



Psychotherapeutic Theory Hypnosis of Evhen Hlywa

Boltivets S*

State Institute of Family and Youth Policy, Ukraine

*Corresponding author: Sergii Ivanovich Boltivets, State Institute of Family and Youth Policy, Ukraine, Tel: +380 68 350 49 86; Email: boltivetssergij@i.ua

Hypothesis

Volume 6 Issue 2

Received Date: July 01, 2022

Published Date: July 13, 2022

DOI: 10.23880/mhrij-16000175

Abstract

The psychotherapeutic theory of hypnosis is a significant contribution of Dr. Eugene Hlywa in the development of medical psychology in the world. Scientific heritage of psychotherapist and hypnotherapist Dr. Eugene Hlywa returns only now, since he has deliberately become a defender of humanity in the first place as an ideological educator, later as an intelligence officer, and then as a warrior which led to his arrest, imprisonment and death sentence. Prior to his planned execution, he was in the prison of Rzeszów, a bunker-isolator for suicide bombers in the city of Dębica, a prison in Montelupich in the city of Kraków, concentration camps "Gross-Rosen", "Mauthausen" and Ebensee", where he was liberated along with other prisoners by the American army on 5th May 1945. During 1946-1973, Eugene Hlywa studied law, politics and psychology, worked at the Jung Institute in Zurich (Switzerland), earned a Master's degree in psychology from the Ukrainian Free University of Munich (Germany) and defended his thesis on "Psychotherapy in the Western World and in the USSR" (1973), and a doctoral degree in psychology for his dissertation "Problems of personality in the light of modern psychotherapy and the unconscious" (1974). He was Member of the Australian Psychological Society, Australian Society of Hypnosis, International Society of Hypnosis, a Corresponding Member of the T. Shevchenko Scientific Society, Member of the League of Ukrainian Political Prisoners and Head of the Delegation of the Ukrainian Free University in Australia. The worldwide significance is the fact that it consists in the triple experience of a person of his own death in the first, second half of life, and the creation of it in the next, mature period, the act of life-long self-realization in the life of one of the most prominent hypnotherapists and psychotherapists of the world. Dr. Eugene Hlywa created a unique humanistic theory of hypnosis, related to the individual human authenticity, the embodiment of which, according to Hryhorii Skovoroda, is the correspondence of man with the highest spiritual values.

Keywords: Eugene Hlywa; Live For Ukraine; Ontological Belief; Psychotherapy; Hypnosis; Hypnotherapy

Introduction

The most prominent psychologists in the world, who during the second half of the twentieth and first decades of the present, XXI century, enriched and deepened the idea of humanity about their own mental capabilities, belonged to the Australian psychotherapist and Hypnotherapist Dr. Eugene Hlywa. Developed by him and thoroughly tested in clinical conditions, the new theory of hypnosis is a

significant contribution to the development of medical psychology. A unique example is the personal formation and, as a consequence, life and professional psychological self-realization of Eugene Hlywa, which, contrary to severe mental traumatization, not only adverse, but also life-threatening conditions, provided protection for mental and physical health, the treatment and rehabilitation of tens of thousands of Australian patients [1].

During 1946-1973, Eugene Hlywa studied law, politics and psychology, worked at the Jung Institute in Zurich, Switzerland, and received a Master's degree in psychology from the Ukrainian Free University of Munich (Germany) on the basis of the defense of the study «Psychotherapy in the West World in the USSR» (1973). His doctoral degree in psychology was awarded for his dissertation «The Problems of the Personality in the Light of Modern Psychotherapy and the Unconscious» (1974). Since 1975, he was a Member of the Australian Psychological Society, Institute of Private Clinical Psychologists, Australian Society of Hypnosis, Australian Health Practitioner Regulation Agency (AHPRA), International Society of Hypnosis, Society for Clinical and Experimental Hypnosis, Corresponding Member of T. Shevchenko Scientific Society, Member of the League of Ukrainian Political Prisoners, Head of the Delegation of the Ukrainian Free University in Australia, Emeritus Professor, National University of Ostroh Academy, Ukraine, and Bohomolciv Medical Faculty, University of Kyiv, Ukraine. Until his death, he was a current supervisor, Emeritus Professor, for a doctoral candidate at the Faculty of Health, University of New England, Australia.

