding violations of the setting.



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- Rapport will always be the fundamental tool in Psychotherapy: without sharing, without authentic intersubjectivity, it will not be possible to assign the patient the role of co-author of his own change.
- I like to compare the therapeutic relationship to a compass, the needle of which aims to orientate between Affectivity, Emotions, Values and Growth Goals.
- Subjective suffering can be traced back to emotional-imaginative experiences generated by unconscious processes of knowledge that are not integrated in awareness. Re-establishing integration between the various parts of the Self is the ultimate goal of Psychotherapy, not just hypnotic therapy.



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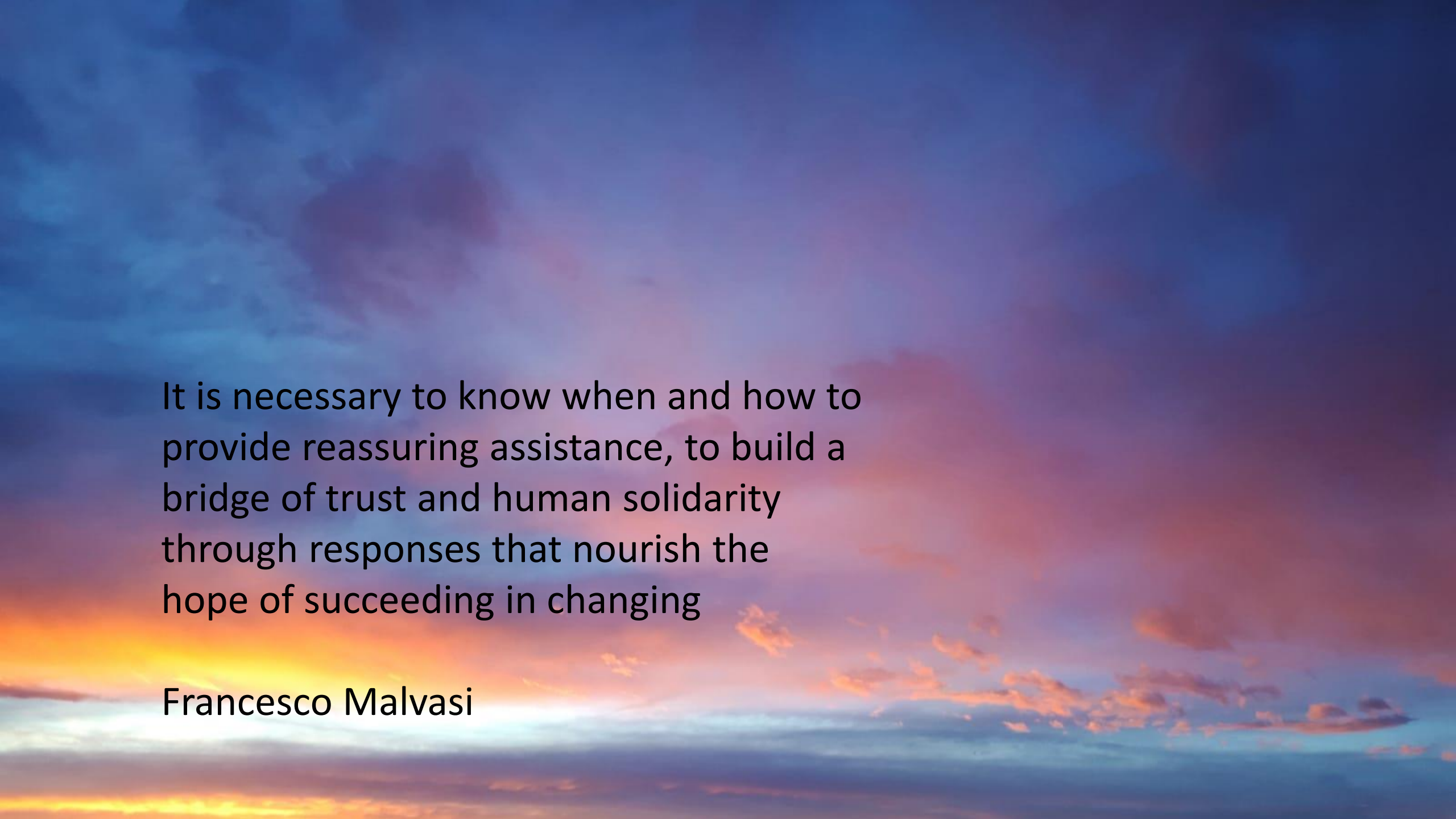
- In an optimal situation, the Hypnotic Psychotherapist closely resembles a great musician, who is able to use pauses, arranging them in the melody; he also resembles a great painter, who is able to distribute the shadows in such a way that certain parts of the scene depicted on the canvas shine.
- When the soft flow of the therapist's words guides the patient's associations, when the therapist's words are formulated taking into account the most concrete and sensory aspects of the patient, what has been sown along the induction can touch the deepest part of the patient, find space, settle and bear fruit. What counts, therefore, in a helping relationship is the quality of acceptance and empathic listening, putting the patient at the centre. Everything else follows.

Francesco Malvasi, Psychologist, Psychotherapist, Matera, Italy



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A sunset sky with blue, purple, and orange hues. The sun is low on the horizon, creating a bright orange glow that transitions into purple and blue as it goes up. There are some clouds scattered across the sky, catching the light of the setting sun.

It is necessary to know when and how to provide reassuring assistance, to build a bridge of trust and human solidarity through responses that nourish the hope of succeeding in changing

Francesco Malvasi

Dr. Suor Roberta Pignone, Missionary Doctor in Bangladesh, Honorary Member SIPMU

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GREETINGS FROM BANGLADESH

Hi, how are you?

Here I am at that time of year when everyone goes on holiday and I, looking at the photos, feel great envy!!! I also long for some time in beautiful, quiet places without much to think about, in short RELAX. Ho fatto una settimana di stacco lo scorso mese, ma me ne sono quasi già dimenticata!!

This year the heat is heavy, the humidity is always over 95%, last week the hygrometer was trying to go over 100! I think it is also the passing of time...this year the fatigue is heavier to bear, but here come friends who will come to visit me in August to share a few days together, and my trip to America give me the strength to go on every day with enthusiasm and joy, despite the heat and humidity cutting my legs and strength!

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- It is a delicate time for our Project, changes related to some people who had worked with us for years who have resigned, in search of, but I do not know what, certainly following desires that in my opinion are difficult to realise. Choices made in my opinion a little out of reality, not with their feet on the ground, however I wish them all the best for the future. This involves training young people for roles of greater responsibility, this takes time and patience, but I must say that this situation fascinates me a lot, certainly tiring but, I would say, it 'rejuvenates' me!
- There are times when you have to somehow clean up and make room for the new, this is the road that is opening up before us and I know that I need not fear because we are always blessed in a special way, the Lord is faithful to his promises and I know that he has a special look for us who take care of the least.
- Today Rudy is travelling home after almost six months in Italy, we have so much to talk about and also to share the joy of Aminur who finally got married in June! All the guys in the family home were laughing telling me that now I too am a 'mother-in-law'!



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- How beautiful they are, young, full of enthusiasm and desires for the future, along with some thoughts about their new life together, of course, but time will do its work and they too will find their new dimension. Here marriages are still arranged, they do not know each other, so they have to learn to live together, but also to know and love each other. The monsoons have started, so on Tuesday afternoons it is difficult to 'go swimming' (with the inflatable pools for the children), the weather always turns ugly in the afternoons, and I do not trust everyone to get wet without the sun, so we spend Tuesday afternoons playing in the courtyard, but I have realised that the lazy ones (including the children and their mother) prefer to stay holed up in my office, which has now become everyone's place.
- A few weeks ago, something happened that gave me a lot of pleasure: the mothers and children all came to my office, I played with the puppies, and they, the mothers, did 'gossip': they told each other their stories, how they spent the Korbani feast, the problems with their husbands, free to say everything they live and think, safe in the knowledge that they will not be judged. It is nice to see them laughing, joking, talking quietly. Last Tuesday I fed them katal which is the jack fruit, they competed to see who ate the most, Amena won who stole the container!



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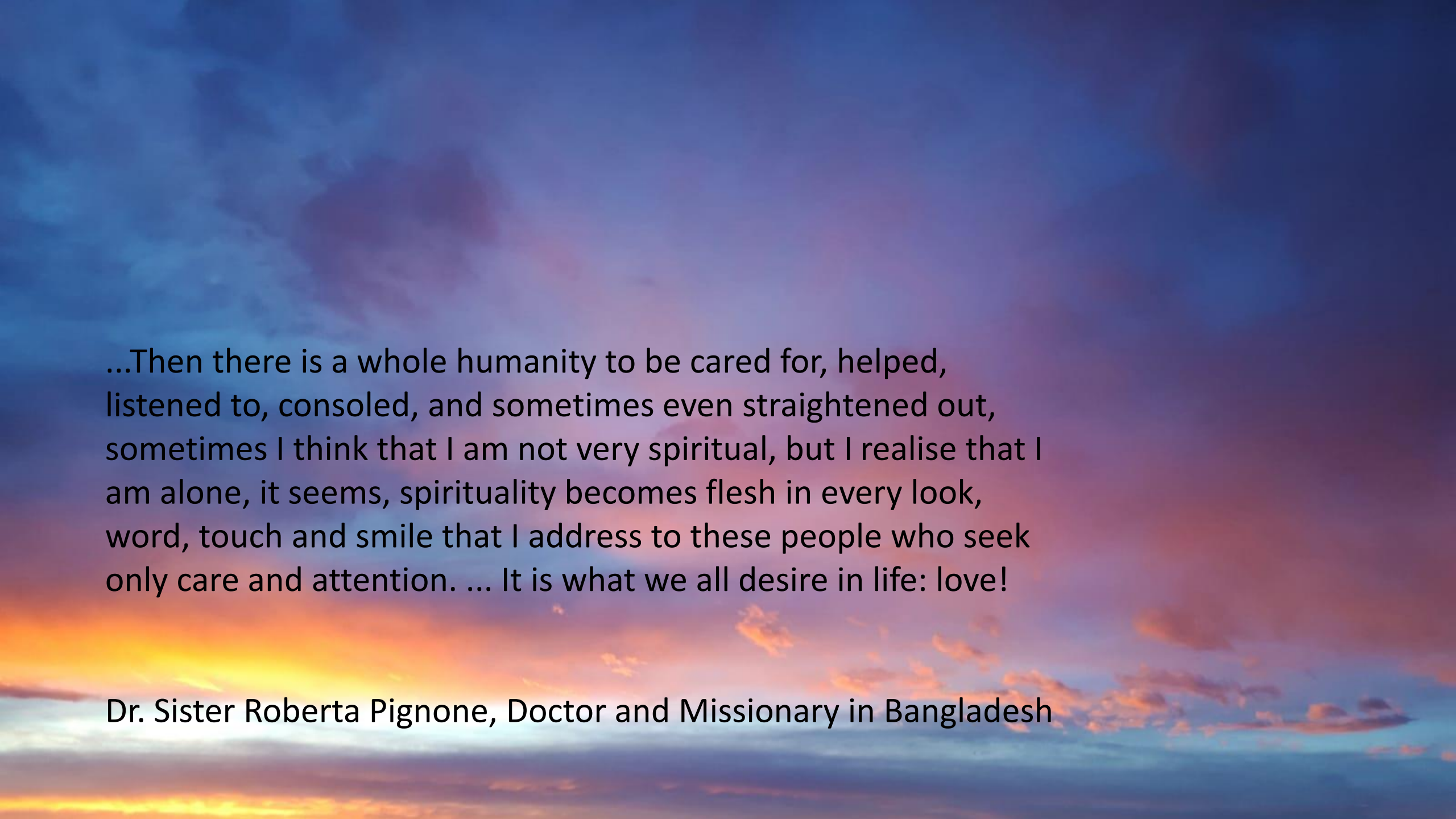


- Many times I wonder if these puppies, who grow also thanks to our material and emotional help, will be able to be different, will be able to understand and conceive life in a better way, especially in their relationship with women. I am very tender with the mother of Shundori, a beautiful two and a half year old girl, who tells me that she hopes so much that her daughter will not marry or that she can live a life like mine, unthinkable for a woman.
- I hope for a better future. In the evening I am always very tired and I realise that I have little concentration for prayer, but I console myself by realising how the Word truly becomes flesh every day, how Jesus becomes incarnate in my life through the daily Eucharist, through prayer, through those moments when I can look up to heaven and know that I am not alone.
- Then there is a whole humanity to be cared for, helped, listened to, consoled and sometimes even straightened out, every now and then I think I am not very spiritual but I realise that I am alone, it seems, spirituality becomes flesh in every look, word, touch and smile that I address to these people who only seek care and attention.
- This is what we all desire in life: love! So I ask you to continue to support me with affection and prayer so that I can continue to be all this! Have a good summer, have a good rest... I am waiting for September with a bit of envy and somehow the trip to America will be a holiday for me too!

A big hug Roby



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A background image of a sunset sky. The sky transitions from a deep blue at the top to a vibrant orange and yellow near the horizon, with scattered, soft white and pinkish clouds. The overall mood is serene and contemplative.

...Then there is a whole humanity to be cared for, helped, listened to, consoled, and sometimes even straightened out, sometimes I think that I am not very spiritual, but I realise that I am alone, it seems, spirituality becomes flesh in every look, word, touch and smile that I address to these people who seek only care and attention. ... It is what we all desire in life: love!

