

***We of CEPE are defining the criteria which we find salient for the training of Physicians, Dentists & Psychologists in Hypnosis within ESH. We are separating the training for the various professions where hypnosis is an adjunct to the training in the basic professions, as opposed to those countries where Hypnosis is a specific modality (Hypno-psychotherapy).***

***The following criteria pertain to the granting of the European Certificate of Hypnosis (ECH), and should be an encouragement to the specific Constituent Societies to benefit from a common pool of standards of training, while in no way limiting the development and continuation of specific standards in that Society.***

***We shall begin with some basic assumptions:***

***We assume that the individual is competent in his/her profession and will use hypnosis within the context of those professional skills.***

***Undertaking to treat a patient with hypnosis assumes that the professional is first able to to treat using the basic skills within that profession, hypnosis providing further options, flexibilities, etc. (adjunct).***

***We emphasize the role of open observation of the patient, using all of our senses to gather as much information as possible to insure that the approach taken will be based upon the needs, personality & unique style of the specific patient, which should lead to utilization of the latter's resources in developing a proper intervention .***

***Significant and meaningful training requires time to absorb the tenets and techniques, time to experiment and apply and be exposed to varied approaches as well as teachers. The completion of the training, including supervision will consist of at least 200 hours over a period of at least two years.***

***We specify that the ECH requires each professional to complete the basic training which will be offered for all three professions together, and continue on to advanced training for the application of hypnosis in the specific profession, with the possibility of the training being offered separately for each profession.***

***In formulating these criteria we are aware that some will have little or no relevance to the many therapeutic philosophies embraced by member societies.***

***It is however our firm belief that all students should be aware of the rich diversity of hypnotic concepts, whilst at the same time we would expect the ECH viva and case histories to be tailored to reflect the guiding principals of each national society.***

**Requirements for training:**

**Covering Basic Themes:**

Definition, properties & characteristics (hypnotic phenomena)

Hypnosis as a natural phenomenon

Hypnosis as a trait

Hypnosis as a way of communication in therapy («hypnosis without hypnosis»)

Spontaneous trances

## Therapist's trance

History

Theories of hypnosis

Basic concepts

Indications & contra-indications

Dangers & problematic situations (loss of contact, dissociation, abreaction, no response to de-hypnosis)

Professional & ethical issues: good practice

Hypnotizability

Focus and fixation of attention

The hypnotic relationship: establishment of rapport through minimal cues of the patient

Interactions in the therapeutic system

Utilization

Specific kinds of languages : the voice, the non-verbal, the words

Mirroring and pacing

Leading

Preparation of the patient and the hypnosis intake

Inductions

    Conversational & confusion

    Dissociational

    Affect bridges

Deepening techniques

De-hypnotization

Ego strengthening & positive suggestion

Post-hypnotic suggestions

Self hypnosis

### **Training in application:**

**(see advanced):**

**Supervision in the implementation:** (extensive practical work to reach a proficient ability to use hypnosis to obtain «a receptive state both physically & mentally, with the use of that state for improved therapeutic outcome»)

Intake

Formation of treatment strategy (session/entire therapy)

Monitoring of treatment process

Future orientation

Completion & followup

Bibliography

Case presentation(s)

(optional use of video and audio recording)

### **Detailed requirements:**

**General:**

**Proficiency in the elicitation of hypnotic phenomena:**

Relaxation  
Protection  
Hallucination (pos. & neg)  
Dissociation  
Analgesia  
Anesthesia  
Catalepsy  
Arm Levitation  
Time distortion, age progression & regression  
Amnesia

**Proficiency in the application of hypnotic styles:**

Authoritative  
Permissive  
Indirect

Dealing with resistance

Proficiency in the application of techniques:

Breathing  
Imaginal techniques  
Safe places  
Pain Reification  
Analgesia  
Anesthesia  
Storytelling  
Metaphors  
Conversational & confusion  
Dissociational  
Affect bridges

Post-hypnotic suggestion

**HYPNOSIS AS AN ADJUNCT:**

***The following curricula in the specific fields are to be seen as examples of possible further training in the areas***

**Medical Hypnosis**

1. Management of Anxiety, Fear and Phobic Conditions

- Affect Bridge
- Dissociation
- Timeline
- Etc.
- Management of Pain
  - Theories of pain, transmission and perception

- The various hypnotic strategies
- Management of habits which are troublesome
  - Inappropriate use of alcohol
  - Inappropriate use of food
  - Nail-biting
  - Stammering
  - Smoking
  - Bed wetting
  - Insomnia
  - Etc
- Mind Body interaction
  - An understanding of the Psychosomatic relationship
    - Monitoring and influencing the autonomic nervous system: vis the control of blood pressure, respiration, anxiety, etc.
- Summary of Psychotherapeutic Approaches. To include
  - Humanistic, CBT, Systemic and Psychodynamic.
  - Issues of memory with an understanding of the concepts of false and repressed memory.
- Use of Metaphor
- Use of hypnosis in fertility and obstetrics
- Pediatric Hypnosis, with special reference to pediatric problems eg night terrors, nail biting, etc
- Adjunct to anesthesia /analgesia and/or sedation
- An understanding of boundaries, and definitions of professional competence and relevance.
  - Knowing when to refer
  - Having a protocol for referrals

## **Dental Hypnosis**

- Management of Fear and Phobic Conditions
  - Affect Bridge
  - Dissociation
  - Timeline
  - Etc.

