



European Society of Hypnosis

In Psychotherapy and Medicine

European Society of Hypnosis Certificate (ESHC) Training Requirements

We recognise two uses of hypnosis within our Constituent Societies:

- **Adjunct** – This describes the use of hypnosis by qualified health professionals in Medicine, Dentistry, Clinical and Medical Psychology, and Psychotherapy (where this is a state registered title).
 - *ESHC applicants will be required to successfully complete a prescribed course of training, supervision, and documented experience, within an ESH Accredited Training Society (ATS).*
- **Modality** – This relates to Countries that have an academic training and a state registered title of Hypno-Psychotherapist.
 - *ESHC applicants who have successfully completed this training and have been granted this title will automatically qualify for an ESHC.*

Minimum Training Requirements for an ESHC for the Adjunct Use of Hypnosis

Level 1- Basic Training: *It is the responsibility of the ATs to provide Level 1- Basic Training.*

- **minimum 50 hours of Basic Theoretical Hypnosis Training**
- **minimum 50 hours of Supervision** in hypnosis applications.

Level 2- Advanced Training: *It is the responsibility of the ESHC applicant to complete Level 2- Advanced Training.*

- **minimum 100 hours of Further Hypnosis Training** including courses, conferences, workshops and online learning etc. in hypnotic applications and techniques,
- **minimum 2 years of Clinical Work Experience** in hypnosis.

ESH Central Office

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