



SIPMU

2024

ITALIAN
SCIENTIFIC
SOCIETY OF
CLINICAL
HYPNOSIS IN
PSYCHOTHERAPY
AND HUMANISTIC
MEDICINE

Newsletter

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DECEMBER

2024

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*Societ  Scientifica Italiana Ipnosi Clinica
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SIPMU NEWSLETTER BEST WISHES FOR A PEACEFUL NEW YEAR



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2025

ITALIAN SCIENTIFIC SOCIETY OF
CLINICAL HYPNOSIS IN
PSYCHOTHERAPY AND
HUMANISTIC MEDICINE



Presentation of the SIPMU Newsletter December 2024 and Greetings from the President

Dear SIPMU Members

With a heart full of gratitude and hope, I would like to reach out to you with this letter of greetings for a Peaceful and Serene Happy New Year. This is a special time of year when we pause to reflect on our journey, the challenges we have faced and the achievements that have made us stronger and more united.

2024 has been a year of extraordinary growth for our Italian Scientific Society of Clinical Hypnosis in Psychotherapy and Humanistic Medicine. The entry of so many new members has brought enthusiasm, energy and new perspectives. To each and every one of you, new and long-standing members, goes our sincerest thanks: your contribution, be it with a study, a word, or simply with your presence and a smile, has made SIPMU today a living, vibrant and forward-looking reality.

Our mission, the humanization of care, is more important today than ever.

In a world often marked by division, suffering and conflict, we health professionals have an extraordinary opportunity to help build a society of peace, starting with our daily work. Every gesture, every word of empathy, every care given with humanity, represents a step towards a more just and harmonious world. Science and heart, together, can make a difference. (...)



Presentation of the SIPMU Newsletter December 2024 and Greetings from the President

(...) during the festive season, our thoughts go out to those who are suffering, those who are ill, those who are lonely and those who are seeking comfort.

As caring professionals, our task goes beyond the technical: we are bearers of hope, instruments of relief and messengers of humanity. I wish you all to spend this festive season surrounded by the affection of loved ones, with the serenity that only love and sharing can bring. May the New Year bring us all new opportunities to grow, learn and continue to illuminate our path with the values that unite us.

A heartfelt thank you to each of you for who you are and what you do, as you can, when you can and with what you can.

Together we are a scientific community that can transform not only our field of study, but also the scientific world around us.

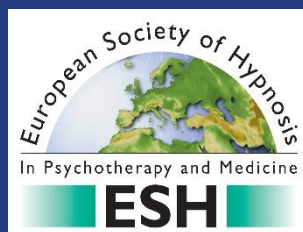
With affection and esteem,

SIPMU President Maria Paola Brugnoli

2024

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JANUARY 2025

ANNUAL GENERAL MEETING OF SIPMU MEMBERS
ONLINE -ZOOM –

THE WEBINAR WILL BE IN Italian language

You will receive the zoom link a few days earlier on the
SIPMU whatsapp group

DATE: WEDNESDAY, 29 JANUARY, 8.30 P.M.

AGENDA:

- Welcome and Presentation of all Section Coordinators old and new!
- Presentation of the Spring SIPMU Webinars and Courses
- SIPMU Budget 2024
- NEW SIPMU Member Proposals
- Any other business
- Closing of proceedings

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Report of the Advanced Training Course in Clinical and Psychological Hypnosis 2024- Italy- by Maria Paola Brugnoli

Dear Teachers and Colleagues of the Advanced Training Course in Medical and Psychological Hypnosis 2024,

I would like to express my sincere and profound thanks to each of you for making this learning experience an extraordinary and enriching journey. This course was not only an opportunity for professional growth, but a unique opportunity to meet special people, united by their passion for medicine, psychology and, in particular, for hypnosis, a powerful and transformative tool.

To you, dear lecturers, goes my heartfelt recognition for having guided us with competence, dedication and, above all, with a rare ability to connect theoretical knowledge with the daily reality of practice.

Your helpfulness, empathy and passion in sharing your knowledge did not go unnoticed and had a profound impact on all of us.

Every lecture, every reflection, every discussion has been invaluable in enriching our vision of medicine and psychology.



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Report of the Advanced Training Course in Clinical and Psychological Hypnosis 2024 (continued)

To my colleagues, my sincerest thanks for your company, your spirit of collaboration and the energy you brought to each meeting. Sharing our experiences, our difficulties and our successes made this course not only a learning opportunity, but also a personal growth experience that I will never forget.

We were part of a community that made something extraordinary possible: a journey that enriched not only our skills, but also our humanity. Our journey, although undertaken individually, has been fuelled by mutual cooperation, respect and shared enthusiasm for a common goal: the care and well-being of others.

Thank you, therefore, to each of you for helping to make this course an unforgettable experience. I am grateful for every lesson, every encounter, and for the opportunity to have learnt together with you.

With affection and gratitude,

Maria Paola Brugnoli



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Report of the Advanced Training Course in Clinical and Psychological Hypnosis 2024 (continued)



see you soon!

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PRESENTATION OF REGIONAL OFFICES AND ALL SIPMU SECTIONS

Dear SIPMU Members,

It is with great enthusiasm and pride that I write to you to share one of the most significant novelties of this year: the expansion of SIPMU throughout the country, with the establishment of the new regional sections. Today we can say with certainty that SIPMU is now present in almost all of Italy, a presence that is becoming stronger and more widespread, thanks to your commitment and passion.

This growth represents a fundamental step in our mission to spread the culture of clinical hypnosis in psychotherapy and humanistic medicine, and to promote an integrated, human and scientific approach to patient care. Each new regional section is not only a geographical achievement, but also an opportunity to strengthen our community of professionals, allowing everyone to share experiences, resources and knowledge in an even more direct and personalised way. The establishment of these regional sections allows us to be closer to local realities, with the aim of fostering dialogue and collaboration between our members, whether they are young professionals or experts in the field. Each region brings with it a unique wealth of experiences, needs and opportunities that enrich us and drive us to continuously improve our work. The diversity of practices, territories and experiences makes SIPMU an even more dynamic company ready to respond to the needs of a changing Italy.



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PRESENTATION OF REGIONAL OFFICES AND ALL SIPMU SECTIONS

With the creation of these new regional sections, members now have the opportunity to actively participate in events, seminars, refresher courses and activities that better meet specific local needs, while always maintaining a strong link with our global vision. Each section becomes a focal point for knowledge exchange and professional growth, but also a place where the human bond that makes our community unique can be strengthened. I want to take a moment to sincerely thank all the members who have worked tirelessly to make this expansion possible, for the enthusiasm and commitment with which they have embraced the regional sections project. It is you, with your spirit of cooperation and dedication, who make SIPMU an ever-evolving reality. Every contribution, large or small, is essential for our common journey.

