

## Kathleen Long's short biography

Kathleen Long -Medical Doctor

President of ESH Congress 2026

Member of ESH Board and immediate Past President of ESH

MBChB MPH Glasgow University

NLP Master Practitioner

Myers Briggs Level 1

Member of BSMDH since 1982 and Hon Chairperson of BSMDH

Twice past President and secretary of BSMDH involved in the development and teaching of the Basic and Neurolinguistics courses for BSMDH

Practicing medical Hypnosis since 1982

I have been practicing hypnosis since 1982 and have used it mainly in my work as a General Practitioner in Scotland and also in my private practice. Being a generalist means that I see everyone of all ages and the way I use hypnosis is inclusive and has become part of my everyday professional practice. I became a member, and more recently honorary chairperson, of BSMDH in 1982 and have been both past president and secretary on at least two occasions. I am involved in training and in the development of the basic course that we teach in BSMDH. I am a master practitioner in NLP and completed training over 3 years. I am trained in TFT and autogenics. My goal is to help people regain control in their lives and over their illnesses. To help them realise their inner power and strength. I developed my hypnosis skills to suit the situations I mainly see patients and use a lot of short interventions. I had several years' experience working with athletes to improve their physical and mental performance. I've been fortunate enough to deliver workshops in many countries throughout Europe. I have been a journalist as well as a TV doctor in my past life. The motto of this ESH Congress is 'Let hypnosis Guide you to Inner Peace' and I think this is a wonderful all-encompassing statement. If you are in a situation where you feel powerless hypnosis can and does offer the possibility of respite whether that be from pain, fear, illness, trauma, persecution and many more human situations. The evidence is there to support this and I see it as my mission to make as many people aware of this as possible. I look forward to seeing you all in Glasgow 2026.