

Unveiling the Mind: The Overlap Between Hypnotic and Psychedelic Realities

OCTOBER 4 - 5, 2024

A TWO DAY SCIENTIFIC CROSSTALK BETWEEN RESEARCHERS AND THERAPISTS

In the evolving landscape of psychotherapy, the integration of psychedelics with hypnotic techniques—centered on the principles of suggestibility, absorption, and hypnotizability—present novel opportunities for advancing therapeutic methodologies. The Netherlands Society for Hypnosis (NVvH) invites you to a symposium that seeks to bridge the gap between these two approaches that seek to explore the depths of human consciousness.

Key Themes:

- ***Intersecting Realms:*** Discover the parallels and distinctions between the altered states induced by psychedelics such as MDMA, psilocybin, DMT, LSD and ketamine, and those achieved through hypnosis. Explore how these states offer different paths to healing and self-discovery.
- ***Unique Brain Mechanisms:*** Learn about the latest research showing how each practice activates distinct brain mechanisms, offering unique insights into the nature of human consciousness and therapeutic potential.
- ***Critical Factors in Therapy:*** Explore how suggestibility, absorption, dissociation, and the exploration of the unconscious shape therapeutic outcomes, and how these factors can be used in both hypnosis and psychedelic therapies.

Join a multidisciplinary gathering of researchers, medical professionals, psychologists, psychotherapists, and other interested parties. This symposium is an invitation to share knowledge, foster collaboration, and explore the synergies between these transformative therapies.

The NVvH, a pioneer in the application of clinical hypnosis since 1931, recognizes the importance of these discussions in the evolving landscape of medicine, psychiatry and psychotherapy. This symposium is not just an event but a stepping stone towards a deeper understanding of the mind's potential. We invite you to be part of this pivotal conversation, to learn, share, and contribute to the shaping of future therapeutic practices. Join us as we explore the fascinating interplay between hypnosis and psychedelics, and uncover new pathways to healing.

Questions

- How similar are the subjective experiences derived from altered states of consciousness—whether elicited through psychedelics, meditation, the placebo effect, or hypnosis?
- Do these experiences have phenomenological similarities?
- Is there a common thread of human experience of hypnotic and psychedelic experiences?
- How similar or distinct are the journeys of MDMA, psilocybin, LSD, ketamine, DMT, with hypnotic states?
- What can we learn from knowledge on suggestibility, absorption and dissociation for use in the therapeutic applications of psychedelics.
- In addition to setting, what is the role of language and metaphors in the shaping of the psychedelic experience? Both before, during and in the aftermath?

WHEN

These questions forms the cornerstone of the NVvH's invitation to researchers, medical professionals, psychologists, psychotherapists, and other stakeholders to converge at the annual gathering in Utrecht on Friday, October 4th, and Saturday, October 5th.

FOR WHO

This collaborative platform aims to forge connections, encourage cross-disciplinary insights, and deepen our collective grasp of the nuanced interplay between hypnotic and psychedelic experiences, thereby advancing our journey into the uncharted territories of the mind.

WHY

The Netherlands Society for Hypnosis (NVvH), established in 1931, has steadfastly advocated for the judicious application of clinical hypnosis and hypnotic techniques in medical and psychotherapeutic contexts.

The Friday session will host an invitational conference exclusively for researchers and active members of NVvH, while the Saturday Symposium is open to all researchers, medical practitioners, psychologists, psychotherapists, and other professionals, fostering a collaborative environment for building bridges of understanding across diverse fields and backgrounds.

Friday October 4th 2024

Interactive sessions with

- **Prof. Dr. E. Vermetten**
'Similarities within hypnotic and psychedelic therapies and research issues'
- **Prof. Dr. Dirk Revenstorf**
'Ketamine assisted hypnotherapy (challenging issues?) with demonstration'
- **Prof. dr. Torsten Passie**
Psychedelica assisted psychotherapies: current research
- **Prof. Giuseppe De Benedittis, MD, PhD**
Current insights on guidelines in research in hypnosis

This session is an exclusive, invitation-only meeting for researchers and active members of NVvH. Invitations will be limited (25 tickets each for researchers and practitioners). Attendance at the meeting is at low rate of charge (€ 75,-), by courtesy of the Netherlands Association for (Clinical) Hypnosis (NVvH).