I would also like to emphasise that this growth is not only geographical, but also in terms of values. The new sections represent an opportunity to network more effectively, but also to renew and strengthen the fundamental values that unite us.



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PRESENTATION OF REGIONAL OFFICES AND ALL SIPMU SECTIONS

The humanisation of care, the enhancement of the doctor-patient relationship, the promotion of ethical and scientific clinical hypnosis are themes that will continue to guide us, whatever the region in which we operate. Each new section becomes a beacon guiding professionals towards a common goal: a fairer, more inclusive and more attentive society. My wish for all of us is that this expansion continues to inspire in each of us the desire to grow, to share and to passionately pursue our commitment. SIPMU is a community that is not only growing in numbers, but above all in the quality of our work. Every day, through our dedication and our work, we can make a difference for the well-being of patients and for building a healthier and more harmonious society. Finally, let me remind you that although each section has its own identity and autonomy, we are all united by one great project: that of uniting science, humanity and ethics in the care of the sick. We are a network that not only connects professionals, but also the values that make us unique. And this is a goal we can only achieve together.

We conclude with a virtual hug to each one of you, wishing that the new sections will be an opportunity for all of us to grow and share more deeply. May 2024 be a year of successes, discoveries and achievements, both professional and human, for each of us and for our beloved SIPMU.

With affection and gratitude, The SIPMU Executive Board Italian Scientific Society of Clinical Hypnosis in Psychotherapy and Humanistic Medicine



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SIPMU is present in 11 Italian Regions with 20 sections:

Basilicata
Campania
Emilia Romagna
Friuli Venezia Giulia
Liguria
Lombardia
Piemonte
Sardegna
Toscana
Trentino Alto Adige
Veneto

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REGIONE PIEMONTE:

- 1) **PIEMONTE SECTION OF ALESSANDRIA:**
COORDINATOR Dr. FABRIZIO GRINZATO, degrees in:
1) Physiotherapy 2) Motor Sciences and 3) Master's
Degree in Psychology, Hypnotherapist. SIPMU faculty.
Lives and works in Alessandria.

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2) PIEMONTE SECTION OF NOVARA

COORDINATOR Dr. CLAUDIA RAMPI Psychologist,
Psychotherapist, Hypnotherapist, Lecturer SIPMU, Trainer,
EMDR Supervisor, Certified Sensorimotor Therapist,
Master in Legal Psychology, Lecturer in Psychology and
Human Sciences. Mindfulness Trainer for Psychologists and
Teachers, Communication Trainer. ESH Member.

claudia.rampi@libero.it



REGIONE TOSCANA:

**HUMANISTIC MEDICINE SECTION COORDINATOR DR.
ROBERTA MARZOLLA**, Medical Doctor, Spec. in General
Medicine, Palliative Care, Hypnotherapist, Master in
Science and Faith, SIPMU International Trainer recognised
by ESH; lives and works in Pisa

rob.marzolla@gmail.com



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REGION VENETO:

1. SECTION VERONA MODIFIED STATES OF CONSCIOUSNESS AND PSYCHOPATHOLOGY 'ANGELICO BRUGNOLI' Coordinator **Dr. Alessandro Norsa**, Psychologist Psychotherapist, Hypnotherapist, Anthropologist, Lecturer University of Psychology IUSVE, International SIPMU trainer recognised by ESH; Verona

norsaalessandro@yahoo.it



2. SECTION VERONA HYPNOSIS IN ANALGESIS AND HUMANISTIC MEDICINE Coordinator **Dr. Maria Paola Brugnoli**, Medical Doctor, Spec. Anaesthesia and Resuscitation, Pain Therapy and Palliative Care, PhD in Neuroscience, Psychology and Psychiatry, International SIPMU trainer recognised by ESH; Verona, Italy.

paola.brugnoli@libero.it



3. SECTION VENETO OF CLINICAL HYPNOSIS IN PSYCHOTHERAPY AND TRANSLATIONAL MEDICINE Coordinator **Dr. Giovanni Zanette**, MD, Spec. Psychotherapy, Hypnotherapist, International SIPMU Trainer recognised by ESH; works in Padua and Vicenza.

giovannizanette@ipnosidottzanette.com



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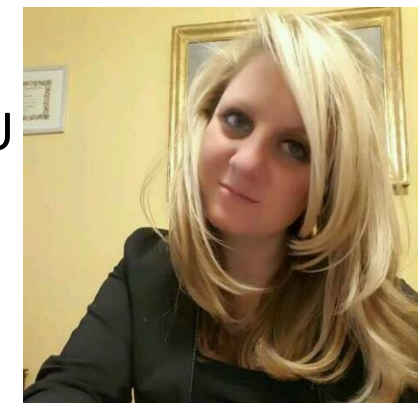


REGION VENETO:

4. ANALYTIC PSYCHOTHERAPY AND HERICKSONIAN HYPNOSIS SECTION of Rovigo, Coordinator Dr. Giulia Pizzardo, Psychologist Psychotherapist, Hypnotherapist, International SIPMU trainer recognised by ESH; lives and works in Rovigo.
pizzardogiulia@gmail.com



5. PSYCHOSOMATICS AND HYPNOSIS SECTION of Venice, Coordinator Dr. Chiara Agrosi, Psychologist Psychotherapist, Hypnotherapist, International SIPMU trainer recognised by ESH; lives and works in Mirano, Venice chiara_agrosi@hotmail.com



6. BELLUNO SECTION 'THE PATH'

Coordinator Dr Elena Vescovi
Psychologist, Psychotherapist, Hypnotherapist, Clinical Sexologist, member SIPMU, ISH, ESH.
e.vescovi@yahoo.it



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REGION LOMBARDIA:

1) NEO-ERICKSONIAN PSYCHOTHERAPY SECTION OF MILANO Co-ORDINATORS:

Dr Andrea Fiorentini, Psychologist
Psychotherapist, Hypnotherapist International
SIPMU Trainer recognised by ESH; and **Dr Settimo
Catalano**, Psychologist Psychotherapist,
Hypnotherapist International SIPMU Trainer
recognised by ESH. Milan
andreafiorentini88@gmail.com
scatalano47@gmail.com



2) INTEGRATED HYPNOTIC PSYCHOTHERAPY SECTION - MELEGNANO (MILANO) SITE

COORDINATOR DR. ALESSANDRO ORLANDO,
Clinical and Rehabilitation Psychologist, Specialist
in Neo-Ericksonian Clinical Hypnosis, Trainer in
Hypnotic Communication, Lecturer SIPMU,
Member ESH.

info@alessandroorlando.com



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REGION FRIULI VENEZIA GIULIA:

