

**Minutes of a Meeting of the Board of Trustees of the Scottish Hypnotherapy Foundation (SHF)
held at Mannerston Holdings on Saturday 30th April 2016**

Present:

John Lawrence	Chair
Susanne McMahon	Vice Chair
Alison Bruce	Conference Director
Rae Jenson	Marketing Director
Dr Fiona McLeod	Medical Advisor
Jo Goss	Treasurer/Secretary

Apologies:

Rachel Coleman	Fundraising Director
Dr Jenny Lim	Trustee

The meeting commenced at 2.04pm.

Item 1. Minutes of Previous Meeting

The Minutes of the Meeting held on Saturday 6th February 2016 were accepted as a true record.

Item 2. Ongoing Actions

a. Sale of Promotional Items.

Item 2c of the Minutes of the Meeting dated Saturday 6th February 2016 refers. SCVO had recommended an organisation called Sanctus for the production of Conference DVDs. Sanctus (www.sanctusmedia.com) is a not-for-profit organisation based in Bo'ness. This Company produces a variety of high-quality promotional items including DVDs at competitive rates for charities. SCVO had attached an example of their work to an email for our consideration, and the Secretary had forwarded the information to the Trustees prior to the Meeting. The Trustees agreed that we should commission this organisation to record the Conference presentations subject to the agreement of the speakers. It would also be necessary to confirm with the speakers whether or not they would require a commission on the sales.

Actions:

1. The Secretary would contact Sanctus for an estimate of costs once the conference date and venue and the availability of speakers had been confirmed.
2. Once speakers had been appointed the Conference Director would contact them to confirm their willingness for the presentation to be recorded on DVDs and whether they would require any commission on sales.
3. The Marketing Director agreed to be the contact for Sanctus once the estimate had been received and approved by the Trustees.

b. Fundraising.

Item 5 of the Minutes of the Meeting dated Saturday 6th February 2016 refers. As the Fundraising Director was unable to attend today's Meeting it was agreed that further discussion of this subject

should be deferred to the next Meeting. If necessary the date of the next Meeting could be brought forward should this topic require urgent action. The Secretary agreed to contact the Fundraising Director to confirm whether an early Meeting would be necessary and to request that she provide the Trustees with a Brief Notice prior to that Meeting. (See Item 6).

Action:

1. The Secretary would contact the Fundraising Director concerning the urgency of the discussion on fundraising and to request that she provide a Brief Notice to all Trustees prior to that date.

c. Conference.

Item 4 of the Minutes of the Meeting dated Saturday 6th February 2016 refers. The Conference Director presented a progress report on the arrangements for the 2016 Conference. A full copy of the progress report is attached at Annex A.

Date. It was agreed that the Conference should be held on Saturday 3rd September 2016. All but one of the proposed venues was able to accommodate us on that date.

Venue. The Conference Director had investigated 11 premises from which she had drawn up a shortlist of four, all of whom met the essential criteria. After some discussion the Trustees agreed that the Stirling Court Hotel, located on the Stirling University campus, was the most suitable in terms of cost, location and the available facilities. It was noted that access to the venue would be through Campus Security. It was further noted that there would be alternative areas for non-SHF delegates to stay during the AGM.

University Students. It was agreed that the Conference would be open to students of Stirling University at a reduced fee.

Speakers. No speakers had been approached yet, although there were already one or two possibilities subject to their availability on that date. The Conference Director requested that Trustees make suggestions for additional speakers as soon as possible. This would allow her to have not only a list for this year but also a follow-up list for the 2107 Conference. The Research Director offered to contact Professor Whorwell to see if he might be available to give a talk on IBS. The Vice Chair, the Research Director and the Marketing Director all expressed their willingness to give presentations if required.

Conference 2017. It was agreed that the 2017 Conference would be held on Saturday 2nd September 2017.

The Chair thanked the Conference Director for her excellent work.

Actions:

1. All were requested to pass any suggestions for speakers to the Conference Director as soon as possible.
2. The Research Director would contact Professor Whorwell to invite him to give a presentation on IBS.

