

The Australian Journal of Clinical Hypnotherapy & Hypnosis

Spring 2014 Volume 36 Number 2

Editorial

A couple of months ago, ASCH President Lyndall Briggs asked me if I would be interested in becoming editor of this journal. The request came as a surprise and I wasn't quite sure how to respond. I had been a practising Clinical Hypnotherapist and Registered PSH Therapist for 11 years during the 1990s and early 2000s, but had left the profession to focus on my publishing career. This did not mean, however, that my interest in hypnotherapy had waned: it was just that my intuition was calling me towards visual storytelling, as well as fiction and non-fiction writing through which I could explore themes about healing.

My fascination for hypnosis had been awakened at the age of 21 when I visited a hypnotherapist for a first time to address a problem I was experiencing. While in hypnosis, I was given the suggestion that my arm was attached to a bunch of balloons, and it would get lighter and lighter and float up in the air. Before I knew it, my fingers were twitching, my wrist was simply lifting, and my arm was hovering. It was a moment that changed my perspective and my life. A few years later after I had completed university, I booked into a hypnotherapy course and relentlessly pursued my studies before eventually opening my practice. Now, in accepting the editor's role, it seems the publishing and hypnotherapy worlds have collided and I feel like I have come home.

In what I term the "discovery" phase of understanding how the journal operated, I had the opportunity to talk to previous editors, many wonderful practitioners, past contributors, as well as journal readers. The latter group had differing points-of-view about what they wanted to see published in the journal. Some gravitated towards scientific and academic perspectives of hypnotherapy and its application, whereas others preferred the narratives—case studies and vignettes, the before and after stories, about how clients broke through their internal obstacles and triumphed. This journal will aim to bring you both with a focus on the pioneers who are exploring the new frontiers of hypnotherapy methodologies, as well as showcasing contrarian viewpoints that open the mind and the conversation to controversial ideas that by extension promote critical and flexible thinking on the part of the reader.

This issue features an article from Peter Richard-Herbert who introduces practitioners to a new therapeutic technique he developed named Metaphoric Symbolised Imagery, which evolved over a 25-year period from his psychotherapy and hypnotherapy practice. Peter has been invited to Europe in the latter part of 2015 to present his findings at a major conference. The journal also publishes Rona Spicer's investigation into the impact of antenatal education with and without hypnosis on first-time pregnant women. Finally, Eleonore Stephan concludes her three part series on re-establishing sexuality and intimacy after surgery, this time from the point-of-view of examining how ancient sexual teachings and traditions can positively aid clients who have had their genitals removed, reconstructed or impaired.

I also invite you to contribute to future editions so we can continue ringing Australian hypnotherapy perspectives to the rest of the world and vice versa.

Julie Ditrich,
Journal Editor
journaleditor@asch.com.au