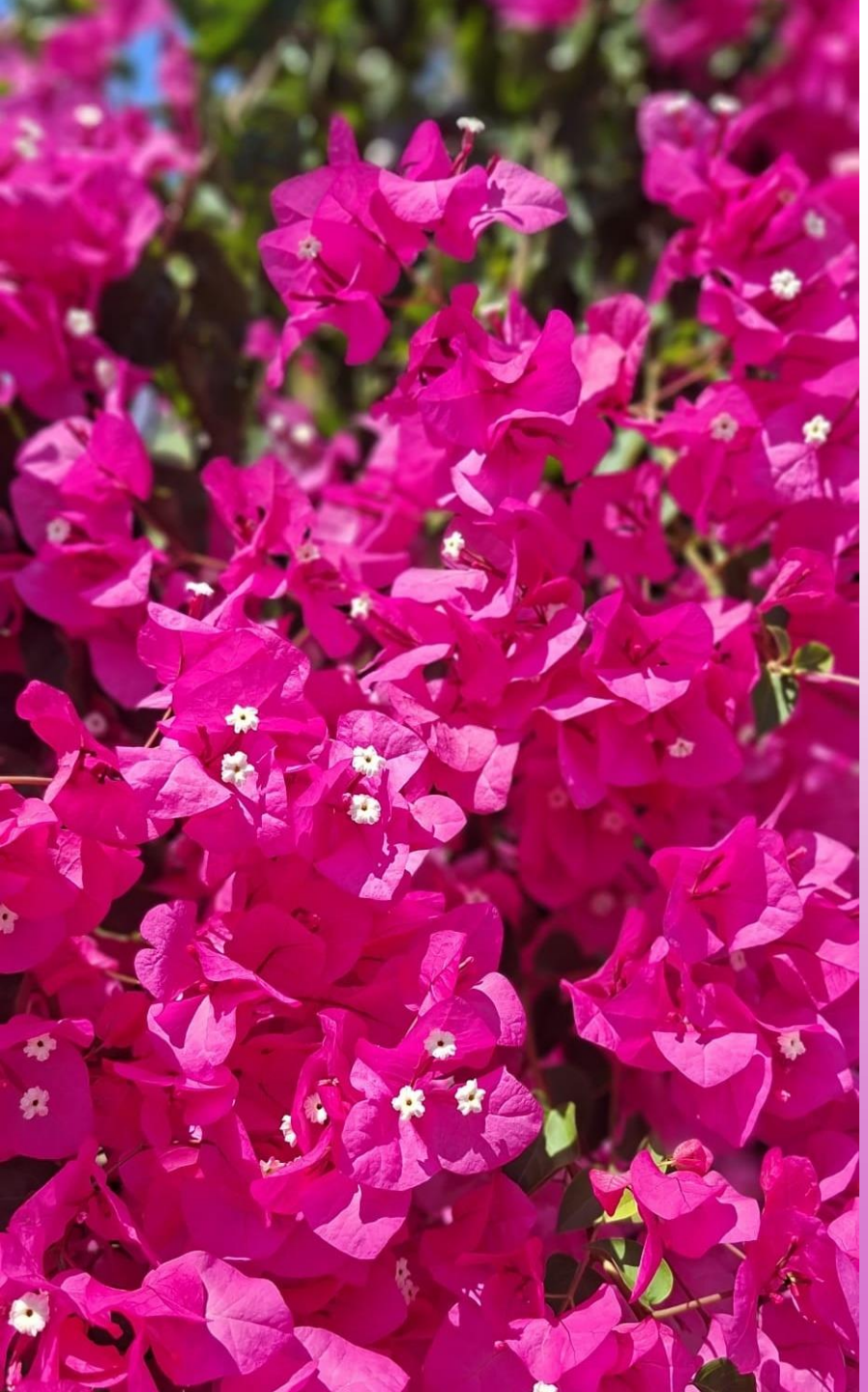

SIPMU

ITALIAN SCIENTIFIC SOCIETY OF CLINICAL HYPNOSIS IN PSYCHOTHERAPY AND HUMANISTIC MEDICINE

Newsletter

July 2026

ENGLISH

SIPMU

2026

NEWSLETTER
JULY 2026

SIPMU

SOCIETÀ SCIENTIFICA ITALIANA
IPNOSI CLINICA IN PSICOTERAPIA
E MEDICINA UMANISTICA

ENGLISH

CO-EDITORS OF THIS ISSUE:

Angela Cotza
Maria Paola Brugnoli

EUROPEAN SOCIETY OF HYPNOSIS

SIPMU is the Constituent Society
and Training Society of ESH
European Society of Hypnosis
in Psychotherapy and Medicine

NEWSLETTER JULY 2026

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SOCIETÀ SCIENTIFICA ITALIANA IPNOSI CLINICA IN PSICOTERAPIA E MEDICINA UMANISTICA

EUROPEAN SOCIETY OF HYPNOSIS

NEWSLETTER JULY 2026

LETTER OF GRATITUDE FROM THE PRESIDENT

Dear SIPMU Members and Friends,

The arrival of summer and our usual newsletter offers me the precious opportunity to address you, for the first time in an official capacity, since last January, when you placed your trust and honor in me as President of SIPMU.

These first six months of my term have been intense and filled with constant work. From the very beginning, the new board's goal has been to ensure continuity in the high scientific value of our Society, laying the foundation for new paths of growth.

SIPMU's strength lies entirely in the passion of each of us; in particular, I would like to thank the outgoing president and current treasurer, Maria Paola Brugnoli, who continues to be a valuable point of reference for us, who continues to share her expertise and experience, and Paolo Baron, Vice President, for his expert contribution and for coordinating the SIPMU Webinar and Continuing Education section.

With a view to enhancing our community, I'm happy to announce that our new website is now online. Designed as a living resource, members will be able to be visible within a dedicated area, creating an even stronger, more interconnected, and accessible professional network. I invite you to **explore it now**; the English version is available.

Summer represents a necessary break. I hope that these weeks can be a regenerating space for you all to slow down and rediscover energy and well-being. To you and your families, my warmest wishes for a peaceful and wonderful summer. With deepest respect and gratitude,

Angela Cotza
President of SIPMU

2026 NEWSLETTER JULY

SIPMU

SOCIETÀ SCIENTIFICA ITALIANA IPNOSI CLINICA IN PSICOTERAPIA E MEDICINA UMANISTICA

EUROPEAN SOCIETY OF HYPNOSIS

Report on SIPMU Courses and Webinars for the First Semester of 2026

The first half of 2026 was a period of great scientific and human vitality for SIPMU. Our training initiatives strengthened the identity of a society committed to the dissemination of serious, ethical, and evidence-based clinical hypnosis.

Through online and in-person courses, we offered members high-quality programs, thanks to the generosity and connections of speakers and organizers:

Continuing education: ***Dr. Maria Paola Brugnoli*** led three webinars dedicated to "Hypnosis and Altered Physiological States of Consciousness," as well as a moving in-depth look at near-death experiences (NDEs) through the testimonies of her patients.

Residential Higher Education: The course "Hypnotic Techniques and Visualizations in Pain Therapy and Palliative Care" was well attended and well attended, strengthening the bond among members. A warm welcome was extended to the many new members who brought their enthusiasm and professionalism.

Research and outreach: We hosted distinguished international experts, such as physicist *Joachim Keppler,* who explored the origins of states of consciousness, and Professor *Gian Piero Abbate*, who presented his theories on cellular communication. Dr. Daniela Bonato's webinar on "Caring for Those Who Care" was also a great success, and was enthusiastically open to the general public.

2026

NEWSLETTER IULY

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EUROPEAN SOCIETY OF HYPNOSIS

FIRST SEMESTER 2026 - Continuing Education

JANUARY 2026

Webinar “Continuing Education”

“Hypnosis and altered physiological states of consciousness: Neuroscientific classification and clinical use”

By **Dr. Maria Paola Brugnoli**

Webinar Program:

- Definition of Consciousness
- Consciousness from the Perspective of Cognitive Neuroscience (Primary and Higher Level)
- Neuroscience: Sensory and Associative Areas of the Brain
- The Functional Role of Brain Regions Involved in the Formation of Consciousness
- Thalamocortical Connectivity as a Fundamental Element in Hypnosis
- Brain Networks Important for the Clinician
- Where Emotions Are Processed in the Brain
- The Study of the Brain Connectome
- Studies and evidence involving the orbitofrontal cortex in hypnosis
- From emotional neural networks to hypnotic therapy
- Emotions and altered states of consciousness
- Consciousness from the perspective of cognitive neuroscience
- Classification of altered states of consciousness
- Milton Erickson's main criteria for hypnotic induction
- Self-awareness and altered states of consciousness in meditative states in cancer patients and in palliative care
- Scientific literature on the use of deep introspective states in medical and psychological therapy