Dr. Sister Roberta Pignone, Doctor and Missionary in Bangladesh

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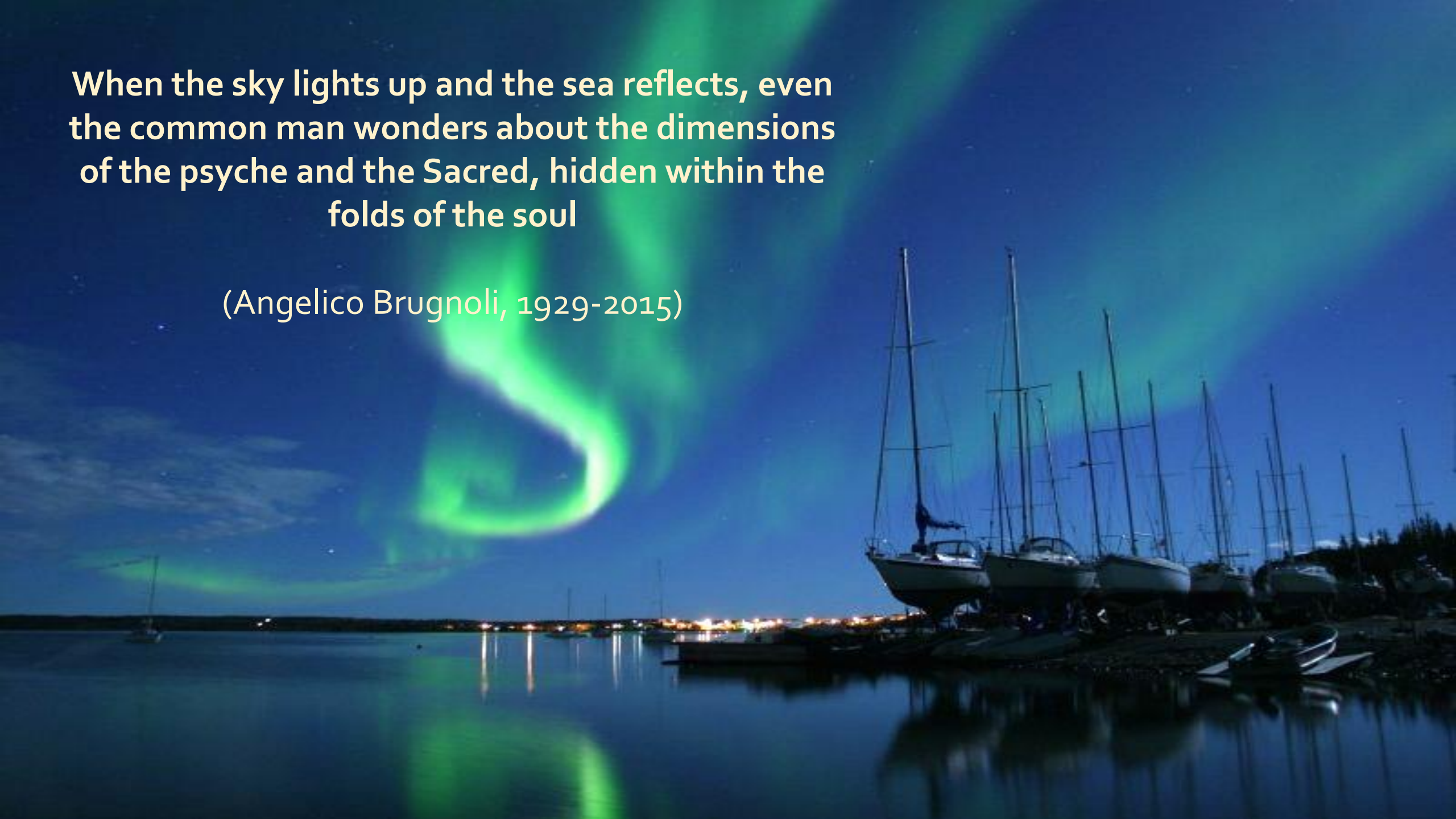
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**When the sky lights up and the sea reflects, even
the common man wonders about the dimensions
of the psyche and the Sacred, hidden within the
folds of the soul**

(Angelico Brugnoli, 1929-2015)



THE FOLLOWING ARE THE INTERESTING NEW THEORIES ON CONSCIOUSNESS BY THE SCIENTIST AND QUANTUM PHYSICIST JOACHIM KEPPLER, WHO CONTRARY TO MANY SCIENTISTS, WHO THEORISE THAT CONSCIOUSNESS IS ONLY A NEUROSCIENTIFIC FIGMENT OF THE BRAIN, KEPPLER WITH HIS NEW AND INNOVATIVE THEORY, EXPLAINS THAT TRUE CONSCIOUSNESS, DOES NOT ORIGINATE IN THE BRAIN, BUT IS OUTSIDE OF US, ...LINE THAT FOLLOWS THE PHILOSOPHICAL THEORIES OF MANY RELIGIONS



LAYING THE FOUNDATIONS FOR A THEORY OF CONSCIOUSNESS

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Dr. Joachim Keppler, Quantum
Physicist, Honorary Member
SIPMU, Department of
Consciousness Research,
DIWISS, Germany



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<https://www.diwiss.de/>

Mission DIWISS

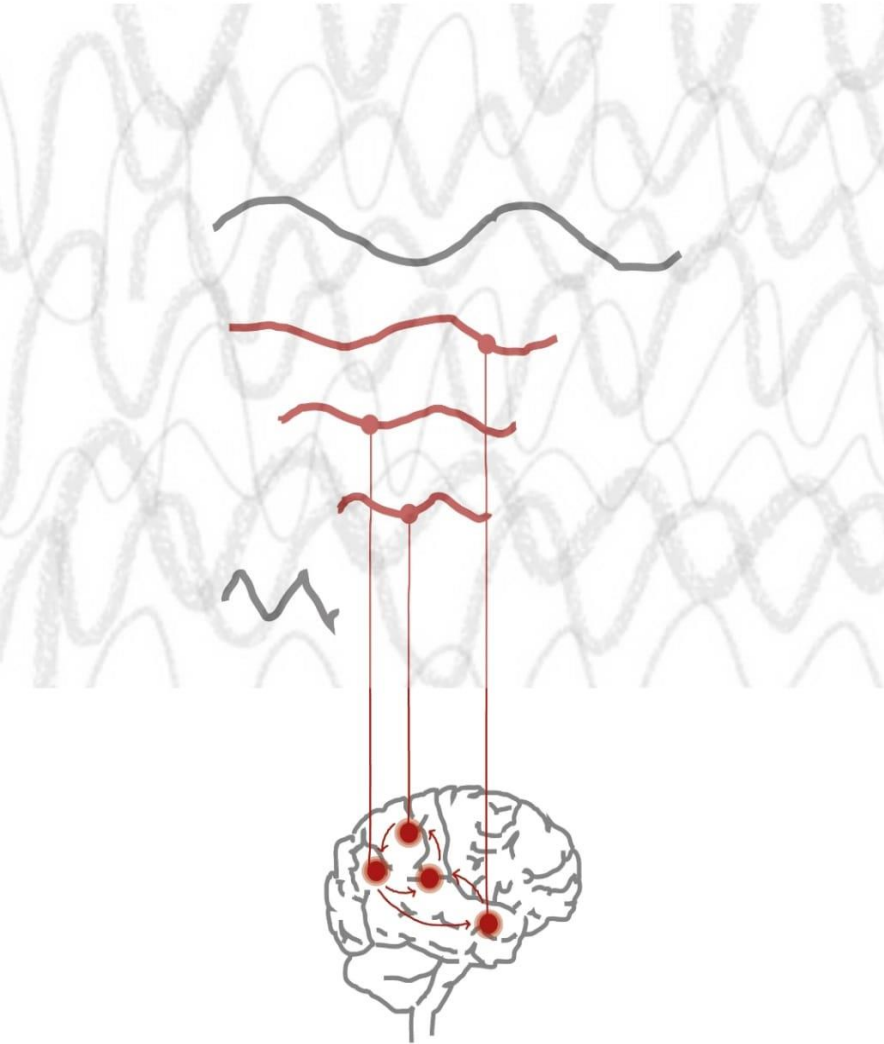
focuses on the scientific exploration of consciousness by pursuing an interdisciplinary approach at the intersection of theoretical physics, neuroscience and philosophy of mind.

Challenge Our conscious inner life is characterised by subjective experiences that manifest themselves in an enormous variety of phenomenal qualities: the seductive scent of a rose, the taste of a fresh strawberry or the moment of happiness while watching a colourful sunset, to name a few typical examples.

Although no one doubts that the brain is involved in the formation of these phenomenal states, the exact role of the brain in conscious processes is the subject of intense scientific debate among various schools of thought. Many scientists are convinced that the brain creates consciousness from insentient matter, others believe that the brain assembles our familiar macroscopic conscious states from microscopic blocks of consciousness, while still others believe that phenomenal states result from the brain's interaction with an omnipresent field of consciousness.

What unites the various schools, despite their differences, is the challenge of finding an integrated approach to understanding the physical and inner worlds that culminates in a conclusive theory of consciousness.

Joachim Keppler, Quantum Physicist, DIWISS



LAYING THE FOUNDATIONS FOR A THEORY OF CONSCIOUSNESS

By Joachim Keppler

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One of the major challenges for cognitive neuroscience lies in deciphering the mechanism behind advanced cognitive processes that culminate in conscious states, with the defining characteristic of consciousness being the presence of phenomenal qualities (qualia). Conscious processes include, on the one hand, stimulus-induced conscious perception, which is directed toward experiencing the external world, and, on the other hand, self-referential mental processes, such as stimulus-independent reasoning and memory retrieval, which are introspective in nature.

The common route to narrowing down the mechanism behind conscious processes is to explore the neural correlates of consciousness (NCC), seeking to isolate the distinctive features of neural activity patterns associated with conscious states. Mounting evidence suggests that conscious states are related to long-range synchronized brain activity, with these activity patterns originating from abrupt changes in macroscopic brain dynamics and reflecting the *collective behavior* of large numbers of neurons. In-depth analyses of the empirical data indicate that pattern formation arises from *phase transitions* and that the dynamical characteristics of the brain are due to *criticality*.



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Consequently, drawing on the available evidence, a natural strategy to unveil the mechanism behind conscious processes consists in studying the mechanism underlying critical dynamics. Of particular interest in this regard is *self-organized criticality*, which stands for the ability of a complex system to adjust a control parameter that keeps the system near a critical point of a phase transition. Expressed differently, it can be expected that insight into the mechanism used by the brain to control phase transitions will lead to a deeper understanding of the mechanism by means of which the brain manages to exceed the threshold of consciousness.

To pursue this avenue, methods of theoretical physics are required, since the collected empirical data on its own does not reveal the mechanism behind phase transitions. The most promising methods in this context are those of quantum field theory, which have turned out to be remarkably powerful for the description of collective behavior in many-body systems and the explanation of abrupt phase transitions that result in the formation of synchronized neural activity patterns.



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In a new study, based on quantum electrodynamics (QED), the fundamental theory of the electromagnetic interaction, model calculations on brain dynamics have now been performed and the mechanism underlying phase transitions has been investigated in detail (<https://doi.org/10.3389/fnhum.2024.1379191>).

The model calculations demonstrate that the initiation of phase transitions and the formation of synchronized activity patterns is due to the resonant coupling of the brain to the ubiquitous vacuum (zero-point) fluctuations of the electromagnetic field, referred to as *zero-point field* (ZPF).

This omnipresent field, which is represented by a spectrum of normal modes, has a prominent position in the construction plan of the universe and can be interpreted to mean that the vacuum is not a void, but a vibrant sea filled with energy and potentiality. Moreover, the study suggests that the coupling is controlled by modulating the concentration of the most abundant neurotransmitter glutamate. A direct consequence of resonant glutamate-ZPF coupling is the *amplification* of specific ZPF modes, which leads us to conclude that the ZPF is the key to the understanding of consciousness and that the distinctive feature of neurophysiological processes associated with conscious experience consists in modifying the ZPF.



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Considering the prominent position of the ZPF in the construction plan of the universe, it seems reasonable to conceive of the ZPF as the fundamental substrate of consciousness.

This idea can be translated into the postulate that *the ZPF is inherently sentient*, or in other words, that the universe is permeated by a ubiquitous psychophysical field that reveals itself extrinsically through its energetic properties, while intrinsically it is of a phenomenological nature, suggesting that *the spectrum of phenomenal qualities is represented by the vibrational spectrum of the ZPF* and that each normal mode is associated with an elementary shade of consciousness.

Proceeding from this postulate, the significance of resonant glutamate-ZPF interaction for the formation of conscious states becomes apparent in that the amplification of specific ZPF modes is inextricably linked with the excitation of specific phenomenal qualities. This theory of consciousness, according to which phenomenal states arise through *resonant amplification of zero-point modes*, is given the acronym TRAZE.



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While conventional materialist approaches attribute the emergence of phenomenal states to a mysterious mechanism whose operating principle remains obscure, TRAZE provides a transparent and comprehensible mechanism for the formation of conscious states. The explanatory power of the theory is due to a paradigm shift according to which consciousness is not regarded as a phenomenon that arises from insentient matter, but recognized as the inherent nature of the omnipresent ZPF that can be accessed under suitable conditions. Following the psychophysical field hypothesis, access is restricted to those systems that can couple resonantly to the ZPF and have the capacity to modify the undifferentiated ground state of the ZPF.