Item 3. IBS

The Trustees discussed best practice policies for IBS and agreed to keep a watching brief on this.

Item 4. Treasurer's Report

The Treasurer presented the Financial Report for the period 1 January – 31 March 2016. A copy is attached at Annex B.

Item 5. Any Other Business

a. New Mental Health Strategy.

Lauren Murdoch, Head of the Mental Health Unit, Scottish Government, had initiated discussions concerning what the Government's next mental health strategy might look like, and had requested feedback from mental health organisations and charities. The Chair had submitted a submission on behalf of the SHF. A copy of the SHF submission is attached at Annex C. The Secretary would forward copies to all SHF members for their information.

Action:

The Secretary would forward copies of the SHF submission to the new Mental Health Strategy.

b. Feedback from Members.

The Research Director had received feedback for a few members who had suggested that more frequent information would be beneficial. This was noted for future action.

c. Trustees.

It was noted that a review of Trustees was due. The Marketing Director advised the Board that, once a suitable successor for this role could be found she would like to move to an alternative position on the Board. The Research Director knew of another hypnotherapist who was very experienced in this area, and she offered to contact her to ask whether she might be willing to take on the Marketing Directorship.

Action:

The Research Director agreed to contact a fellow hypnotherapist to ask her whether she would be willing to take on the Marketing Directorship.

Item 6. Date of Next Meeting

Item 2b (Fundraising) refers. The next meeting would normally be due in late July/early August. However it was suggested that the date of the next Meeting could be brought forward should the fundraising item require urgent action. Once this had been established the Secretary would send out a Doodle survey with proposed dates.

Action:

The Secretary would contact the Fundraising Director as noted at Item 2b, and would then send out a Doodle survey with proposed dates.

The Meeting closed at 4.44pm.

I certify that this is a true record of the Meeting

Signature:
Chair, SHF

Date:

SHF Conference October 2016

1. Duration

One-day consisting of; registration 9.30am, start 10.00am, finish 4.30pm; refreshment breaks ¼ hour, lunch 1 hour. AGM (½ hour) to be immediately after lunch (those who are not members do not need to attend, but can if they so wish).

2. Agenda

AGM to be immediately after lunch, with a 'positive' speaker to get over the lunch sleepiness, e.g. laughter yoga, ending with a positive, light & amusing speaker

3. Speakers

No speakers approached yet, but planning to approach Dr Daryll Archibald – Scottish Collaboration for Public Health Research & Policy as he was unable to attend last year. Also Laughter Yoga Practitioner who approached Board last year to assess availability.

If they agree to participate, then we only need two more speakers, taking total to 4 as agreed.

4. Marketing Material / Gifts

Each speaker to receive a gift & delegates to receive small gifts, e.g. pens, keyrings, etc.

Marketing Manager to arrange these items through the allocated marketing budget.

5. Venues

Of the 12 premises contacted, 8 were eliminated after initial enquiry either due to not enough information, no reply to enquiry, no available dates, etc.

Of the remaining 4, a point (1 min – 10 max, total = 60) was awarded for various requirements (price, distance from nearest railway station, parking, equipment provided & included in price, refreshments (tea, coffee, water, etc.), lunch and overall appearance / impression that delegates would have).

Saturday, 3rd September 2016 confirmed for 3 venues, with only Inchyra Grange only available date is Saturday, 1st October 2016.

All costs calculated for 50 attendees to assess approximate overall cost to SHF (in ascending order).

	Venue	Best Price
1	Stirling Court Hotel (Stirling University)	1
2	Dunblane Hydro	2
3	Inchyra Grange, Grangemouth	3
4	Golden Jubilee Conference Hotel (Beardmore Hotel), Clydebank	4

Requirements (score out of 60):

1	Stirling Court Hotel	48
2	Dunblane Hydro	48
3	Golden Jubilee	48
4	Inchyra Grange, Grangemouth	37

6. Ticket Prices

Price tickets based on the above venues & catering cost, speaker cost and a contingency for any unforeseen costs are recommended to be as follows (note this is just an approximation):

