

Sydney 2009, Conferenza AHA

In occasione del 60-esimo anno di vita della AHA (Australian Hypnotherapists' Association, Associazione degli ipnoterapisti australiani) sono stato invitato a Sydney come speaker al convegno internazionale AHA di ipnositerapia, per tenere un seminario a ipnositerapeuti professionisti provenienti da tutto il mondo. La AHA (www.ahahypnotherapy.org.au) e' anche membro della PACFA (Psychotherapy And Counselling Federation of Australia). Dalla AHA ho ricevuto un ringraziamento e anche il premio speciale di membro onorario per i miei servizi alla professione dell'ipnositerapia.

Sydney 2009, AHA Conference

In the occurrence of the 60th year of life of the AHA (Australian Hypnotherapists' Association), I have been invited in Sydney to speak at the international AHA hypnotherapy conference, joined by hypnotherapy practitioners coming from all over the world. The AHA is a member of the PACFA (Psychotherapy And Counselling Federation of Australia); see also their website (www.ahahypnotherapy.org.au). From the AHA I received an appreciation and the special award of honorary membership for my services to the profession of hypnotherapy.



A screenshot of the AHA website showing a profile for Dr. Alberto Torelli from Italy. The browser's address bar shows the URL 'http://www.ahahypnotherapy.org.au/world-conference-2.htm' and a search bar with the text 'Trova nella pagina'. On the left is a portrait of Dr. Torelli, a man with glasses and a dark shirt. To the right of the portrait, the text reads: 'Dr Alberto Torelli : Italy'. Below this, a paragraph states: 'In 1995 he was collaborating on-line with Barry Marshall (a future Nobel Prize in 2005) about Helicobacter pylori and stomach ulcer, and he became so interested in psychosomatic medicine that in 2001 he was almost full-time involved in hypnotism. He then received his professional training in UK and in 2002 he opened his hypnotherapy office in Italy.' A second paragraph follows: 'Over time he then became also teacher and supervisor (he was encouraged by Ernest L. Rossi); in London he received the APHP award: "the most outstanding contribution to the hypnotherapy profession 2006" for the establishment of professional hypnotherapy in Italy, which is a very hostile country where there is still no recognition nor protection at all for the growing hypnotherapy practice.' At the bottom, the presentation time is listed as 'Presentation Time : Saturday 12th September - 1200 - 1300'. Below that, the paper information is given as 'Paper Information : Very Safe and Effective: The Ericksonian Hypnotherapy'. The final paragraph describes the Ericksonian approach: 'Milton Erickson is very famous, but his revolutionary hypnotherapeutic approach is still rather unknown. The Ericksonian approach provides a lot more desirable solution for any client, because it offers the unique opportunity of developing a very ecologic hypnotic experience and it no longer tries to impose certain hypnotherapeutic techniques. To let the clients do their work at their pace in they own way is of paramount importance for the best possible outcome and satisfaction. There are many important factors that should be taken in account in order to handle successfully almost any type of person.'



Psychotherapy & Counselling
Federation of Australia

PACFA Member
Association



Founded 1949 - Registered 1956

**The Certificate of
Honorary Membership is awarded to**

Dr Alberto Torelli

*in recognition and sincere appreciation for outstanding services
rendered to the Art and Science of Hypnotherapy
Given under the Common Seal of
the Australian Hypnotherapists' Association*

Australian Hypnotherapists' Association
Signed, for and on behalf of the Association;

President:


Brunhilde Brewin

Date:

12th September, 2009

Honorary No:

14090958





1949



2009

Australian Hypnotherapists' Association World Conference 'Empowering You'

Certificate of Appreciation

This certificate is awarded to

Dr Alberto Torelli

In recognition of your presentation to the
Hypnotherapy World Conference in Australia

On behalf of the Australian Hypnotherapists' Association
Presented during the 60th Year of Foundation of the AHA

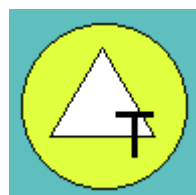


12 - 13 September
2009

Mecure Sydney Hotel
Sydney Australia

Bruni Brewin JP
National President
on behalf of the
Australian Hypnotherapists' Association

