



In Psychotherapy and Medicine

**ESH**  
**COR MEETING**

20th ISH International Congress  
28 August 2015  
*Paris Congress Centre*

# Agenda of the CoR Meeting

---

We need your collaboration to better serve you

- 
1. Welcoming the Representatives and Presidents of our Societies
  2. Introduction of the ESH President
  3. Focus Groups
  4. Results of the Focus Groups and Plenary Discussion
  5. Manchester presentation
  6. Celebration of ESH. Happy birthday

# Goals of the BoD:

From Sorrento 2014 to Manchester 2017

---

The main goals of the BoD are to:

1. Promote the highest professional standard in the practice of hypnosis for clinical and experimental purposes
2. Increase the communication among the Constituent Societies regarding the research they are doing
3. Enhance contact with the Universities where hypnosis is taught
4. Consolidate ESH membership and better know each society
5. Increase the number of Constituent Societies

# Goals of the BoD:

## From Sorrento 2014 to Manchester 2017

---

The main goals of the BoD are to:

- 1. Promote the highest professional standard in the practice of hypnosis for clinical and experimental purposes**
2. Increase the communication among the Constituent Societies regarding the research they are doing
3. Enhance contact with the Universities where hypnosis is taught
4. Consolidate ESH membership and better know each society
5. Increase the number of Constituent Societies

# 1. Promote the Highest Professional Standards in the practice of hypnosis for clinical and experimental purposes

---

## Done

- ✓ Evaluated the bids for hosting the 2017 congress and, after CoR approval, accepted the bid from the British Society of Clinical & Academic Hypnosis (BSCAH) in Manchester, UK, from 23rd to 26th August 2017.
- ✓ Updated the contract between ESH and the future hosting society organizing the ESH congress
- ✓ Identified ECH holders benefits

## Work in Progress

- Support the organization of the Manchester Conference
- Define European Certificate of Hypnosis (ECH) training societies and training guidelines
- Negotiate the establishment of a (European) Master (Msc) in Hypnosis
- Define the Legal Status of ESH

# Goals of the BoD:

## From Sorrento 2014 to Manchester 2017

---

The main goals of the BoD are to:

1. Promote the highest professional standard in the practice of hypnosis for clinical and experimental purposes
- 2. Increase the communication among the Constituent Societies regarding the research they are doing**
- 3. Enhance contact with the Universities where hypnosis is taught**
4. Consolidate ESH membership and better know each society
5. Increase the number of Constituent Societies

2. Increase communication among CSs regarding research,
  3. Enhance contact with the Universities where hypnosis is taught
- 

### **Done**

- ✓ Questionnaire to have a map of European researchers (topic and field of interest)

### **Work in Progress**

- Contact the Societies who collaborate with Universities
- Build a community of researcher
- Collect the journals of the societies

# Goals of the BoD:

## From Sorrento 2014 to Manchester 2017

---

The main goals of the BoD are to:

1. Promote the highest professional standard in the practice of hypnosis for clinical and experimental purposes
2. Increase the communication among the Constituent Societies regarding the research they are doing
3. Enhance contact with the Universities where hypnosis is taught
- 4. Consolidate ESH membership and better know each society**
5. Increase the number of Constituent Societies

# 4. Consolidate ESH membership and better know CSs

---

## Done through

a. Two on site BoD meetings hosted by:

1. Sweden Society Clinical Hypnosis and the South component, Lund, March 2015
2. British Society Medical Dental Hypnosis (Scotland), Glasgow, June 2015

b. Three ESH Newsletters

c. Questionnaire to ESH Presidents and CoR Representatives

d. Interview to ESH Presidents published to ESH Newsletters

## Work in Progress

- Other interviews to ESH Presidents to be published to ESH Newsletters
- Update the Website

# Letter to Presidents and Representative (27th Nov 2014)

---

...the BoD intends to work to identify and improve the state of the art of hypnosis in Europe through research: in Universities, in medicine, dentistry, psychology and psychotherapy.