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EUROPEAN SOCIETY OF HYPNOSIS

FIRST SEMESTER 2026 - Residential Higher Education

APRIL 2026

COURSE IN "PRACTICAL AND EXPERIENTIAL TRAINING IN HYPNOTIC TECHNIQUES AND VISUALIZATIONS IN PAIN MANAGEMENT AND PALLIATIVE CARE"

Teachers:
Dr. Maria Paola Brugnoli
Dr. Francesca Carandina
Dr. Paolo Baron
Dr. Angela Cotza

Webinar n.1 online-zoom, **1 aprile 2026 -** Dr. Francesca Carandina
Webinar n.2 online-zoom, **8 aprile 2026 -** Dr. Maria Paola Brugnoli
Webinar n.3 online- zoom, **9 aprile 2026 –** Dr. Angela Cotza

In-Person Residential Course: April 11 and 12, 2026 in Verona
At the Sentieri Formativi Camillian Training Center

37,2 ECM

FIRST SEMESTER 2026 - Residential Higher Education

2026 NEWSLETTER IULY

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EUROPEAN SOCIETY OF HYPNOSIS

APRIL 2026

PRACTICAL AND EXPERIENTIAL TRAINING IN HYPNOTIC TECHNIQUES AND VISUALIZATIONS IN PAIN THERAPY AND PALLIATIVE CARE

Residential Course Methodology: 100% interactive practice

- Clinical simulations
- Live demonstrations
- Paired exercises
- Role playing
- Continuous instructor supervision
- Structured feedback

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Daniela Bonato
Psychologist and Psychotherapist

EUROPEAN SOCIETY OF HYPNOSIS

FIRST SEMESTER 2026 - Research and dissemination

YouTube
Watch the VIDEO (IT)
(*Pubblic*)

APRIL 2026

COURSE OF
“MEDICAL NEUROBIOETICS AND MODIFIED STATES OF CONSCIOUSNESS“

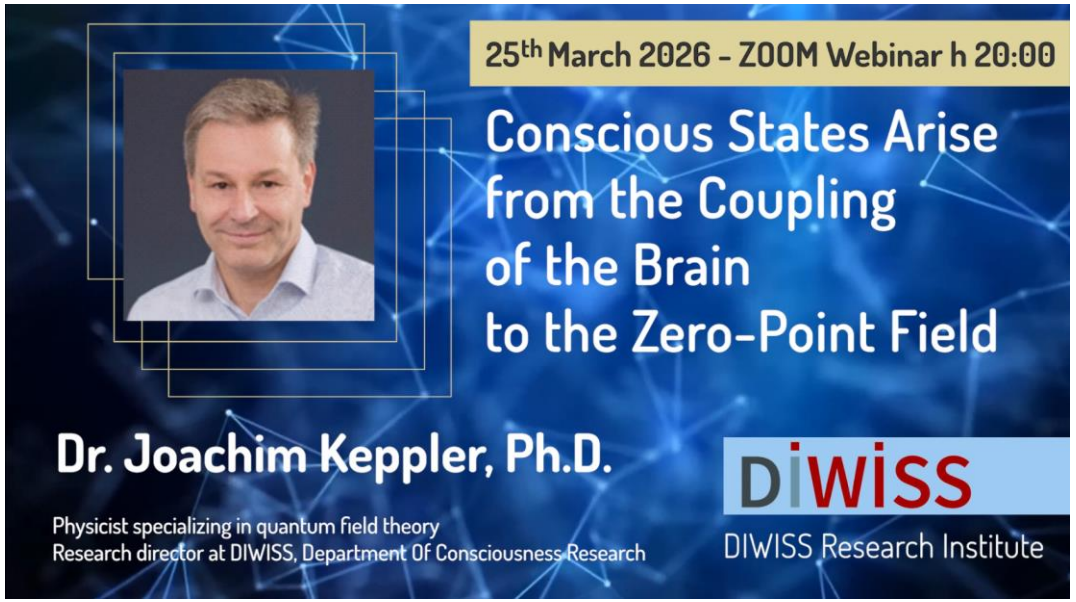
Webinar by Dr. Daniela Bonato for SIPMU "Caring for Caregivers" -
Support for Caregivers of Elderly and Non-Self-Sufficient Persons - April 29, 2026

Dr. Daniela Bonato, Psychologist and Psychotherapist with training in clinical neuropsychology, sexology, hypnosis, and EMDR.

