

## Susanna Carolusson's short biography

**Susanna Carolusson**, licensed psychologist, licensed psychotherapist, University-accredited supervisor of psychoanalytical orientation, ESTI-certified teacher and supervisor, **has worked 50 years** with adults, children, and families. She has been teaching psychology and psychotherapy students pre and post their license graduations, leading Swedish Hypnosis Society teams of teachers. In her private institute, she has been an organisational psychologist-teacher for industrial managers, with a staff of clinical and organisational psychologists. Internationally, Susanna is a renowned expert in hypnosis for trauma treatment, treatment of psychosomatic problems with medical or psychological origin, stress management, hypnosis after brain injuries, for epilepsy, for symptom relief in autoimmune diseases, for IBS, tinnitus and pain. She has been teaching hypnosis worldwide, for exploring, analysing and downregulating anxiety and depression. Susanna has long experience of hypnosis as an adjunct in dealing with existential crises, loss and grief, and burn-out syndrome. She prefers to use hypnosis-based ego state therapy with patients who suffer from PTSD, complex & abuse-related trauma, and Dissociative Identity Disorder. She was a student and colleague of Helen & John Watkins, from late 1980s until they died.

**Susanna has been a teacher and supervisor for 40 years:** As a regular guest lecturer and consultant at Gothenburg University; teaching hypnosis in areas such as psychodynamic practice, management counselling, and sexology. Susanna has been supervising the Health and Care team at Gothenburg University: psychiatrists, general practitioners, psychologists, psychotherapists, nurses and social workers. She has been supervising oncology-psychologists, physiotherapists, occupational therapists, and pain teams at Gothenburg Sahlgrenska University Hospital, and teaching at Neuro-Rehab centres in all regions of Sweden. Susanna has been supervising primary care psychologists, family therapists, and she has worked as a crisis- and communication expert in multinational industrial companies. Internationally, Susanna has now been an invited teacher and consultant in 30 countries in the past 30 years.

**Offices**, past or continuously: In the **Swedish Society for Clinical Hypnosis**, Susanna is past president, honorary member, past principal-teacher and supervisor. She founded a University-accredited four-year psychodynamic hypnosis training, accredited to give exam and license psychotherapists. She created professional-based hypnosis courses, accredited by the Psychologist Association. Susanna is past chair for the MHE-foundation Sweden, and past editor of the Swedish, those days the European Journal of Hypnosis. **Internationally:** Past COR in ESH and IHS. Past Vice president Ego State Therapy International. For many years now, co-chair in the Advisory Credentials committee of ISH. Susanna has received the ESH Fellowship award. She has **Published** three books, which have in common that they share autobiographical material and resiliency. Her first book, "There is Someone in there", is translated to English, German, Spanish and Hungarian. Her other two books are published in Swedish, English and Spanish. Susanna is a co-author of eight books, has published academic articles, and been interviewed countless times on Swedish radio, Swedish and Bulgarian television, and British radio shows.

Now being a senior by age, Susanna enjoys teaching, writing and supervising as before, but refers patients in need of a continuous therapy relation, to younger colleagues.