To achieve that, we are collecting data and we need your support and collaboration;

I hope that you are willing to assist! You can begin to help us by answering the following two questions:

**1) What would you like from ESH? What kind of help, input, information and collaboration?**

**2) How might ESH help you to improve what you want to improve?**

# Answers (10) to the First Question

---

1. What would you like from ESH? What kind of help, input, information and collaboration would you like ESH to provide?
  - Regular updates of the website; Link to events of national and international societies; Updates on literature, access to international bibliographies; online version of *The International Journal of Clinical and Experimental Hypnosis*, and of the *American Journal of Hypnosis*; Greater uptake of Contemporary Hypnosis & Integrative Therapy
  - Research and Audit; Survey of societies, knowing training and trainers; Collaboration and exchanges among societies and members; Learning about relevant topics from each other
  - Training and workshops in the national societies; Annual meetings among presidents and trainers of the societies
  - Ethical committee, especially on research

# Answers (10) to the Second Question

---

2. How might ESH help you improve what you want to improve?

- Collaborate with European Union Offices on...
- Research in collaboration with Universities, hospitals...
- Promote hypnosis through scientific publications, show evidence of its efficacy
- Encourage national projects, compare them and extend the results to societies of other nations
- Open a blog for discussion
- Learn and teach marketing

# Goals of the BoD:

From Sorrento 2014 to Manchester 2017

---

The main goals of the BoD are to:

1. Promote the highest professional standard in the practice of hypnosis for clinical and experimental purposes
2. Increase the communication among the Constituent Societies regarding the research they are doing
3. Enhance contact with the Universities where hypnosis is taught
4. Consolidate ESH membership and better know each society
- 5. Increase the number of Constituent Societies**

# 5. Increase the Number of Constituent Societies

---

## Done

We have accepted and the CoR ratified:



Bulgarian Association of Hypnosis and Hypnotherapy (Bulgaria)



Institute Milton H. Erickson Toulouse Occitane (Member of the CFHTB)



Baltic Society of Erickson Clinical and Experimental Hypnosis (Latvia)



Hipnoz Dernegi (Turkey)

## Work in progress

- Update the Application Form for Membership
- Define criteria to accept new Societies

# State of Art of ESH

ESH has 37 Constituent Societies

Among them, eleven already opened their membership to other health care professionals:

1. Centro Italiano di Ipnosi Clinico-Sperimentale (IFG-CIICS): *Nurse, Midwife, Physiotherapist*
2. British Society of British Society of Clinical & Academic Hypnosis BSCAH: *nurses, dental hygienists, dental therapists and other professions allied to medicine*
3. Deutsche Gesellschaft für Zahnärztliche Hypnose (DGZH): *Dental Assistant*
4. Daleioslufelag Islands (DI): *Nurse, Occupational Therapist, Social Worker*
5. Danish Society of Clinical Hypnosis (DSCH): *Nurse, Midwife, Physiotherapist*
6. Milton Erickson Milton Erickson Gesellschaft für Klinische Hypnose e.V. (MEG): *Persons working in helping with hypnosis/hypnotherapy, advising or therapeutic priests in hospitals or advising teachers in schools.*
7. Royal Society of Medicine: Section of Hypnosis & Psychosomatic Medicine (RSM): *Radiographer, Nurse with interest in healthcare not qualifying for professional qualifications*
8. Schweizerische Ärztegesellschaft für Hypnose (SMSH): *nurses*
9. Svenska Foreningen för Klinisk Hypnos (SSCH): *Nurse, Physiotherapist, Dental Nurse, Naprapath, Speech Therapist*
10. Tieteellinen Hypnoosi, Vetenskaplig Hypnos (THVH) (Finland): *Psychiatric Nurse, Social Worker, Sociologist, Occupational Therapist, Speech Therapist, Midwife, Priest*
11. Vlaams Wetenschappelijke Hypnose Vereniging (VHYP) (Belgium): *Nurse, Physiotherapist, Social Worker*

ESH was founded in 1976 and became independent from ISH on 20 August 1990, when the ESH Constitution was ratified.



## 25 Years, Age of Spring (21-35), Borysenko



# 25 Years of ESH

---

ESH is in its spring season, and we are here to celebrate its importance as a society of societies.

Spring is the season of exploring a new life style, of experimenting, testing, searching and seeding.

Spring is the season of the search for identity:

*Who are we?*

*Who (what) do we want to become?*

# Results of the Questionnaire sent in July (15 answers)

---

## 1. Does your Society need more assistance from ESH?

Yes 7

**No 8**

Not yet 1.