1) PORDENONE SECTION OF PSYCHOTHERAPY AND HYPNOTIC COMMUNICATION

Coordinator Dr. Paolo Piccinin, Psychologist
Psychotherapist, Hypnotherapist,
International SIPMU trainer recognised by
ESH; Pordenone.

paolo.piccinin@gmail.com



2) SECTION OF PALMANOVA, UDINE

Coordinator Dr Paolo Baron

General Doctor Practitioner, Psychotherapist,
Hypnotherapist, Acupuncturist, Master's Degree
in "HEALTH MANAGEMENT", Full Member of
EMA (European Medical Association), Member
SIPMU, Member ESH, Member of the National
Board of the Italian Society of
Psychoneuroimmunology. baronp54@gmail.com



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REGION EMILIA-ROMAGNA:

1. SECTION OF INTEGRATED MEDICINE AND HYPNOSIS IN ALGOLOGY of Ferrara, Coordinator Dr Francesca Carandina, Medical Doctor, Spec. Anaesthesia, Intensive Care and Pain Therapy, Hypnotherapist, International SIPMU Trainer recognised by ESH; lives and works in Ferrara.

carafra.com@gmail.com



2. HUMANISTIC MEDICINE SECTION of Bologna 'ANGELICO BRUGNOLI', Coordinator Dr. Giuseppe Barone, Medical Doctor, Spec. in Nuclear Medicine, Holistic Medicine, CRI Medical Captain, International SIPMU trainer recognised by ESH; lives and works in Bologna. dr.pino.barone@gmail.com



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REGION BASILICATA

**SIPMU Matera Section of CLINICAL
PSYCHOLOGY AND HYPNOTIC
PSYCHOTHERAPY, Coordinator**

Dr. Francesco Malvasi, Psychologist
Psychotherapist, Hypnotherapist,
International SIPMU Trainer recognised by
ESH; lives and works in Matera.

dottor.malvasi370@gmail.com



REGION LIGURIA

**NEO-ERICKSONIAN HYPNOTIC
PSYCHOTHERAPY AND HUMANISTIC
MEDICINE SECTION, Coordinator**

Dr. Giorgia Cichero, Psychologist
Psychotherapist, Hypnotherapist,
International SIPMU Trainer recognised by
ESH; Genoa.

giorgiacichero@live.it



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REGION SARDEGNA

CAGLIARI SECTION

Coordinator DR. ANGELA COTZA

Psychologist and Hypnotherapist, Lecturer SIPMU. Member ESH. angelacotza.ipnologa@gmail.com



REGION CAMPANIA

SALERNO SECTION OF HYPNOSIS IN ANALGESIA: Coordinator

Dr. ALESSANDRO LAUDANI, Medical Doctor, Spec. Anaesthesia and Resuscitation, Medical Director of Anaesthesia and Resuscitation and Highly Specialised Charge "Post Operative Pain Control in the Cardiac Surgery Patient" AOU San Giovanni di Dio e Ruggi d'Aragona - Salerno. Member ESH, Lecturer SIPMU. alelaudani@gmail.com



REGION TRENINO

ROVERETO- TRENINO SECTION HYPNOSIS AND INTEGRATED

MEDICINE. Coordinator DR. LINDA AZZALIN Medical Doctor, spec. in Anaesthesia and Resuscitation, Pain Therapy, Acupuncture, Hypnotherapist, ESH member and SIPMU lecturer. azzalin4@hotmail.com



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"PRESENTATION OF THE NEW SIPMU SECTION IN CAGLIARI, SARDINIA

By Angela Cotza, SIPMU Coordinator - Cagliari"

My name is Angela, I live and work in Cagliari as a psychologist and in the field of personal and corporate training. I have been happily married for 27 years and have three children who are studying at university.

I have been practicing hypnosis for over 10 years, initially following the methodology of the Michael Newton Institute in New York, where I was certified as an LBL Hypnotherapist after a 5-year study program. I am constantly seeking new methodologies and protocols that can enhance my knowledge and techniques on the subject of hypnosis—a therapeutic tool I deeply resonate with and whose extraordinary effectiveness I have experienced in numerous case studies.

Currently, I am in my third year at the Ericksonian Hypnotherapy School of AMISI in Milan, where I am learning the methodologies and the use of metaphors in verbal psychotherapy, pioneered by the revolutionary genius Milton Erickson.

It was during the triennial AMISI congress that I had the opportunity to meet Dr. Paola Brugnoli, who caught my attention not only for her expertise but also for her innate ability to value people and their work. (...)



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"PRESENTATION OF THE NEW SIPMU SECTION IN CAGLIARI, SARDINIA

By Angela Cotza, SIPMU Coordinator - Cagliari"

(...Thanks to Dr. Brugnoli, I joined SIPMU and, in recent months, I participated in Verona in the 'Advanced Training Course in Medical and Psychological Hypnosis,' which concluded last November.

This recent training experience exceeded my expectations not only for its technical aspects but especially for the opportunity to connect with a group of individuals with outstanding professional and ethical values. I had the chance to meet numerous general practitioners, anesthesiologists, psychiatrists, and psychotherapists, all united by the desire to explore the human potential in recovering innate abilities for managing pain and suffering in general.

Encouraged by this positive experience, I willingly accepted the opportunity to open a SIPMU branch in Sardinia, a special land known for its ancient history, mild climate, and enchanting natural landscapes. For these reasons, Sardinia is often a destination for conferences and training activities in various fields of prevention and wellness care. (...)



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"PRESENTATION OF THE NEW SIPMU SECTION IN CAGLIARI, SARDINIA

By Angela Cotza, SIPMU Coordinator - Cagliari"

(...) Starting from 2025, SIPMU will have a new branch in Sardinia, where I hope to soon organize some events, perhaps in front of a beach with crystal-clear waters, under a flight of pink flamingos, creating a perfect backdrop for activities led by people eager to learn and connect in an atmosphere of collaboration and mutual respect.

Best wishes, therefore, to SIPMU and to all its members, who are growing together by sharing experiences and knowledge, following the path laid out by Dr. Angelico Brugnoli and carried forward through his books and his daughter Paola.

A collective journey that will guide us 'beyond,' in the perpetual discovery of the mysteries of the human psyche.

Angela Cotza



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SIPMU'S CURRENTLY ACTIVE NATIONAL AND INTERNATIONAL COLLABORATIONS

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- **AMISI Italian Medical Association for the Study of Hypnosis**, and School of Specialisation in Hypnotic Psychotherapy Milan
- **GdN Research Group in Neurobioethics at the Department of Philosophy** and 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/>
- Prof. Borys Ivnyev, Psychiatrist, Honorary Member SIPMU, Rector **KMU Kyiv Medical University, Ukraine**
- Father Danio Mozzi, Director of the **Camillian Fathers Training Centre "Sentieri Formativi" Verona**
- **Sister Roberta Pignone, Infectious Diseases Physician and Missionary in Bangladesh**, Honorary Member SIPMU



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Sister Roberta Pignone, Infectious Diseases Physician and
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SIPMU conducts free webinars, recognised by the ESH European Society of Hypnosis, and the ISH International Society of Hypnosis, for fellow physicians and psychologists at the Kiev Medical University, in Kiev, Ukraine.