	SHF	Non SHF
1	Stirling Court Hotel	£70
		£100

2	Dunblane Hydro	£82	£116
3	Golden Jubilee	£100	£140
4	Inchyra Grange, Grangemouth	£110	£145

THE SCOTTISH HYPNOTHERAPY FOUNDATION

Financial Report for the Period 1 January – 31 March 2016

<u>Opening Balance</u>	<u>General Fund</u>	<u>Restricted Fund</u>
3369.00	3267.79	101.21*
<u>Income</u>		
Membership Fees	85.00	Nil
<u>Total Income</u>	85.00	Nil
<u>Expenditure</u>		
Conference (Venue)	1260.00	Nil
PayPal fees	1.22	Nil
Membership fee (VHS)	10.00	Nil
<u>Total Expenditure</u>	1271.22	Nil
<u>Closing Balance</u>	<u>General Fund</u>	<u>Restricted Fund</u>
2182.78	2081.57	101.21*

*Note. £100 in the Restricted Fund is from a donation by a private individual, to be used specifically for therapy. The remaining £1.21 is from the Community Grant from the Voluntary Action Fund. All expenditure from the Restricted Fund was made from the Community Grant.

J P Goss

J P Goss – Treasurer
2 April 2016

The Scottish Hypnotherapy Foundation Submission to the New Mental Health Strategy:

Background

The Scottish Hypnotherapy Foundation is a Scottish Registered Charity (No SC044083). It is an active member within SCVO.

Its membership comprises: counsellors, psychotherapists, clinical hypnotherapists and other allied health professionals with an interest in promoting self-hypnosis and allied processes for a drug-free approach to mental-health maintenance. The membership comprise of mostly self-employed clinical hypnotherapists. Naturally, as clinical hypnotherapy is mostly a second-career profession our members bring to the table some very diverse backgrounds, ex-RAF Officers, Nurses, General Practitioners, retired teachers, police officers, and social workers etc.

Aims

The charity's aims involve education, information, promotion and presentations surrounding the use of self-hypnosis. We also aim to provide funding in the event of clients through redundancy or other financial constraints finding themselves unable to finance their on-going private therapy.

We are an extremely tight-knit and dedicated bunch of allied health professionals. We are dedicated to the promotion of excellence, knowledge and client safety within the private clinical hypnotherapy setting in modern Scotland. To that aim we hold an annual conference for hypnotherapists in Scotland where we promote leading edge interventions and knowledge sharing Best Practice within the field. We operate a collegiate approach with knowledge pooling and regular bulletin updates to our members with knowledge opportunities and regulatory change.

Recent Activity

On 21st April 2015 we attended the Scottish parliament for an event sponsored by John Finnie MSP where we gave a presentation outlining the potential savings to the Scottish Economy through adopting the Scandinavian approach to treating Irritable Bowel Syndrome (IBS) through hypnotherapy. This drug-free option of course has a very compelling evidence base and has been championed within the U.K. by Professor Peter Whorwell at Manchester University Hospital. Our chair John D. Lawrence, who has been actively involved in the self-regulation of the Hypnotherapy Profession for a number of years, made presentations along with our Research Director Dr Fiona McLeod and Margaret Coates from the Complementary and Natural Health Care Council. It should be noted that all our practicing members MUST be members and be regulated by the Complementary and Natural Health Care Council (CNHC).

Why we are submitting now?

We in the SHF are very aware as agents of personal change that timing is everything. Accordingly we understand that in planning for a new Mental Health Strategy the Scottish Government will be well aware of recent input from the Nordic Cochrane Centre (independent drug safety analysis group) who found that in most cases the data surrounding antidepressant and dementia drugs suggested that there is little patient benefit from taking these drugs. (BMJ 2015;350:h24350)

In short the chemical myth relating to Mental Health intervention is beginning to lose traction. The Scottish Government may benefit from listening to a professional group who spend their every working day dealing with non-drug solutions to mental health challenges.