## 2. Would you like the number of members in your Society to increase?

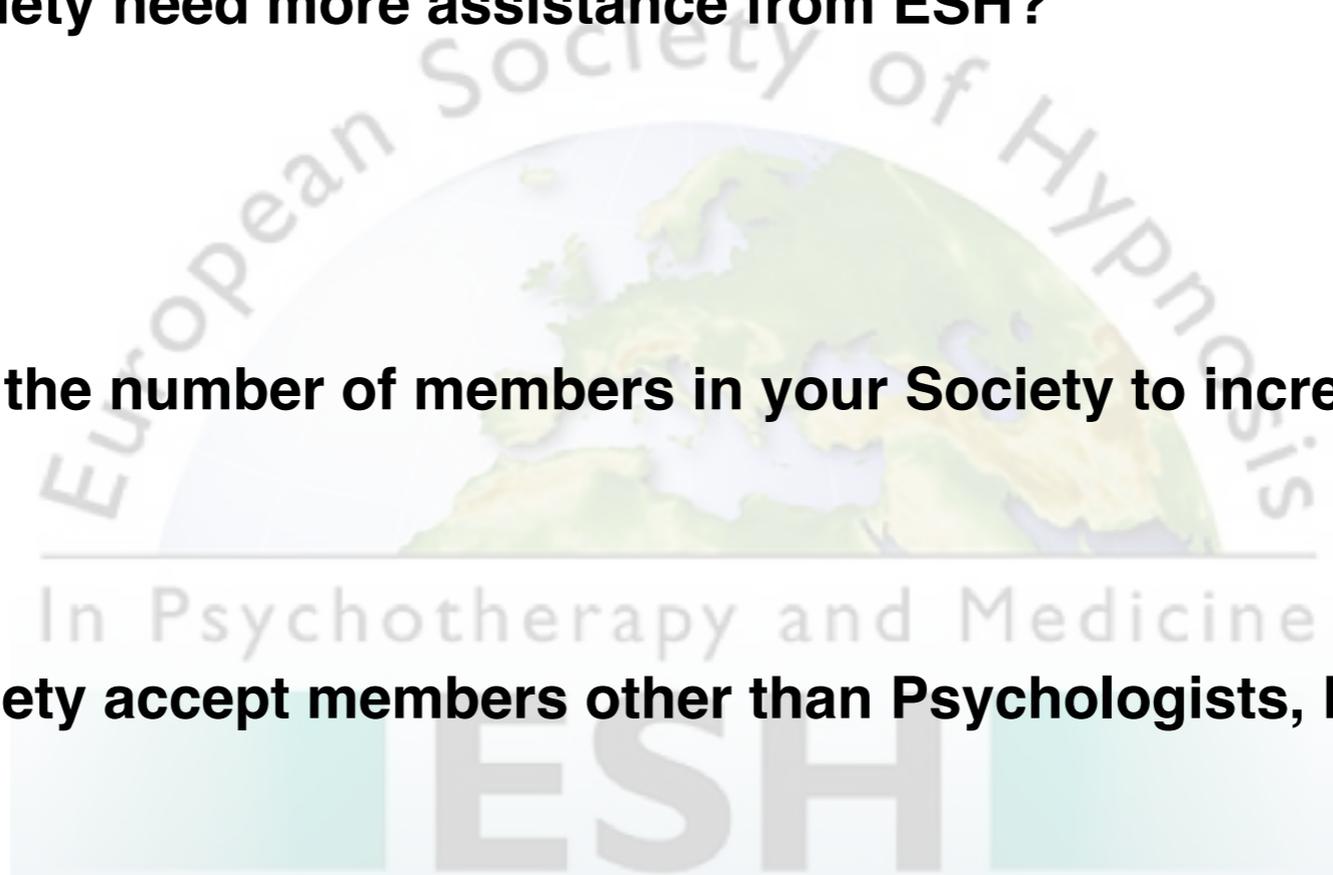
**Yes 17**

No 1

## 3. Does your Society accept members other than Psychologists, Medical Doctors, or Dentists?

**Yes 11**

No 7



# Results of the Questionnaire sent in July

---

**4. Does your Society train professionals other than Psychologists, Medical Doctors, and Dentists?**

**Yes 9**

No 8

**5. Does your Society have any collaboration with Universities?**

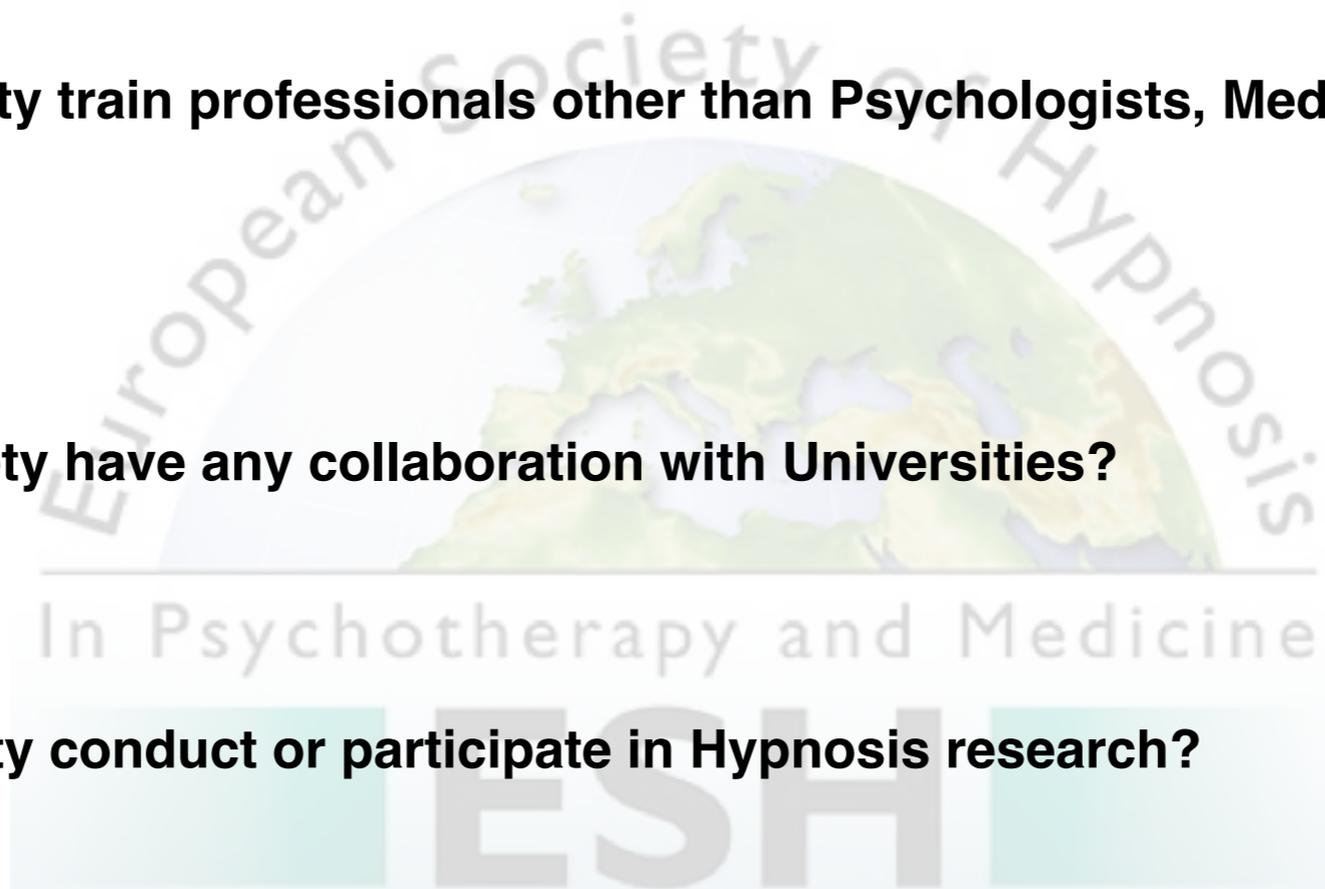
**Yes 12**

No 6

**6. Does your Society conduct or participate in Hypnosis research?**

**Yes 10**

No 8



# Topics for the Focus Groups

---

1. How can ESH support your Society?
2. How can ESH improve the communication with your Society?
3. What can ESH do to increase member Societies in ESH?
4. How can hypnosis be monitored and promoted in Europe?
5. Which professions could be considered to be trained in hypnosis?
6. Ideas for the 2020 conference
7. How can the ESH website be improved?
8. What can be done to encourage research?
9. Open topic



**Thank you and Enjoy**