In The True Love and the Fire of Injustice

Eugene Hlywa was born on December 5, 1925, in the village of Nosiv, Pidhaitsi district of the Ternopil region, in the family of Maria, née Lutsiv, and Leonid Hlywa. Eugene recalled how his parents raised he and his older brother, Teofil, instilling “love for Christian and human truths - love for Ukraine and the neighbor - and immediately to the injustice and the crime that was brought to our land by all the occupiers. Already in my early childhood I experienced the notorious ‘pacification’ of the Ukrainian population by the military and police detachments of the ‘Rzeczpospolita Poland’, who oppressed the Ukrainians, and forbade us cultural manifestation and economic growth. I experienced the struggle of the Organization of Ukrainian Nationalists (OUN) and local people for Ukrainian schooling, national, social rights and the savage and shameful murder of my uncle, Isydor Pushka, by the troops of Poland already before the end of the independence of Poland”. In September 1939, Russian troops entered Western Ukraine, and, among the strong frosty winter of 1940, they transported the captured people into open freight wagons to Siberia and Kazakhstan. In June 1941, troops entered the territory of Ukraine “the third district”, which deliberately and brutally robbed the population of Ukraine from bread, and even worse—from human dignity, because all privileges were “only for the Germans”, and not “Untermenschen”. The young people they managed to capture were exported to slavery in Germany. Therefore, at an early age, Eugene Hlywa captivated the idea of becoming a “mature man,” and in the youth of the OUN, to take part in the defense of the Ukrainian people, initially

as an ideological educator, later as an explorer, and then as a warrior, leading to imprisonment and award of death sentence [2].

Armed Defense of Human Lives

During World War II, as a teenager, and a member of the OUN, Eugene Hlywa defended the civilian population from German plunder and participated in the armed liberation of young people captured by German occupiers for the slave labor to Germany. In his memoirs during this period, Eugene Hlywa recalls: “After the proclamation of a sovereign Ukrainian state on June 30, 1941, the OUN called me to work in the Podgayts district administration as secretary of the county printing press. I worked in that position until the month of October. I am pleased to recall how all the Ukrainians made efforts to build and strengthen their own state. The older, more experienced Ukrainian citizens generously shared their knowledge with the young patriots, and we were thankful for their science and example [3].

By the end of 1942 I was called to school and work at the OUN intelligence service. Since the beginning of 1943 my task was to capture ‘the living tongue of the guerrillas Kovpak’, which I successfully performed. We were lucky to catch them alive without a shot. Treating them with dignity, they gave us very valuable information and being aware that they ‘had no turning’ to the detachments of General Kovpak, they began to serve the OUN and subsequently the UPA”.

According to the metric, as the birth certificate Eugene Hlywa was called in those days, he was a minor, but fulfilled the task of an adult. “I then,” he recalls, “took an example from the heroes of the OUN and my age was not important to me. As a scout, I was thrown into the German army with false information about my age. After the sentence of death, I was certain that I was at the end of life and I, by changing my identity, competed for every minute of my life. After the war, fate associated me with the adult and mature members of the OUN, and I tried to be worthy of their rows [4].

The Death Sentence and Unexpected Release

Eugene Hlywa fulfilled the task of capturing a German military radio station but was arrested and sentenced to death by the German Military Court. “I was happy,” wrote Eugene Hlywa, in his book “Principles of Psychotherapy and Hypnotherapy”, in an isolated bunker, expecting the award of the execution of my death sentence, so I can confirm with my own experience that people in this situation are mostly “in dialogue with themselves... in search of the truth...” [5]. Prior to execution, he was in the prison of Rzeszów, from where he was taken to a prison bunker for the deaths of the suicide

bombers in the city of Dębica, then to a prison in Montelupich in the city of Kraków, from there to concentration camps «Gross-Rosen» (camp number 8904), «Mauthausen» and Ebensee» (camp number 129778), where he was liberated along with other prisoners by the American army on 5th May 1945.