Venue:

De Witte Vosch, Oudegracht 46, 3511 AR Utrecht

Time schedule (flexible – to be announced later)

- 12:30-13:00 welcome, small lunch available
- 13:00 opening by Prof. Dr. Eric Vermetten, Joost Mertens M.D.
- 13:10-14:30 key notes and demonstrations
- 14:30-15:00 break
- 15:00-16:30 panel discussion with audience
- 16:00-17:00 wrap up, final conclusions, drinks

Saturday October 5th 2024

Annual Scientific Meeting organized by Netherlands Association for (Clinical) Hypnosis (NVvH).

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Chairs: Prof. Dr. E. Vermetten, Joost Mertens M.D. (current president NVvH)

Program

09:00 - 09:30 welcome, coffee

09:30 opening by Prof. Dr. Eric Vermetten and Joost Mertens M.D.

Introduction on hypnosis and altered brain states

09:40 – 10:00 Prof. Giuseppe De Benedittis, MD, PhD:

Disentangling Hypnotic and Placebo realities in psychotherapy

10:00 – 10:20 Dr. Devin Terhune:

Suggestion effects in the context of psychedelics

10:20 - 10:40 prof dr. Etzel Cardeña

Consciousness and altered states

Break

Ketamine? Psylocibine? MDMA? ISD?

11:10 – 11:30 Prof. dr. Dirk Revenstorf: *Ketamine assisted hypnotherapy*

11:30 - 11:50 dr. Janine Kamphuis: *Realities of ketamine therapy in depression*

11:50 – 12:10 Giorgio Mauro M.D. *novel uses with Psilocybin in mental health*

12:10 – 12:30 Dr. Metten Somers: *Psilocybin in the treatment of depression*

12:30-13:30 break / lunch

Ketamine? Psylocibine? MDMA? ISD? (Con't)

- 13:30 – 13:50 Prof. Dr. Eric Vermetten:** Transformative nature of LSD experiences
13:50 – 14:10 Dr. Liam Modlin: MDMA assisted therapy for PTSD
14:10 - 14:30 Dr. Tijmen Bostoen: Current findings on MDMA assisted therapy
14:30 – 15:00 Integration part 1 (panel discussion with faculty)

15:00 break

Hypnosis as a bridge?

- 15:30 - 15:45 Joost Mertens:** About hypnotizability, psychotherapy and psychedelics
15:45 – 16:15 Prof. dr. Eric Vermetten and Jan Olthof:
Narrative use of altered states
16:15 – 17:00 Panel discussions with 'revolving faculty' and the audience
17:00 Wrap up, closing remarks
17:15 closure, drinks

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Registration fee's

- Member NVvH or VHYP: € 175,-
- Non-member: € 300,-
- Studenten (beperkt aantal plaatsen): € 45,-
- Online deelname: respectievelijk € 100,-; € 175,-; € 25,-

Faculty chairs

Prof. dr. Eric Vermetten:

Professor Medical-Biological and Psychiatric Aspects of Psychotrauma, Leiden University, Netherlands. He is a clinical psychiatrist working with veterans and other uniformed officers as Strategic Advisor (COL) of Research at the Military Mental Health Service with the Dutch Ministry of Defense and ARQ National Psychotrauma Center. He holds an endowed chair in Psychiatry at the Department Psychiatry at Leiden UMC. He also has an Adjunct Professorship at the Department Psychiatry of New York UMC. He is trained in the Netherlands as well as in the USA in psychiatry and neuroscience (Stanford, Yale and Emory University).

Joost Mertens, M.D., psychiatrist

Joost Mertens is a psychiatrist and psychotherapist trained in hypnosis, and trainer. He is founder and director of The Velse GGZ, a Mental Health Service in the vicinity of Haarlem. He is the current president of the Netherlands Association for (Clinical) Hypnosis (NVvH). He is interested in hypnotizability as concept and it's components and measurement; published a paper on the hypnotizability in the psychiatry domain and is working on a research project.