Pictured is Prof. Borys Ivnyev, Medical Psychiatrist Rector of Kiev Medical University, KMU in Kiev, Ukraine and Honorary Member SIPMU

In 2024, we were honoured to continue our cooperation and support with KMU Kiev Medical University.

SIPMU colleagues who feel like doing hypnosis lectures in English to continue this collaboration in online webinars in 2025, please contact Dr. Maria Paola Brugnoli, THANK YOU!



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Dear Colleagues of the Kiev Medical University,

In this very difficult time, with SIPMU we would like to express our deepest solidarity and closeness to each of you.

The war that has hit your beloved land has brought pain and suffering, but also an extraordinary strength of resilience that you have demonstrated every day, in your professions and in your lives.

Ever since SIPMU began collaborating with the Kiev Medical University, we have been privileged to learn about your dedication to medicine, to the care and well-being of others, even in circumstances that no one could have imagined.

Your resilience, courage and love with which you continue to work for the health of your people inspire us deeply.

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(continued)

In these times of uncertainty and difficulty, we assure you that our commitment and support will never wane. We will continue to collaborate with you, share resources and knowledge, and support you every step of the way, because we firmly believe that our togetherness, commitment and humanity can make a difference. Every life you heal, every heart you sustain, every step you take for your community are bright signs of hope and care that will never cease to inspire us.

Know that we are here with you, in every challenge and every triumph, with open hearts and arms ready to embrace you from afar. You are not alone. The SIPMU family is at your side. With affection, esteem and gratitude, we send you our heartfelt support and our wishes for strength, hope and peace.

With gratitude and affection,

Maria Paola Brugnoli President SIPMU



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SIPMU STATUTE AND CODE OF ETHICS REGARDING SIPMU HYPNOSIS COURSES AND SEMINARS

You can download the full text of the Statutes and Code of Ethics from the SIPMU website: www.sipmu.org

Due to the opening of new venues and the introduction of new SIPMU seminars and courses, we would like to remind you and underline here the basic rules for SIPMU courses in relation to the SIPMU Statute, SIPMU Code of Ethics and ESH Code of Ethics.
Regulations on access to courses in clinical hypnosis:

Courses devoted to the teaching and therapeutic practice of clinical hypnosis must be strictly reserved for graduates in Medicine, Psychology, and Dentistry; no students or other persons may be admitted to these courses.

SIPMU lecturers of Clinical Hypnosis must have a degree in Medicine, Psychology, or Dentistry and be recognised by the SIPMU Statutes as hypnotherapists.

SIPMU lecturers are not permitted to practise hypnosis, either didactically or therapeutically, during courses open to the public sponsored by SIPMU, as in such contexts the legal and therapeutic responsibility would fall partly on SIPMU. SIPMU in fact by statute is a Scientific Society for training and not dedicated to therapy, as a society that deals with therapy involves much more complex legal risks and the need to have insurance for professional risks.

Limitations in courses open to the public or to health professionals: SIPMU courses intended for all health professions or open to the public may not include the therapeutic practice of hypnosis on individuals nor the practical teaching of clinical hypnosis.

President SIPMU Maria Paola Brugnoli



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Requirements for lecturers of SIPMU-sponsored courses:

For clinical hypnosis courses: lecturers must hold a degree in Medicine, Psychology or Dentistry and be recognised by the SIPMU Statute as hypnotherapists.

For humanistic courses open to other health professions: teachers of courses sponsored by SIPMU may also be graduates in the health or course-specific disciplines

For courses open to other health professions a SIPMU lecturer with a degree in Medicine, Psychology or Dentistry and a SIPMU member is required.

Criteria for sponsoring SIPMU courses:

- SIPMU can sponsor clinical hypnosis courses aimed at doctors, psychologists, dentists, conducted by SIPMU members
- SIPMU may sponsor courses in humanistic medicine and psychology aimed at the health professions, conducted by SIPMU members
- SIPMU, due to its character as a Scientific Society, cannot sponsor courses in which
- For courses not related to hypnosis, lecturers without a degree in the field of health or a degree related to the specific courses are involved.



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SIPMU new proposals for 2025

Dear SIPMU Members

It is with great enthusiasm that we are happy to announce some exciting new initiatives that will accompany our journey into 2025 and that will be available to all of you, SIPMU members.

We are always looking for new ways to enrich our community, make access to knowledge broader and more inclusive, and support all professionals working in our field. So here are the new features that we hope will stimulate your interest and support your professional growth:

1) Free monthly webinars in Italian and on request also in English for SIPMU members

Starting next year, SIPMU will offer free monthly webinars, accessible to all members. These online events will be a continuing education, designed to explore topics related to clinical hypnosis, psychotherapy, humanistic medicine and the latest scientific news. The webinars will be an unmissable opportunity to update, share experiences and deepen knowledge with colleagues and experts in the field. Each meeting will be designed to answer your questions, stimulate reflection and offer high quality content.



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Sipmu new proposals for 2025

2) New single-subject hypnosis courses for doctors, psychologists and dentists

In line with our commitment to professional development, in 2025 we will introduce single-topic hypnosis courses designed specifically for doctors, psychologists and dentists. These courses will focus on practical applications, advanced techniques and clinical approaches, providing each practitioner with the necessary tools to integrate hypnosis into their daily practices. The courses will be structured to offer highly specialised training targeted to the needs of each professional category.

3) Single-topic courses on humanisation of care, open to all healthcare professionals

SIPMU has always had the humanisation of care at heart, and for this reason, in 2025, we will be launching single-subject courses on this topic, open not only to doctors and psychologists, but also to all healthcare professionals. Nurses, therapists, social workers, and other health professionals will be able to participate in courses offering an empathic and scientific approach to patient care. These courses aim to raise awareness and train healthcare professionals on how to integrate the human dimension into clinical practices, making the patient experience more dignified, respectful and compassionate.



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(continued proposals 2025) ECM ACCREDITED SIPMU COURSES

To meet the professional needs of all our members, many courses that SIPMU will offer in 2025 will be CME accredited. This means that, in addition to receiving top-level training, each participant will be able to acquire training credits that will contribute to his or her continuing professional development, which is essential for maintaining his or her professional qualification and competence.

These initiatives represent a concrete commitment by SIPMU to offer its members not only theoretical and practical tools, but also opportunities for continuous growth and professional collaboration. We are firmly convinced that constant training and updating are essential for a practice of the medical and psychological professions that respects the latest scientific discoveries, but also the emotional and human needs of our patients.