FIRST SEMESTER 2026 - Research and dissemination

YouTube
Watch the VIDEO – (ENGLISH)
(*Preview*)

MAY 2025



COURSE OF

"CONSCIOUS STATES ARISE FROM THE COUPLING OF THE BRAIN TO THE ZERO-POINT FIELD"

Dr. Joachim Keppler, Ph.D.

Physicist specializing in quantum field theory
Research Director at DIWISS, Department of Consciousness Research

https://www.diwiss.de/consciousness-research

«The distinguishing feature of conscious systems from nonconscious ones is the ability to access and modulate an intrinsically sentient background field. This means that the brain produces an individual stream of consciousness by periodically modifying a ubiquitous field of consciousness.» Joachim Keppler

Toward a True Understanding of Consciousness: The Explanatory Power Behind the Non-Physicalist Paradigm
Frontiers in Human Neuroscience 20:1815678. doi: 10.3389/fnhum.2026.1815678 (April 2026)

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FIRST SEMESTER 2026 - Research and dissemination

YouTube
Whatch the VIDEO (IT)
(*Preview*)

MAY 2026

"CONTROLLING CELLS"

Dr. Gian Piero Abbate

Dr Gian Piero Abbate:

Degree in Physics from the University of Padua.
Degree in Theology from the Institute of Theological Formation and Human Promotion in Pordenone.
Education at Orga – Milano, MIT – Boston, CUOA – Padova, NANOCOM – Venezia

https://www.dottabbate.com/it/

EUROPEAN SOCIETY OF HYPNOSIS

2026 NEWSLETTER JULY

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SOCIETÀ SCIENTIFICA ITALIANA IPNOSI CLINICA IN PSICOTERAPIA E MEDICINA UMANISTICA

SIPMU SUPPORTS ESH RESEARCH PROJECT ON HYPNOSIS

The collaboration between SIPMU and ESH, the European Society of Hypnosis, continues with the participation of Italian clinicians in the international research project.

YouTube

Whatch the VIDEO x Clinicians
Whatch the VIDEO x Patients

EUROPEAN SOCIETY OF HYPNOSIS

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EUROPEAN SOCIETY OF HYPNOSIS

SIPMU SUPPORTS ESH RESEARCH PROJECT ON HYPNOSIS

I would like to thank all my clinical colleagues participating in the research project promoted by the European Society of Hypnosis, entitled "**Effects of Hypnosis Treatment in European Clinical Practice**."

The study relies on the collaboration of professionals who use hypnosis in therapy and recruits members of affiliated or constituent societies, including our own SIPMU. The aim is to answer key questions:

- **Does hypnosis reduce treatment times?**
- **Do some clinical conditions respond better to hypnosis?**
- **Do some people respond better than others?**

The research project extends internationally and will continue through 2026; applications are still open.

Thanks to all the clinical professionals who have joined the project, which will operate under the auspices of the ESH. Italy is also making an important contribution to data collection.

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ESH RESEARCH PROJECT

SIPMU, in addition to being a Constituent Society of ESH (European Society of Hypnosis in Psychotherapy and Medicine), is also a "Training Society" and actively collaborates on this project, disseminating information and involving as many therapists as possible.

You can still participate in the project until December 31, 2026: **we are looking for volunteers among our hypnotherapists** who, by involving their patients, can contribute to the project by simply completing a short initial questionnaire, which will be updated weekly throughout the duration of the therapeutic treatment.

Participate and support the project!