Faculty speakers

Prof. Giuseppe De Benedittis, MD, PhD

Prof. Giuseppe De Benedittis, M.D., Ph.D. is Associate Professor of Neurosurgery at the University of Milan (Italy). His specialties include Psychiatry and Anesthesiology. He is former Director of the Interdepartmental Center for the Study and Pain Therapy at the University of Milan. He is Vice-President of the Italian Society of Hypnosis (SII).

Dr. Tijmen Bostoën

Tijmen Bostoën, M.D., is a psychiatrist and a master of Pharmaceutical Sciences. He has specialized in the psychotherapy and pharmacotherapy of PTSD and works at ARQ Center '45, the national Dutch center for complex psychotrauma. For the last MAPS European phase 2 multi-center MDMA assisted Psychotherapy for PTSD trial, he is co-Investigator and a study therapist. He has experience in the clinical application of ketamine assisted psychotherapy for therapy refractory PTSD. His PhD research at Leiden University Medical Center/ARQ Centrum '45 focuses on psychedelic assisted psychotherapies for PTSD

Prof. dr. Etzel Cardeña

Etzel Cardeña is the emeritus Thorsen Professor of Psychology at Lund University, Sweden, where he was Director of the Centre for Research on Consciousness and Anomalous Psychology (CERCAP). He is currently attached to the Leiden university. He has served as President of the Society of Psychological Hypnosis, and the Society for Clinical and Experimental Hypnosis. He is the current editor of the Journal of Parapsychology. He has expressed views in favour of what he terms "an open, informed study on all aspects of consciousness" and the validity of some paranormal phenomena. The Parapsychological Association honored Cardeña with the 2013 Charles Honorton Integrative Contributions Award. His publications include the books *Altering Consciousness* and *Varieties of Anomalous Experience*

Dr. Janine Kamphuis

Dr. Jeanine Kamphuis is a clinical psychiatrist. She is currently working at the Groningen University and coordinates clinical research on depression in general and with esketamine.

Drs. Giorgio Mauro, psychiater en psychotherapeut,

Giorgio Mauro is a psychiatrist, currently employed at the Community Mental Health Service Arkin in Utrecht the Netherlands, Department of Personality Disorders (NPI) and Psychotrauma (Sinai Centrum). He is a member of the members' council of the NVP, the Dutch Association for Psychotherapy and board member of the yearly symposium Film and Psychiatry. He is trained in Mentalization Based Treatment, Transference Focused Psychotherapy, MDMA-assisted Psychotherapy and EMDR. His field of interest covers psychotherapy, attachment trauma, personality disorders, psychodynamic psychotherapy and psychoanalysis, cultural mediators of healing, psychedelic assisted psychotherapy, transpersonal psychology and spirituality, music, art, surf, skiing and philosophy of mind.

Mr. Liam Modlin

Liam (Nadav) Modlin (MSc, MBACP) is a psychological therapist, research associate and lecturer at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London. With an interest in psychopharmacology and clinical expertise in treating psychological trauma, at the IoPPN Liam works as a research therapist, clinical investigator and therapist trainer on studies exploring the safety and efficacy of psychedelics. Liam also conducts trauma-focused qualitative research investigating patients perspectives around symptoms, self-management, and experience of currently available and novel treatments for psychological trauma. His lectures at the IoPPN explore psychotherapeutic models in clinical trials investigating the safety and efficacy of psychedelics, the potential applications of psychedelic-assisted therapy in military populations and psychotherapy in MDD and PTSD. He is also the co-founder

of the Maudsley Psychedelic Society Harm Reduction 'Integration' Group. Based in London, Liam has a private counselling & psychotherapy practice and has also worked in various NHS mental health services delivering psychodynamic psychotherapy and as a team Lead.

