

Dear Colleague

We are writing to everyone who holds a European Certificate of Hypnosis, because we are making plans to enhance the value and experience of being a Certificate holder. To help us achieve that, we need to know as much as possible about you all, such as the way in which you use hypnosis, and what we could do to facilitate that. You will see that we are attaching a questionnaire to this letter; it will help us to gather the information we need. We know you are busy, but do please try to find time to complete our questionnaire and, of course, tell us anything else you feel we should know.

Even without waiting for the results of our survey, it seems clear to us that there is a particularly beneficial step we can take, which is to facilitate a sense of community among Certificate holders. One way we will promote this is to make a section of our new ESH website available to you all, where it will be possible to exchange ideas, pose questions, and so on. We have a further plan that we are getting very excited about! We want to enable you all to be part of a research group – if you wish to be of course. It is not easy to carry out research in hypnosis; it is difficult to find the funding, the time, the people to run the trials or the people to treat. However, with large numbers of us across Europe, all contributing just a little bit of time and collecting information from just a few patients/clients, what was almost impossible suddenly becomes easy!

One of the things you will be able to do as a part of this community is to make suggestions as to what we research, but we already have an idea for our first study. We will send out more details later, but in essence the research will represent an alternative approach to demonstrating that hypnosis works. You may be thinking, “But surely we know it works already – that’s why we use it!” Yes, we know, but does the World Health Organisation (WHO) know? The answer appears to be “No”, because they class hypnosis as a complementary therapy, and that has a number of unfortunate implications, chief of which is that hypnosis is not proven to be effective. We cannot allow this situation to persist and it would be wonderful if, as an organisation, we can demonstrate to the WHO that they are wrong.

More of all this in the future, but for now, please complete the questionnaire below, and email it back to our Central Office at: mail@esh-hypnosis.eu as quickie as possible (**by 6th August**)?

Yours sincerely,

Martin Wall (President)

Åsa Fe Kockum (Chair, CEPE)

Peter Naish (Chair, Research Committee)

ECH QUESTIONNAIRE

Please complete this Questionnaire, deleting any response that does not apply to you and return it to ESH Central Office by **6th August. Thank you!**

Your Name:

Your Country:

Your Profession:

- 1. Please indicate the nature of your work (e.g. private, for your country’s health service or as a researcher in a university):**
- 2. Do you work alone or as part of a team? Work alone / Work as part of a team**

3. If you are a clinician, do you treat a variety of patients, or do you have a specialism? (Please state which):
4. Do you always use hypnosis, or is it just one of a range of approaches you use? Always Hypnosis / Sometimes other approaches
5. If you are a clinician who does not always use hypnosis, what factors influence whether or not you use it?
6. Do you believe that hypnosis is more effective for treating some conditions (e.g. pain) than others? Yes / No

If you answered 'Yes': In your experience, which conditions respond best to hypnosis?

7. Which methods in hypnosis do you find of best therapeutic value? (e.g. Ego-state, Ericsonian etc.):
8. Do you believe some patients respond better to hypnosis than others? Yes / No
If 'Yes': Can you identify characteristics which distinguish good from poor responders?
9. In your immediate circle, is hypnosis widely accepted, or do you meet scepticism and rejection? Please give details of the response you generally encounter:

10. Please indicate what training you have received and continue to receive in hypnosis:

Number of hours - Basic training: Further education:

Ongoing training: None / Once a year / 2-3 times annually / More than 3 times annually

11. Participation in Meetings and Congresses:

Number of times over past five years you have participated in:

Annual meeting of your Hypnosis Society: / ESH Congress: / ISH Congress:

12. Are you educating others in hypnosis?: Teacher / Trainer / Supervisor
13. How often do you read journals or papers concerning hypnosis application or research?
Weekly / Monthly / Quarterly / Once a year / Never
14. What do you feel you gain by being an ECH holder?
15. What could ESH do for you to help you in your work?
16. Would you like to participate in any clinical research programme introduced by ESH? Yes / No
17. Other comments:

Thank you, your input is invaluable!