We are confident that these new opportunities will be a valuable tool for your professional and personal development, and we look forward to sharing them with you. Each new step we take together represents a significant contribution to the growth of our scientific community, a step towards an increasingly humanised, empathic and scientifically sound medicine.

I would like to conclude by thanking you for your continued commitment and for the contribution that each of you brings, every day, to our scientific society. We are excited to continue together on this path of growth and innovation, with the hope that 2025 will be a year full of successes, discoveries and satisfaction.

With affection and esteem, The President SIPMU Italian Scientific Society of Clinical Hypnosis in Psychotherapy and Humanistic Medicine



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1) FREE MONTHLY WEBINARS IN ITALIAN LANGUAGE FOR SIPMU 2025 MEMBERS

All SIPMU members are invited to participate in the monthly webinars not only as auditors, but also with new proposals of their own webinars as lecturers.

In fact, one of the fundamental objectives of SIPMU is to actively involve all members, to form a group for intellectual and scientific growth and to share new studies.

The webinars will be held on Wednesday evenings from 20.30 to 22.30 on the zoom link (which will be sent out a few days before the webinars)

**write me to propose webinars and SIPMU courses
ALSO IN English language**
paola.brugnoli@libero.it



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1) UPCOMING FREE MONTHLY WEBINARS IN ITALIAN LANGUAGE FOR SIPMU MEMBERS 2025

Below are the first spring webinars, free for SIPMU members, lecturer Dr. Maria Paola Brugnoli

JANUARY 2025: WEDNESDAY 15 AT 8.30 PM "TEACHING THE PATIENT SELF-HYPNOSIS THROUGH JACOBSON'S PROGRESSIVE MUSCLE RELAXATION TECHNIQUE WITH VISUALISATION AND POST-HYPNOTIC SUGGESTION"

FEBRUARY 2025: WEDNESDAY 12 8.30 PM 'TEACHING THE PATIENT SELF-HYPNOSIS THROUGH AUTOGENIC TRAINING WITH VISUALISATION AND POST-HYPNOTIC SUGGESTION'

MARCH 2025: WEDNESDAY 26 MARCH 8.30 p.m. "CLINICAL HYPNOSIS IN ACUTE, CHRONIC PAIN THERAPY, IN EMERGENCIES AND PROCEDURES" (theoretical part of the practical course IN ITALIAN to be held in Verona on 29 and 30 March - the webinar is free for SIPMU members)

APRIL 2025: WEDNESDAY 9 APRIL AT 8.30 P.M. "CLINICAL HYPNOSIS IN PSYCHOSOMATIC MEDICINE: NEUROSCIENCE, NEUROBIOLOGY, AND HYPNOTIC TECHNIQUES"



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NEW SIPMU IN-PERSON COURSES SPRING 2025 - in Italian LANGUAGE- IN CHRONOLOGICAL ORDER



IPNOSI CONVERSAZIONALE

Tecniche pratiche in Medicina, Psicologia e Odontoiatra

Con il patrocinio della Società Scientifica Italiana Ipnosi Clinica in Psicoterapia e Medicina e Umanistica e ESH European Society of Hypnosis



Dott. Alessandro Orlando

Chi sono?



Inquadra il QR o visita il mio sito:

www.alessandroorlando.com



Il programma:

Sulla base dell'esperienza maturata in anni di formazione, il docente, dott. Alessandro Orlando, insegnerà le basi della comunicazione ipnotica conversazionale attraverso degli schemi linguistici che man mano il corsista imparerà ad ampliare in autonomia. In particolare:

- Costruzione di metafore: come creare una metafora funzionale al pz. e la suddivisione in fasi logiche;
- Schema linguistico Nested - Loop (lo scopo principale dei Nested Loops è quello di sovraccaricare la mente cosciente per far arrivare il "messaggio" più facilmente e più profondamente alla mente inconscia);
- Approfondimenti di clinica pratica con gli strumenti appresi.
- Introduzione all'ipnosi rapida medica nelle emergenze

A CHI È RIVOLTO IL CORSO?

A medici e psicologi, anche senza esperienza in ipnosi.

COSTO: 85€ iscritti SIPMU; 120€ non iscritti.

I prezzi sono da intendere iva inclusa.

DOVE si terrà il corso?

Il corso si terrà presso il centro convenzionato con SIPMU Sentieri formativi di Verona www.sentieriformativi.it.

QUANTO DURA? E QUANDO?

Il corso durerà una giornata, dalle ore 10:00 alle ore 17:30. IL sabato 18 GENNAIO 2025

INFO e ISCRIZIONI: info@alessandroorlando.com

Tel - 3389764432

www.alessandroorlando.com

SABATO 18 GENNAIO 2025 A VERONA IPNOSI CONVERSAZIONALE

A VERONA PRESSO IL CENTRO CAMILLIANO DI FORMAZIONE

IL CORSO E' APERTO A LAUREATI IN MEDICINA, PSICOLOGIA, ODONTOIATRIA

Il corso è adatto sia a chi si avvicina all'ipnosi per la prima volta, che per chi vuole approfondire l'ipnosi conversazionale nella pratica clinica, anche per la costruzione di metafore
PATROCINATO DA SIPMU

INFO ED ISCRIZIONI PRESSO DOTT. ALESSANDRO ORLANDO info@alessandroorlando.com

UMANIZZAZIONE DELLE CURE

LA TERAPIA DELLA DIGNITÀ DI H.M. CHOCHINOV E LA MEDICINA NARRATIVA

-aperto a tutte le professioni sanitarie- in via di accreditamento ECM

SABATO 22 FEBBRAIO 2025

DALLE 9.30 ALLE 17.30

CORSO IN PRESENZA

INTERATTIVO – ESPERIENZIALE:

Un Cammino Psicologico per Valorizzare

l'Incontro Umano attraverso la Terapia Della Dignità
e la Medicina Narrativa

Accreditamento ECM per tutte le professioni sanitarie

Docenti: Dott.ssa Antonella Crestani, Psicologa,
Specialista in Psicoterapia, Medicina Narrativa,
Sessuologa Clinica

Dott.ssa Maria Paola Brugnoli, Medico,
Specializzazioni: Anestesia e Terapia Intensiva, Terapia
Della Dignità (metodo HM. Chochinov), Terapia Del
Dolore e Cure Palliative, Dottorato in Neuroscienze,
Psicologia e Psichiatria.



Presso il Centro Camilliano di
Formazione Via Astico- 37124
VERONA

- Una giornata -

Costo 100 euro IVA inclusa.

