



European Society of Hypnosis

In Psychotherapy and Medicine

Please specify:

ADJUNCT / MODALITY

(Please see definitions page for further information)

Application for the European Society of Hypnosis Certificate (ESHC)

(Please PRINT clearly or TYPE – illegible entries will be returned)

Full Name (Prof / Dr / Mr / Mrs / Miss / Ms)			
Full Postal Address			
Country		Postcode	
Telephone Number			
Mobile / Cell Number			
E-mail Address			
May we use your email address for correspondence?	Yes	No	
May we publish your name (as a new ESHC holder) in the ESH Newsletter, website or social media?	Yes	No	
Professional Qualifications			
Present Job / Speciality / Practice			
Name of Constituent Society			
Year of Joining to Constituent Society			
Have you paid your Society's Membership fees?	Yes	No	Date:
I confirm that I have completed Level 1-Basic Training approved by Committee for Educational Programs in Europe (CEPE) (Please see below ESHC Requirements)	Yes		No
I confirm that I have completed Level 2-Advanced Training and I have at least 2 years Clinical Work Experience in the field of hypnosis.	Yes		No
Signature of the President or BOD Member of the National Society endorsing Application	(Signature and Date)		(Society Stamp)
	(Name in Capitals)		

ESH Central Office, Suite 2/8, Waterloo Chambers, 19 Waterloo St, Glasgow G2 6AY UK

E-mail: mail@esh-hypnosis.eu Web: esh-hypnosis.eu

ESHC Application

Approved Date: 2020

Hypnosis Training details: Course Modules / Core Subjects / Themes and any Additional Training.

This section must be fully completed. Please continue on separate sheet if more space is required.

Course Title	Context	Duration	Date and Venue	Organisation / Society/ Event
<i>Example: 'Course Title'</i>	<i>Hypnotic Language Formation of Treatment Strategy Ego State Therapy (SARI Model)</i>	<i>14 Hours</i>	<i>23/24 April 2009</i>	<i>MEG</i>

Please provide details of all relevant experience in hypnosis/ hypnotherapy other than the above courses, in support of this Application (i.e. other courses, workshops, teaching, supervising, other qualifications in hypnosis, memberships of and services in hypnosis organisations/ societies, total period of practice in clinical hypnosis, special interests, publications, description of present practice, **along with copies of relevant Certificates**). *Please continue on separate sheet if additional space required.*

*The ESHC is valid for three years and is contingent upon continuing professional development (CPD). Holders of the ESHC will be required to provide a verifiable record of CPD, which CEPE has set at **60 CPD Credit Points (CPs) over three years.***

Please send the completed Application Form, Attachment 3 (ESHC Further Hypnosis Training Record Sheet) and the relevant documents (certificates, diplomas etc.) to: mail@esh-hypnosis.eu

Please send a non-refundable fee of **75 Euros or 62 GBP** made payable to the European Society of Hypnosis to ESH Central Office, Suite 2/8, Waterloo Chambers, 19 Waterloo St, Glasgow G2 6AY UK.

Should you wish to make payment by PayPal or direct Bank Transfer, please email ESH Central Office on mail@esh-hypnosis.eu

DEFINITIONS

Hypnosis as an Adjunct to a Professional Field: It is the adjunct use of hypnosis as support to an existing set of professional skills in Medicine, Dentistry and Psychology.

For example: Adjunct use of hypnosis by Medical Doctors, Dentists, Clinical and Medical Psychologists, and also by Psychotherapists who have a legally registered title in their own countries.

Hypnosis as a Modality: It is the use of hypnosis within a comprehensive psychotherapeutic modality based on the therapeutic use of trance and suggestions integrating depth-psychological, behavioural, systemic and solution-oriented approaches.

Modality use of hypnosis is recognized by ESH for Countries where psychotherapy and hypnosis-psychotherapy are legal entities with prescribed training criteria.

For example: Modality use of hypnosis in hypnosis-psychotherapy.

