

Abstract for the XVII ESH Congress Glasgow.

Key Note Randi Abrahamsen dentist, PhD, president-elect ESH

European Society of Hypnosis Research Project Effect of treatment with Hypnosis in European Clinical Practice

The aim of this ongoing study is to explore whether certain conditions or problems respond better to hypnosis than others, and if some individuals are more responsive to hypnosis than others. The ESH research project has collected data from patients and clients who sought treatment with hypnosis from clinicians (psychologist, psychotherapists, medical doctors, dentists ect), who are members of a European Hypnosis Society. The study is conducted online, anonymously, and in the patients' own languages. The main outcomes measured are patients' self-reported symptoms/problems and their overall wellbeing, using the MYMOP questionnaire, which rates symptom severity on a scale from 0 to 6. Patients also recorded whether they were taking medication for their symptoms during the study. A 7-item absorption scale was used to assess the ability to become absorbed, which is considered related to hypnotizability. Patients recorded their symptoms, wellbeing, and medication use weekly. Clinicians recorded the time spent on hypnosis and any other treatments. Data have been collected from Denmark, Belgium, France, Italy, Spain, and Ukraine. Preliminary results will indicate to what extent hypnotic intervention improves a person's self-assessment of their condition, and whether this improvement correlates with time used on treatment and hypnotizability.

Biography Randi Abrahamsen, dentist, PhD, President-elect ESH

Private Hypnosis Pain Clinic. Former owner of a private dental practice, as well as teacher, lecturer, and researcher in the Section of Orofacial Pain and Jaw Function at the Dental School, Aarhus University. Completed a PhD titled "Effect of Hypnosis on Persistent Orofacial Pain." Participated in international pain and hypnosis congresses with poster presentations, lectures, and workshops. Published articles in international pain journals. Serves as a teacher and supervisor for the Danish Society of Clinical Hypnosis. Previously held the roles of Editor and President of the Danish Society of Clinical Hypnosis. Currently President-elect and Chair of the Research Committee in the European Society of Hypnosis. Author of "Hypnosis and Communication in Dentistry" (in Danish) and contributor to the "Routledge International Handbook of Clinical Hypnosis". Recipient of Kay Thompson Award for Excellence in Dentistry from the International Society of Hypnosis and the German Society DZGH Research Award.