For info please Contact **dr Angela Cotza** – ESH Project Representative for Italy– email: angelacotza@gmail.com

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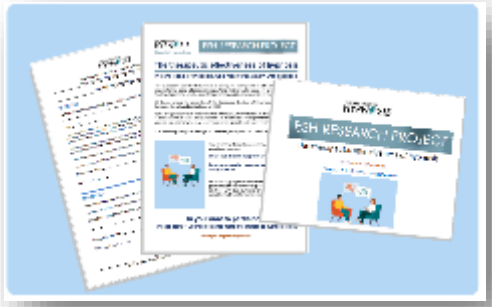
SIPMU SUPPORTS ESH RESEARCH PROJECT ON HYPNOSIS



For Italian therapists wishing to participate in the project, a series of illustrative materials and forms are available on the ESH website, which will be useful for registration.

Two types of videos are also available on the ESH YouTube channel dedicated to the project, one for DOCTORS and one for PATIENTS, which briefly explain the objectives of the research and what participation entails.

Your participation can help develop the best possible treatments using hypnosis.

Participate and support the project!

ESH HYPNOSIS SIPMU

ESH RESEARCH PROJECT

For info please Contact **dr Angela Cotza** – ESH Project Representative for Italy– email: angelacotza@gmail.com

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SIPMU SUPPORTS ESH RESEARCH PROJECT ON HYPNOSIS

1. ENGLISH
2. FRENCH
   BELGIAN
3. DANISH
4. ITALIAN
5. SPANISH
6. UKRAINIAN

Coming soon:

SWEDISH

GERMAN

Professionals from six countries have already joined the ESH Research Project, and more are expected to join in 2026.

The research is shaping up to be an important tool for comparison across a vast territory and is the most significant research project ever undertaken on the topic of hypnosis in therapeutic settings.

Participate and support the project!

ESH RESEARCH PROJECT

You can find all the detailed information on the ESH website
https://esh-hypnosis.eu/esh-research-project/

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EUROPEAN SOCIETY OF HYPNOSIS

SIPMU will be present in Glasgow

SIPMU will be present in Glasgow in August at the XVII European Congress of Hypnosis, organized by the ESH.

Dr. Maria Paola Brugnoli will present two workshops and two posters:

1) a workshop on the topic of Consciousness, together with Prof. Joachim Keppler: «**A NEW PERSPECTIVE ON THE FUNDAMENTAL MECHANISMS BEHIND CONSCIOUS PROCESSES: IMPLICATIONS FOR CLINICAL HYPNOSIS AND HYPNOTHERAPY**»

2) workshop: «**ADVANCED HYPNOSIS TECHNIQUES FOR PAIN AND PSYCHOSOMATIC SYMPTOM RELIEF IN PALLIATIVE CARE**» - Maria Paola Brugnoli

3) poster: "**CHANGES IN LASER-EVOKED POTENTIALS DURING HYPNOTIC ANALGESIA FOR CHRONIC PAIN: A PILOT STUDY**" - Maria Paola Brugnoli et Al.

4) poster: "**THE ROLE OF CLINICAL HYPNOSIS AND SELF-HYPNOSIS TO RELIEF PAIN AND ANXIETY IN SEVERE CHRONIC DISEASES IN PALLIATIVE CARE**: A 2-YEAR LONG-TERM FOLLOW-UP OF TREATMENT IN A NONRANDOMIZED CLINICAL TRIAL" - Maria Paola Brugnoli et Al.

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SOCIETÀ SCIENTIFICA ITALIANA IPNOSI CLINICA IN PSICOTERAPIA E MEDICINA UMANISTICA

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SIPMU will be present in Glasgow

SIPMU will be present in Glasgow in August at the XVII European Congress of Hypnosis, organized by the ESH.

Dr. Maria Paola Brugnoli will present a workshop on the topic:

ADVANCED HYPNOSIS TECHNIQUES FOR THE RELIEF OF PAIN AND PSYCHOSOMATIC SYMPTOMS IN PALLIATIVE CARE

WORKSHOP/ PRACTICAL TEACHING , 2 HOURS- AUTHOR:

Maria Paola Brugnoli, MD, PhD, https://orcid.org/0000-0003-3920-4118

ABSTRACT: Palliative care aims to improve the quality of life of patients with terminal illnesses by addressing physical, psychological, and spiritual suffering. Pain and psychosomatic symptoms often persist despite pharmacological treatments, necessitating complementary approaches. Hypnosis has established itself in the scientific literature as a valuable adjunctive therapy, offering non-invasive, patient-centered techniques to alleviate pain and suffering.

