



European Society of Hypnosis (ESH) Congress 2026, Glasgow Congress Updates and Information

We are rapidly approaching ESH Congress 2026 which is taking place in Glasgow in August. Thank you to those who have already registered and/or submitted an abstract we are looking forward to welcoming you to Scotland!

By attending Congress you will join a host of like-minded healthcare professionals who specialise / have an interest in the use of hypnosis in the fields of medicine, dentistry, psychology, and psychotherapy from across the globe. If you are still to submit / register please don't delay- visit the conference website: <https://fitwise.eventsair.com/esh2026>

Within this newsletter update we are providing the latest congress updates and key information:

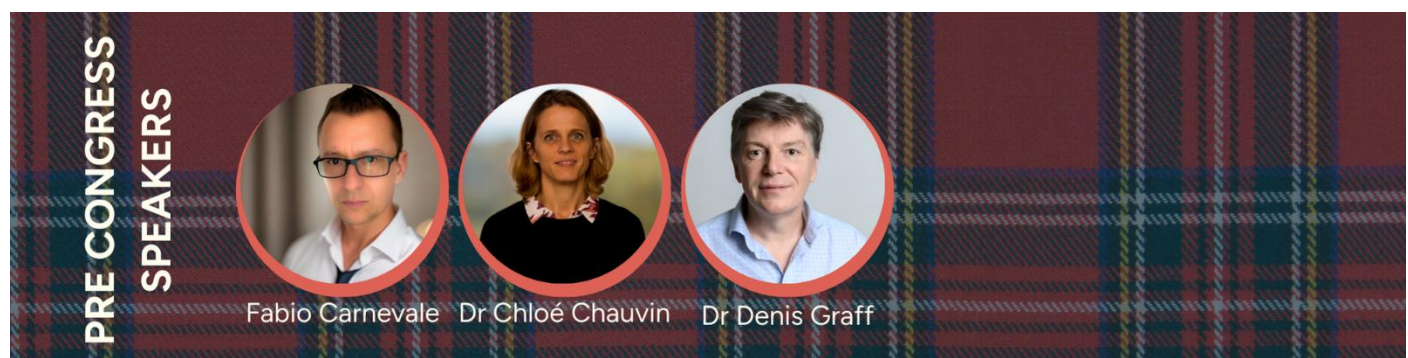
Final call for Abstracts

Thank you to those who have already submitted an abstract for Congress. 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? See full details below and online: <https://fitwise.eventsair.com/esh2026/abstracts>.

Closing date for abstract submissions: 27 May 2026

Pre-Congress Workshops

Make sure you sign up to our Pre-Congress Day on Thursday 27th August 2026. Pre-Congress will include a half day morning workshop delivered by Fabio Carnevale on Artificial Intelligence and hypnosis and a half day afternoon workshop exploring the use of virtual reality in hypnosis by Dr Graff and Dr Chauvin who both use VR in their anaesthetic practices.



Discounts available!

Reduced registration rates are available for:

- Those from Low and Lower-Middle Income Countries
- Students

Additionally discounts are available for:

- Group booking of 6 or more delegates will receive a **10%** discount please email <mailto:events@fitwise.co.uk> for the group registration link and code
- Successful abstract presenters will receive **15%** off the applicable delegate fee at time of booking. A discount code will be included in your outcome email – see more at <https://fitwise.eventsair.com/esh2026/abstracts>

Registration packages – 1 day rates now available!

To meet demand, we are pleased to announce that 1-day registration rate is now available on the congress website, for both members and non-members.

Accommodation

We have a range of accommodation listed on the congress website to fit a variety of budgets and requirements to include

- University of Glasgow Halls of Residence
- The Congress Hotel - Glasgow Grosvenor Hotel.
- And a range of other hotels close to Hillhead subway station

Final Reminder! Your invite to submit an abstract for the European Society of Hypnosis (ESH) Congress 2026, Glasgow.

ESH 2026 Abstract Submission open: <https://fitwise.eventsair.com/esh2026/abstracts>

Each year ESH Congress attracts a large number of 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>

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