Of all the fighters of the OUN, who went with him to the German captivity, nobody remained alive except Eugene Hlywa. Released from the German concentration camp, in recognition of his "even without his own skin", he joined the OUN as a member of the OUN intelligence department, which spread to the American zone of Austria. This intelligence department opposed the Moscow agents in capturing people and forcibly transporting them to the USSR. He received an order to create an intelligence service of the Anti-Bolshevik Block of Peoples, who directed international intelligence in the fight against Moscow's enslavement. Thus, in 1946, Yaroslav Stetsko called on intelligence officer Eugene Hlywa to create an intelligence unit of the Anti-Bolshevik Block and in the same year, organized by Eugene Hlywa, the ABN intelligence service began to operate in Western Europe [6]. Among the agents of Moscow who opposed the Ukrainian intelligence department of the ABN, led by Eugene Hlywa, were the three best spies in world history, namely, Donald McLean, Gai Birges, who worked for J. Stalin, and Kim Filby. Kim Filby led the counterintelligence of Great Britain, spy preparedness, coordinated anti-communist Actions, the American-English front and thus the entire movement of the resistance of Western Europe against communist Moscow. At the same time Kim was a convinced communist, served the NKVD of the USSR and was awarded Stalin for this Order of Battle Chervonog flag as he himself wrote in his book «My hidden war».

Eugene Hlywa wrote about this period as follows: "Ukraine is covered by devotees and heroes and often anonymous graves of people who defended the national values of our kind by our own lives. Those who did not write lost their life's testimony of their feats, and therefore it is worthwhile, while still alive eyewitnesses, fix their paths. Such families will be found in each village and town of Ukraine. They do not dare to disappear from human memory!"

On the Australian Lands

Moving from Europe to Australia, Eugene Hlywa works on the heaviest excavation works in the irrigation section of the desert lands of the Department of Public Works in southwest Australia, where he is familiar with the difficult fate of the indigenous population of the continent and participates in the organization of Ukrainian social, religious

and cultural life.

In 1952, he moved to Sydney and after many misfortunes received a job at the law office, continued law studies, organized a Saturday school for children, a singing society and a dramatic circle [7]. The second half of the 50's of the twentieth century was the time to review and consider the study of science through the attack of all invaders from Europe and Asia to Ukraine, the restoration of its lifelong appointment in the service of man, his health and authenticity. He initiated his medical and psychological studies and graduated from the defense of his doctoral dissertation, whose reviewers were professors and doctors of psychology-Volodymyr Yaniv, Alexander Kulchytsky and Stanislav Kratochvil.

Wonder of Victor Frankl

In the 1960's, at a meeting with the world-renowned Austrian psychotherapist Victor Frankl, Eugene Hlywa recalled: "In the 1960s, at an international congress in the United States, the organizer of the congress led me to a table of honored guests at a banquet on the occasion of the opening of the congress and indicated to me that I would have much in common with the esteemed guest at the table. He said: "You will have something to speak about..."

In conversation, I learned that my interlocutor was Victor Frankl, who was well informed that I was a Ukrainian who was imprisoned by the Gestapo, that I had a death sentence and that I was in Krakow Prison of Montelupich, and the concentration camps of "Gross-Rosen", "Mauthausen" and "Ebensee". His first questions to me sounded provocative so that I did not like it: "Why do you live?", "... What tranquilizers do you accept?", "In what hospitals were you mentally ill, what were you?", "What have you done this for the fact that you still live?"; "Who helped you live?"; "Who do you owe to your life?"; "Do you believe in miracles?" Did you care for a certain possessor?" etc. He seemed to really appreciate my answers to his questions, because I myself did not know and do not know to this day why my death sentence was not fulfilled and how I miraculously survived in prison and in concentration camps. That's why I told him that I wanted and want to live for Ukraine, because to die at such a young age would be a waste of the life potential of a young person.

When I started answering his questions with abstract categories and considerations, he stubbornly demanded facts, not concepts and reasoning. After a few hours of conversation, he told me his theory that a person lives only when he has something to live for, and that he, a former assistant to Sigmund Freud, wrote a book called "Logotherapy" as a result of his own observations from

Auschwitz.

