

2) Content of Training Program (*Please **attach** the content of your training program*)

In our Society the training and supervision hours for ESHC certification are:

Please specify whether your training / supervision sessions are 45 minute or 60 minute.

Profession	Training Duration		Supervision Duration	
	45 minute Unit	60 minute Unit	45 minute Unit	60 minute Unit
Medical Doctors				
Dentists				
Psychologists				
Psychotherapists				

3) Trainers

i) In our Society the criteria for becoming a Trainer are:

ii) The names of the Trainers in our Society are: (*Please **attach** the CVs of your Trainers*)

4) Supervisors

i) In our Society the criteria for becoming a Supervisor are:

ii) The names of the Supervisors in our Society are: (*Please **attach** the CVs of your Supervisors*)

5) Acknowledgement

i) In our Country hypnosis is acknowledged by Government Health Authorities. **Yes / No**

If **YES**

In our Country, Government health legislation acknowledges hypnosis as: *(You can answer more than one statement)*

- a) A clinical intervention in Medicine and Dentistry *(Hypnosis as an adjunct to a professional field)*
- b) A therapeutic approach in Psychology and Psychotherapy *(Hypnosis as an adjunct to a professional field)*
- c) A profession (Hypnotherapist) *(Hypnosis as a modality)*
- d) Other *(Please specify)*

ii) In our Country, Government Health Authorities acknowledge our certificate/educational programme.
Yes / No

6) Motivation/Intention and Other:

Why do you want to **become** an ESH ATS? / Why do you want to **renew** your ATS accreditation?

Also, you can write below if you want to give any further information or if you have any suggestions/comments for ESHC, ATS or hypnosis training in general.

This question is optional. Your answers will be appreciated and be enlightening for future CEPE decisions.

When completed, please return Attachment 7 with required attachments and documents to ESH Central Office at: mail@esh-hypnosis.eu or by mail to: ESH Central Office, Suite 2/8, Waterloo Chambers, 19 Waterloo St, Glasgow G2 6AY UK

Thank you!

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 the ESHC Requirements for the Adjunct Use of Hypnosis in Attachment 2 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 the ESHC Requirements for the Modality Use of Hypnosis in Attachment 2 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.*

ACCREDITED TRAINING SOCIETY (ATS) REQUIREMENTS

I) Applicant: Only ESH Constituent Societys (CSs) can apply to become an ATS or to renew their accreditation as an ATS.

This is an important criterion for ESH since ESH CSs are representatives of ESH in their own countries that stand for the professional application, training, research and recognition of hypnosis in accordance with ESH standards.

II) Training To Be Provided: *The ATS should provide 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.*

If a member of a CS or ATS wants to apply for ESHC, she or he 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 courses, conferences, workshops and online learning etc.

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 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 events 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. Please see ESHC Requirements in Attachment 2 for further information.

III) Training Program Content: *In order to apply to become an ATS or to renew accreditation as an ATS, another requirement is to have a proper hypnosis training program content. Attachment 6: ESHC Training Guidelines could be used as a guideline for the content of the training program.*

IV) Trainee Criteria: Only the trainings given to qualified health professionals could be accredited by ESH as ESHC Training. Also, only a qualified health professional who completed successfully ESHC Training given by an ATS can become eligible to apply for ESHC.

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.

Please see ESHC Requirements in Attachment 2 for further information.

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

V) Trainer Criteria: *The Trainer Criteria and Trainer CVs should be submitted for ESH approval to apply to become an ATS or to renew the accreditation as an ATS.*

VI) Supervisor Criteria: *The Supervisor Criteria and Supervisor CVs should be submitted for ESH approval to apply to become an ATS or to renew the accreditation as an ATS.*

WHAT TO DO TO COMPLETE ATS APPLICATION OR RENEWAL

I) *The applicant CS meeting the ATS Requirements should fill in **Attachment 7: ESHC ATS Application & Renewal Form.***

II) *The applicant CS should submit by email **Attachment 7** and the **Society's Training Program Content, Trainee Criteria, Trainer Criteria & Trainer CVs, and Supervisor Criteria & Supervisor CVs** to **ESH Central Office.***

III) *If ATS application is **approved** by ESH, then ESH Central Office will **issue** ATS Certificate*

IV) *ESH Central Office will **send** ATS Certificate to the CS's postal address.*

V) *ATS Certificate is valid for **three years** and ATSS are required to **renew** their accreditation by meeting ATS requirements, and by submitting **Attachment 7** and the **Society's Training Program Content, Trainee Criteria, Trainer Criteria & Trainer CVs, and Supervisor Criteria & Supervisor CVs** to ESH Central Office every 3 years.*

Please see **Chart 4: ATS APPLICATION & RENEWAL PROCESS in **Chart B: ATS Requirements.****