Metaphorically speaking, the keyboard of consciousness is built into the ZPF, and the brain produces concrete conscious states by playing chords on this keyboard. The study presents an experimental setup that can be used to test a corollary of the theory, namely, the prediction that normally occurring conscious perceptions are absent under experimental conditions in which resonant glutamate-ZPF coupling is disrupted.



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The design of the experiment is specifically tailored to demonstrate that phenomenal awareness is a phenomenon that does not emerge from the brain (Joachim Keppler, DIWISS)

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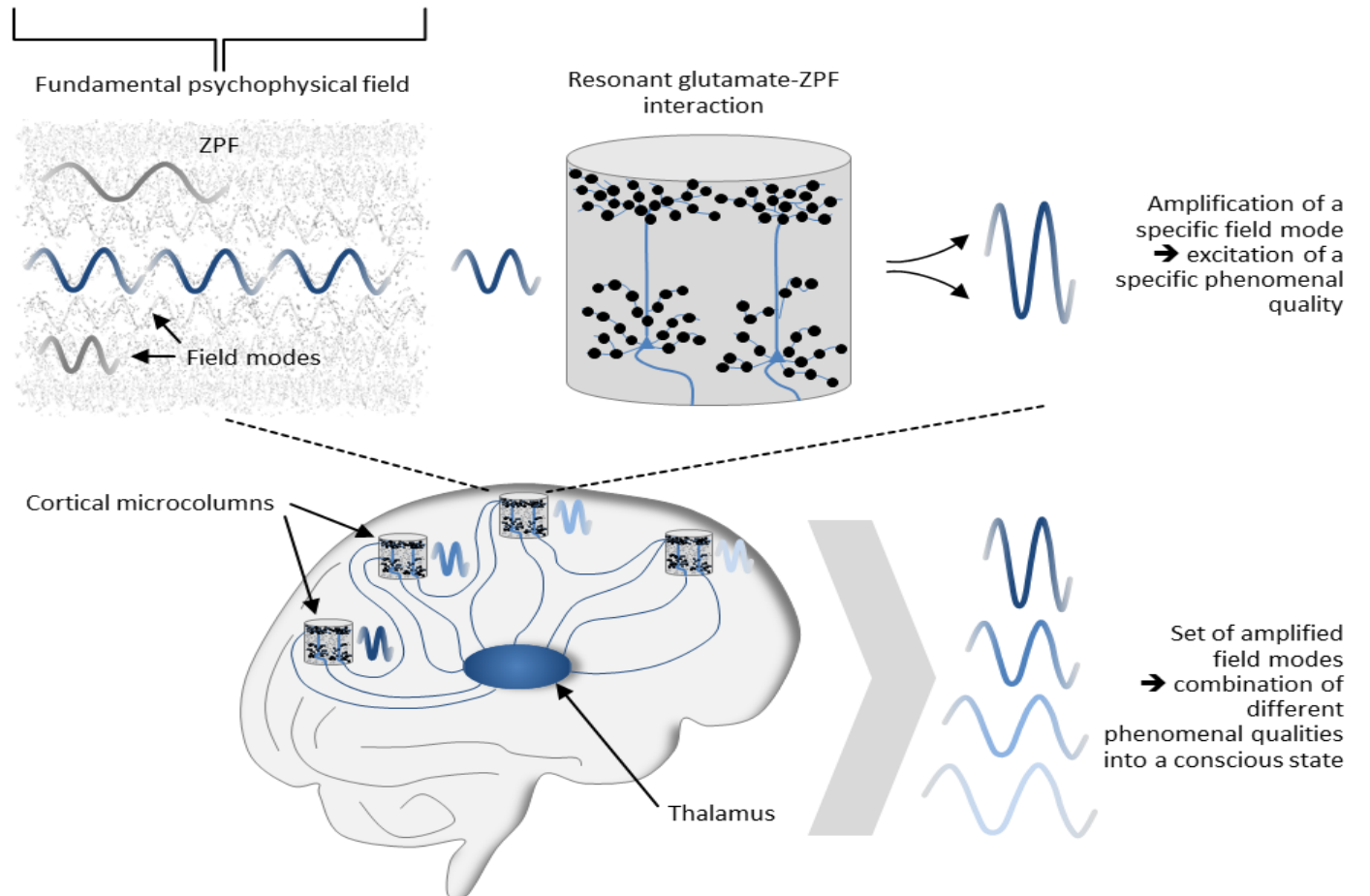
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Extrinsic energetic properties
Spectrum of normal modes
(frequency components)
Undifferentiated
ocean of energy

Intrinsic phenomenal qualities
Spectrum of elementary
phenomenal shades
Undifferentiated
ocean of consciousness



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INTROSPECTIVE MEDITATIONS

BY EMANUELA PASIN NEUROPSYCHOLOGIST,
PSYCHOTHERAPIST, VERONA, ITALY

www.emanuelapasin.com



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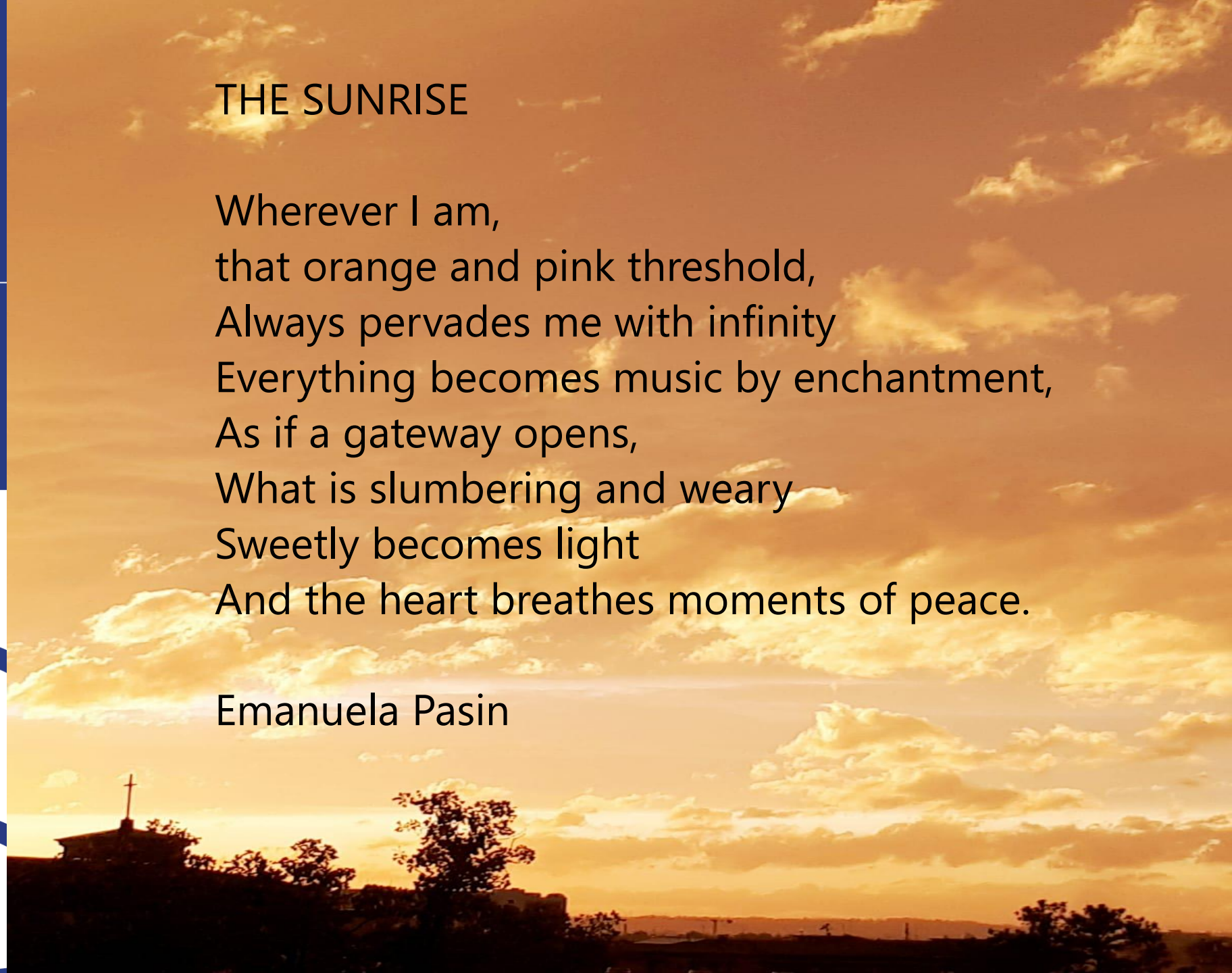
THE SUNRISE

Wherever I am,
that orange and pink threshold,
Always pervades me with infinity
Everything becomes music by enchantment,
As if a gateway opens,
What is slumbering and weary
Sweetly becomes light
And the heart breathes moments of peace.

Emanuela Pasin



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THE SOUND OF RAIN ON THE LEAVES

I would like to say to that part of us
That tries to do everything to be always more, never paid and
happy,
To that part of us that fills our days with a thousand things to do,
To that part of us that always criticises everything
To that damned part of me that tirelessly searches for the secret
of happiness,
To that very part of me I would like to say: that the sound of rain
on the leaves is wonderful and you are missing it.

Emanuela Pasin



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LEAVE ME HERE

Leave me here, tiny and invisible,
Next to a golden button,
On an ordinary spring day
As the dew evaporates with my thoughts
And I breathe in the intense perfume of life
And maybe get lost in infinity.

Emanuela Pasin



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A JOYFUL THOUGHT

And today too I'll boldly search for a joyful thought
To follow like a butterfly to catch, Just to run and laugh
with my child,
Rolling on the meadow inebriated with joy Because after
all,
life is written day by day
On that emerald table of our soul
Where in the end only drops of shared happiness, crazy
runs and useless laughter remain:
precious, infinite molecules of God.

Emanuela Pasin



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SIPMU HIGH TRAINING COURSE IN MEDICAL AND PSYCHOLOGICAL HYPNOSIS

internationally recognised by ESH



SIPMU



The 70-hour course takes place in 2024 over 4 weekends in Verona at the Camillian Formation Centre 'Sentieri Formativi', Via Astico - 60 HOURS OF INTERACTIVE PRACTICAL LESSONS IN PRESENCE 4 weekends (Saturday and Sunday) DATES: APRIL 27 and 28 - MAY 18 and 19 OCTOBER 12 and 13 - NOVEMBER 16 and 17 - 10 HOURS OF ONLINE WEBINAR - EDUCATIONAL BOOKS IN PDF



PRESENTATION AND REPORT ON THE SIPMU THEORETICAL- PRACTICAL INTERACTIVE IN-PRESENCE ADVANCED TRAINING COURSE IN CLINICAL HYPNOSIS 2024

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REPORT OF THE HIGH TRAINING COURSE IN HYPNOSIS 2024

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The course was accredited for 48 CMEs The HIGHER TRAINING COURSE IN CLINICAL Hypnosis, organised by SIPMU (Italian Society of Clinical Hypnosis in Psychotherapy and Humanistic Medicine), represents a unique meeting point for doctors and psychologists wishing to deepen their skills in a new fascinating and delicate scientific field such as clinical hypnosis. The course, which started this year in spring, involved professionals from different parts of Italy, all united by the desire to acquire effective tools to improve the wellbeing of their patients.

- The training is divided into a series of webinars and interactive in-presence practical modules, addressing the fundamental aspects of clinical hypnosis, from theory to practical techniques. Each meeting is designed to offer not only in-depth theoretical knowledge, but also numerous opportunities for supervised practice, allowing participants to directly experience the techniques learned. This hands-on approach was greatly appreciated by participants, who were able to see first-hand the positive effects of hypnosis in the clinical context.



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- One of the most exciting aspects of the course is the great professionalism and knowledge of hypnosis of the lecturers, all physicians with various specialisations and doctorates in different disciplines, and psychologists specialising in different fields of psychotherapy. The lecturers are internationally renowned professionals with years of experience in the field of hypnosis and an infectious passion for the subject. Their ability to convey not only technical skills, but also the importance of an empathic and patient-centred approach, deeply enriched the training experience. The students found inspiration in their own stories and successes, understanding how hypnosis can become a powerful and respectful tool for the treatment of many psychological and medical conditions.
- The course will end in November 2024, and participants are already enthusiastic about the results achieved. Many of them have shared touching testimonies by e-mail about how learning clinical hypnosis has transformed the way they work and interact with patients both in pain therapy and in other areas of clinical hypnosis.