European Society of Hypnosis Certificate (ESHC): ESHC is a certificate given by European Society of Hypnosis (ESH) as a proof of clinical expertise, experience, and continuous professional development in the clinical applications of hypnosis.

ESHC Training Criteria for the Adjunct Use of Hypnosis: Minimum 200 hours of training and minimum 2 years of clinical work experience, in other words the completion of Level 1-Basic Training and Level 2-Advanced Training, is required to be able to apply for ESHC for the adjunct use of hypnosis.

Please see below the ESHC Requirements for the Adjunct Use of Hypnosis for further details.

ESHC Training Criteria for the Modality Use of Hypnosis: Minimum 2000 hours of academic Hypno-Psychotherapeutic Training is required to be able to apply for ESHC for the modality use of hypnosis. Hypno-Psychotherapeutic Training will only be acceptable by ESH only in the countries where Psychotherapy and Hypno-Psychotherapy are legally registered titles and are recognized by legal authorities.

Please see below the ESHC Requirements for the Modality Use of Hypnosis for further details.

Constituent Society (CS): It is the national European Society in the field of hypnosis that meets ESH membership requirements and that is approved by ESH COR as ESH CS.

Accredited Training Society (ATS): It is the ESH CS accredited by ESH to give hypnosis training.

Please see the Accredited Training Society Requirements in Attachment 7 for further details.

ESHG REQUIREMENTS FOR THE ADJUNCT USE OF HYPNOSIS

I) One should be a qualified health professional in order to apply for ESHC for the adjunct use of hypnosis in her or his professional field.

A qualified health professional is a person who is authorized by legal authorities to treat clients/patients.

Medical Doctors, Dentists, Clinical and Medical Psychologists and Psychotherapists are the examples of qualified health professionals who could apply to be an ESHC Holder.

Psychologists and Psychotherapists are eligible to apply to be an ESHC Holder only if their titles are legally registered in their own countries and they are authorized by legal authorities to treat clients/patients.

Depending on each country's laws and regulations legal health authorities could be the Government and/or Ministry of Health and/or Universities and so on.

II) In order to apply to be an ESHC Holder, another requirement for a qualified health professional is to be a member of an ESH Constituent Society (CS). This is an important criterion for ESH since being a member of an ESH CS is a good indication of professional interest, dedication and enthusiasm to use hypnosis in accordance with ESH standards.

III) Furthermore, the candidates willing to be an ESHC Holder should complete minimum 100 hours of Level 1- Basic Training that includes minimum 50 hours of basic theoretical hypnosis training & minimum 50 hours of supervision in hypnosis applications.

Level 1- Basic Training should be provided by an Accredited Training Society (ATS).

IV) Additionally, the ESHC applicant should complete Level 2- Advanced Training which includes Further Hypnosis Training and Clinical Work Experience.

Further Hypnosis Training should be minimum 100 hours in hypnotic applications and techniques. Further Hypnosis Training can include hypnosis events such as courses, conferences, workshops and online learning. Teaching and supervising hours for these hypnosis events will be multiplied by 2.

Clinical Work Experience in the field of hypnosis should be at least 2 years. The confirmation (stamp and signature) of the ESHC applicant's CS or ATS on the ESHC Application Form will be sufficient as a proof of the completion of min 2 years of Clinical Work Experience.

It is possible for the ATS to provide a part of or all of the Further Hypnosis Training. On the other hand, providing Further Hypnosis Training is not an obligation for the ATS.

It is the responsibility of the ESHC applicant to complete Further Hypnosis Training by attending an ATS hypnosis event and/or by attending courses, conferences, workshops and online learning etc. in the field of hypnosis. However, the ESHC applicant should get her/ his CS's or ATS's approval for Further Hypnosis Training taken somewhere other than an ATS.

