

**American Board of
Medical Hypnosis
Examination:
Preparation and
Experience**

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Why bother taking the ABMH examination?

Encourages structured self study to advance to another level of competence using hypnosis in your specialty

Opportunity to be mentored

Collegiality within ABMH

PREPARATION

Self-Study

Mentoring

Sources for self study

**Books—history of hypnosis,
general hypnosis, pediatric
hypnosis, hypnosis in
specialty areas**

Journals—past 10 years

AJCH, IJCEH, others

SELECTING MENTORS

General medical hypnosis

Pediatric medical hypnosis

Your specialty area

Time with mentors
In person
By phone / Skype

**Application must be received
complete at least a month
prior to the examination**

**Examination is currently
given in conjunction with
ASCH annual meeting**

**What kinds of examinations
are you preparing for?**

WRITTEN EXAMINATION

2 Hours, 100 MCQ

History of hypnosis

**Medical hypnosis research
findings**

Medical hypnosis practice

Forensic hypnosis

**Written examination must
be passed before oral and
practical examinations are
given.**

**Oral and practical
examinations are given
in a 2 hour time block.**

ORAL EXAMINATION

1 Hour

Theory, conceptualization

Medical hypnosis research

Case formulation

Professional issues

Informed consent

Ethical issues

PRACTICAL EXAMINATION

1 Hour

Ability to establish rapport

**Precision, adaptability,
flexibility of technique**

Purpose of a given technique

Indications/Contraindications

How resistance is negotiated

**All 3 examination parts,
written, oral, and practical,
must be passed to attain the
ABMH.**

**Final certification is granted
by action of the ABMH at its
annual meeting, currently
concurrent with the
ASCH annual meeting.**

**Failure of written requires
taking all 3 parts next year.**

**Failure of either oral or
practical requires retaking
that one part next year.**

**Failure of both oral and
practical requires retaking
all 3 parts next year.**

My own experience in preparing for the ABMH

**I prepared my case video DVD
and completed and mailed the
application with my CV and
two photos and application fee
check in May 2006.**

For self-study, I read books on the history of hypnosis, the general uses of hypnosis, pediatric and medical hypnosis, journal articles in AJCH and IJCEH for the past 10 years, and journal articles in my specialty relating to hypnosis.

I made outline notes on various topics in a notebook that was divided into topic sections, adding to the pertinent topic section as I read new material.

Dr. Dabney Ewin graciously agreed to be my primary mentor, and he mentored me in person for several hours and also by telephone. I made notes in my notebook on the various topics covered.

Dr Laurence Sugarman also graciously agreed to mentor me in the area of pediatric medical hypnosis, mostly by telephone.

Several other ABMH members graciously answered some questions for me.

**I took the examinations at
The ASCH/SCEH meeting in
2007. The 2 hour written was
on one day and the 2 hour
oral followed by practical
was on the following day.**

**I found the written exam
tough but reasonable.**

**The oral exam I found
probing but in a kindly
atmosphere.**

**The practical exam was
challenging but
enjoyable.**

Overall, I found the process of about 9 months of part time self study, being mentored, and then taking the 3 part examination to be a very worthwhile experience providing growth to another level of competence in using hypnosis in my specialty area.

QUESTIONS?