Hypnotherapy for Doctors and Psychologists

Since 1975 Eugene Hlywa has been teaching psychotherapy and hypnotherapy for certified physicians and psychologists from all over the world, including Australia, Ukraine, South Africa, America, Canada, Europe, New Zealand, Malaysia and South Korea [7]. The main academic achievements taught by Eugene Hlywa at medical, dental and psychological courses include the following: "Phenomena of hypnosis and its usefulness in psychotherapy", "Techniques, principles of induction and deepening of hypnosis", "Principles of hypno-suggestion and auto-hypnosis", "Principles of hypno-analysis", "Spontaneous and induced abreaction", "Usefulness of the Hypnotic Induction Profile", "Treatment of insomnia, phobia, smoking, migraine, obesity and anxiety", "Principles of the use of hypnotic methods in psychosomatic illnesses", "Use of hypnosis in client-centered therapy", "Use of hypnosis in sexual dysfunctions", "The value of protracted hypnotic rest", "The value of the therapist's acquaintances with the hypotheses of the hypnosis". Eugene Hlywa is the author of scholarly articles, books and reports, many of which have remained unpublished, and therefore in Australia, will be continued under the spiritual testament of two of his close colleagues and friends Lynda Dolan (Clinical Psychologist) and Ron Dolan (CEO & Leadership Strategy Consultant). The seeds of this collaboration on Eugene's new theory of hypnosis were sown in several publications.

During the past 12 years, Eugene and Lynda have conducted numerous workshops and Lynda is continuing to write and publish Eugene's important work on "The role of spirituality in hypnosis and psychotherapy", "The phenomena of hypnosis and its usefulness in hypnotherapeutic intervention", "Principles of hypnosis and deepening of hypnotic trance", "Principles of hypno-analysis", "Spontaneous and induced abreaction", "Hypnotic Induction Profile and its use in psychotherapy", "Treatment of psychosomatic illnesses, migraine, insomnia, obesity and anxiety", "Use of Protracted and Compacted Hypnotic Rest", "Use of hypnosis in dermatology", "Use of hypnosis in surgical procedures", "Importance of emanation in the process of psychotherapy", "Values of the knowledge of theories of personality in the psychotherapeutic process", "The theory of hypnosis as a result of phenomenological approach", and others [8].

The Exclusion of the USSR from the International Society of Hypnosis

Eugene Hlywa is a member and co-organizer of many national and international professional conferences "Lindauer Psychotherapiewochen" in Germany; Comparative

Psychiatric Therapies, University of Southern California, California School of Medicine, International Society of Hypnosis and Psychosomatic Medicine, Harvard, Philadelphia, USA, where he proposed a resolution which exposed the USSR as a country that is abusing psychiatry for political purposes.

In 1976, at the three-year general meeting of the International Society for Clinical and Experimental Hypnosis and Psychosomatic Medicine, Eugene Hlywa made a resolution to exclude the USSR from membership of this organization, considering that the Serbian Institute used psychological methods to combat religious, national and other feelings of people [9]. This resolution, despite the protest of the head of the delegation of the USSR, Professor Rozhnov, Chief Doctor of the Serbian Institute, was adopted. The text of this resolution was published in "ABN correspondence", in the Australian newspaper, "Free Dumka", in the official form of the League of Ukrainian Political Prisoners "Way of Victory" and other publications.

In 1980, Eugene Hlywa was a member of the Australian Society of Private Practicing Clinical Psychologists with Norman Rees, who, at the time, stand out among the major organizations of clinical psychologists that sought to reduce the cost of psychological services and led a public debate about therapeutic strategies, case studies and philosophy.

Eugene Hlywa mentions this in his book "Principles of Psychotherapy and Hypnotherapy" which was published in Sydney. In this book, Eugene discusses principles and processes relevant to the literature in psychotherapy and hypnotherapy. These include the genesis and dynamics of the patient's problems, the division of psychotherapy into supportive, re-educative and reconstructive therapy; the conscious, subconscious, unconscious and supra-conscious [10]. He also considered the different schools and models of psychotherapy including behaviorism, the theory of acquisition "Focusing on the patient", psychotherapy of Carl Rogers, characteristics of therapeutic procedures and the role of transference, psychoanalysis, existentialism, the theory of hypnosis as a form of treatment, attachment theories and the attitude of the child to his parents, psychophysiological functioning, atavistic theory of hypnosis and hypnosis as a conditioned reflex. In the study of hypnosis many important factors are revealed: hypnosis in psychotherapy, the practical application of hypnosis in psychotherapy, techniques of hypnosis, technical errors in short-term hypnotherapy, induction of hypnosis, technique of deepening of hypnotic trance, post-hypnotic amnesia, trance depth tests, reconstructive psychotherapy, phobias, treatment of pain, psychosomatic illnesses, asthma, and the use of autohypnosis for the purpose of self-help.