INFO ed iscrizioni: sipmuipnosi@gmail.com

Indicare nella mail il titolo del corso



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In collaborazione con:



**CORSO PRATICO-ESPERIENZIALE
DI**

IPNOSI CLINICA IN TERAPIA DEL DOLORE

**Acuto, Cronico,
Arto Fantasma,
nelle Emergenze,
e nelle Procedure**

**1 WEBINAR TEORICO ONLINE zoom +
IN PRESENZA 29 e 30 Marzo 2025
A VERONA**

Sono ammessi laureati

in Medicina, Psicologia, Odontoiatria

-IN VIA DI ACCREDITAMENTO ECM-

DOCENTE: Dott.ssa Maria Paola Brugnoli

**Medico Chirurgo, Spec. Anestesia e Terapia
Intensiva, Terapia del Dolore e Cure Palliative,
Neurobioetica, Ipnoterapeuta, Dottorato in
Neuroscienze, Psicologia e Psichiatria**

**1 WEBINAR ONLINE zoom
MERCOLEDI 26 marzo 2025 ore
20.30: «Ipnosi clinica
introduzione agli usi terapeutici
in terapia del dolore»**

**+ 2 GIORNI IN PRESENZA DI
ESERCITAZIONI PRATICHE**

**29 e il 30 Marzo 2025
(ore 9-18)**

**A VERONA presso il Centro
Camilliano di Formazione, Via
Astico-37134 (possibilità di
pernottamento)**

**Costo: 250 Euro IVA inclusa
(160 euro soci SIPMU)**

Per informazioni ed iscrizioni:

sipmuipnosi@gmail.com

Specificare il titolo del corso

Evento organizzato dalla Sezione SIPMU dell'Emilia-Romagna

Con il patrocinio della Società Scientifica Italiana Ipnosi Clinica in Psicoterapia e Medicina Umanistica e
ESH European Society of Hypnosis

PSICOSOMATICA SIMBOLICA e IPNOSI IMMAGINATIVA

Corso aperto a laureati in Medicina, Psicologia, Odontoiatria- In via di accreditamento ECM

Ferrara, 3-4 Maggio 2025

Presso: Cascina Santa Caterina dell'Associazione "I Ricostruttori nella Preghiera"



Leggere il Corpo come una cittadella di metafore da esplorare attraverso l'Ipnosi Immaginativa. Una strada per interpretare i disturbi Psicosomatici come percorso di Individuazione.

DOCENTI: Dottor Flaviano Vighi

Psicologo Clinico, Psicoterapeuta ad indirizzo analitico, Ipnoterapeuta.

Dottorssa Francesca Carandina

Coordinatrice della sezione SIPMU dell'Emilia-Romagna

Medico Chirurgo, Specialista in Anestesia e Medicina del dolore, Ipnoterapeuta.

INFO e iscrizioni: flavianovighi@gmail.com

Costo: non soci SIPMU euro 400; soci SIPMU euro 200

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PSICOSOMATICA SIMBOLICA e IPNOSI IMMAGINATIVA

Corso aperto a laureati in Medicina, Psicologia, Odontoiatria

- In via di accreditamento ECM

Ferrara, 3-4 maggio 2025

(... continua) In questo corso imparerai ad avere una visione complessa e simbolica della realtà Psicosomatica del Sistema Vivente e ad utilizzare efficaci tecniche di ipnosi immaginativa e simbolica per intervenire sui disturbi psicosomatici.

Più nello specifico imparerai:

- A capire come l'essere umano sia un sistema psico-somatico;
- Cos'è e come integrare nel tuo intervento la Biologia Evolutiva;
- A capire cosa sono e come integrare nella tua visione clinica l'epigenetica e la PNEI;
- A capire come ci sia un continuum tra salute e malattia in una chiave evolutiva;
- Cos'è la Eco-Bio-Psicologia, che integra l'approccio evoluzionista a quello Psicologico-Analitico;
- A leggere la realtà del Sistema Vivente in chiave simbolica;
- A capire come la funzione preceda l'organo e quali siano le affinità tra funzioni d'organo e i rapporti tra Archetipo e Simbolo;
- Ad utilizzare le tecniche di ipnosi immaginativa per intervenire sui disturbi psicosomatici;
- Ad utilizzare l'ipnosi immaginativa per aiutare i pazienti ad intraprendere un percorso di conoscenza di sé stessi partendo dal disturbo psico-somatico;
- Ad intendere la malattia come una regressione ad uno stadio evolutivo precedente in un'ottica evolutiva ed individuativa della malattia;
- A leggere il disturbo psico-somatico all'interno di un percorso di individuazione.

INFO e iscrizioni: flavianovighi@gmail.com



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**PUBLICATIONS AND NEW BOOKS
BY SIPMU MEMBERS**

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ADULTHOOD DISTRESS, POSITIVE SELF-SUGGESTION AND THERAPY WITH MEDITATION

by Anirudh Kumar Satsangi

Anirudh Kumar Satsangi Psychologist, Psychotherapist, Director (Retd.)
Dayalbagh Educational Institute (Deemed University)

Dayalbagh, Agra, India

Honorary Member SIPMU Italian Scientific Society Clinical Hypnosis in
Psychotherapy and Humanistic Medicine

anirudh.dei@gmail.com

Each stage of our life poses certain problems or tasks at which we work until faced with the next set of tasks. Some of us solve life's developmental tasks as they arise, some of us take longer; some of us fail and have to put up with a less than optimal existence, and here arise the psychological distress.

We carry distress in adulthood through our childhood memories of the outer world. According to Sir Sahab Ji Maharaj (1935), "This science (the science of psychology) teaches us that every new baby on arrival in this world finds it, as has been aptly put by Professor William James, a 'big, booming and buzzing confusion'. Parents, teachers and other helpers assist the child in clearing this confusion and in harnessing his powers to definite lines of action.



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(...) So assisted, the child builds and inner world of his own which of course has to be so constructed as to fit into the needs of the outer world. Now, the outer world, over which we have no control, forces its demands on us ceaselessly during every moment of our existence which naturally entails a severe strain on our powers. The moment we fail to meet any of its demands, we are ruthlessly punished with dissatisfaction, disease, pain and misery. We hate these punishments and try our best to avoid them. But how many of us do really succeed in the attempt, it is difficult to say “.

But, if we succumb to the needs of the outer world psychological disturbances and distressing conditions make a permanent dwelling inside us. In fact, our psychological state is normally characterized by continual disturbances of varying degrees of severity. Some of the common disturbances are fear, anxiety, depression, insecurity, restlessness, frustration, anger, jealousy, suspicion, etc. Constant chatter and distractability of the mind, the perpetual hankering for different objects of desire, the recurrent pull of inertia, etc. are felt by more and more people as states that mar inner well-being which denote a lack of mental health.



