

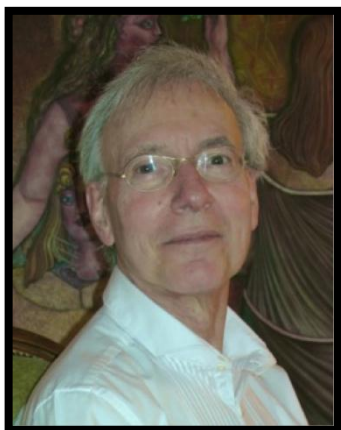
Sabrina Mattle, M Sc

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



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, occupational therapist, Dietician,
 psychomotor therapist.
 Since 2001 Teaching-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

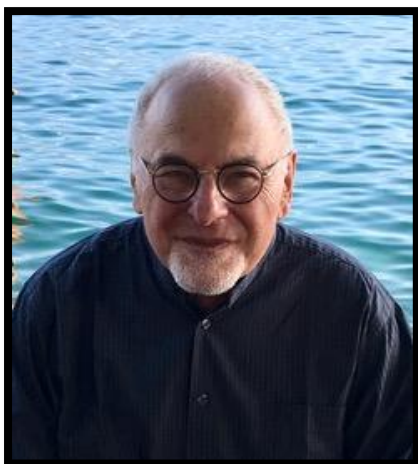
Professional training since 1999!
 1992-96 Psychodrama-Therapeut (Moreno-Institut-Überlingen)
 Since 1999 Training and Graduation at Milton Erickson – Institut Rottweil
 Germany (Supervision Bernhard Trenkle)
 2000 Stage at the University of Minneapolis (Prof. Dan Kohen)
 2004ff many Hypnosis workshops as a workshop leader 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 Hochtouren 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



Dr. Michael Schekter: Specialist in Psychiatry and Psychotherapy
Accredited Teacher and Supervisor for Hypnosis in Switzerland

- **Stabilisation a key to comfortable hypnotherapy for the patient and for the therapist.**

There exist many approaches and protocols using hypnosis to promote positive changes.

We could say that the therapist's job is to show the patient how to use his innate hypnotic capacities to promote these changes and during this time to assure the patient's security. The patient needs to feel assured that, when using hypnosis, he can keep the situation under control when exploring a difficult situation or even at moments when outside the therapist's office.

During this workshop I would like to explore with you

1. a model to codify the intensity and quality of the patient's presenting difficulty by using his body feelings and his emotions when asked to imagine the disturbing situation in the therapist's office. This targeted situation can then be used to realize the efficiency of the proposed stabilization methods
2. easy to learn methods of stabilization permitting the patient to regain control of himself when distress arises in therapy. This can later be applied by the patient alone in another stressful situation.
3. (if time permits) a simple method based on actualizing old resources through positive age regression and then anchoring them. When the patient is confronted with a destabilizing situation, he can easily evoke the anchored resource and stabilize his distressing thoughts as well as his physical and emotional disturbances.

The methods will be presented in English either by demonstration with a volunteer or with those participants, as a group, who would like to gain in their proper experience and capacity. The protocols will be available in English for those who participate.