

Message from the President of the Japanese Society of Clinical Hypnosis

President, Japanese Society of Clinical Hypnosis

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I have been honored to assume the position of President of the Japanese Society of Clinical Hypnosis on October 12, 2025. I extend my greetings to all members actively engaged at the forefront of clinical practice, education, and research. First and foremost, I wish to express my heartfelt gratitude for the ongoing support and cooperation we receive from all of you.

The purpose of this Society is to explore the clinical application of hypnosis and widely disseminate its usefulness. To this end, my fundamental policy is to continue providing a safe space for clinicians and researchers interested in hypnosis to learn and interact with one another. In psychosomatic medicine, my area of expertise, hypnosis was once a core psychotherapy forming the centerpiece of treatment. Unfortunately, the number of medical and psychological professionals practicing hypnosis clinically has drastically declined today. Does this mean hypnosis has lost its appeal? Quite the opposite. I frequently receive questions about how to learn hypnosis, how to use it effectively, and for which conditions it is beneficial. A key reason for hypnosis's decline over the past few decades may be the insufficient opportunities for interested practitioners to connect with learning resources and practical application settings.

As President, I aim to focus on three main areas.

First, enhancing training programs and promoting clinically applicable hypnosis. We will provide opportunities to repeatedly learn basic hypnosis induction techniques. Additionally, we will propose ways for practitioners in work environments where implementing hypnosis-based psychotherapy is difficult to utilize it effectively to enhance the quality of their ordinary clinical practice. Furthermore, to address the common concern, "I learned the techniques, but I don't know how to apply them clinically," we will develop case review sessions and practical training programs.

Second, we will promote international exchange. We will seek ongoing opportunities for collaboration with hypnosis societies in Asia, Europe, and the Americas, actively sharing the unique characteristics and strengths of our Society, which is deeply rooted in Japan's clinical practice.

Additionally, we will advance the proper management of the Society. Having previously led the working group for revising the bylaws, I deeply understand the necessity of both appropriate regulations and flexible implementation. Drawing on this experience, we will

proceed with drafting and revising various regulations while enhancing transparency in decision-making within the board of directors. We will promote organizational development that prevents the concentration of authority and responsibility in a few directors. Improving financial health is also an urgent priority. While the Society currently faces challenging financial circumstances, we will create an attractive Society for members. Through increasing membership, enhancing training programs, and reducing expenses, we will achieve sustainable operations.

We will dedicate our efforts to becoming a Society that supports members' clinical practice and delivers better support to patients and clients. We sincerely ask for your continued guidance and encouragement.