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In summary, the person who wants to apply for ESHC for the adjunct use of hypnosis should complete:

- **Level 1- Basic Training** which is **provided** by an ATS, and which includes
 - I) **min 50 hours of basic theoretical hypnosis training**, and
 - II) **min 50 hours of supervision in hypnosis applications**
- **Level 2- Advanced Training** which includes
 - I) **Further Hypnosis Training (min 100 hours** of courses, conferences, workshops and online learning etc. in hypnotic applications and techniques) which is **approved** by the applicant's **CS or ATS**, and
 - II) **Clinical Work Experience (min 2 years** of clinical work in hypnosis)

WHAT TO DO TO COMPLETE THE ESHC APPLICATION FOR THE ADJUNCT USE OF HYPNOSIS

I) The ESHC Applicant meeting **ESHC Requirements for the Adjunct Use of Hypnosis** should fill in **Attachment 2: ESHC Application Form** along with the copies of relevant Certificates.

II) The applicant should prepare **Attachment 3: ESHC Further Hypnosis Training Record Sheet** along with the copies of relevant Certificates.

III) The applicant should submit by email Attachment 2, Attachment 3 and the relevant documents (certificates, diplomas etc.) to **ESH Central Office** with the **stamp of her or his CS or ATS** on the forms. If the applicant's CS is an ATS, then the applicant could submit the attachments and relevant documents to her or his ATS. The ATS should send all the attachments and relevant documents to ESH Central Office by email for the records of ESH.

IV) The applicant should send **ESHC fee** to ESH Central Office so that the Evaluation and Approval Process could start.

V) If ESHC application is **approved**, then ESH Central Office will **issue** ESHC upon receipt of the certificate fee and all the relevant documents (all attachments, certificates, diplomas etc.).

VI) ESH Central Office will **send** ESHC to the applicant's postal address.

VI) ESHC is valid for **three years** and is contingent upon continuing professional development. Holders of the ESHC will be required to **renew** their ESHC by providing a verifiable record of **60 Credit Points over 3 years**.

Please see Chart 1: ESHC APPLICATION PROCESS-ADJUNCT in Chart A: ESHC Requirements.

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ESHC REQUIREMENTS FOR THE MODALITY USE OF HYPNOSIS

I) One should be a qualified Hypno-Psychotherapist in order to apply for ESHC for the modality use of hypnosis.

A qualified hypno-psychotherapist is a person who has completed minimum 2000 hours of academic training in Hypno-Psychotherapeutic Modality.

The applications for ESHC for the modality use of hypnosis will only be acceptable from the countries where Psychotherapy and Hypno-Psychotherapy are legally registered titles and are recognized by legal authorities.

Depending on each country's laws and regulations legal health authorities could be the Government and/or Ministry of Health and/or Universities and so on.

II) In order to apply to be an ESHC Holder, another requirement for a qualified Hypno-Psychotherapist is to be a member of an ESH Constituent Society (CS). This is an important criterion for ESH since being a member of an ESH CS is a good indication of professional interest, dedication and enthusiasm to use hypnosis in accordance with ESH standards.

WHAT TO DO TO COMPLETE THE ESHC APPLICATION FOR THE MODALITY USE OF HYPNOSIS

I) The ESHC Applicant meeting ESHC Requirements for the Modality Use of Hypnosis should fill in Attachment 2: ESHC Application Form along with the copies of relevant Certificates.

II) The applicant should submit by email Attachment 2 and the relevant documents (certificates, diplomas etc.) to ESH Central Office with the stamp of her or his CS or ATS on the forms. If the applicant's CS is an ATS, then the applicant could submit the attachments and relevant documents to her or his ATS. The ATS should send all the attachments and relevant documents to ESH Central Office by email for the records of ESH.

III) The applicant should send ESHC fee to ESH Central Office so that the Evaluation and Approval Process could start.

IV) If ESHC application is approved, then ESH Central Office will issue ESHC upon receipt of the certificate fee and all the relevant documents (all attachments, certificates, diplomas etc.).

V) ESH Central Office will send ESHC to the applicant's postal address.

VI) ESHC is valid for three years and is contingent upon continuing professional development. Holders of the ESHC will be required to renew their ESHC by providing a verifiable record of 60 Credit Points over 3 years.

Please see Chart 2: ESHC APPLICATION PROCESS– MODALITY in Chart A: ESHC Requirements

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