



Update on the European Society of Hypnosis (ESH) Congress 2026, 26 – 30 August, Glasgow, Scotland

<https://fitwise.eventsair.com/esh2026>

Delegate Registration Open

Many thanks to those who have already registered ESH Congress 2026, we are well on the way to our first 100 delegates, with representation already from 17 different countries! If you are planning on attending, don't forget to book your place now to take advantage of the early bird rate: <https://fitwise.eventsair.com/esh2026>

Exhibition open for booking

As part of the Congress we will also feature an exhibition for companies with an interest in the use of hypnosis in the fields of medicine, dentistry, psychology, and psychotherapy. If you would like to know more about the available opportunities to exhibit / sponsor please contact our Professional Conference Organiser Fitwise at Mike.Donaldson@Fitwise.co.uk see more details online at <https://fitwise.eventsair.com/esh2026/exhibition>

Abstract Submissions Invited

Abstract submission is open, and we are pleased to have received a number of initial submissions. As we have a rolling review system, those submissions have already been reviewed, and their outcomes communicated! Why don't you consider playing a key role in the congress and submitting your work for consideration as an abstract?

Each year ESH Congress attracts over 150 abstracts with submissions covering the breadth of hypnosis topics from healthcare professionals who specialise / have an interest in the use of hypnosis in the fields of medicine, dentistry, psychology, and psychotherapy.

Early abstract submission is encouraged:

- Abstract outcomes will be communicated within 12 weeks of submission
- Successful presenters will receive 15% off the applicable delegate fee at time of booking

Submitting an abstract for Congress is an ideal way to communicate the outcomes of your work to your peers. Presenting will also support your personal development, showcase your skills and help grow your CV.

We would like to invite you to consider submitting abstracts for Congress on the following themes:

- Hypnosis in medicine
- Hypnosis in dentistry
- Hypnosis in psychology & psychotherapy
- Hypnosis and other integrative approaches
- Hypnosis research

In particular the BSMDH who are hosting the Congress would like to encourage submissions from those who haven't submitted to a Congress previously.

Please visit the website for further advice and information: <https://fitwise.eventsair.com/esh2026/abstracts>

Conference Key Dates:

- Early Bird registration open until: 31 July 2025
- Closing date for abstract submissions: 27 May 2026

- **Congress: 26 – 30 August 2026**
 - Wednesday 26 August: Pre-conference registration
 - Thursday 27 August: Pre-congress workshop
 - Friday 28- Sunday 30 August: Main Conference

Don't forget full details are on our conference website: <https://fitwise.eventsair.com/esh2026>