In addition:

The new guidance (DL (2016) 06) was issued to update the earlier Health Department Letter (HDL) (2005) 37 and states: *“the Scottish Government recognises that complementary and alternative medicines (CAM) may offer some relief to some people living with a wide variety of long-term health conditions.”*

It also makes clear that use of accredited registers such as CNHC’s: *“can have a number of benefits for practitioners, patients, contracting organisations and employers; providing reassurance that professionals are subject to a level of appropriate scrutiny.”*

The SHF is an organisation that is not really that much influenced by the dogma of market fundamentalism. We stand on the fringes of conventional health care in Scotland, but we hope in developing your strategy we might be listened to.

The Case for Conventional Clinical Hypnotherapy Intervention

Hypnotherapy is an evidence-based treatment for anxiety, depression and stress. Treatment times are generally very short (often 4- 6 weeks) but effects can be long lasting. Treatment is well tolerated and there are virtually no side effects.

The following is from the Health and Safety Executive’s publication 'Work related Stress, Anxiety and Depression Statistics in Great Britain 2015'

The total number of cases of work related stress, depression or anxiety in 2014/15 was 440,000 cases, a prevalence rate of 1380 per 100,000 workers.

The total number of working days lost due to this condition in 2014/15 was 9.9 million days. This equated to an average of 23 days lost per case.

In 2014/15 stress accounted for 35% of all work related ill health cases and 43% of all working days lost due to ill health.

There is no doubt in our minds that hypnotherapy is a cost effective treatment modality and the use of hypnotherapy techniques in the mainstream could have a hugely beneficial effect on the mental health of the population.

We mentioned leading edge non-drug interventions within our field and so we thought we would like to share some developing interventions that we consider show promise and might be of interest in an open inclusive Scotland:

New and Developing Strategies

Sleep Talk

Originating in Australia this is a wholly parent-centred intervention where the therapist acts as a consultant. The parents carry out the intervention every evening as the child sleeps. Temporarily stirring the child to give suggestions of parental love, security and wellness. The intervention can be used with a whole range of child-based conditions, such as anxiety, bed-wetting, behavioural and eating disorders. Documented change is tracked and evidenced in all areas of the child’s life from school, home, social and physical activity. It is designed primarily but not exclusively for children under 8 years as it is generally considered that children under this age do not respond well to conventional hypnosis. In summary it can be described as nocturnal self-esteem boosting for children.

BWRT

Brain Working Recursive Therapy is not hypnosis. It is an intervention developed by Terence Watts, an Essex based therapist who was inspired by the work of pioneering scientist Benjamin Libet. The therapy itself is based on the latest understandings of how the brain functions. The techniques work on the cognitive gap before a thought or memory is fully actioned. It aims to disrupt neural pathways which are associated with negative experiences, causing changes in the feelings and thoughts of the client and making it difficult to access previously damaging memories. It is currently being used within the Psychiatric community in South Africa and is gaining the interest of the NHS in England. In summary it disrupts harmful thought patterns.

VCRT

Visual Coding and Repatterning Techniques involves the use of light pens and strobe lights to collapse phobias and other anxiety conditions. It was developed from conventional EMDR and Accelerated EMDR techniques. Naturally as there is a commercial imperative for rapid change work within the hypnotherapy community conventional EMDR has fallen under the microscope. So from within the field Conventional EMDR has been refined and speeded up to produce quick fast results. Like conventional EMDR it is contra-indicated for use with Epilepsy sufferers and those suffering photophobic reactions. However, for just about everyone else it provides fast effective treatment.

Still Meditation Hypnosis

Based on the work of the late Australian Psychiatrist Ainslie Meares, this has now been updated to include a synthesis of modern mindfulness and meditation without the discipline, expense and time involved in learning these techniques.

It delivers an off the shelf package that can be easily assimilated in to a busy hectic life style.

Conclusion

We could of course mention many more developments within our sphere, but for now we would just confirm that the SHF stands by, ready to present and inform evidenced based and person-centred intervention within the field of mental health. We especially invite exchange between conventional care and ourselves on an integrated level. We consider the future of Scotland's mental health too serious an issue to refrain from contributing to the strategy.

Yours in health,

The Executive of the SHF.