



European Society of Hypnosis

In Psychotherapy and Medicine

Dear Colleague

I am writing to let you know about some changes that we have made with regard to the administration of the European Certificate of Hypnosis (ECH). This has primarily been driven by feedback that we have received from both current and potential ECH holders. People spoke of the complexity of the application and renewal procedures, in particular the submission of the relevant documentation to Central Office and the translation issues involved.

We have decided that it would be far simpler for people to apply to their own Constituent Society (CS), who has a training programme accredited by the ESH. Your CS will now handle applications and approve the certification. Then, on receipt of the fee, ESH Central Office will issue the Certificate. Because your CS will be accustomed to your legislative and training circumstances, we believe that this change will streamline the procedures and make it far easier for you to apply for, or to renew your ECH.

You may be wondering why your CS would be prepared to do this. Well, to cover their expenses, 10% of your ECH fee will be returned to them annually.

Now that we have made the procedure simpler, we do hope more people will be prepared to take advantage of the opportunity to become an ECH holder.

Advantages of ECH:

- Being part of a vibrant community of professionals, with expertise in their diverse fields, committed to the highest professional standards.
- Our standards and growing numbers will make clear to everyone the difference between ourselves and the growing lay hypnosis community.
- You will have the opportunity to part in the forthcoming research projects that will be presented to WHO (The World Health Organisation).
- The ESH future website will be a hub for your communication, to “meet” and discuss, to read other CS newsletters, and listen to recorded lectures, etc.
- You will be invited to write in the ESH Newsletter.
- You will be eligible to put yourself on a list of trainers, available to train within your professional knowledge within CS courses.
- Discount for ESH Congresses.

We intend to write to all our Constituent Societies triennially to update the data that we hold about their current training programme. This will ensure that the training of all societies is of an equally high standard.

As an ECH holder you will also be asked to renew your ECH triennially identifying your continued professional development.



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So, if you have not already renewed your ECH, get in touch with your CS or ESH central office. They will be pleased to answer any questions you may have about the changes.

We hope to meet you at our CEPE Workshop in Montreal where results from the first pilot research project will be presented and where you can sign up for the next research project. It involves several interesting factors and technology to use them. It will be presented by Peter Naish, Chair of the Research Committee within ESH, and committee member Randi Abrahamsen.

If you are not coming to Montreal we will send you more information about the research project so that you can, if you wish, be part of this international venture. We will also shortly be sending a brief questionnaire, so that we can appreciate better the needs and expectations of our Certificate holders – and then, of course, try to meet them!

Yours sincerely,

Martin Wall (President)

Åsa Fe Kockum (Chair, CEPE)

Peter Naish (Chair, Research Committee)

The European Certificate of Hypnosis (ECH) is awarded to professionals who have gained expertise in their field and are committed to the highest professional standards. The ECH is granted to candidates who have completed an approved course of training within an ESH Constituent Society, and undertaken the prescribed hours of supervision and clinical experience. The ECH is renewable triennially on a submission of a minimum of 60 Credit Points of verifiable Continuing Professional Development (CPD).