This workshop explores the application of clinical hypnosis in palliative care, focusing on evidence-based strategies and advanced hypnotic techniques to reduce pain perception, modulate autonomic responses, and improve psychological well-being. Hypnotic techniques have been shown to activate neural pathways involved in pain and anxiety modulation, providing significant relief for patients with chronic and refractory pain.

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NEWSLETTER IULY 2026

The Spiritual Quotient as an Indicator of Mindfulness and Well-Being

Scientific work presented by the authors:

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Introduction

Psychology is traditionally defined as the science of behavior. Today, it is widely recognized as a positive science of human behavior. Alongside this, there is another important field of study, the so-called normative sciences. Disciplines such as experimental psychology, learning psychology, and perceptual psychology primarily belong to the positive sciences, while clinical psychology also falls within the normative sciences.

(Leggi tutto l'articolo sul nostro sito)

EUROPEAN SOCIETY OF HYPNOSIS

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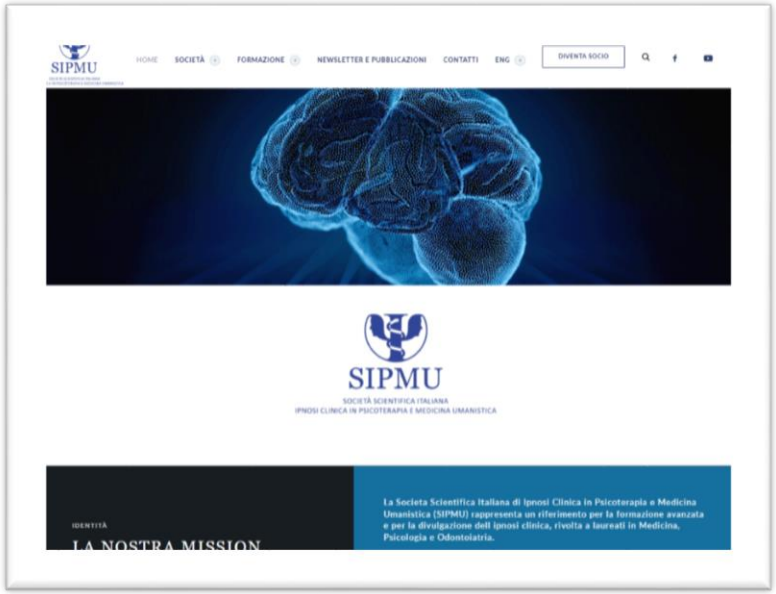
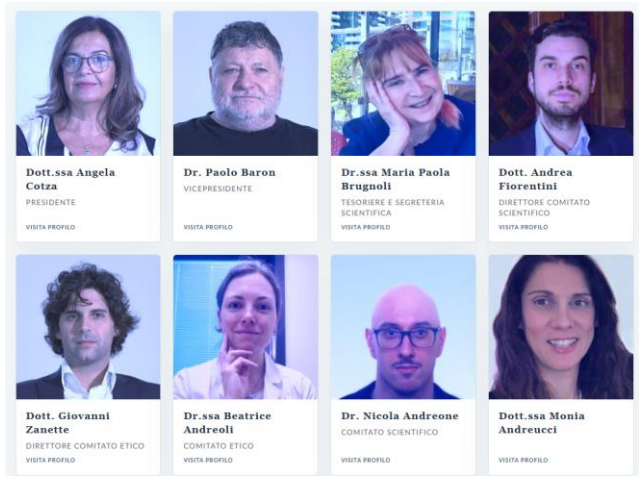
The new SIPMU website





Starting in July 2026, SIPMU will revamp its website, introducing an AI-based structure that will serve as a dynamic and constantly evolving platform. A dedicated area will allow each member to gain visibility, helping to build an increasingly solid, interconnected, and accessible professional network.

All SIPMU initiatives dedicated to its members will be visible, including those related to monthly continuing education, publications and articles, as well as key events and in-person courses that award ECM credits.

The site thus becomes a historical archive where it is possible to retrace the history of SIPMU and all the activities organized, with the participation and contribution of all of us.

A special thanks goes to my son, **Leonardo Porcu**, who developed our site with commitment, dedication, and... a lot of patience.