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- The atmosphere during the course sessions is one of great cooperation, enthusiasm and mutual scientific and practical support. Participants formed a close-knit community on whatsapp, where they shared doubts, successes and daily challenges. This sense of belonging and mutual support was fundamental for many, who found in their colleagues and lecturers a valuable point of reference.
- Looking to the future, participants know that the end of the course is not the end of their journey in clinical hypnosis. On the contrary, it is only the beginning of a professional journey enriched by new skills and a renewed awareness of human potential. Thanks to SIPMU, and the more specific courses in each field that will be organised in 2025, these physicians and psychologists are now better equipped to make a difference in the lives of their patients by carrying out a clinical practice that combines science, humanity and empathy.
- Moreover, those who are interested can become members of SIPMU, and be part of the hypnosis study community.
- Info: paola.brugnoli@libero.it
mariapaola.brugnoli@gmail.com
- Below is the list of course FACULTIES THE COURSE HAS BEEN ACCREDITED 48 ECM



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FACULTIES OF ADVANCED TRAINING COURSE IN CLINICAL HYPNOSIS



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- ❑ AZZALIN LINDA MD, Specialist in Anaesthesia, Intensive Care and Pain Therapy, Master in Pain Therapy and Palliative Care, Master in Acupuncture and Complementary Techniques, Master in Clinical Hypnosis, Hypnotherapist, Constituent Member of the European Society of Hypnosis, Former First Level Medical Director, at the Department of Anaesthesia, Intensive Care and Pain Therapy, Rovereto Hospital, Trento. Member SIPMU, Lives and works in Rovereto. BELLINI GAIA Surgeon, Specialist in Gynaecology and Obstetrics, Clinical Sexology, Hypnotherapist, Former First Level Medical Director at the Department of Gynaecology and Obstetrics, Integrated University Hospital of Verona. Constituent Member of the European Society of Hypnosis, Member SIPMU, Lives and works in Verona.
- ❑ ANNAPAOLA B.S. Degree in Psychology, School of Specialisation in Transactional Analytical Psychotherapy with Sociocognitive Orientation - AETOS, EMDR Practitioner/Therapist n P13620, Transactional Analytical Psychotherapy, Emergency Psychology - Psychotraumatology, Psychology of the Age of Development, Hypnotherapist, Constituent Member of the European Society of Hypnosis, Member SIPMU, lives and works in Vittorio Veneto, Treviso.

- ❑ BRUGNOLI MARIA PAOLA MD, PhD Specialist in Anaesthesia and Resuscitation, Pain Therapy and Palliative Care; Advanced training in: Paediatric Anaesthesia, Psychogeriatrics and Psychogerontology, Neurobioethics, Clinical Hypnosis; Hypnotherapist; PhD in Neuroscience, Psychology and Psychiatry; formerly Medical Director Level I and Researcher at the Department of Anaesthesia, Intensive Care and Pain Therapy Azienda Ospedaliera Universitaria Integrata Verona; Past Research Fellow at the US Government Research Center NIH National Institutes of Health, Clinical Center, Pain and Palliative Care, Bethesda, MD, USA. Coordinator of the Consciousness Study Group, at Gruppo di Studio in Neurobioetica GdN, Ateneo Pontificio Regina Apostolorum, Rome. President SIPMU SOCIETA' SCIENTIFICA ITALIANA IPNOSI CLINICA IN PSICOTERAPIA E MEDICINA UMANISTICA, Constituent Member of the European Society of Hypnosis, Director of the Ethics Committee ISH International Society of Hypnosis. Lives and works in Verona.

FACULTIES

- ❑ CARANDINA FRANCESCA MD, Specialist in Anaesthesia and Intensive Care and Pain Therapy, Algologist, Master in Clinical Hypnosis, Hypnotherapist, Former First Level Medical Director at the Department of Anaesthesia, Intensive Care and Pain Therapy Azienda Ospedaliera di Pieve di Coriano, Mantua, Constituent Member of the European Society of Hypnosis, Member SIPMU, Lives and works in Ferrara.
- ❑ CARLONI DARIO Psychologist, Psychotherapist and Hypnologist - Degree in Psychological Sciences and Techniques - Master's Degree in Clinical Psychology - Four-year specialisation in Clinical Hypnosis at AMISI (Italian Medical Association Studio Ipnosi) - Lecturer in Psychology and Psychopathology applied to Sport in the postgraduate specialisations for health professions recognised by MIUR, at the Associazione Medica Italiana Studio Ipnosi of Milan- Second Grade Mental Trainer for the Italian Tennis Federation- Enrolled in the Register of "Experts in Sport Psychology" at the Centre for Sport Psychology ISEF Turin (XI^o Course)- Hypnologist IPNOMED (Italian Academy of Rapid Clinical Hypnosis)- Hypnologist Ciics - Italian Centre for Experimental Clinical Hypnosis- Biofeedback and Neurofeedback techniques with QEEG analysis- EMDR therapist: Eye Movement Desensitisation and Reprocessing. Constituent Member of the European Society of Hypnosis, Member SIPMU.
- ❑ CICHERO GIORGIA Clinical Psychologist, Specialist in Psychotherapy and Neo-Ericksonian Hypnosis, Hypnotherapist, Psychotherapist at ASL4 Lavagna s.c. Addictions and abuse behaviour SERT Support and rehabilitation activities for psychic distress, Specialist in Developmental Psychology, Constituent Member of the European Society of Hypnosis, Member SIPMU, lives and works in Castiglione Chiavarese, Genoa.
- ❑ CRESTANI ANTONELLA Psychologist in Clinical and Community Psychology, Master's Degree in Sexology, Specialisation at the four-year School of Psychosynthetic Psychotherapy and Ericksonian Hypnosis, Hypnotherapist, Registered in the Register of Psychologists of the Veneto Region, Constituent Member of the European Society of Hypnosis, Member SIPMU, lives and works in San Bonifacio, Verona.
- ❑ FIORENTINI ANDREA Clinical Psychologist, Specialist in Psychotherapy and Neo-Ericksonian Hypnosis, Hypnotherapist, Psychological tutoring of children with Asperger's syndrome, Scientific Director SIPMU, Lecturer in Psychology, Anthropology, Sociology and Pedagogy, Constituent Member of the European Society of Hypnosis, Member SIPMU, lives and works in Milan.
- ❑ FRANZAN GIULIANO Degrees in Educational and Clinical Psychology, and in Theology, Psychotherapist and Clinical Sexologist, Constituent Member of the European Society of Hypnosis. Member SIPMU, enrolled in the Veneto Register of Psychologists.

FACULTIES

- ❑ GIACOSA SILVIA Clinical Psychologist, Specialist in Neo-hierksonian Psychotherapy, Hypnotherapist, President of the Italian Medical Association for Hypnosis Study A.M.I.S.I. - Milan, Director of the European School of Hypnotic Psychotherapy - AMISI, Constituent Member of the European Society of Hypnosis, lives and works in Milan.
- ❑ GRINZATO FABRIZIO Degree in Dynamic Clinical Psychology and in Motor Sciences, Osteopath, Master in Paediatric Osteopathy, Kinesiologist, Hypnotherapist, Constituent Member of the European Society of Hypnosis. Member SIPMU, Lives and works in Alessandria. LAUDANI ALESSANDRO MD, Specialist in Anaesthesia, Intensive Care and Pain Therapy; Level I Medical Director at the Department of Anaesthesia and Cardiac Surgery Intensive Care, University Hospital of Salerno, Hypnotherapist, Constituent Member of the European Society of Hypnosis, Member SIPMU, Lives and works in Salerno.
- ❑ NORSAALESSANDRO Degree in Clinical Psychology, Specialist in Psychotherapy, Hypnotherapist, Specialist in Anthropology, Lecturer at the University of Psychology IUSVE, Mestre, Venice; Coordinator at Gruppo di Studio in Neurobioetica GdN, Ateneo Pontificio Regina Apostolorum, Rome. Vice-President SIPMU, Constituent Member of the European Society of Hypnosis, Member SIPMU, lives and works in Verona.
- ❑ ORLANDO ALESSANDRO Degree in Clinical Psychology, Clinical and Rehabilitation Psychologist and Hypnotherapist, Specialising in Neo-Ericksonian Psychotherapy at the AMISI school, winner of the SEPI 2023 SEPI Award at the AMISI congress in Bicocca University on the dissociative state as recovery of abilities, researcher and president of the ECA association (study and research in hypnosis and NLP), Constituent Member of the European Society of Hypnosis, Member of SIPMU, lives and works in Castiraga Vidardo (Lo).
- ❑ PAOLO PICCININ Degree in Clinical Psychology, Specialist in Psychotherapy, Jungian Psychotherapy, Clinical Hypnosis, Psychosynthesis, Ericksonian Psychotherapy, Constituent Member of the European Society of Hypnosis, Member SIPMU, lives and works in Pordenone.
- ❑ RAMPI CLAUDIA Clinical Psychologist, Specialist in Psychotherapy, Hypnotherapist, Trainer - Teacher of Communication and Relational Techniques EMDR Supervisor, MBSR Teacher, Sensorimotor Therapist, Somatic Experiencing, Hypnosis. Lecturer Psychology. Communication, Philosophy, Anthropology, Sociology and Pedagogy. Constituent Member of the European Society of Hypnosis, Member SIPMU, Lives and works in Novara. RUGGIERO ANTONIO Degree in Clinical Psychology, Hypnotherapist, Psychotherapist in training, Avvocato Cassazionista del Foro di Milano, Lecturer and Journalist P. Ordine della Lombardia, Constituent Member of the European Society of Hypnosis, Member SIPMU, Lives and works in Varese and Milan.
- ❑ ZANETTE GIOVANNI MD, Specialist in Ericksonian Hypnotic Psychotherapy, Hypnotherapist, HRV Analysis and Biofeedback, Trainer, expert in Consciousness/Meditative Practices, Biofeedback and Neurofeedback Techniques with QEEG analysis - Deputy Director of the SIPMU Scientific Committee, Constituent Member of the European Society of Hypnosis, Member SIPMU, lives and works in Padua.



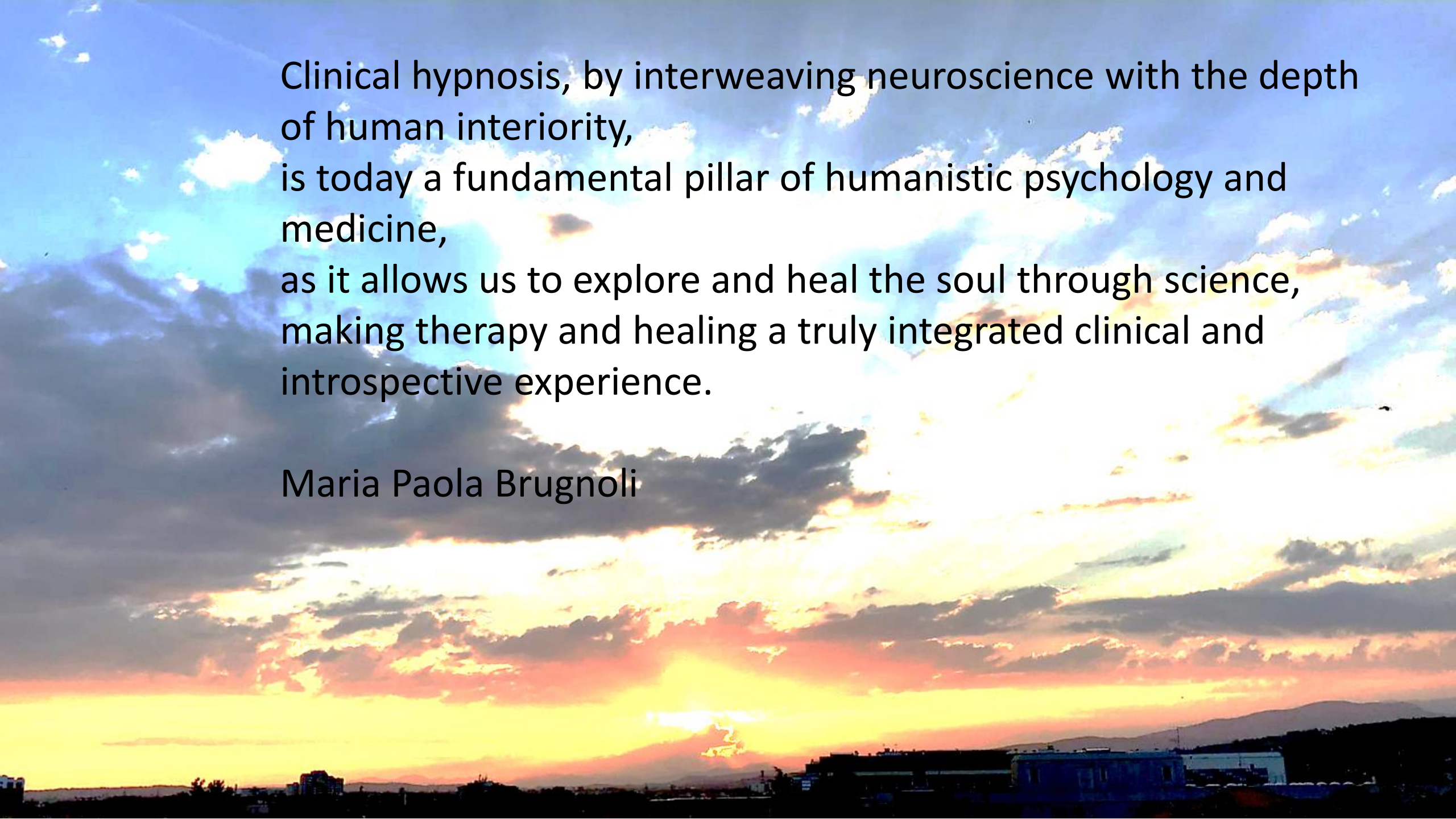
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ADVANCED TRAINING COURSE IN MEDICAL AND PSYCHOLOGICAL HYPNOSIS SKILLS ACQUIRED AND OBJECTIVES

