

V EUROPEAN CONGRESS of Ericksonian Hypnosis and Psychotherapy, Hypnosis and Creativity in Psychotherapy. Cracow, June 12th - June 15th 2014.

Carolusson, Susanna

Title of workshop

"How to integrate Ego State Therapy with creative, cognitive, Ericksonian and psychodynamic techniques"

Content

Hypnosis- is it really necessary? How deep? Can we avoid “negative transference”, e.g. by working with symbols, or helping the patient meet and support his/her inner child? Can we avoid dependency on the therapist by ego strengthening?

These questions are common. Some of them emanate from faulty basic assumptions. In this workshop I declare my own basic assumptions; e.g. that a safe professional frame of competence and honesty enhances the freedom of creative exploring in a relational process. Psychodynamic theory makes patients’ irrational reactions intelligible, a stable frame nurtures the safety to develop, Ericksonian language is normalizing, psycho-education enlightens and prevents pathologizing, open-mindedness evokes creativity.

I am prepared to lecture, discuss, demonstrate, instruct and make you do exercises in a safe frame, and to offer feedback. Let us create an interesting workshop together!

For the Faculty presentation

Susanna Carolusson

Licensed Psychologist (1987), clinical, educational and organizational competence.

Licensed Psychotherapist (1989) with a diploma as teacher and supervisor of psychoanalytical orientation.

Susanna has been in clinical and teaching practice for 40 years, had her MSc 30 years ago, and did her post-master psychology practice in mental asylums, child psychiatry, child medicine, community centers for mental and cognitively disabled, schools, parental support projects. After licensure she started her private practice full time, as a consultant for multinational and national companies, and clinically as an expert on hypnosis in medicine and psychology. She has developed the hypnosis programs in SSCH to involve the teacher and supervisor program, the postgraduate psychotherapy university program, the certifying EST program and she is also a co-editor of the Swedish Journal of Hypnos. She has been an invited teacher at all ESH and ISH congresses since 1996, and has presented at most of them except those few she could not attend.

Other virtues and offices:

Ego State Therapy teacher and supervisor (ESTI). Past president and Honorary member of the Swedish Society of Clinical Hypnosis. ESH-COR for SSCH. Past ISH-COR for SSCH.

Teaching worldwide since 1994 on organizational and leadership psychology, stress management, clinical hypnosis (education and ethics, depression, psychosomatics, burnout, irritable bowels syndrome, brain trauma, etc.). Author of two books on brain trauma, family crisis and psychotic reactions, published in three languages. Made CD-records for relaxation, going to sleep, stress management, anxiety reduction, healing in general, and in particular IBS, over reactive immune systems, and feeling at ease on the stage, in verbatim exams or in a group meeting.