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(...) Thus, we see that our autonomic nervous system (ANS) is continually mobilized to help us deal with the interpersonal and impersonal stresses we encounter. How can we calm down and reverse the autonomic mobilization from sympathetic dominance to parasympathetic dominance. Sympathetic dominance is the basis of psychosomatic disorders whereas there's meditative calm during parasympathetic dominance.

“Yoga may have something valuable to offer. For yoga is a psychological approach which aims at a radical change of consciousness so as to lead to a state of immutable and unconditioned peace, freedom and joy. The perfect yogic state has been described as not only free from all disturbances, but also immune to them by virtue of its positive characteristics”. (A.S. Dalal). “The ease and peace are felt very deep and far within because they are in the psychic and the psychic is very deep within us, covered by the mind and vital. When you meditate you open to the psychic, become aware of your psychic consciousness deep within and feel these things. In order that these ease and peace and happiness may become strong and stable and felt in all the being and in the body, you have to go still deeper within and bring out the full force of the psychic into the physical. This can more easily be done by regular concentration and meditation with the aspiration for this true consciousness. It can be done by work also, by dedication, by doing the work for the Divine only without thought of self”. (Sri Aurobindo)



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(...) Practice of meditation satisfies all the requirements of 'self-actualization needs' as has been described in the Maslow's Hierarchy of Needs Theory.

Meditation and Self-suggestion (self-hypnosis) are both techniques that can help improve our mental state. "Hypnosis and meditation concern bodily relaxation. Both conditions are states of consciousness achieved by induction procedures that improve relaxation, with corresponding physiological effects. Both hypnosis and meditation show a reduction in sympathetic responses and an increase in parasympathetic tone". (Tung and Hsieh, 2019; Fernandez et al.,2021)

"Coue was a doctor. He used to treat by psychological treatment, auto-suggestion, and he called this the true working of imagination; and what he defined as imagination was faith. Imagination is a power of formation. People who have no imagination are not formative from the mental point of view, they cannot give a concrete power to their thought. Imagination is a very powerful means of action. And so he treated all his patients in this way: they had to make a kind of imaginative formation which consisted in thinking themselves cured or in any case on the way to being cured, and in repeating this formation to themselves with sufficient persistence for it to have its effect. He had very remarkable results. He cured lots of people ". (The Mother)



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3. *Address Delivered by Huzur Sahabji Maharaj at the Eight Annual Convocation of Agra University, November 23, 1935 from Writings and Speeches of Param Guru Sahabji Maharaj, Radhasoami Satsang Sabha, Dayalbagh, Agra 2006*
4. *Direct comparisons between hypnosis and meditation: A mini-review, Gabriele Penazzi and Nicola De Pisapia, Published online 2022 Jul 15, Front Psychol, 2022; 13: 958185*

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SANT MAT DARSHAN, SUFISM,
VEDANTISM VIS-A-VIS KAPILA'S
SANKHYA DARSHAN

Book By Dr. Anirudh Kumar
Satsangi
Sangeeta Kumari and
Rajesh Kumar Sharma

Dr. Anirudh Kumar Satsangi is
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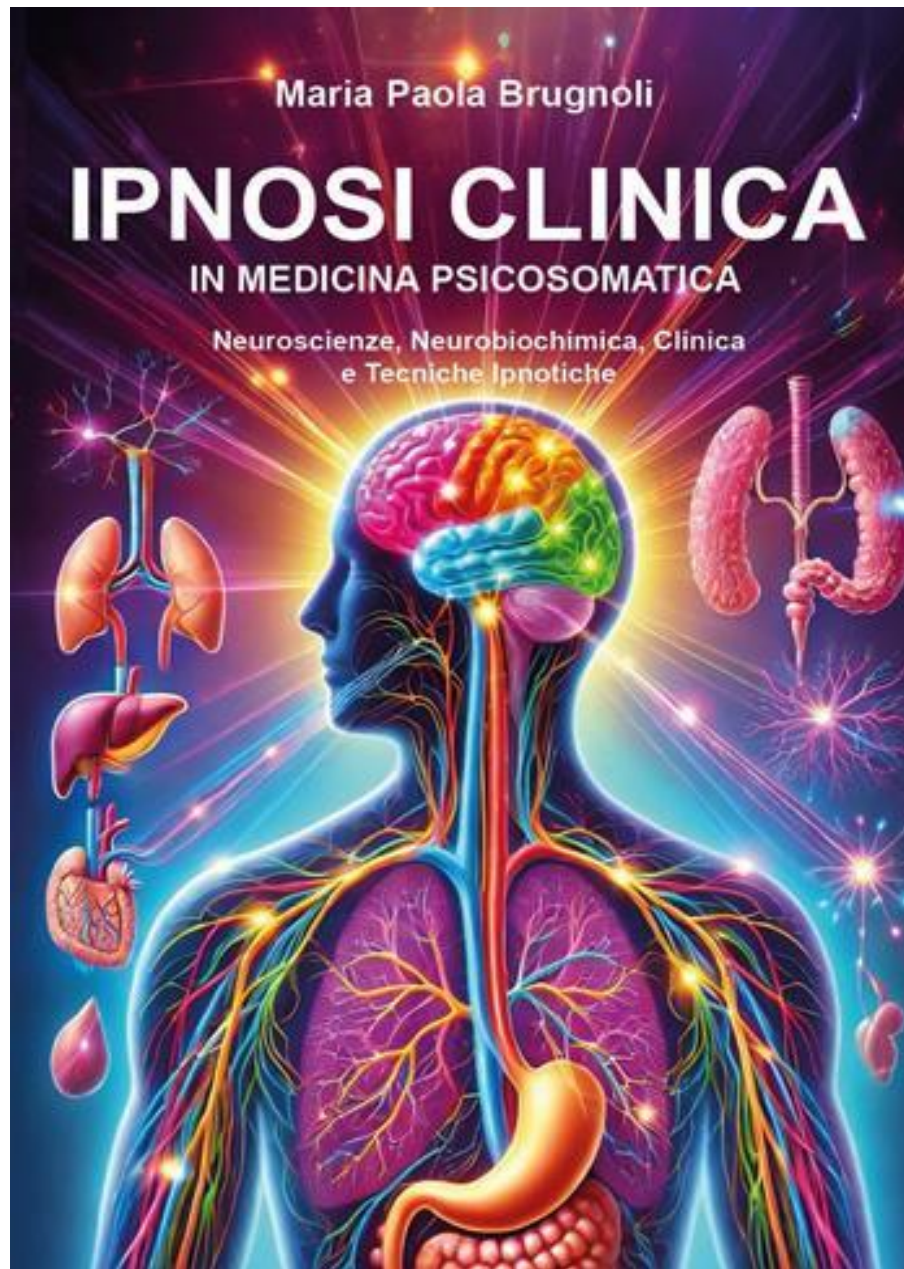
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IPNOSI CLINICA IN MEDICINA PSICOSOMATICA