info: paola.brugnoli@libero.it



- THEORETICAL AND PRACTICAL FUNDAMENTALS OF CLINICAL AND PSYCHOLOGICAL HYPNOTHERAPY: YOU WILL EXPLORE THE UNDERSTANDING AND USE IN MEDICAL AND PSYCHOLOGICAL THERAPY OF HYPNOTIC STATES AND MIND-BODY DYNAMICS, ACQUIRING FUNDAMENTAL THEORETICAL AND PRACTICAL KNOWLEDGE OF HYPNOSIS IN MEDICINE AND PSYCHOLOGY.**
- BASIC AND ADVANCED TECHNIQUES OF HYPNOTIC INDUCTION AND SELF-HYPNOSIS: YOU WILL EXPLORE AND GAIN PRACTICAL EXPERIENCE OF A WIDE REPERTOIRE OF HYPNOTIC TECHNIQUES FOR THE INDUCTION OF HYPNOSIS AND SELF-HYPNOSIS IN INDIVIDUAL AND GROUP THERAPEUTIC MANAGEMENT, IN MEDICINE AND PSYCHOLOGY. STUDY OF NUMEROUS SCIENTIFIC ARTICLES ON HYPNOSIS, PUBLISHED ON PUBMED BY THE LECTURERS AND SHARING OF HYPNOSIS TEXTS PUBLISHED BY THE LECTURERS AND OTHER HYPNOTHERAPISTS INTERNATIONALLY.**
- ACCESS TO THE COURSE IS OPEN TO GRADUATES IN MEDICINE, PSYCHOLOGY AND DENTISTRY, AS PROFESSIONALS ABLE TO MAKE A DIAGNOSIS AND USE CLINICAL HYPNOSIS AS AN ADJUVANT THERAPY TO INTERNATIONAL THERAPEUTIC PROTOCOLS PROFESSIONAL NETWORKING: YOU WILL HAVE THE OPPORTUNITY TO EXCHANGE VIEWS WITH NUMEROUS MEDICAL DOCTORS AND PSYCHOLOGISTS SPECIALISING IN VARIOUS SCIENTIFIC DISCIPLINES, EXPERIENCED HYPNOTHERAPISTS AND MOTIVATED COLLEAGUES, CREATING A NETWORK OF SUPPORT AND COLLABORATION THAT WILL LAST OVER TIME: THOSE WHO WISH TO DO SO CAN BECOME MEMBERS OF SIPMU.**
- SIPMU IS PRESENT WITH 18 SECTIONS IN 11 ITALIAN REGIONS AND IS A CONSTITUENT SOCIETY OF ESH EUROPEAN SOCIETY OF HYPNOSIS**



Clinical hypnosis, by interweaving neuroscience with the depth of human interiority, is today a fundamental pillar of humanistic psychology and medicine, as it allows us to explore and heal the soul through science, making therapy and healing a truly integrated clinical and introspective experience.

Maria Paola Brugnoli

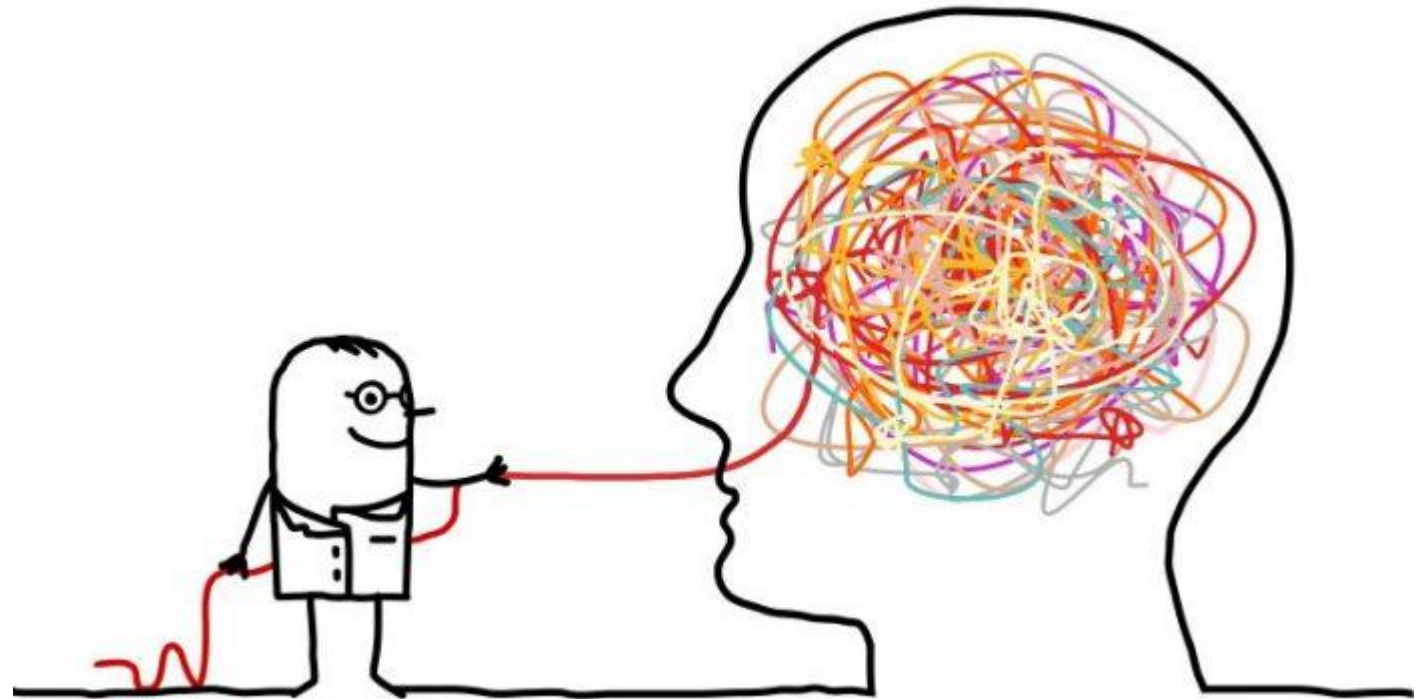
SIPMU ITALIAN SCIENTIFIC SOCIETY OF CLINICAL HYPNOSIS IN
PSYCHOTHERAPY AND HUMANISTIC MEDICINE

CLINICAL RESEARCH AND PSYCHOLOGICAL AND SCIENTIFIC EXPERTISE IN CLINICAL HYPNOSIS

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Being a good scholar and researcher in clinical hypnosis requires a combination of technical skills, personal qualities and management skills.

Here are the top 10 things that are essential for a scholar in clinical hypnosis:

- 1. Intellectual Curiosity in the field of hypnosis:** Being naturally curious and having an insatiable thirst for knowledge are essential to explore new areas and discover new information.
- 2. Technical Skills in the field of hypnosis:** Having a sound understanding of the theoretical and practical techniques and methodologies of hypnosis in one's own discipline. This includes study skills, data analysis, practical courses and specialised studies and clinical research tools.
- 3. Critical Thinking Skills:** Be able to critically analyse data and findings, evaluate hypotheses, and draw evidence-based conclusions.



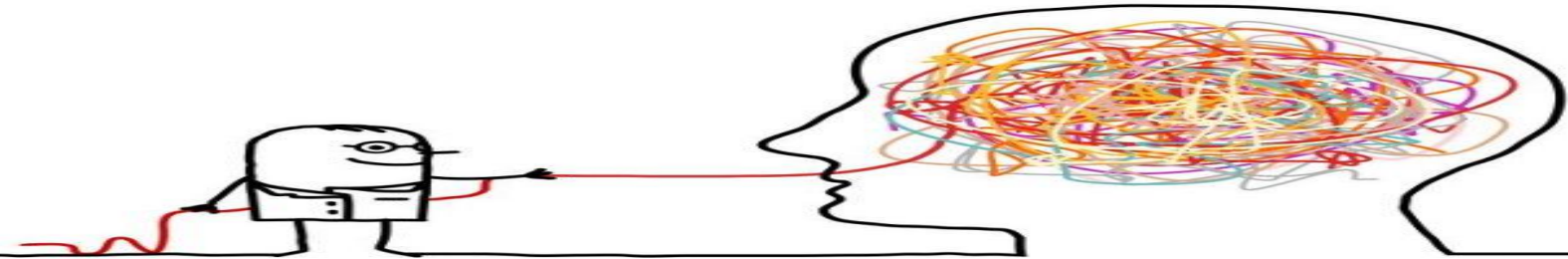
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in Psicoterapia e Medicina Umanistica*

**August
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4.Creativity and Innovation in the field of hypnosis: To be able to think outside the box, to propose new hypotheses for working with clinical hypnosis, and to find innovative solutions to research problems.

5.Rigour and Scientific Integrity in the field of hypnosis: To maintain high ethical and methodological standards, ensuring that the study of hypnosis is conducted in a rigorous and transparent manner.

6.Communication Skills: To be able to communicate not only with the patient, but also one's own studies, through both books and scientific papers in a clear and effective manner, both in written form (scientific articles, written conference papers and book reports) and oral form (presentations, webinars, lectures and conferences).



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7. Time and Project Management: Being able to manage time and resources efficiently, planning and organising study and research activities to meet objectives.

8. Collaboration and Networking: Being able to work well in multidisciplinary teams and build a network of contacts with other researchers, institutions and organisations.

9. Resilience and Perseverance in the field of hypnosis: Being prepared to face and overcome difficulties, failures and criticism, maintaining motivation and determination in pursuing one's goals of research, study and publication of scientific papers and books.

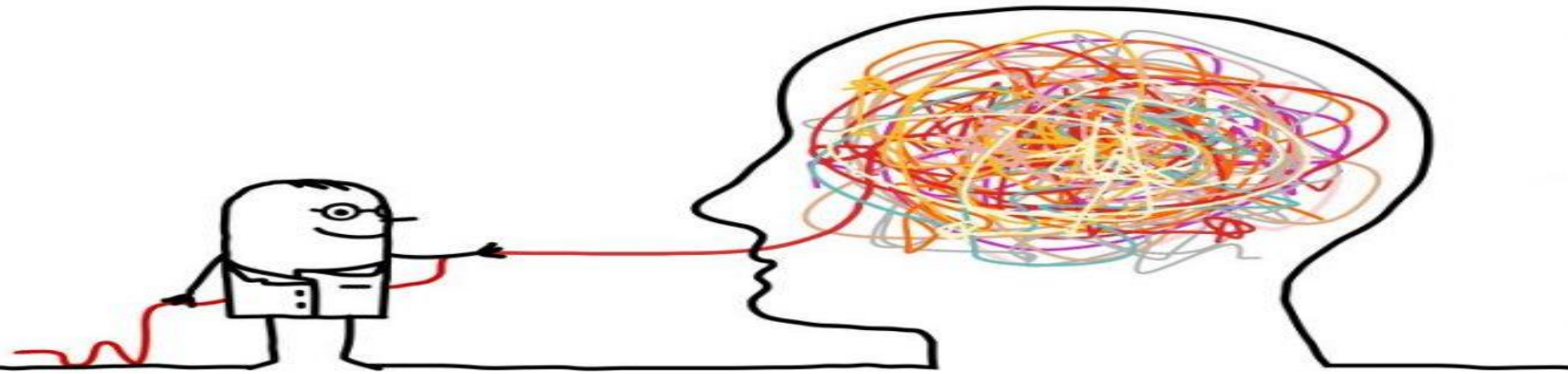


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10. Continuous updating in the field of hypnosis:
Staying up-to-date with the latest developments in hypnosis in one's own field of research by attending conferences, seminars, and reading scientific journals and articles and books, also shared in pdf format for SIPMU members.

These elements combined with curiosity and humility help to build a successful profile for a hypnosis scholar and/or scientific researcher and hypnosis teacher, enabling one to conduct high quality research and contribute significantly to the advancement of knowledge through SIPMU courses.



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SIPMU NEWS

TOPICS OF CLINICAL HYPNOSIS 2025 COURSES

FOR MEDICAL, PSYCHOLOGY AND DENTAL GRADUATES

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2024**



2025 SIPMU COURSES ALL COURSES ARE ECM ACCREDITED



SIPMU ORGANISES:

- A) BASIC COURSES IN CLINICAL HYPNOSIS FOR DOCTORS, PSYCHOLOGISTS AND DENTISTS
- B) WEBINARS AND SPECIALISED COURSES IN HYPNOSIS FOR SPECIFIC MEDICAL AND PSYCHOLOGICAL SKILLS IN THE FIELD OF HYPNOTHERAPY FOR DOCTORS, PSYCHOLOGISTS AND DENTISTS
- C) OTHER NON-HYPNOSIS COURSES IN THE MEDICAL AND PSYCHOLOGICAL SCIENCES FOR ALL HEALTH PROFESSIONS



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SIPMU CLINICAL HYPNOSIS COURSE TOPICS 2025

A) BASIC CLINICAL HYPNOSIS COURSES FOR DOCTORS, PSYCHOLOGISTS AND DENTISTS

IN SIPMU COURSES WE FOLLOW THE ESH GUIDELINES OF THE
GENERAL TOPICS OF HYPNOSIS STUDY FOR DOCTORS,
PSYCHOLOGISTS AND DENTISTS.

SIPMU COURSES IN CLINICAL HYPNOSIS ARE INTERNATIONALLY
RECOGNISED BY ESH AND ACCREDITED ECM



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2024**



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SIPMU CLINICAL HYPNOSIS COURSE TOPICS 2025

B) WEBINARS AND SPECIALISED COURSES FOR SPECIFIC MEDICAL, PSYCHOLOGICAL AND PSYCHOTHERAPEUTIC SKILLS IN THE FIELD OF HYPNOTHERAPY

These are courses for in-depth study of hypnosis techniques in the various specialist disciplines, both medical and psychological.

As with the basic courses, graduates in Medicine, Psychology and Dentistry are admitted for these courses, in accordance with the ESH European Society of Hypnosis international standard.

