

**Ruth Besimo-Meyer, Dr.**

Schwyz, Switzerland



Focus of activity: Hypnosis, General Dentistry, Gerodontics, Pediatric Dentistry

Since September 2017 Private dental office in Walchwil, Zug, Switzerland

1.10.2001-30.9.2017 Aeskulap Klinik/Seeklinik, Brunnen, Switzerland

1.1.-1993-30.11.1989 Dental Department of the University of Basel

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**Christian E. Besimo, Prof. Dr.**

Schwyz, Switzerland



Professor Dr. Christian Besimo studied dentistry at the University of Zurich, Switzerland and graduated with a doctor's degree 1983. From 1982 to 1984 he

practiced in a dental office. 1985 he returned to university as an Assistant Professor at the Department of Prosthodontics, School of Dentistry, University of Basel, Switzerland. From 1987 to 1998 he was heading the Subdepartment of Removable Prosthodontics. 1991 and 1993 he absolved as a Visiting Associate Professor two research sabbaticals at the Department of Periodontology, College of Dentistry, University of Florida. 1992 he graduated with the Thesis 'Principles of Construction of Removable Implant-borne Superstructures in the Edentulous Mandible' as 'Privatdozent' (PD) at the University of Basel. In 1993 he qualified as a specialist in reconstructive dentistry and 2008 in medical hypnosis. From 1999 to 2017 he was Head of the Department of Oral Medicine in a private hospital in Brunnen, Switzerland. To date he is practicing again in a dental office. He continues to lecture as Professor at the University of Basel, where he is program director in gerodontology. Professor Christian Besimo was President of the Swiss Prosthodontic Society from 1993 to 1997 and is actually President of the dental division of the Swiss Society of Medical Hypnosis.

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### **Ina Blanc, MA Psychology**

**University of Basel, Switzerland**



Ina Blanc studied Clinical Psychology in Basel, Switzerland and was trained as a family- and hypnotherapist in Switzerland and France. She worked first as a psychologist at the Familien-, Paar- und Erziehungsberatung in Basel, and then for many years with young refugees at the Zentrum für Brückenangebote in Basel. Now she works as a psychotherapist at the Zentrum für Entwicklungs- und Persönlichkeitspsychologie at the University of Basel, where she is as well in charge of the master program of child and adolescent psychology.

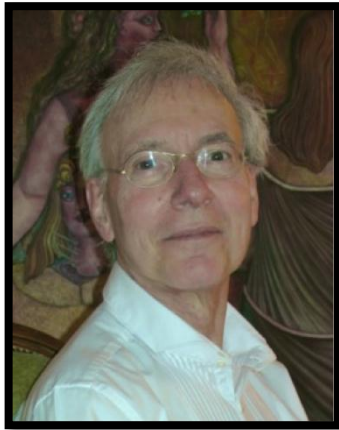
## **Sabrina Mattle, M Sc**

**University of Basel, Switzerland**



Sabrina Mattle is a psychologist from Switzerland and has been working at the Centre for Developmental and Personality Psychology (ZEPP) at the University of Basel since 2015. During her studies she completed a further education in hypnosystemic communication at the Milton Erickson Institute in Rottweil under Bernhard Trenkle supervision. This experience motivated her to continuously immerse herself into the practical and scientific application of hypnosis. In her first research work, her strong interest in sports psychology and hypnosis led her to focus on the effect of hypnosis on the performance in shooting sports. Due to a stroke of fate in the aftermath, she decided to pursue a doctorate investigating the effects of hypnosis in oncology.

## Gary Bruno Schmid, Ph. D.



In the mathematical foundations of quantum physics (von Neumann 1932), the observer plays an essential role as an "actual observer" behind the realm of the measuring apparatus, and in hypnotherapy the observer plays an essential role as a "hidden observer" behind the realm of the brain. I will pursue these ideas in this lecture and show how consciousness arises from the hidden observer (Schmid, 2017, 2016, 2015a, 20). A simple, and for the layperson easily understandable overview of many important quantum physical concepts (particle-wave duality, uncertainty principle, entanglement etc.) which will be shown to be relevant to hypnosis and to self-healing by imagination would be discussed in this lecture.

Quantum theory possesses several unique characteristics which have a fascinating potential for the development of psychological models. It provides a wealth of useful metaphors as resources for hypnotherapeutic utilization, which will be discussed in the workshop. In particular, open, "indecisive" hypnotic suggestions allow the creation of highly unstable, polyvalent mind-body states which can then be consolidated by the so-called *hidden observer* into a "sharpened", stable intuition during guided imagery or self-hypnosis. Loosely speaking one could say that "*Hypnosis is the quantum physics of the mind!*"

Five characteristics of quantum theory which are unique to physics and are at the same time of particular relevance to hypnosis would be explained. These characteristics are intrinsic to the relationship between the **observer** and the **object** under observation. The same things which can be said in quantum physics about particles can be just as well expressed in psychology about mentation (sensory impressions, thoughts, feelings, intuitions and imaginations).