**Neuroscienze, neurobiochimica, clinica e
tecniche ipnotiche**

Di Maria Paola Brugnoli

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

(versione in lingua italiana)

Questo libro esplora l'ipnosi clinica come strumento terapeutico nelle malattie psicosomatiche, studiando solide basi neuroscientifiche e neurobiochimiche, supportate da una rigorosa revisione scientifica. Dimostra come l'ipnosi agisca sul sistema nervoso e sui processi neurobiologici del paziente, ma sempre con un'attenzione al benessere integrale della persona, attraverso una pratica clinica umana e attenta. Attraverso l'analisi delle classificazioni ICD-11 e DSM-5, offre una visione chiara delle malattie psicosomatiche, approfondendone le cause e i meccanismi di sviluppo. L'ipnosi, in questo scenario, non è solo una tecnica medica e psicologica, ma un mezzo per toccare in profondità la complessa relazione tra mente e corpo, favorendo complesse risposte neurofisiologiche e psicologiche che riconnettono il paziente con il suo equilibrio interiore.

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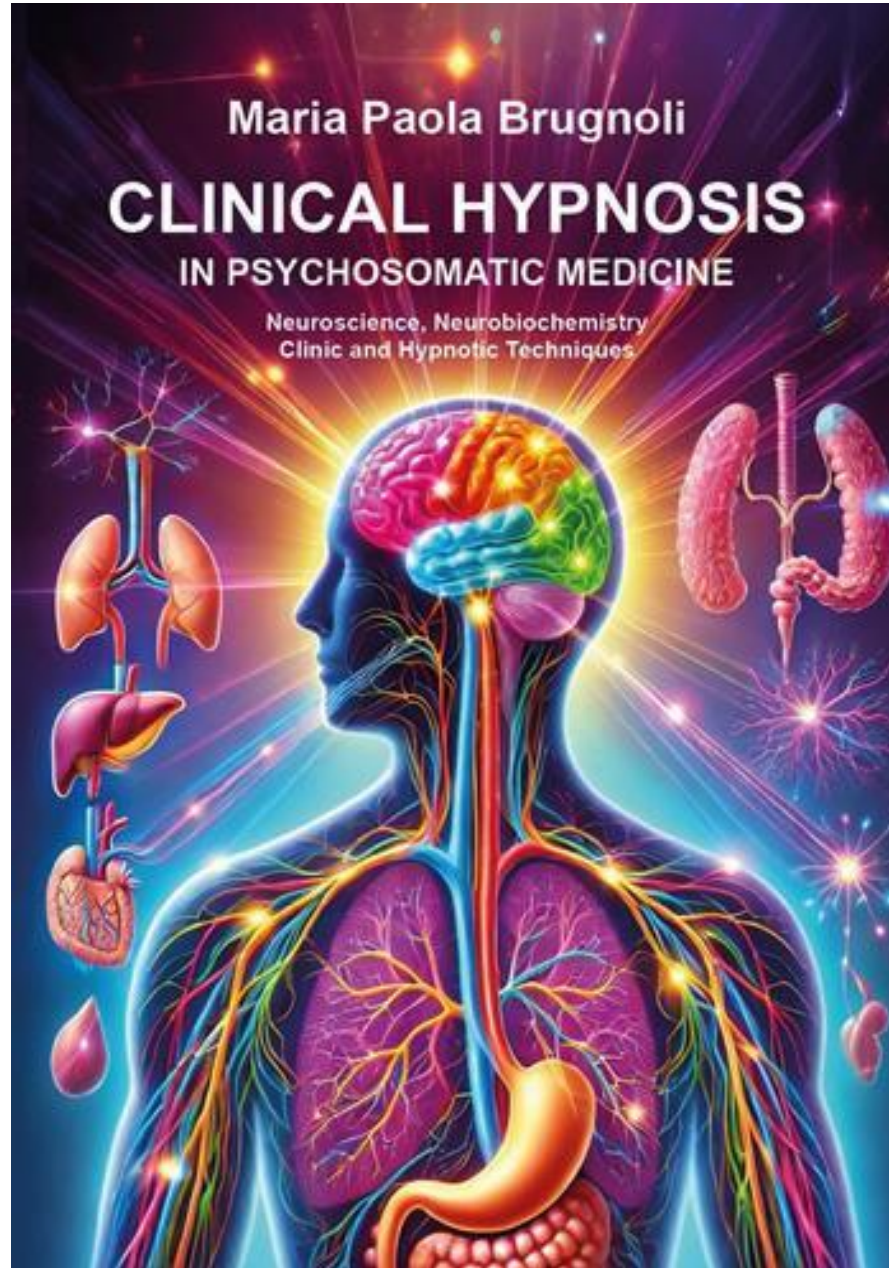
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CLINICAL HYPNOSIS IN PSYCHOSOMATIC MEDICINE

Neuroscience, Neurobiochemistry, Clinic and Hypnotic Techniques

Di Maria Paola Brugnoli

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(English language version)

This book explores clinical hypnosis as a therapeutic tool in psychosomatic illnesses, studying solid neuroscientific and neurobiochemical foundations, supported by a rigorous scientific review. It shows how hypnosis acts on the patient's nervous system and neurobiological processes, but always with a focus on the integral well-being of the person, through a humane and caring clinical practice. Through the analysis of the ICD-11 and DSM-5 classifications, it offers a clear view of psychosomatic illnesses, delving into their causes and mechanisms of development. Hypnosis, in this scenario, is not only a medical and psychological technique, but a means to deeply touch the complex relationship between mind and body, favouring complex neurophysiological and psychological responses that reconnect the patient with his inner balance.



**Rivista Annuale di
Ipnosi e Medicina Umanistica**

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

DICEMBRE 2024

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**ANNUAL JOURNAL OF HYPNOSIS
AND HUMANISTIC MEDICINE
BY SIPMU - in Italian -**

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

The December 2024 issue has been released.



Happy New Year 2025

Dear colleagues and friends of the SIPMU,

On these Holidays, which invite us to rediscover the most authentic values of our profession and our humanity, I would like to wish you a joyful celebration, filled with serenity and warmth, with the people who are dear to you.

May the message of hope and rebirth of this New Year 2025 remind us how precious is our commitment to care for the frailties of others, with love, empathy and dedication.

Your passion for humanistic medicine and clinical hypnosis is a light in the path of those who suffer, and I am deeply grateful and proud to share this mission with you.

May these holidays fill your hearts with peace and renewed energy to continue to be instruments of healing and transformation.

I wish you a New Year full of discoveries, achievements and the inner strength that only true passion for human well-being can give.

Wishing you and your families a Wonderful Year 2025.

With deep esteem and affection,

Maria Paola



Greetings from Verona

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