- Management of Pain
  - Theories of pain, transmission and perception
  - The various hypnotic strategies
- Control of Hemorrhage
  - Both increase and decrease
- Management Salivation
  - Both increase and decrease
- Habit Management
  - Gagging
  - Bruxism
  - Nail-biting
  - Thumb sucking
  - Smoking
- Summary of Psychotherapeutic Approaches. To include
  - Humanistic, CBT, Systemic and Psychodynamic.
  - An understanding of the Psychosomatic relationship
  - Issues of memory with an understanding of the concepts of false and repressed memory.
- Use of Metaphor
- Pediatric Hypnosis
- Adjunct to IV and Inhalational Sedation
- An understanding of boundaries, and definitions of professional competence and relevance.
  - Knowing when to refer
  - Having a protocol for referrals
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## **Psychological Hypnosis**

Utilizing the unconscious  
 age regression and progression  
 confusion techniques  
 amnesia and hypermnesia  
 posthypnotic suggestions

Cognitive-Behavioral applications:

- Anchoring
- Desensitization
- Rehearsal

Psychodynamic applications:

- Hypnoanalysis
- Hypno-projective
- Age regression
- Enactment

Systemic applications:

Interactions patient-therapist  
 Constructivism : the place of the observer  
 Systemic changes in the couple, the family...  
 Homeostasis as a resource, homeostasis as a resistance  
 Working with several persons in hypnosis

*The following is identical to requirements for Hypnosis as a modality listed below*

**Clinical proficiency:**

Proficiency in the treatment of one or more of the following areas of clinical applications, **and** a knowledge of the others:

Anxiety and panic disorders  
 depressive disorders  
 psychosomatic and somatoform disorders  
 acute and post-traumatic stress disorders  
 relationship disorders  
 pain control  
 hypnosis psychotherapy for children and adolescents  
 addiction disorders  
 personality disorders.  
 eating disorders.

**Proficiency in shaping the therapeutic process:**

Therapy planning and selecting the appropriate level of intervention:

- solution oriented
- conflict oriented
- nourishing-supportive.

Diagnostics and utilization of resources, hypnotic responses and psycho-pathologies.

Reflecting, analyzing and utilizing transference and countertransference

Maintaining rapport with difficult patients in difficult situations and contexts.

**HYPNOSIS AS A MODALITY**

**Eligibility:**

In some European countries, legislature allows for a training in hypnosis-psychotherapy, to be comprehended as a full psychotherapeutic modality. Eligibility to be admitted to a training in hypnosis-psychotherapy will be subject to laws and regulations of the respective country. Typically, the criteria for admittance for a method specific training in hypnosis-psychotherapy will entail a four semester college-level preparatory training covering basic issues of psychology, medicine, social sciences and jurisdiction bearing to the field of psychotherapy.

**Range:**

The method-specific training in hypnosis-psychotherapy will require a minimum of 2000 hours of training, consisting of the following compounds:

<b>Type of Training</b>	<b>Hours</b>
Theory	300
Self-Experience	400
Internship	550
Internship Supervision	30
Psychotherapy under Supervision	600
Supervision and Case Presentations	120
<b>Total Training Hours</b>	<b>2000</b>

**Training Contents:**

Basic training in hypnosis-psychotherapy (in excess of the aforementioned requirements) ....

**Theory general:**

Developmental psychology, depth psychology, object relations theory, psychopathology and psychiatry, psychosomatics, behavioral psychology, social psychology, constructivism, communication theory, systems theory, group processes.

**Theory hypnosis-specific:**

Suggestion, perception, imagination, dissociation, absorption, states of consciousness, transference/countertransference, hypnotizability. All issues to be covered on five levels: theoretical, experimental, clinical, physiological, therapeutic applications.

**Self-experience:**

Self-experience in hypnosis psychotherapy (single setting as well as group setting) including the reflection of depth psychological concepts (e.g. transference and countertransference, neurotic conflict models)

**Hypnotic training:**

Utilizing the unconscious, age regression and progression, confusion techniques, amnesia and hypermnesia, posthypnotic suggestions.

**Advanced requirements**

**Clinical proficiency:**

Proficiency in the treatment of at least four of these eight areas of clinical applications: Anxiety and panic disorders, depressive disorders, psychosomatic and somatoform disorders, acute and post-traumatic stress disorders, pain control, hypnosis psychotherapy for children and adolescents, addiction disorders, personality disorders, eating disorders.

**Proficiency in shaping the therapeutic process:**

Therapy planning and selecting the appropriate level of intervention (solution oriented, conflict oriented, nourishing-supportive). Diagnostics and utilization of resources, hypnotic responses and psycho-pathologies. Reflecting, analyzing and utilizing transference and countertransference. Maintaining rapport with difficult patients in difficult situations and contexts.

**CONTINUING PERSONAL DEVELOPMENT (CPD)**

*(for holders of the ECH)*

Each ECH holder is required to continue to participate in professional development activities, at least 100 hours over three years. The activities can include:

- Congresses (international & local)
- Workshops
- Lectures
- Individual/group/peer supervision