



# European Society of Hypnosis

In Psychotherapy and Medicine

February, 2020

## Letter to the ESH Constituent Societies

Dear ESH Constituent Society,

The ESH "Committee for Educational Programs in Europe (CEPE)" is continuously working to improve the standards of hypnosis training. We want to encourage the use and the proper training of hypnosis within the health care systems.

We would like to create a database of hypnosis training of various professions to inspire the ESH Constituent Societies to set the highest standards.

If your society gives hypnosis training, we kindly ask you to share your **Society's training program** including:

- The content of your Society's training program including the number of hours (1 lecture hour is 60 minutes, if different please specify) and the main titles of the training topics,
- The requirements for trainees (i.e. who can attend your trainings?),
- The requirements for supervision,
- The requirements to become a trainer,
- The requirements to become a supervisor,
- Any other info you might think to be relevant.

We hope you will find time to support the idea and let us know if you have any suggestions.

Thank you so much,

Kind regards,

**European Society of Hypnosis (ESH)**

**Committee for Educational Programs in Europe (CEPE)**