Angela

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EUROPEAN SOCIETY OF HYPNOSIS

New book 2025-2026 Dr. Maria Paola Brugnoli, MD, PhD

A TREATISE ON HYPNOSIS, PSYCHOLOGICAL THERAPIES, METAPHORS, AND MEDITATION IN PALLIATIVE CARE:
Evidence-Based Psychological Interventions and Spiritual Care

Autor: **Maria Paola Brugnoli**

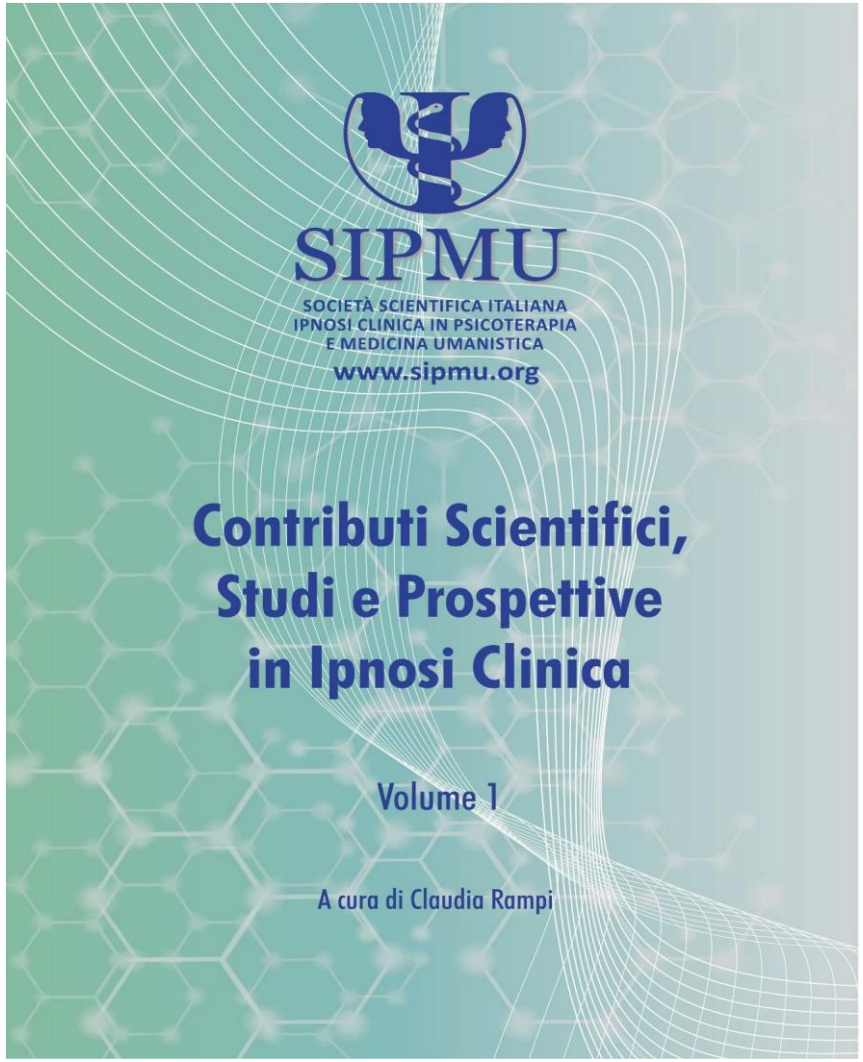
When medicine can no longer heal the body, it can still perform one of its most profound cures: caring for the whole person—body, mind, and spirit.

This treatise is based on over forty years of clinical experience caring for seriously ill and dying patients, first in Intensive Care and subsequently in Palliative Care.

Throughout this long journey, Dr. Maria Paola Brugnoli has observed how human suffering is never merely physical, but profoundly involves the psychological, relational, and existential dimensions of the individual.

The treatise integrates the neuroscience of consciousness with clinical psychology and palliative medicine, proposing a truly interdisciplinary and person-centered model of care.

Articoli e Atti del Corso di Alta Formazione SIPMU 2024



The book, which contains some original scientific contributions, studies, and perspectives on Clinical Hypnosis, presented at the Advanced Training Course in MEDICAL AND PSYCHOLOGICAL HYPNOSIS in Verona in 2024, is nearing completion.