12 - 13 September 2009



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IPNOTERAPIA ERICKSONIANA: MOLTO SICURA ED EFFICACE

Alberto Torelli

Milton Erickson e' molto famoso, ma il suo rivoluzionario approccio ipnoterapeutico e' ancora piuttosto sconosciuto. Ad esempio, provate a rispondere alle seguenti domande (si'/no):

- 1) Erickson pensava che il rapport fosse necessario?
- 2) Erickson pensava che il transfert fosse necessario?
- 3) Erickson pensava che i test di ipnotizzabilita' o le scale di profondita' fossero necessarie?
- 4) Erickson pensava che le suggestioni e la suggestionabilita' fossero necessarie?
- 5) Erickson pensava che la regressione alla causa e le abreazioni fossero necessarie?

Bene, la risposta corretta a tutte le domande qui sopra e' un chiaro 'no'. Ogni esperimento onesto dimostra che il processo ipnotico in realta' sfugge a ogni controllo esterno, per cui dobbiamo prendere atto di questo fatto e addestrare noi stessi a cavalcare l'onda, non importa quale. Ovviamente questo approccio ipnotico e' molto difficile da imparare perche' richiede un forte sviluppo della personalita' dell'ipnotista, ma una volta appreso porta il lavoro ipnotico a dei livelli di efficacia e di sicurezza mai visti prima. L'approccio tradizionale di suggerire idee utili e' insoddisfacente perche' noi siamo per natura irrazionali, contraddittori, e ambivalenti. Le cosiddette resistenze indicano il fallimento nel riconoscere i bisogni personali del cliente. Lo scenario si complica con chi e' molto disturbato, perche' questa gente spesso non tollera approcci razionali, terapeutici o analitici. E perche' mai dovrebbe? L'approccio ericksoniano fornisce una soluzione ben piu' desiderabile per ogni cliente perche' offre l'opportunita' unica di sviluppare un'esperienza ipnotica molto ecologica, e non tenta piu' di imporre certi metodi ipnoterapeutici. Lasciar fare al cliente il suo lavoro al suo ritmo e alla sua maniera e' di enorme importanza per avere massimi risultati e soddisfazione. Ci sono molti fattori importanti che vanno tenuti presenti per gestire con successo ogni tipo di persona. Alcuni di questi approcci potenti verranno discussi in profondita' durante il corrispondente seminario.

VERY SAFE AND EFFECTIVE: THE ERICKSONIAN HYPNOTHERAPY

Alberto Torelli

Milton Erickson is very famous, but his revolutionary hypnotherapeutic approach is still rather unknown. For example, try to answer to the following questions (yes/no):

- 1) did Erickson think that rapport is needed?
- 2) did Erickson think that transference is needed?
- 3) did Erickson think that hypnotizability tests or depth scales are needed?
- 4) did Erickson think that suggestions and suggestibility are needed?
- 5) did Erickson think that regression to cause and abreactions are needed?

Well, the correct answer for all the above questions is a sound 'no'. Any honest experiment proves that the hypnotic process is actually out of any external control, and this is why we must face this fact and train ourselves in surfing the waves, no matter how they come. Of course this hypnotic approach is very difficult to learn because it requires a definite personality development within the hypnotist, but once learned it allows the hypnotic work to reach a level of effectiveness and safety never seen before. The traditional attempt to suggest useful ideas is unsatisfactory because human beings are naturally irrational, contradictory, and ambivalent. The so-called 'resistances' are actually nothing but a signal of failure in meeting the client's individual needs. This scenario worsens a lot with very disturbed people, because they are often completely unable to accept a rational approach, a therapy, or analysis. And why they should accept it? The Ericksonian approach provides a lot more desirable solution for any client, because it offers the unique opportunity of developing a very ecologic hypnotic experience and it no longer tries to impose certain hypnotherapeutic techniques. To let the clients do their work at their pace in they own way is of paramount importance for the best possible outcome and satisfaction. There are many important factors that should be taken in account in order to handle successfully almost any type of person. Some of these effective approaches will be discussed in depth during the corresponding workshop.

