



# European Society of Hypnosis

In Psychotherapy and Medicine

## **European Certificate of Hypnosis (ECH) Training Requirements**

We of CEPE (Committee on Educational Programmes in Europe) are defining the criteria which we find salient for the training of Physicians, Dentists and Psychologists in Hypnosis within ESH. We are separating the training for the various professions where hypnosis is an adjunct to the training in the basic professions, as opposed to those Countries where Hypnosis is a specific modality (hypno-psychotherapy).

The following criteria pertain to the granting of the European Certificate of Hypnosis (ECH), and should be an encouragement to the specific Constituent Societies to benefit from a common pool of standards of training, while in no way limiting the development and continuation of specific standards in that Society.

We shall begin with some basic assumptions:

We assume that the individual is competent in his/her profession and will use hypnosis within the context of those professional skills.

Undertaking to treat a patient with hypnosis assumes that the professional is first able to treat using the basic skills within that profession, hypnosis providing further options, flexibilities, etc (adjunct).

We emphasise the role of open observation of the patient, using all of our senses to gather as much information as possible to insure that the approach taken will be based upon the needs, personality and unique style of the specific patient, which should lead to utilisation of the latter's resources in developing a proper intervention.

Significant and meaningful training requires time to absorb the tenets and techniques, time to experiment and apply and be exposed to varied approaches, as well as teachers. The completion of the training, including supervision will consist of at least 200 hours over a period of at least two years (adjunct) and 2,000 hours over a period of at least two years (modality).

We specify that the ECH requires each professional to complete the basic training which will be offered for all three professions together, and continue on to advanced training for the application of hypnosis in the specific profession, with the possibility of the training being offered separately for each profession.

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In formulating these criteria we are aware that some will have little or no relevance to the many therapeutic philosophies embraced by Member Societies.

It is, however, our firm belief that all students should be aware of the rich diversity of hypnotic concepts, whilst at the same time, we would expect that training will favour the guiding principals of each National Society.

### **Requirements for Training**

Covering Basic Themes:

Definition, properties and characteristics (hypnotic phenomena)

- Hypnosis as a natural phenomenon

- Hypnosis as a trait

- Hypnosis as a way of communication in therapy ('hypnosis without hypnosis')

- Spontaneous trances

- Therapist's trance

History

Theories of hypnosis

Basic concepts

Indications and contra-indications

Dangers and problematic situations (loss of contact, dissociation, abreaction, no response to de-hypnosis)

Professional and ethical issues: good practice

Hypnotisability

Focus and fixation of attention

The hypnotic relationship: establishment of rapport through minimal cues of the patient

Interactions in the therapeutic system

Utilisation

Specific kinds of languages: the voice, the non-verbal, the words

Mirroring and pacing

Leading

Preparation of the patient and the hypnosis intake

Inductions

- Conversational and confusion

- Dissociational

- Affect bridges

Deepening techniques

De-hypnotisation

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Ego strengthening and positive suggestion

Post-hypnotic suggestions

Self hypnosis

**Training in Application** (see advanced):

Supervision in the implementation: (extensive practical work to reach a proficient ability to use hypnosis to obtain 'a receptive state both physically and mentally, with the use of that state for improved therapeutic outcome')

Intake

Formation of treatment strategy (session/entire therapy)

Monitoring of treatment process

Future orientation

Completion and follow-up

Bibliography

Case presentation(s)

(optional use of video and audio recording)

**Detailed Requirements**

General:

Proficiency in the elicitation of hypnotic phenomena:

Relaxation

Protection

Hallucination (positive and negative)

Dissociation

Analgesia

Anesthesia

Catalepsy

Arm Levitation

Time distortion, age progression and regression

Amnesia

Proficiency in the application of hypnotic styles:

Authoritative

Permissive

Indirect

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Dealing with resistance

Proficiency in the application of techniques:

- Breathing
- Imaginal techniques
- Safe places
- Pain Reification
- Analgesia
- Anesthesia
- Storytelling
- Metaphors
- Conversational and confusion
- Dissociational
- Affect bridges

Post-hypnotic suggestion

**HYPNOSIS AS AN ADJUNCT** (minimum 200 hours training including supervision)

The following curricula in the specific fields are to be seen as examples of possible further training in the areas.

**Medical Hypnosis**

Management of Anxiety, Fear and Phobic Conditions

- Affect Bridge
- Dissociation
- Timeline
- Etc

Management of Pain

- Theories of pain, transmission and perception
- The various hypnotic strategies

Management of habits which are troublesome

- Inappropriate use of alcohol
- Inappropriate use of food
- Nail-biting
- Stammering
- Smoking
- Bed wetting
- Insomnia, etc.

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Mind Body interaction

An understanding of the Psychosomatic relationship

Monitoring and influencing the autonomic nervous system: vis the control of blood pressure, respiration, anxiety, etc.

Summary of Psychotherapeutic Approaches, to include:

Humanistic, CBT, Systemic and Psychodynamic

Issues of memory with an understanding of the concepts of false and repressed memory

Use of Metaphor

Use of hypnosis in fertility and obstetrics

Paediatric Hypnosis, with special reference to paediatric problems e.g. night terrors, nail biting, etc.