We thank **Dr. Claudia Rampi**, who organized the content, and the SIPMU members, who wrote the content.
(in alphabetical order):

- Brugnoli Maria Paola
- Carandina Francesca
- Carloni Dario
- Cotza Angela
- Giacosa Silvia
- Rampi Claudia
- Zanette Giovanni

NEWSLETTER JULY 2026

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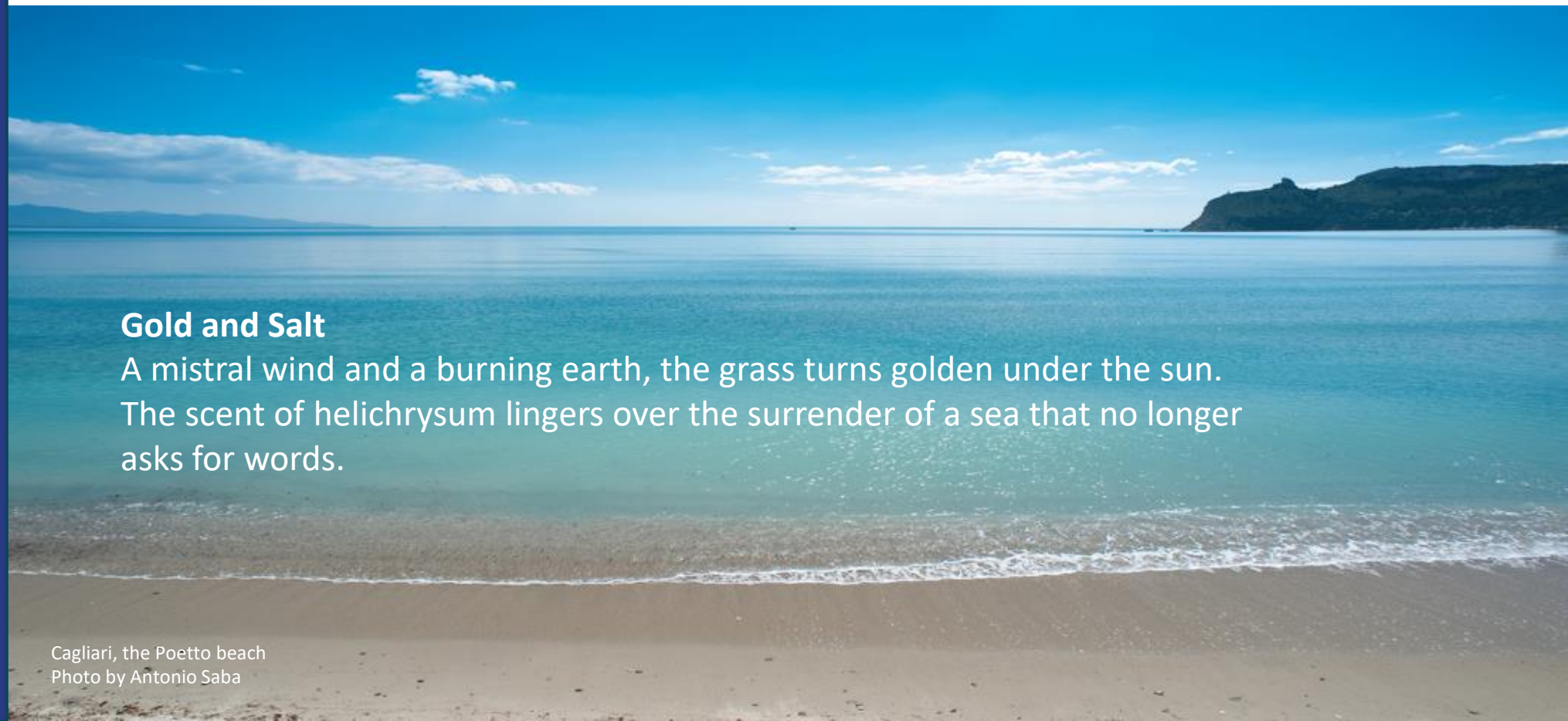
IPNOSI CLINICA IN PSICOTERAPIA
E MEDICINA UMANISTICA

Happy summer!

Hoping to see you soon in Cagliari, I wish you a wonderful summer!

The President of SIPMU

Angela Cotza



Gold and Salt

A mistral wind and a burning earth, the grass turns golden under the sun.
The scent of helichrysum lingers over the surrender of a sea that no longer asks for words.

Cagliari, the Poetto beach
Photo by Antonio Saba

EUROPEAN SOCIETY OF HYPNOSIS