Jan Olthof

Jan Olthof is a psychotherapist, supervisor, and training therapist at the NVRG (Netherlands Association for Family Therapy). He is the founder of the School for Systemic Training in Bunde and is independently established as a psychotherapist at the "Connecting Pattern" psychotherapy practice in Bunde. In 1994, he published a book with Eric Vermetten as co-author "The Man as a story", on narrative psychotherapy. It was highly valued as a new way of working with the personal history of a client. He is a long standing member of the Netherlands Association for (Clinical) Hypnosis (NVvH).

Prof dr. Torsten Passie

Torsten Passie MD, MA is Professor of Psychiatry and Psychotherapy at Hannover Medical School (Germany) and Visiting Scientist at Goethe University in Frankfurt/Main (Germany). He studied philosophy, sociology (M.A.) at Leibniz-University, Hannover and medicine at Hannover Medical School. His prize-winning dissertation was about existential/phenomenological psychiatry. He worked at the Psychiatric University Clinic in Zürich (Switzerland) and with Professor Hanscarl Leuner (Göttingen), a leading European authority on hallucinogenic drugs and psycholytic therapy. From 1998 to 2010 he was scientist and a research psychiatrist at Hannover Medical school (Germany) where he did research on the psychophysiology of altered states of consciousness and their healing potential, including clinical research with hallucinogenic drugs (cannabis, ketamin, nitrous oxide, psilocybin). 2012-2015 he was Visiting Professor at Harvard Medical School (Boston, USA). He is an expert on the pharmacology and clinical/therapeutic use of hallucinogenic and entactogenic drugs. His publications appeared in Journal of Psychopharmacology, Neuropsychobiology, Addiction Biology, Addiction, CNS Neuroscience and Therapeutics and others. He has published around 20 books, including The Pharmacology of LSD 2010 and The History of MDMA 2023, both by Oxford University Press.

Prof. dr. Dirk Revenstorf

Dirk Revenstorf studied psychology in Hamburg with Hofstätter, Tausch and Bondy, received his doctorate with Cohen in Konstanz and habilitated in Munich. He is Professor of Clinical Psychology at the University of Tübingen and held a professorship at the Universidad de las Americas in Puebla (Mexico) from 1995-1997. During the years 1984-1996 he was president of the Milton Erickson Society for Clinical Hypnosis. He holds a doctorate in psychology and has various therapy

training courses: Behavioral therapy (Brenghelmann, Munich), Gestalt therapy (Polster, San Diego, USA), hypnotherapy (Zeig, Lankton, Carter, Gilligan, USA), body therapy (Pierrakos, USA). He is a licensed psychotherapist and member of the Psychotherapeutenkammer (Baden-Württemberg and Bundespsychotherapeutenkammer from 2003-2005). Accredited as supervisor for hypnosis and behavioral therapy by the Psychotherapeutenkammer.

Dr. Metten Somers

Metten Somers is a psychiatrist and Medical Director of the Mood and Psychosis Unit of the Department of Psychiatry at the UMC Utrecht. He was involved in the OPTiMISE trial as project manager and obtained his PhD on the relationship between language lateralization and left-handedness using psychiatric genetic and neuroimaging techniques. He holds an executive MBA degree from the Rotterdam School of Management, Erasmus University. His clinical and research work focuses on treatment resistant mood and psychotic disorders. His interest in psychedelics in psychiatry resulted in his involvement as site-PI in the trial 'Psilocybin in Treatment Resistant Depression', the first international large scale multicenter randomized clinical trial investigating the effectiveness and safety of psilocybin in depression. He is currently involved in several psychedelic related research initiatives, including setting up the follow-up phase III trial on psilocybin in treatment resistant depression. He is a co-founder and coordinator of the Psychedelics in Psychiatry Platform of the Dutch Association for Psychiatry.

Dr. Devin Terhune PH.D.

Dr. Devin Terhune is Reader in Experimental Psychology, Kings College, London (U.K.). After completing his PhD, he was a Postdoctoral Research Fellow in the Department of Experimental Psychology at the University of Oxford. More recently, before joining KCL, he lectured in statistics and coding in the Department of Psychology at Goldsmiths, University of London. His research interests falls at the interface between experimental psychology, cognitive neuroscience and cognitive neuropsychiatry.