Adjunct to anesthesia /analgesia and/or sedation

An understanding of boundaries, and definitions of professional competence and relevance

Knowing when to refer

Having a protocol for referrals

**Dental Hypnosis**

Management of Fear and Phobic Conditions

Affect Bridge

Dissociation

Timeline

Etc.

Management of Pain

Theories of pain, transmission and perception

The various hypnotic strategies

Control of Hemorrhage

Both increase and decrease

Management Salivation

Both increase and decrease

Habit Management

Gagging

Bruxism

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- Nail-biting
- Thumb sucking
- Smoking

Summary of Psychotherapeutic Approaches, to include

- Humanistic, CBT, Systemic and Psychodynamic

- An understanding of the psychosomatic relationship

- Issues of memory with an understanding of the concepts of false and repressed memory

Use of Metaphor

Paediatric Hypnosis

Adjunct to IV and Inhalational Sedation

An understanding of boundaries, definitions of professional competence and relevance

- Knowing when to refer

- Having a protocol for referrals

### **Psychological Hypnosis**

Utilising the unconscious

Age regression and progression

Confusion techniques

Amnesia and hypermnesia

Posthypnotic suggestions

Cognitive-Behavioural applications:

- Anchoring

- Desensitisation

- Rehearsal

Psychodynamic applications:

- Hypnoanalysis

- Hypno-projective

- Age regression

- Enactment

Systemic applications:

- Interactions patient-therapist

- Constructivism: the place of the observer

- Systemic changes in the couple, the family...

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Homeostasis as a resource, homeostasis as a resistance  
Working with several persons in hypnosis

*The following is identical to requirements for Hypnosis as a modality listed below*

**Clinical proficiency:**

Proficiency in the treatment of one or more of the following areas of clinical applications and a knowledge of the others:

Anxiety and panic disorders  
Depressive disorders  
Psychosomatic and somatoform disorders  
Acute and post-traumatic stress disorders  
Relationship disorders  
Pain control  
Hypnosis psychotherapy for children and adolescents  
Addiction disorders  
Personality disorders  
Eating disorders

**Proficiency in shaping the therapeutic process:**

Therapy planning and selecting the appropriate level of intervention:

Solution oriented  
Conflict oriented  
Nourishing-supportive

Diagnostics and utilisation of resources, hypnotic responses and psycho-pathologies.  
Reflecting, analysing and utilising transference and counter-transference  
Maintaining rapport with difficult patients in difficult situations and contexts.

**HYPNOSIS AS A MODALITY** (minimum 2,000 hours training including supervision)

**Eligibility:**

In some European Countries, legislature allows for training in hypnosis-psychotherapy, to be comprehended as a full psychotherapeutic modality. Eligibility to be admitted to training in hypnosis-psychotherapy will be subject to laws and regulations of the respective Country. Typically, the criteria for admittance for a method specific training in hypnosis-psychotherapy will entail a four semester college-level preparatory training covering basic issues of psychology, medicine, social sciences and jurisdiction bearing to the field of psychotherapy.

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**Range:**

The method-specific training in hypnosis-psychotherapy will require a minimum of 2000 hours of training, consisting of the following compounds:

Type of Training	Hours
<b>Theory</b>	<b>300</b>
<b>Self-Experience</b>	<b>400</b>
<b>Internship</b>	<b>550</b>
<b>Internship Supervision</b>	<b>30</b>
<b>Psychotherapy under Supervision</b>	<b>600</b>
<b>Supervision and Case Presentations</b>	<b>120</b>
<b>Total Training Hours</b>	<b>2000</b>

**Training Contents:**

Basic training in hypnosis-psychotherapy (in excess of the aforementioned requirements).

Theory general:

Developmental psychology, depth psychology, object relations theory, psychopathology and psychiatry, psychosomatics, behavioural psychology, social psychology, constructivism, communication theory, systems theory, group processes.

Theory hypnosis-specific:

Suggestion, perception, imagination, dissociation, absorption, states of consciousness, transference/counter-transference, hypnotisability. All issues to be covered on five levels: theoretical, experimental, clinical, physiological, therapeutic applications.

Self-experience:

Self-experience in hypnosis psychotherapy (single setting as well as group setting) including the reflection of depth psychological concepts (e.g. transference and counter-transference, neurotic conflict models).

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Hypnotic training:

Utilising the unconscious, age regression and progression, confusion techniques, amnesia and hypermnesia, posthypnotic suggestions.

**Advanced requirements**

Clinical proficiency:

Proficiency in the treatment of at least four of these eight areas of clinical applications:

Anxiety and panic disorders, depressive disorders, psychosomatic and somatoform disorders, acute and post-traumatic stress disorders, pain control, hypnosis psychotherapy for children and adolescents, addiction disorders, personality disorders, eating disorders.

Proficiency in shaping the therapeutic process:

Therapy planning and selecting the appropriate level of intervention (solution oriented, conflict oriented, nourishing-supportive). Diagnostics and utilisation of resources, hypnotic responses and psycho-pathologies. Reflecting, analysing and utilising transference and counter-transference. Maintaining rapport with difficult patients in difficult situations and contexts.

**CONTINUING PERSONAL DEVELOPMENT (CPD) - for holders of the ECH**

Each ECH holder is required to continue to participate in professional development activities, at least 60 hours over three years. The activities can include:

- Congresses (international and local)
- Workshops
- Lectures
- Individual / group / peer supervision

***Dated: January 2013***