

## Unveiling the Mind: Convergence of Hypnotic and Psychedelic Realities

OCTOBER 4 - 5, 2024 – Utrecht, the Netherlands

A TWO-DAY SCIENTIFIC CROSSTALK BETWEEN RESEARCHERS AND THERAPISTS

In the evolving landscape of psychotherapy, the integration of psychedelics and hypnotic techniques—centered on the principles of suggestibility, absorption, and hypnotizability—presents 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 aim 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 therapy.

*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 shaping future therapeutic practices. Join us as we explore the fascinating interplay between hypnosis and psychedelics and uncover new pathways to healing.

## Questions

- How distinct or similar are the subjective experiences derived from altered states of consciousness—whether elicited through psychedelics, meditation, hypnosis, or placebo effects? 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, and DMT to hypnotic states?
- What can we learn from the knowledge of suggestibility, absorption, and dissociation for use in therapeutic applications of psychedelics?
- In addition to the setting, what is the role of language and metaphors in the shaping and integration of the psychedelic experience? Both before, during, and in the aftermath?

## WHEN

These questions form the cornerstone of the NVvH's invitation to researchers, medical professionals, psychologists, psychotherapists, and other stakeholders to converge at the annual gathering in Utrecht, the Netherlands, on Friday, October 4, and Saturday, October 5, 2025.

## FOR WHOM

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 the medical and psychotherapeutic contexts.

*The Friday session will host a conference exclusively for researchers or active therapists in this field, while the Saturday Symposium is open to researchers, medical practitioners, psychologists, psychotherapists, and other professionals, fostering a collaborative environment for building bridges of understanding across diverse fields and backgrounds.*

Friday October 4, 2024

## Ketamine in Psychotherapy: Words Adding Substance

**Prof. Dr. Dirk Revenstorf, MD, PhD (Tübingen, Germany)**

"Ketamine-assisted hypnotherapy, challenging issues. An open discussion with demonstration (videotaped)"

**Prof. Dr. Giuseppe De Benedittis, MD, PhD (Milan, Italy)**

"Hypnosis and altered states studies: Latest guidelines in research in hypnosis and research in psychedelic-assisted psychotherapies"

**Prof. Dr. Rupert McShane, MD, PhD (Oxford, United Kingdom)**

"Ketamine in psychiatry: UK perspective"

**Chaired by: Prof. Dr. Eric Vermetten, MD, PhD (Leiden, the Netherlands)**

**Open Invitational Conference**

This session is an exclusive meeting for researchers, physicians/ psychotherapists/ psychiatrists working in the field of hypnosis and/or psychedelics / and active members of NVvH. Requirements for participation: actively involved in scientific research on hypnosis or psychedelics, and/or actively working as a doctor/psychiatrist/psychotherapist/healthcare psychologist/clinical psychologist with hypnosis and/or psychedelics in healthcare. We reserve the right to cancel your registration if it appears that you are not sufficiently qualified to participate in this meeting. Participation is limited (maximum 50 people). The registration fee is € 75, by courtesy of the Netherlands Association for (Clinical) Hypnosis (NVvH).

**Venue:**

De Witte Vosch, Oudegracht 46, 3511 AR Utrecht, the Netherlands

**Schedule:**

- 12:00-13:00 Welcome; small lunch available
- 13:00-13:10 Opening by Prof.Dr. Eric Vermetten, MD, PhD, and Joost Mertens, MD
- 13:10-14:15 Presentation of the recorded demonstration and commentaries on the use of ketamine in psychotherapy
- 14:15-14:45 Break
- 14:45-15:15 Comments by Prof.Dr. Giuseppe De Benedittis, MD, PhD
- 15:15-15:45 Presentation by Prof. Dr. Rupert McShane:  
"Ketamine in psychiatry: UK perspective"
- 15:45-16:00 Small break
- 16:00-16:45 Moderated discussion with audience
- 16:45- 17:00 Wrap-up, final conclusions

Saturday October 5, 2024

Scientific Meeting organized by the Netherlands Association for (Clinical) Hypnosis (NVvH):