Life-Long Pattern of Hypnotherapist

In the book "Ontological theory of personality based on the writings of Hryhorii Skovoroda" E. Hlywa carried out a psychological analysis of the work of an outstanding thinker, Hryhorii Skovoroda, who substantiated the usefulness for humanity of proper self-knowledge. The author emphasizes that Hryhorii Skovoroda, together with other outstanding experts in the human psyche, looking for ways to achieve happiness, which is basically the goal of life, pointed to the path leading man not only to the achievement of happiness of time, but also the happiness of eternal, that to him time was not the subject of psychological science [11].

Referring to Immanuel Kant, William James, Adrian van Kaam, Carl-Gustav Jung, Malcolm Jeeves and Christian philosophers, Eugene Hlywa justifies ontological faith as the proper scientific method he used in practice. He points out that the axiology that is underestimated by science in modern times or is reduced to "assessment practice" is a necessary science in studying the essence of man. Like Hryhorii Skovoroda, who constantly declares himself to the loyal will of the Creator, Eugene recognizes the Holy Scriptures as his "guide, lighthouse and physician" and points out that the lonely road to human happiness is unconditional faith in God.

Eugene showed how many have paid attention to psychological problems, their genesis and prevention in accordance with the Holy Scriptures, compared the legacy of Hryhorii Skovoroda with world psychological science on the example of the works of Carl Jaspers, Gabriel Marcel, Carl-Gustav Jung, Malcolm Jeeves, Adrian van Kaam and others.

Eugene Hlywa wrote to me about my life and the epoch in which I lived: "My way of life and the time I live in is not simple, but violent: it is especially demanding when one wants to be myself, and not a servant of non-interest interests. I am sorry since childhood, and at the same time proud of those who gave life "on guard" of their own and national dignity and identity, but far more suffering for those who were allowed to become "the pogos of strangers", and even hostile interests.

Without a generous Christian and national parent's heart, who, with a natural fear for man, fed a son; without examples of heroic figures who gave their lives to the altar of the Motherland; without trusting me, my organizational leaders, and especially Yaroslav Stetsk and Stepan Lenkavsky, I would hardly have been content with myself.

The rector of the Ukrainian Free University in Munich, Professor Volodymyr Yanov, discovered a propensity for me in science and interpreted me as a "colleague", pointing out my ability to "self-criticism" and at the same time encouraging

- "write"!

Human psychology, for me, is an endless process, which, without completeness, has the ability to improve. Therefore, employees in the field of psychology can display tireless curiosity, thirst for knowledge, endurance, consistency, and above all - modesty. Carl-Gustav Jung immediately warned researchers of the human psyche to forcibly not introduce the method of reductionist (natural) sciences into a psychological study, because the psyche will always remain psyche and it operates with inherent mental laws.

I feel grateful to the Almighty, for I, though at a late date in my life, allowed me to recognize the creativity of Hryhorii Skovoroda, which immediately recognized the 'philosopher of the existential style' and subsequently 'the original architect of the theory of personality', which assured me that the happiness of man is internally within each and every human being. This I preach to my disciples. A man is happy only "when he reveals himself a man" and "he will be loyal to himself"!

The works of Eugene Hlywa, published in Germany during the Soviet era, spread among psychologists in complete secrecy, in particular, his book, "The Essence of Man in Psychological Theories of Personality" published in Munich in 1947 [12] [1]; "Psychotherapy in the Western world and the USSR" [13] ; "The problem of personality in the light of modern psychotherapy and the unconscious".