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SIPMU CLINICAL HYPNOSIS COURSE TOPICS 2025

B) WEBINAR AND SPECIALIST COURSES FOR SPECIFIC MEDICAL, PSYCHOLOGICAL AND PSYCHOTHERAPY SKILLS IN THE HYPNOTHERAPEUTIC FIELD

These are in-depth courses on hypnosis techniques in the various specialist disciplines, both medical and psychological.

They are open to graduates in Medicine, Psychology, Dentistry (according to the ESH European Society of Hypnosis regulations) Specialised in-depth courses in hypnosis:

- Clinical Hypnosis in Pain Therapy
- Clinical Hypnosis in Psychosomatic Medicine
- Clinical Hypnosis in Palliative Care
- and many others in various medical and psychological specialisations

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SIPMU TOPICS OF OTHER COURSES 2025

C) COURSES OPEN TO ALL HEALTH CARE PROFESSIONALS (not hypnosis)

accredited with CME

- RELAXATION AND MEDITATIVE TECHNIQUES FOR ANXIETY AND STRESS CONTROL
- BIOETHICS IN THE HEALTH PROFESSIONS



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SIPMU COURSES 2025

- If you are interested in our practical residential courses in basic or advanced hypnosis, or in courses on relaxation techniques open to all health professions, please write to us.
- If you are a group of at least 5 people, we can organise a customised course for you on request, also with specific skills, accredited by CME.
- We can also organise courses in English for foreign professionals on request. Face-to-face courses will be organised in the city of Verona, Italy. **SIPMU ACCEPTS NEW MEMBERSHIP OF MEDICINE, PSYCHOLOGY AND OBTOHONTICS graduates**
- Are you a graduate in Medicine, Psychology or Dentistry? Expand your professional and therapeutic skills through clinical hypnosis by joining SIPMU, the Italian Scientific Society of Clinical Hypnosis in Psychotherapy and Humanistic Medicine. Join SIPMU and take your professional practice to the next level with scientifically validated clinical hypnosis.
- Dr. Maria Paola Brugnoli, MD, PhD, President SIPMU**
- Info: sipmuipnosi@gmail.com paola.brugnoli@libero.it www.sipmu.org

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in Psicoterapia e Medicina Umanistica*

**August
2024**



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Conclusions Newsletter SIPMU August 2024

Dear Members and Friends of SIPMU,

We have come to the conclusion of our August 2024 newsletter, and we can only thank you for your attention and continued commitment to the field of humanistic medicine and psychotherapy.

In this issue we have explored numerous aspects of clinical hypnosis, highlighting how this extraordinary discipline can be a valuable support for doctors and psychologists in their daily practice.

Clinical hypnosis is not just a therapeutic technique, but a bridge to a deeper and more compassionate understanding of our patients' suffering.

It allows us to access often unexplored internal resources, facilitating healing processes that involve mind and body in a rediscovered harmony. As members of the SIPMU, we have the privilege and responsibility to integrate this knowledge into our practices, offering our patients a truly comprehensive and personalised therapeutic approach.

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in Psicoterapia e Medicina Umanistica*

August
2024



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Newsletter

Conclusions newsletter SIPMU August 2024

It is through our daily work that our mission comes to life: to promote healthcare that is not only effective, but also empathetic and humane.

We invite you to continue to explore the potential of clinical hypnosis, to share its benefits, and to support the growth of this discipline with the passion and dedication that distinguishes us. Together, we can make a difference in the lives of many people, accompanying them on a path of treatment and healing that recognises the importance of integrated psychophysical well-being.

We wish you a month of August full of discoveries, rest, reflection, new reading and, above all, serenity.

With affection and gratitude,

Maria Paola Brugnoli, President SIPMU

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in Psicoterapia e Medicina Umanistica*

**August
2024**



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2024

NATIONAL AND INTERNATIONAL SIPMU COLLABORATIONS

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in Psicoterapia e Medicina Umanistica*

August
2024



- AMISI Italian Medical Association for the Study of Hypnosis, Milan
- GdN Research Group in Neurobioethics at the Department of Philosophy and the UNESCO Chair of Bioethics and Human Rights Ateneo Pontificio Regina Apostolorum, Rome
- ESH European Society of Hypnosis Affiliation: SIPMU has been recognised by ESH as a constituent society of ESH and as an international training society
- International Hypnosis Training Society. <https://esh-hypnosis.eu/about/constituent-societies/>
- KMU Kyiv Medical University, Ukraine
- Training Centre Camillian Fathers "Formative Paths" Verona



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(some of the many)

BOOKS AND SCIENTIFIC PUBLICATIONS OF SIPMU MEMBERS

In Italian and English language

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*Società Scientifica Italiana Ipnosi Clinica
in Psicoterapia e Medicina Umanistica*

August
2024



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Newsletter

2024

PUBLISHED
BOOKS

SIPMU

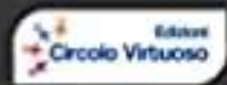
*Società Scientifica Italiana Ipnosi Clinica
in Psicoterapia e Medicina Umanistica*

August
2024



**L'IPNOSITERAPIA
DEI DISTURBI
DISSOCIATIVI**

—
FRANCESCO MALVASI



**HYPNOTHERAPY OF
DISSOCIATIVE DISORDERS**

**Dr. Francesco Malvasi,
Psychologist Specialised in
Hypnotic Psychotherapy, lives
and works in Matera, Italy**

<https://www.francescomalvasi.org/index.php>



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**Rivista Annuale di
Ipnosi e Medicina Umanistica**

**Società Scientifica Italiana Ipnosi Clinica in Psicoterapia
e Medicina Umanistica**

**Anno 1° - Luglio 2022
Numero 2**

**Direttore – Andrea Fiorentini
Consiglio Direttivo – Comitato Scientifico SIPMU**

Via Agno 2/A Verona
CF. 93290070239
Mail. sipmuipnosi@gmail.com

**SIPMU ANNUAL JOURNAL OF
HYPNOSIS AND HUMANISTIC
MEDICINE (Italian)**

The SIPMU online scientific journal is edited and published by the Director of the SIPMU Scientific Committee: Dr. Andrea Fiorentini, Psychologist, Psychotherapist and Co-Coordinator of the SIPMU Lombardy Section in Milan



**Rivista Annuale di
Ipnosi e Medicina Umanistica**

**Società Scientifica Italiana Ipnosi Clinica in Psicoterapia
e Medicina Umanistica**

**Anno 2° - Dicembre 2023
Numero 3**

**Direttore – Andrea Fiorentini
Consiglio Direttivo – Comitato Scientifico SIPMU**

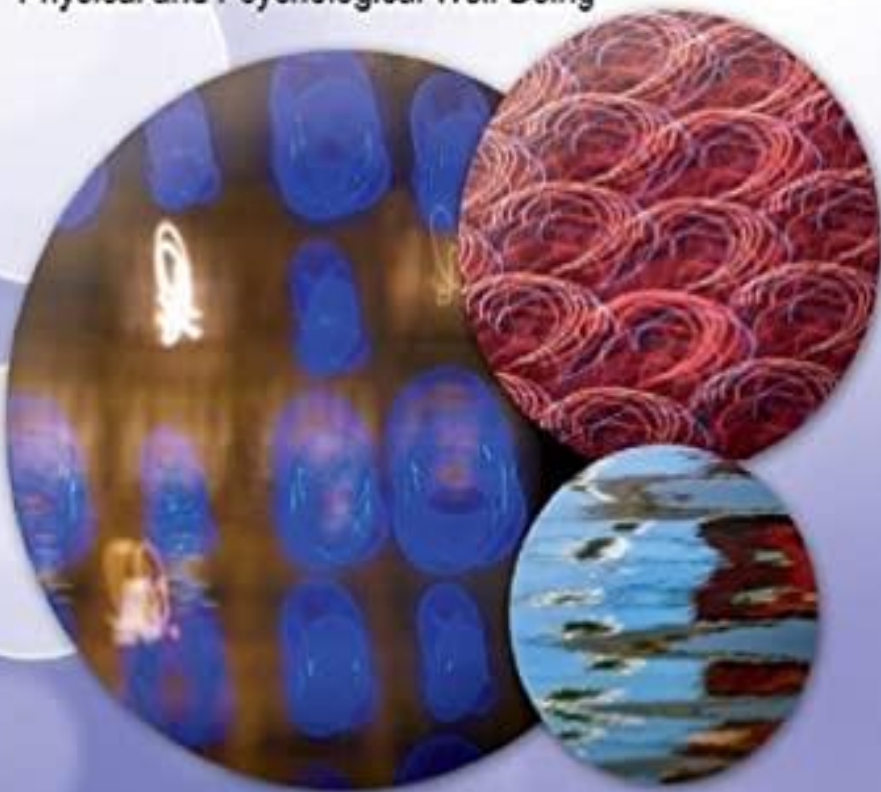
Via Agno 2/A Verona
CF. 93290070239
Mail. sipmuipnosi@gmail.com

Scientific online journal of
SIPMU- December 2023- co-
ordinated and published by
the Director of the SIPMU
Scientific Committee: Dr.
Andrea Fiorentini,
Psychologist, Psychotherapist
and co-coordinator of the
SIPMU Lombardy Section in
Milan

Year 2 - December 2023

Clinical Hypnosis in Pain Therapy and Palliative Care

A Handbook of Techniques for Improving the Patient's
Physical and Psychological Well-Being



Maria Paola Brugnoli, M.D.

CLINICAL HYPNOSIS IN PAIN THERAPY
AND PALLIATIVE CARE: A Handbook of
Techniques for Improving the Patient's Physical and
Psychological Well-Being

By [Maria Paola Brugnoli](#) MD, PhD

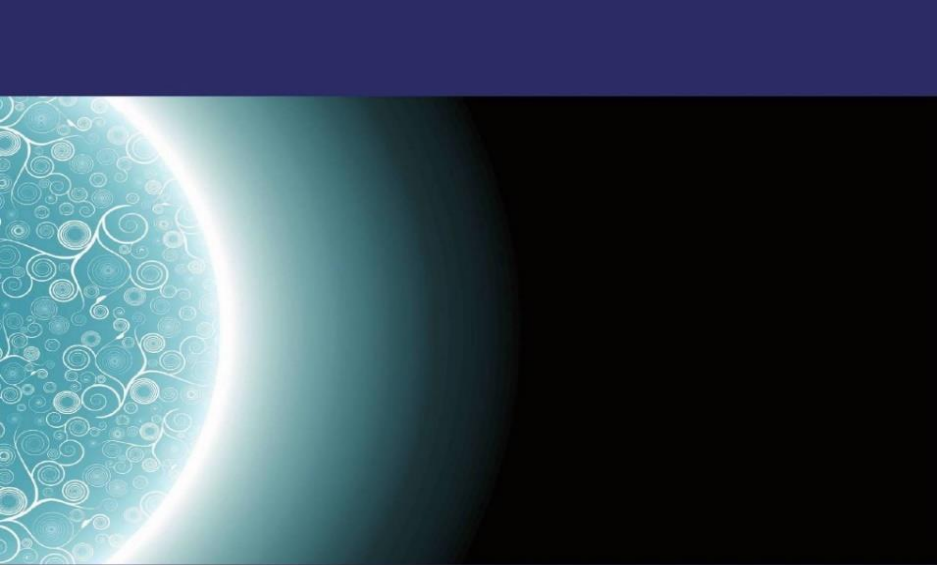
- Published 2014, 400 pp., 7 x 10
- Charles C. Thomas Publisher, IL, USA.

https://www.ccthomas.com/details.cfm?P_ISBN13=9780398087661

- Indexed on PubMed

<http://www.ncbi.nlm.nih.gov/nlmcatalog/101610051>

The Modified states of Consciousness review and neuroscientific classification



Maria Paola Brugnoli
Angelico Brugnoli
Luca Recchia

A New Classification of the Modified States of Consciousness

A peer-reviewed, referenced resource



[A New Classification of the Modified States of Consciousness](https://www.lap-publishing.com/catalog/details/store/pt/book/978-3-659-85683-9/a-new-classification-of-the-modified-states-of-consciousness?search=modified%20states%20of%20consciousness)

A peer-reviewed, referenced resource

LAP Lambert Academic Publishing (in Inglese)