## Unveiling the Mind:

# The Convergence of Hypnotic and Psychedelic Realities

Faculty: Prof. Dr. Eric Vermetten, MD, PhD, Joost Mertens, MD

### Program

09:00 - 09:30 Welcome, coffee

09:30 - 09:40 Opening by  
Prof. Dr. Eric Vermetten, MD, PhD, and Joost Mertens, MD

### Introduction to hypnosis and altered brain states in psychotherapy

09:40 - 10:00 Prof. Dr. Giuseppe de Benedittis, MD, PhD (Milan, Italy):  
Disentangling hypnotic and placebo realities in psychotherapy

10:00 - 10:20 Dr. Devin Terhune, MD, PhD (London, United Kingdom):  
Suggestion effects in the context of psychedelics

10:20 - 10:40 Prof. Dr. Etzel Cardeña, MD, PhD (Lund, Sweden)  
Similarities and differences between transcendent experiences  
induced by psychedelics and hypnosis

10:40 - 11:10 Break

### Introduction to the use of psychedelics in psychotherapy and its impact on altered brain states

11:10 - 11:30 Prof. Dr. Dirk Revenstorf, MD, PhD (Tübingen, Germany):  
Ketamine-assisted hypnotherapy  
(videotaped recording of the Friday session)

11:30 - 11:50 Dr. Jeanine Kamphuis, MD, PhD (Groningen, the Netherlands):  
Realities of ketamine therapy in depression

11:50 - 12:10 Dr. Metten Somers, MD, PhD (Utrecht, the Netherlands):  
Psilocybin in the treatment of depression

12:10 - 12:30 Tijmen Bostoen, MD (Leiden, the Netherlands):  
Experience with MDMA-assisted psychotherapy

12:30 - 13:30 Lunch break

- 13:30 – 13:50 Giorgio Mauro, MD (Utrecht, the Netherlands):**  
Psychedelics and setting: framing issues
- 13:50 – 14:10 Mr. Liam Modlin, MSc, MBACP (London, United Kingdom):**  
Psychedelics in treating trauma: hypnodelic?
- 14:10 – 14:30 Joost Breeksema, PhD (Groningen, the Netherlands)**  
Phenomenology and therapeutic processes experienced by patients during ketamine treatment
- 14:30 – 15:00 Integration** (panel discussion with the audience)
- 15:00 – 15:30 Break**

### Hypnosis as a bridge?

- 15:30 – 15:45 Joost Mertens, MD:**  
Measuring hypnotizability; a predictor of psychedelic response?
- 15:45 – 16:10 Jan Olthof, MSc (Maastricht, the Netherlands):**  
Narrative use of altered states – Bateson, Erickson, and beyond  
(moderated by Prof. Dr. Eric Vermetten, MD, PhD)
- 16:00 – 16:45 Panel discussions with 'revolving faculty' and the audience**
- 16:45 – 17:00 Wrap-up, closing remarks**
- 17:00 Closure, drinks**

**Venue:** De Witte Vosch, Oudegracht 46, 3511 AR Utrecht, the Netherlands

### Registration fees (in-person or online participation):

- NVvH Member: € 175
- Non-member: € 300
- Students (limited number of places on the venue): € 75

## Faculty Speakers

### **Dr. Devin Terhune, PhD**

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

### **Prof. Dr. Dirk Revenstorf, MD, PhD**

Dirk Revenstorf studied psychology in Hamburg with Hofstätter, Tausch and Bondy and received his doctorate with Cohen in Konstanz. He is a 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 the 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), and body therapy (Pierrakos, USA). He is a licensed psychotherapist and a member of the Psychotherapeutenkammer (Baden-Württemberg and Bundespsychotherapeutenkammer from 2003-2005). Dirk Revenstorf was accredited as a supervisor for hypnosis and behavioral therapy by the Psychotherapeutenkammer.

### **Prof. Dr. Etzel Cardeña, MD, PhD**

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

**Giorgio Mauro, MD**

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 in the members' council of the NVP, the Dutch Association for Psychotherapy, and a 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, surfing, skiing, and the philosophy of the mind.