With the advent of independence of Ukraine, it was possible to read and use the books Dr. Eugene Hlywa, published in Australia, such as "Principles of Psychotherapy and Hypnotherapy"; "Discover Happiness within yourself; and in Ukraine, "Introduction to Psychotherapy"; and "Ontological theory of personality based on the writings of Hryhorii Skovoroda available in free access.

Chronicle of the Struggle for Life

Over the years we had regular and continuous contact with Dr. Eugene Hlywa. But on April 21, 2017, we had contact from his family: "Professor Hlywa is now in the hospital, especially in a rehab center for patients who have suffered a stroke. Professor Hlywa was brought to the hospital on April 21. Now it's better. I read a letter from you - he thanks you and conveys warm greetings. Therefore, I ask if you have time to write a more detailed letter-I think Professor Hlywa will be interested. "

"Dr. Eugene Hlywa is still a hospital. The state is not quite stable, but a bit better than it was. June 8, 2017 Dr. Eugene Hlywa dictated a small note of the late Lubomyr Husar for the newspaper "Free Thought".

On August 6, 2017: "Dear Sergei Ivanovich, Today at 10 o'clock in the morning did not become Mr. Eugene.

The Act of the Future

The example of the life of Dr. Eugene Hlywa, and the introduction of a multifaceted scientific work into scientific circulation, requires the efforts of researchers in the field of personality psychology, hypnosis theory and many other branches of social and humanitarian knowledge. It is indisputable that there is a worldwide significance of the fact that it is a triple experience of a man of his own death in the first, second half of life, and the creation of it in the next, mature period, the act of life-long self-realization in the life of one of the most prominent hypnotherapists and psychotherapists of the world. The young years devoted entirely to Eugene Hlywa's deadly battle for the life and will of the Ukrainian people and other colonized Russian and German invaders of the peoples of Europe, are uniquely holistic embodiments in the next mature struggle for the life, health and individual authenticity of each individual's personality by means of psychotherapy and hypnotherapy. The scientific asceticism of Eugene Hlywa is the creation of a unique humanistic theory of hypnosis, the purpose of which is related to the individual human, determined by Hryhorii Skovoroda in accordance with the person's highest spiritual values. Hypnotherapy as a method of psychotherapy in clinical practice itself has achieved the highest spiritual dimension, the height of the spirit, equal to the geniuses Hryhorii Skovoroda and Eugene Hlywa.

References

1. Hlywa E (1998) Principles of psychotherapy and hypnotherapy. Sydney, Star Printery.
2. Hlywa E (2004) Introduction to psychotherapy. Kyiv: National University, Ostroh Akademie.
3. Hlywa E (2006) Ontological theory of personality based on the writings of Hryhorii Skovoroda. Kyiv: KMM, Ukrainian Akademie of Pedagogical Sciences.
4. Hlywa E (1947) The significance of man in the psychological theories of personality. Munich.
5. Hlywa E (2008) Protracted Hypnotic Rest. Australian Journal of Clinical and Experimental Hypnosis 36(1): 50-63.
6. Hlywa E (2008) Spontaneous and Induced Abreaction, Australian Journal of Clinical & Experimental Hypnosis 36(2): 78-92.
7. Hlywa E (2009) Hypnosis and Client-Centred Therapy. Internal Security 1: 61-68.
8. Hlywa E (2013) Discover happiness within yourself. Sova Books, Sydney.
9. Hlywa E, Dolan LM (2010) A New Approach to the genesis of hypnosis: A gift of love and security. Australian Journal of Clinical & Experimental Hypnosis 38(1): 25-43.
10. Hlywa E, Dolan LM (2010) Spirituality, Hypnosis and Psychotherapy: A New Perspective. Australian Journal of Clinical & Experimental Hypnosis 38(2): 111-127.
11. Hlywa E, Dolan LM (2016) Hypnotherapeutic intervention into the depths of the human mind: The origins of internal trauma and its influence upon the human being. Australian Journal of Clinical & Experimental Hypnosis 41(1): 17-40.
12. Hlywa E (1973) Psychotherapy in the Western world and the USSR. Munich.
13. Hlywa E (1974) The problem of personality in the light of modern psychotherapy and the unconscious. Munich.