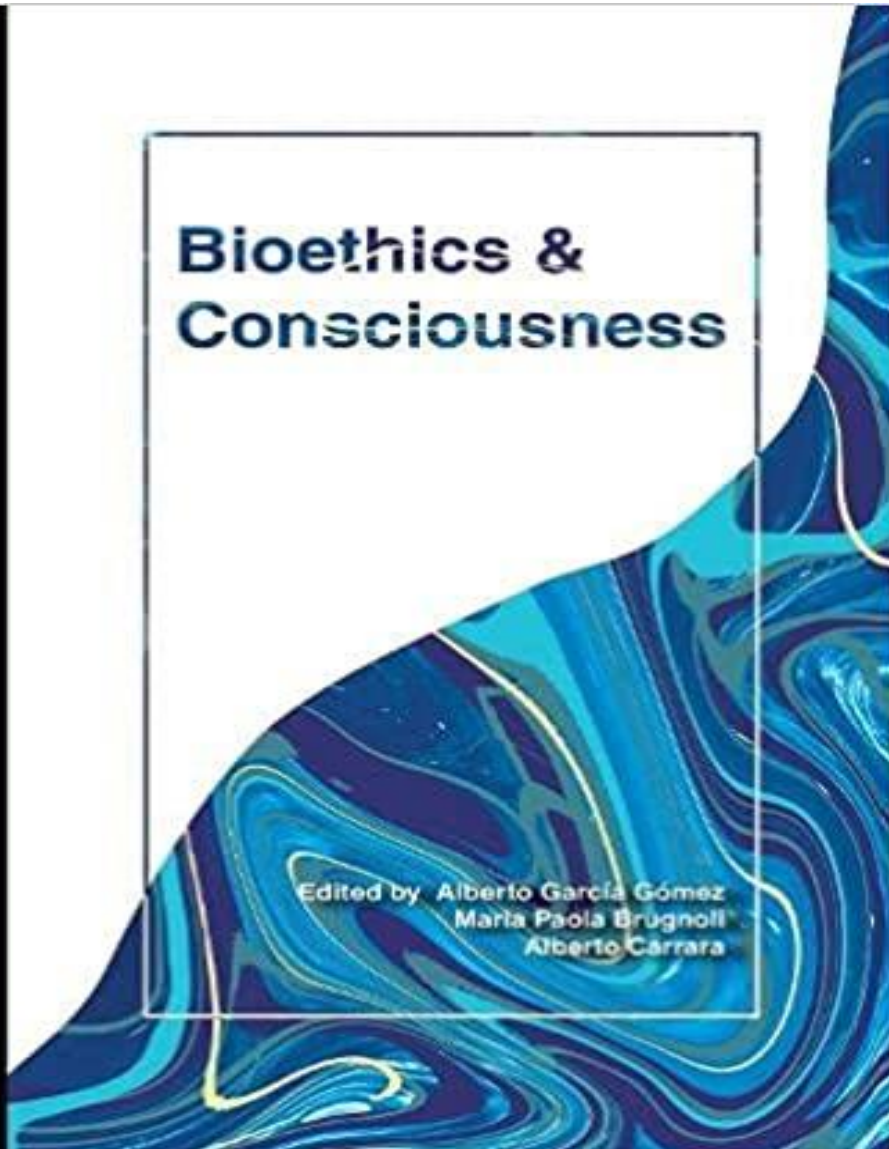
(2016-03-09)

[https://www.lap-
publishing.com/catalog/details/store/pt/book/978-3-659-85683-
9/a-new-classification-of-the-modified-states-of-
consciousness?search=modified%20states%20of%20conscio
usness](https://www.lap-publishing.com/catalog/details/store/pt/book/978-3-659-85683-9/a-new-classification-of-the-modified-states-of-consciousness?search=modified%20states%20of%20consciousness)

by Maria Paola Brugnoli
Angelico Brugnoli
Luca Recchia

Bioethics and Consciousness vol.1

by Alberto Garcia Gomez, Maria Paola Brugnoli, Alberto Carrara, Giorgia Salatiello,
Joachim Keppler



The study of consciousness and its psychological and neuroscientific correlates is of great importance to all scientists and clinicians today. However, only a multidisciplinary study can help us understand the ultimate reality of consciousness. This book not only reviews the neuroscientific and psychological foundations and phenomena of consciousness, awareness, self-awareness and neurobioethics, but also provides a new interdisciplinary model of current scientific studies and definitions of consciousness. As such, it offers a multidisciplinary bridge between brain, mind, philosophy, introspective self-awareness, human identity and free will.

Terapie ancestrali (Italian) by Alessandro Norsa

Dr. Alessandro Norsa, Psychologist, hypnologically oriented psychotherapist, lives and works in Verona <https://www.alessandronorsa.com>

www.alessandronorsa.com

ANCESTRAL THERAPIES: A JOURNEY TO THE WORLD OF TRADITIONAL HEALERS Twenty researchers from different cultural and geographical backgrounds investigate ancestral healing traditions directly in the field, involving local medicine men.

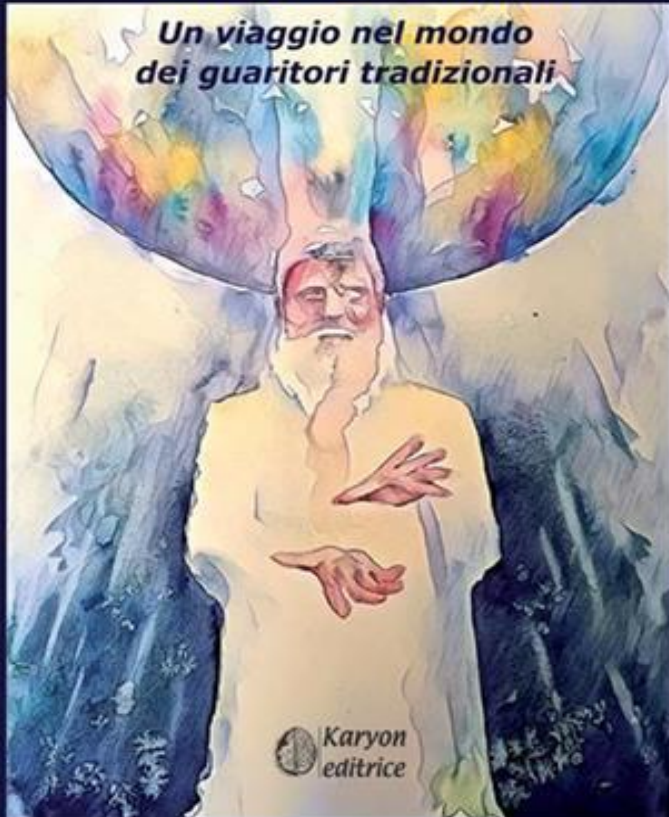
An exciting and detailed study, the result of research coordinated by Alessandro Norsa and carried out by a dozen university anthropological researchers of indigenous language and culture (including Bangladesh, Peru, Mexico, Islamic countries, Spain, Cuba and Georgia) and enriched by different points of observation such as the son of an African healer, a Nepalese shaman, a Sardinian healer, a Brazilian adept of the Umbanda tradition, a Mexican doctor, a cultural mediator and an Italian tourist, but also Nigerian and Lithuanian migrants.

So many different approaches that intersect and mutually enrich each other, bringing to light those ancestral healing traditions on the road to oblivion, revealing riches and secrets hitherto unknown to Western culture.

TERAPIE ANCESTRALI

A cura di Alessandro Norsa

Un viaggio nel mondo dei guaritori tradizionali



Maschere divine, di Alessandro Norsa

MASCHERE DIVINE

STORIA DEI RITI DI
PASSAGGIO INVERNALI

A CURA DI ALESSANDRO NORSA



Divine masks.

Behind the traditional masks lies the long journey of rituals, an uninterrupted relationship of contact with protective deities invoked to ensure the subsistence of the community.

The earliest traces of mask production lead from a magical-symbolic thought in which representative stylised faces became a useful conduit to a rich spiritual world. These pages offer the reader an interpretative key to access knowledge of ancestral masks and their relationship between divinities, spirits and ancient exorcistic or propitiatory rites: evocations of a yearning for faith and hope that, starting from the dawn of humanity, has lasted to the present day.

Hypnosis beyond frontiers, by Alessandro Norsa (book in Italian and in English)

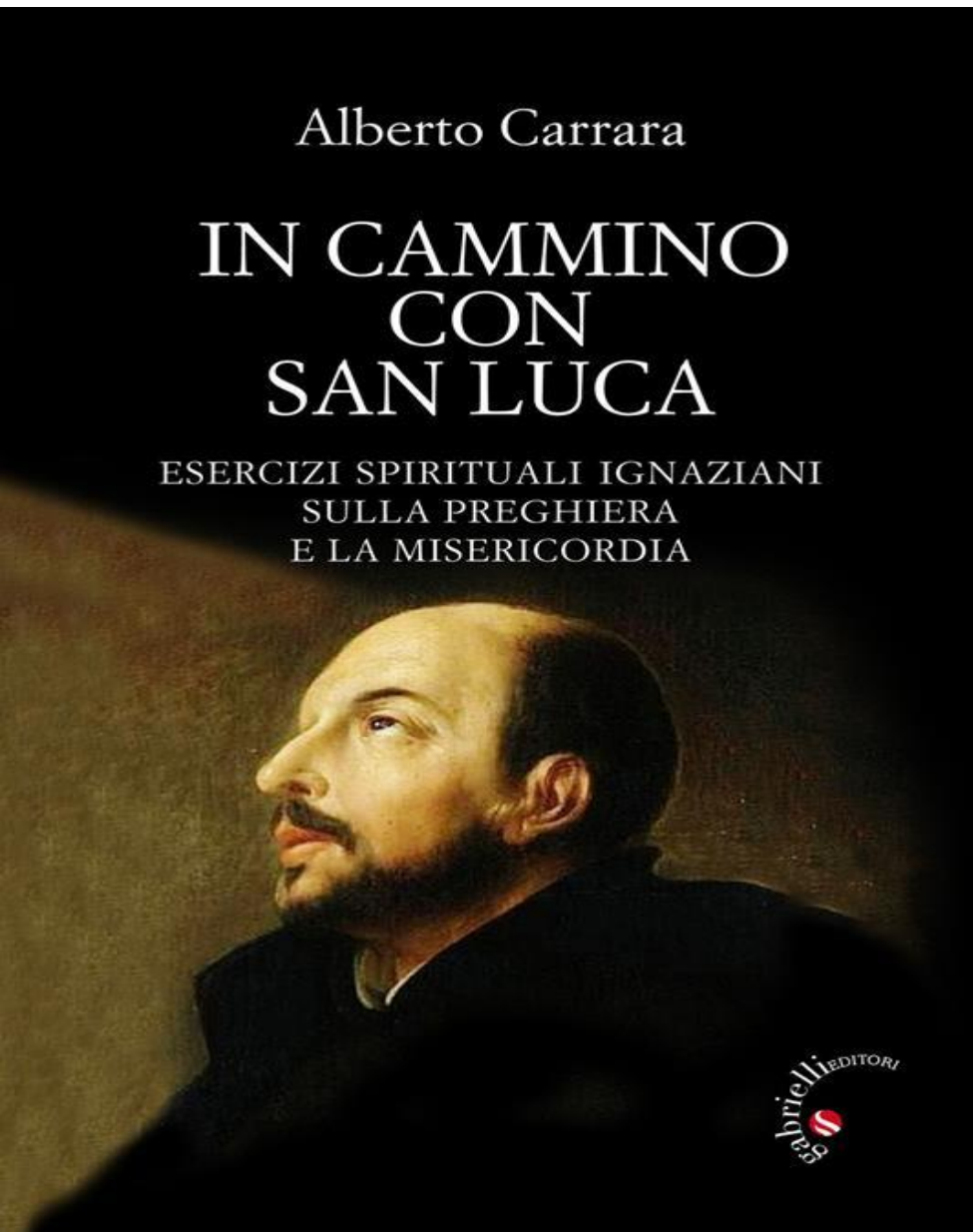


HYPNOSIS BEYOND THE FRONTIERS: BETWEEN ANCESTRAL THERAPIES AND DEIFIED STATES OF CONSCIOUSNESS The use of hypnosis for the treatment of human problems and suffering is probably as old as the history of man's attempts to cure the suffering. Although under different forms and names, hypnosis was also known in the most ancient primitive peoples, who used it not only for therapeutic purposes but also for divinatory ones: the phenomena of hypnosis were read as a gift or power of the divine and applied to the most diverse situations through the prophet, or the shaman, or the doctor or the priest.

As Katalin Varga Director of the Department of Psychology at Eötvös Loránd University in Budapest pointed out at the 2019 Hypnosis New Generation Conference, the research undertaken by Alessandro Norsa in the field of hypnosis on this topic 'has opened up a new line of research'.

The present volume is an innovative investigation of the study of these methods that, starting from the origins of Western culture, extends to other areas of the world where they are still practised today, retaining all the fascination and power of the culture of their origins.

In cammino con San Luca by Alberto Carrara (italian)



- **The Ignatian meditations and spiritual exercises**
- Father Alberto Carrara, Dean Department Philosophy, Philosopher, Neurobioethicist PhD in Philosophy, UNESCO Chair of Bioethics and Human Rights, Regina Apostolorum Pontifical Athenaeum, Rome
- [Gabrielli Editori](#)

Neurobioetica e Transumanismo by Alberto Carrara

a cura di
Alberto Carrara

Neurobioetica
e transumanismo



Il "trapianto di testa" sotto accusa: lettura interdisciplinare
dell'anastomosi cefalo-somatica nell'essere umano

- Transhumanism studied by Neurobioethics Father Alberto Carrara, Philosopher, Neurobioethicist PhD in Philosophy, UNESCO Chair of Bioethics and Human Rights, Regina Apostolorum Pontifical Athenaeum, Rome
- Editori Riuniti, University Press

Walter Glannon's compositional or nested emergentism as an anthropological paradigm in contemporary Neuroethics reflection (Italian)

TESI DOTTORATO

FILOSOFIA

Alberto Carrara, L.C.

**L'emergentismo compositivo o
nidificato di Walter Glannon quale
paradigma antropologico nella
riflessione neuroetica
contemporanea**

Dissertatio ad Doctoratum
in Facultate Philosophiae
Pontificii Athenaei Regina Apostolorum



ROMA 2021

- By Alberto Carrara
- Father Alberto Carrara, Philosopher, Neurobioethicist PhD in Philosophy, at UNESCO Chair of Bioethics and Human Rights, Regina Apostolorum Pontifical Athenaeum, Rome Ed.