## Curriculum vitae

**KD Dr. med. Sepp Holtz**

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May 2, 1956 born in Lucerne, Switzerland

1983           Marriage to Eva Brandenburger  
4 children (1985/1987/1990/1995)

### Medical career

- 1984           Final medical examinations at the University of Zurich,  
Switzerland, MD.
- 1985           Psychology and Psychopathology for Children at the Department  
of Psychology, University of Zurich.
- 1986-92       Fellowship as General Pediatrician at the Children's Hospitals of  
Lucerne and Zurich (1987 Children's Psychiatry Department  
Lucerne: Dr. Bauersfeld)
- 1992           Fellowship at the Developmental Department of Zurich University  
Children Hospital.
- 1993-         Since 1993 I have been working partly in my own childrens  
ambulatory as General Pediatrician and also as co-teacher with  
Professor Remo Largo in the Developmental Department.  
Trainer in Developmental Pediatrics in many children's hospitals  
in Switzerland (as well as seminars in Germany, Austria, Tunisia,  
Latvia and Armenia)
- 1997-00      6 Films about play behavior, eating behavior and neuromotoric  
measurements (film-maker or co-film maker)

- 2000            Sabatical with short-time scholarships at Emory University, Atlanta GA (Dept. of Psychology, Prof.S.Nowicki/M. Duke) and Minneapolis,University of Minnesota (Dept of Medicine,Developmental Pediatrics, Prof. D. Kohen).  
Teacher for developmental pediatrics (8 seminars) at Riga, Latvia.
- Since 2001 Head of Group-Practice with psychologists, speech-therapist, physiotherapist, occupationaltherapist, Dietician, psychomotortherapist.
- Since 2001Teaching-Practice for pediatricians of the Zurich university children-hospital
- S. 2007            Lecturer (Clinical docent) at the University of Zurich
- S. 2008/10    Lecturer at the University of Basel (Master of Advanced Studies: Developmental Diagnostics and Psychological counseling)
- 2017            Fanconi award (Highest swiss paediatrician award)

***Workshops and seminars in developmental pediatrics in different Countries of the world: Armenia, Austria, Cyprus, Germany, Latvia and Tunisia***

## **Medical Hypnosis**

Professional training since 1999!

- 1992-96    Psychodrama-Therapeut (Moreno-Institut-Überlingen)
- Since 1999 Training and Graduation at Milton Erickson – Institut Rottweil Germany (Supervision Bernhard Trenkle)
- 2000            Stage at the University of Minneapolis (Prof. Dan Kohen)
- 2004ff        many Hypnosis workshops as a workshopleader in Switzerland, Germany, Poland
- 2006            FMH med. Hypnosis (official swiss acceptance)

## **Publications and teaching-tools**

1. Kalorien und Emotionen in den ersten Lebensjahren. Videofilm. S. Holtz, R.H. Largo (1998)
2. Mund, Hände und Augen entdecken die Welt. Videofilm. F. Kienz, S. Holtz, R.H. Largo (1999)
3. Raumspiel-Spielraum. Videofilm. R. Hoop, S. Holtz, R.H. Largo (1999)
4. Vorbildern nacheifern: Spielverhalten mit Symbolcharakter in den ersten Lebensjahren. Videofilm. S. Grunt, S. Holtz, R.H. Largo (2001)
5. Fallbeispiele. Diverse Videofilme für das Entwicklungsseminar. S. Holtz,

- P. Orban, R.H. Largo (2002-04)
6. Buchartikel Symposia Proceedings: Ernährung auf die andere Art. Variabilität des normalen Essverhaltens bei Kindern, S. Holtz 2006
  7. Man behandelt immer ein System. Interview. VSAO-Journal Nr. 6 Dez. 2009
  8. Kindgerecht untersuchen – aber wie? Videofilm. H. Gräber, O. Jenni, S. Holtz, B. Latal, 2010
  9. Zur Bedeutung der Hochtonrassel im Rahmen der Vorsorgeuntersuchungen. S. Holtz, Forumnews, Sommer 2010
  10. Kinderärztliche Vorsorgeuntersuchungen in der Schweiz. P. Weber, A. Bächler, S. Holtz, Th. Baumann, O. Jenni, 2010, in press
  11. Mobbing in der Grundstufe – Ein Fallbericht, Therapeutische Umschau 2012
  12. Die pädiatrische Untersuchung. Lehr-Videofilm H. Gräber, O. Jenni, B. Latal, S. Holtz et al, 2014, Dissertation medizinische Fakultät
  13. Jenni O, Holtz S, Henkel C. (2015) Entwicklung des Essverhaltens von Säuglingen und Kleinkindern aus entwicklungspädiatrischer und kinderpsychiatrischer Sicht. Kapitel 5. Ernährungsbericht des Bundesamtes für Lebensmittelsicherheit und Veterinärwesen (BLV).
  14. Primary care 2016: Vorsorge aus der Sicht einer 3-jährigen