**Prof. Dr. Giuseppe De Benedittis, MD, PhD**

Giuseppe De Benedittis is an Associate Professor of Neurosurgery at the University of Milan (Italy). His expertise includes psychiatry and anesthesiology. He is the former Director of the Interdepartmental Center for the Study and Pain Therapy at the University of Milan. He is the Vice-President of the Italian Society of Hypnosis (SII).

**Jan Olthof, MSc**

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 together with Eric Vermetten called "The Man as a Story" on narrative psychotherapy. It was highly valued as a new way of working with the client's personal history. He is a long-standing member of the Netherlands Association for (Clinical) Hypnosis (NVvH).

**Dr. Jeanine Kamphuis, MD, PhD**

Jeanine Kamphuis is a clinical psychiatrist. She is currently working at the University of Groningen and coordinates clinical research on depression in general and the one with esketamine. Her current research focuses on the use of mind-altering drugs, such as ketamine and classic psychedelics, for treatment-resistant psychiatric disorders, especially depression.

**Dr. Joost Breeksema, PhD**

Joost Breeksema is a philosopher specializing in qualitative research on the personal experiences of patients undergoing psychedelic treatments for severe mental disorders. As the project leader of TRIP, Joost focuses on fostering collaboration among researchers, healthcare providers, patients, and regulators to ensure the safe and ethical implementation of psychedelic-assisted therapies.

He also serves as the Executive Director of the OPEN Foundation, organizing scientific conferences and research networks to advance interdisciplinary studies on psychedelics. Joost values a collaborative, transdisciplinary, and open-minded approach to science.

**Mr. Liam Modlin, MSc, MBACP**

Liam (Nadav) Modlin 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, Liam works as a research therapist, clinical investigator, and therapist trainer at the IoPPN 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 counseling & psychotherapy practice and has also worked in various NHS mental health services delivering psychodynamic psychotherapy and as a team lead.

**Dr. Metten Somers, MD, PhD**

Metten Somers is a psychiatrist and Medical Director of the Mood and Psychosis Unit of the Department of Psychiatry at UMC Utrecht, the Netherlands. He was involved in the OPTiMISE trial as a 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.



### **Prof. Dr. Rupert McShane, MD, PhD**

Prof. Dr. Rupert McShane is a leading expert in treatment-resistant depression and dementia. He heads the Oxfordshire ECT and ketamine services and runs a memory clinic. His primary focus is on developing policies and monitoring strategies for rapidly acting antidepressants like ketamine. Prof. McShane chairs the steering committee of an international conference on ketamine for psychiatric disorders and leads an online journal club in the same field. He has played a pivotal role in optimizing ketamine treatment and leading trials. Following an NIHR-funded case series exploring the use of repeated ketamine for resistant depression, Prof. Dr. Rupert McShane and his team have treated over 300 patients and continue to refine the treatment protocols. Additionally, he chairs the Royal College of Psychiatrists Committee on ECT and related therapies and has contributed significantly to dementia research, particularly in diagnostic test accuracy and modifiable risk factors. Prof. McShane has also developed a Healthtalk module from a qualitative study on ECT, highlighting diverse patient experiences.

### **Tijmen Bostoën, MD**

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

## **Faculty Chairs**

### **Joost Mertens, MD**

Joost Mertens is a psychiatrist and psychotherapist trained in hypnosis, and a trainer. He is the 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 a concept and its components and measurement. Joost published a paper on hypnotizability in the psychiatry domain and is working on a research project.

### **Prof. Dr. Eric Vermetten, MD, PhD:**

Eric Vermetten is a Professor of Psychotrauma at Leiden University, the Netherlands. He is a clinical psychiatrist who served as an Officer (COL) in the Dutch Armed Forces. He is a staff member at the Department of Psychiatry, LUMC. He also holds an Adjunct Professorship at the Department of Psychiatry of New York UMC. Eric was trained in the Netherlands as well as in the USA in psychiatry and neuroscience (Stanford, Yale, and Emory University). He is the PI of a new research initiative on the roadmap for medication-assisted psychotherapy in the Netherlands and Europe, including the use of different psychedelics.