Angelico Brugnoli

Maria Paola Brugnoli

I sentieri spirituali nelle cure palliative

Manuale pratico di rilassamento
auto-ipnosi e meditazione

mac sibrarsi
ALTERNATIVE NATURALI

Gabrielli EDITORI

Spiritual Pathways in Palliative Care Practical manual of self-hypnosis relaxation and meditation (Italian)

Authors Maria Paola
Brugnoli, Angelico
Brugnoli

Editore: Gabrielli Editori

Libro - Pag 320 - Gennaio
2016 (Italian)

S T U D I O

TECNICHE DI MENTAL TRAINING NELLO SPORT

VINCERE LA TENSIONE,
AUMENTARE LA CONCENTRAZIONE
E LA PERFORMANCE AGONISTICA

Maria Paola Brugnoli



red!

[Tecniche di Mental Training nello Sport — Libro \(Italian\)](#)

Vincere la tensione, aumentare la concentrazione e la performance agonistica

Autore: [Maria Paola Brugnoli](#)

Editore: [Red Studio](#)

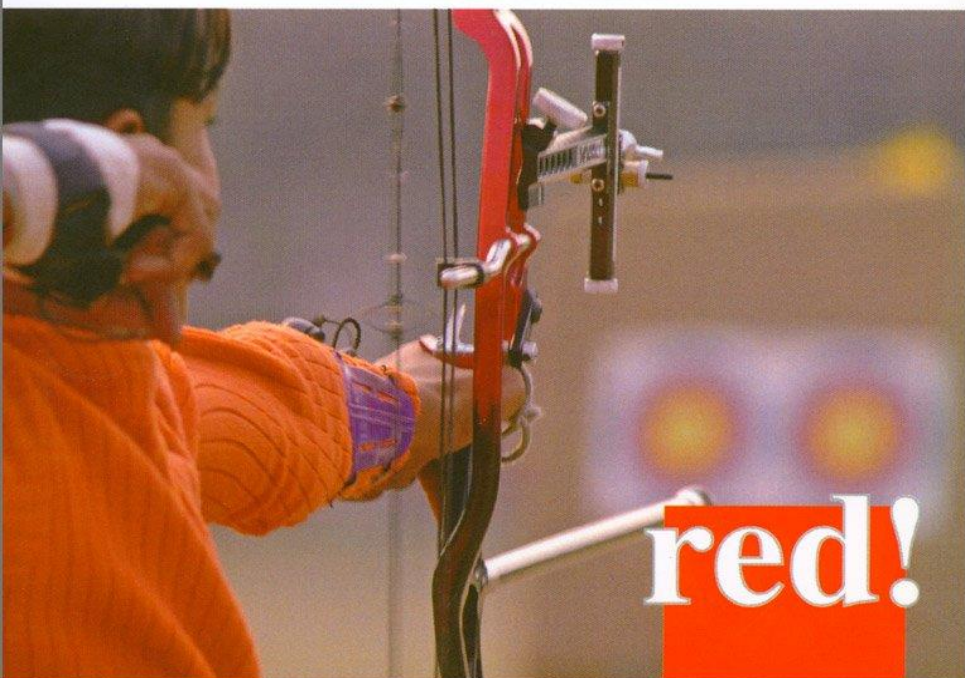
Libro - Pag 159 - Ottobre 2005
(Italian)

Le tecniche di allenamento mentale
per vincere la tensione nella gara

Mental Training nello sport

MARIA PAOLA BRUGNOLI

 macrolibrarsi
ALTERNATIVA EDITORIALE



Mental Training nello Sport — Libro (Italian)

versione manuale breve

Le tecniche di
allenamento mentale per
vincere la tensione della
gara

Autore: Maria Paola
Brugnoli

Editore: Red Edizioni

Libro - Pag 127 - Giugno
2008 (Italian)

Maria Paola Brugnoli

Vademecum di

NEUROBIOETICA

DEGLI STATI DI COSCIENZA

*Fondamenti neuroscientifici
Stati di coscienza modificati
Stati di coma
Stati di premorte-NDE
Morte cerebrale
Psicotanatologia
Dimensione spirituale*

Gabrielli Editori

**Vademecum of neurobioethics
of states of consciousness.
(Italian)**

**Neuroscientific foundations,
altered states of
consciousness, coma states,
premortem states-NDEs,
psychotatology, spiritual
dimension**

Copertina flessibile – 12
dicembre 2019

di [Maria Paola Brugnoli](#) (Autore)
Gabrielli Editori (Italian)

Maria Paola Brugnoli
Giorgia Salatiello

AUTOCOSCIENZA

*Fondamenti Neuroscientifici,
Psicologici, Filosofici,
Teologici e Spirituali*



**Self-awareness. Neuroscientific,
psychological, philosophical,
theological and spiritual
foundations**

(Italian) Copertina flessibile

– 11 maggio 2020

di [Maria Paola Brugnoli](#) (Autore),

[Giorgia Salatiello](#) (Autore)

Gabrielli Editori (Italian)

Maria Paola Brugnoli
Giorgia Salatiello

LA COSCIENZA

Negli stati introspettivi e meditativi

*Aspetti Neuroscientifici,
Psicologici, Filosofici,
Clinici e Spirituali*



**Consciousness in introspective
and meditative states.
Neuroscientific, psychological,
philosophical, clinical and spiritual
aspects**

(Italian) Copertina flessibile –
15 giugno 2021
di [Maria Paola Brugnoli](#) (Autore),
[Giorgia Salatiello](#) (Autore)
GABRIELLI EDITORI (Italian)

SYNODALITY OF WOMEN AND MEN- Gabrielli Editori (Italian)

GIORGIA SALATIELLO

Sinodalità
DI DONNE E DI UOMINI



Gabrielli EDITORI

«On the spiritual level, it seems that one cannot speak of complementarity, but of equality, with respect for difference, of the baptised before God. What is feminine and what is masculine does not imply an exclusive belonging to women or men, but prayer, worship and participation in the liturgy may imply, from time to time, for each of the two genders, the assumption of postures traditionally considered proper to the other'. Giorgia Salatiello

Giorgia Salatiello was Full Professor at the Faculty of Philosophy of the Pontifical Gregorian University and Invited Professor at the Institute for Advanced Studies on Women of the Pontifical Athenaeum Regina Apostolorum and the Master in Philosophical Counseling and Existential Anthropology (APRA-UER-IFACE crf). He coordinated the subgroup of Neurobioethics and Sexual Difference of the Research Group of Neurobioethics of the Pontifical Athenaeum Regina Apostolorum. He coordinated the working group on Ignatian Spirituality and Transcendental Method of the Centre for Ignatian Spirituality at the Pontifical Gregorian University. She collaborated with L'Osservatore Romano. She passed away on 2 November 2022. We are honoured that she was an honorary member and member of the SIPMU Ethics Committee.

**Maria Paola Brugnoli
Marco Brugnoli**

**Art, Mindfulness and
Self-Hypnosis
in Psychosocial
Oncology**
The way of Inner Consciousness

**Art, mindfulness and self-hypnosis in
psychosocial oncology. The way of
inner consciousness**

Copertina flessibile – 20 maggio 2016

[English](#)

[Maria Paola Brugnoli](#) (Autore),

[Marco Brugnoli](#) (Autore-fotografia)

Editore : Officina Grafica (20 maggio 2016)

Lingua : Inglese

Copertina flessibile : 102 pagine

ISBN-10 : 8899278083

ISBN-13 : 978-8899278083

Peso articolo : 368 g

Dimensioni : 20 x 20 x 20 cm



Marco Brugnoli
Maria Paola Brugnoli

**ARTE E AUTOCOSCIENZA
NEL CICLO DELLA VITA**

Art and self-awareness in the life cycle (Italian)

Copertina flessibile – 18 novembre 2019 (Italian)

di [Marco Brugnoli](#) (Autore-fotografia),
[Maria Paola Brugnoli](#) (Autore)

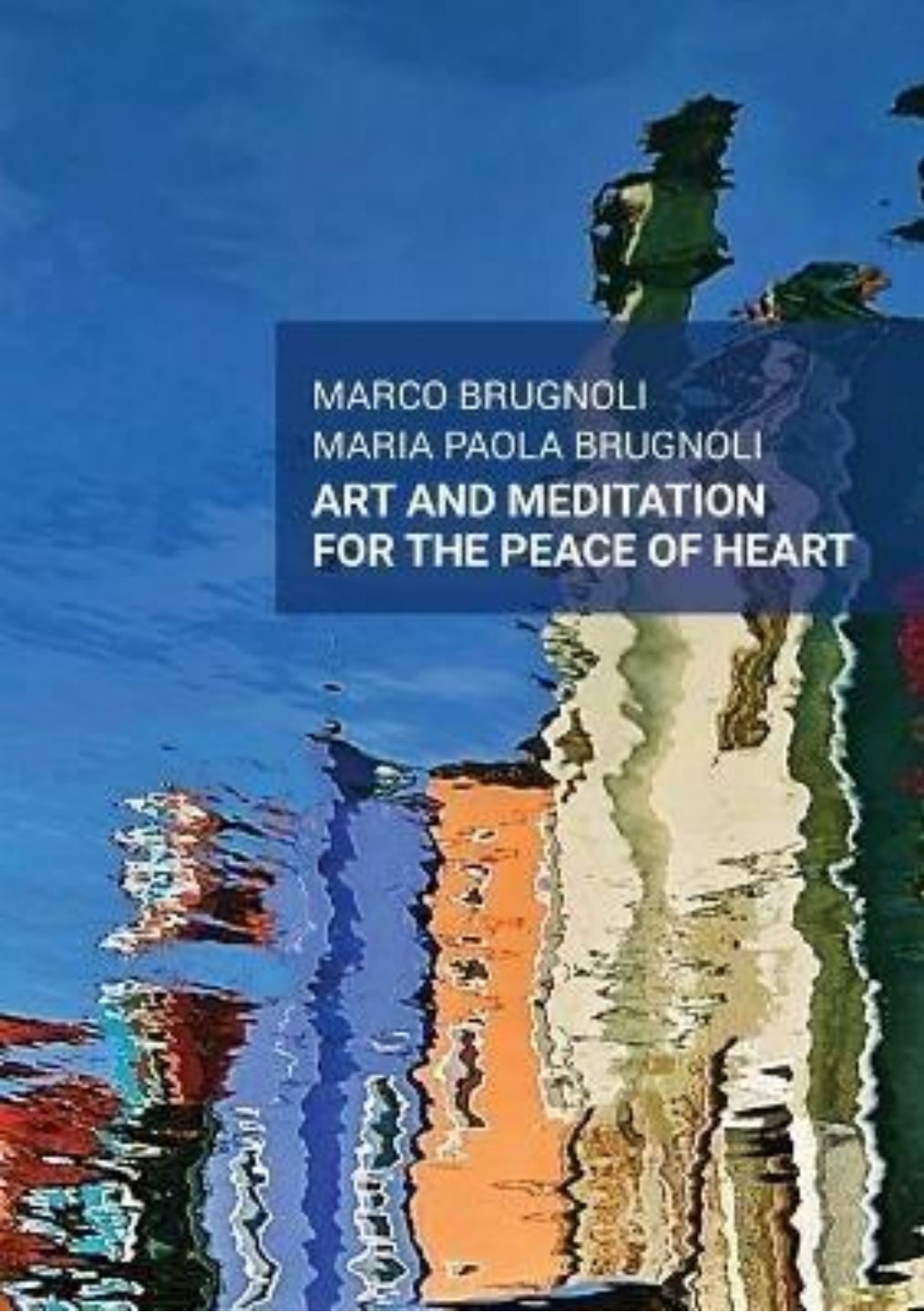
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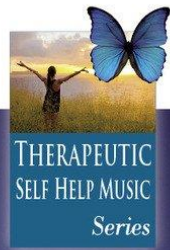
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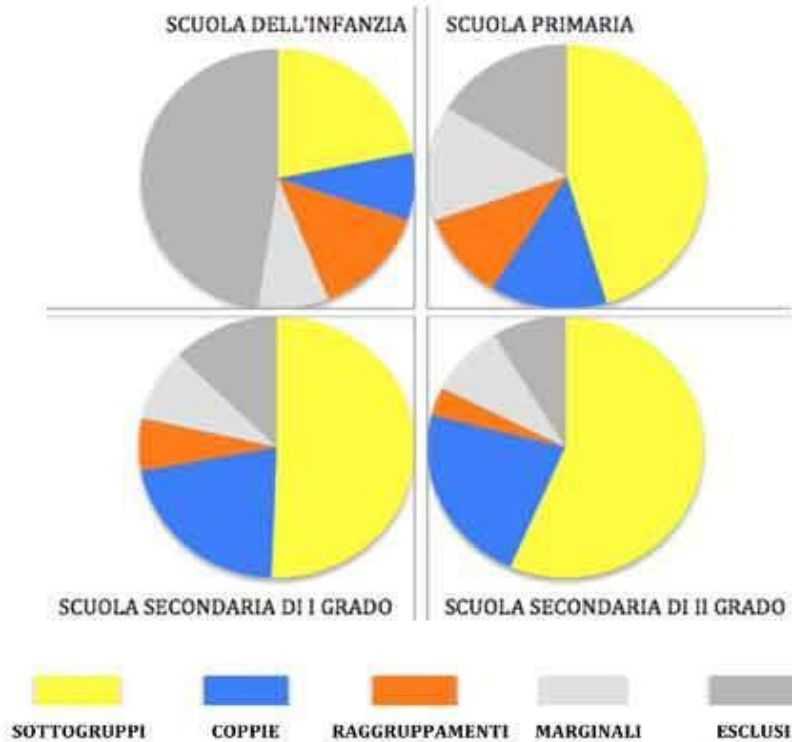
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