

Dr Gérard Fitoussi's short biography

Président European Society of Hypnosis (ESH) 2023-2026 : <http://esh-hypnosis.eu>

Président, Confédération Francophone d'Hypnose et de Thérapies Brèves (CFHTB) 2022-2022
www.cfhtb.org

Honoray president of , Association Française d'Hypnose (AFHYP) www.afhyp.fr

Board of Editorial Consultants, *International Journal Clinical and Experimental Hypnosis* (IJECH) <https://www.tandfonline.com/toc/nhyp20/current>

drgerardfitoussi@yahoo.fr

Tel : 001 33 (0)6 78 57 37 54

ORCID identifier : 0009-0002-0151-2625,

A medical doctor by training, I had always embraced a humanistic approach to healthcare, firmly believing that healing goes beyond treating symptoms—it requires a deep understanding of the human being as a whole. Early in his career, he became interested in the psychological and relational dimensions of medicine, which naturally led him to explore hypnosis as a complementary therapeutic tool.

Trained in medical hypnosis, I integrates it into his daily clinical practice, particularly in pain management, anxiety, stress disorders. For me, hypnosis is not merely a technique but a profound mode of communication with the unconscious—a way to restore the connection between body and mind. It is as a gentle and respectful approach that empowers patients and supports their autonomy in the healing process.

Alongside this clinical work, I'm engaged in an ongoing philosophical inquiry and particularly drawn to ethical issues surrounding patient consent, ethical training, and the delicate balance between medical intervention and respect for individual dignity.

Past-President of the French confederation of hypnosis, currently president of ESH, and bride of therapy, I regularly participates in interdisciplinary seminars. I'm also interested in the history of hypnosis not only on a factual basis but because it teaches lessons for where we are and where we want to go in an age increasingly dominated by technology and protocols. I advocate for a medicine that listens—one that recognizes the patient not as a case, but as a person, with a story, a voice, and a capacity for choice. I have authored an encyclopedic dictionary of hypnosis and numerous articles and chapters in books. I am passionate about transmitting knowledge and training others to share what I have learned. In all facets of his career, [Name] strives to reconcile scientific rigor with ethical sensitivity, and clinical expertise with philosophical depth. My path reflects a commitment to a more conscious and compassionate form of medicine—where healing the body also means honoring the mind and spirit.