



# European Society of Hypnosis

In Psychotherapy and Medicine

## ESHC TRAINING GUIDELINES

These guidelines are offered as an indication of the breadth and depth of understanding that is appropriate for ESHC training. They cannot and never will be definitive criteria; they are however reference points for those engaged in delivering training for the ESHC.

- A historical perspective on the development of hypnosis
- Neuroscience of hypnosis
- The therapeutic relationship in hypnosis
- History taking - identifying cues for hypnotic intervention
- Formulation of treatment strategy (session / entire therapy)
- Monitoring of treatment or research process
- Future orientation
- Completion and follow-up
- Being able to assess the effect / influence of hypnosis on outcomes
- Competence in being able to induce / deepen hypnosis / reorient / check alertness
- Direct / indirect methods
- Elicit hypnotic phenomena including:
  - Therapeutic Safe Place / Safe Experience
  - Age progression and regression
- Proficiency in the application of hypnotic styles:
  - Rapport building skills
  - Paternal / maternal / sibling styles...
  - Direct suggestion
  - Indirect / permissive suggestion
  - Post-hypnotic suggestion

- Proficiency in different hypnotic techniques:
  - Ideomotor / ideosensory signals
  - Anchoring
  - Ego-strengthening methods and Self Image Thinking
  - Resource development
  - Symptom oriented methods
  - Exploratory methods: hypno-interrogation / conversation / affect bridge / somatic bridge...
  - Solution oriented methods
  - Confusion techniques
- Proficiency in the application of specific methods and applications:
  - Imaginal techniques
  - Metaphors & Storytelling
  - Conversational / Monologue
  - Adaptation to different age groups: working with children, adults, elderly ...
  - Mind / body problems (functional disorders / psychosomatics / conversion)
  - Affect control / management (anxiety, impulse control, anger, stress) ...
  - Pain control: reification, analgesia / anaesthesia, distraction, coping ...
  - Dealing with inner conflicts
  - Attachment issues in therapy
  - Dissociative disorders
  - Ego-State Therapy
  - Integrating hypnosis with CBT, Psychodynamic, ACT, Mindfulness and other therapeutic modalities where appropriate.
- Dealing with :
  - Reluctance to engage / motivating clients
  - Resistance
  - Abreaction
  - Post-hypnotic disturbances
  - Transference and counter transference
- Patient safety
  - Ethics
  - Consent, chaperoning, videoing sessions
  - Confidentiality
  - Insurance and Professional Indemnity and regulation