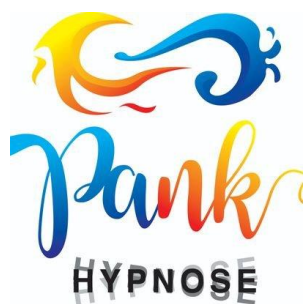




MODERN HYPNOSIS CONVENTION

Masterclass by Prof. David Spiegel

25 and 26 April 2026 in Nice

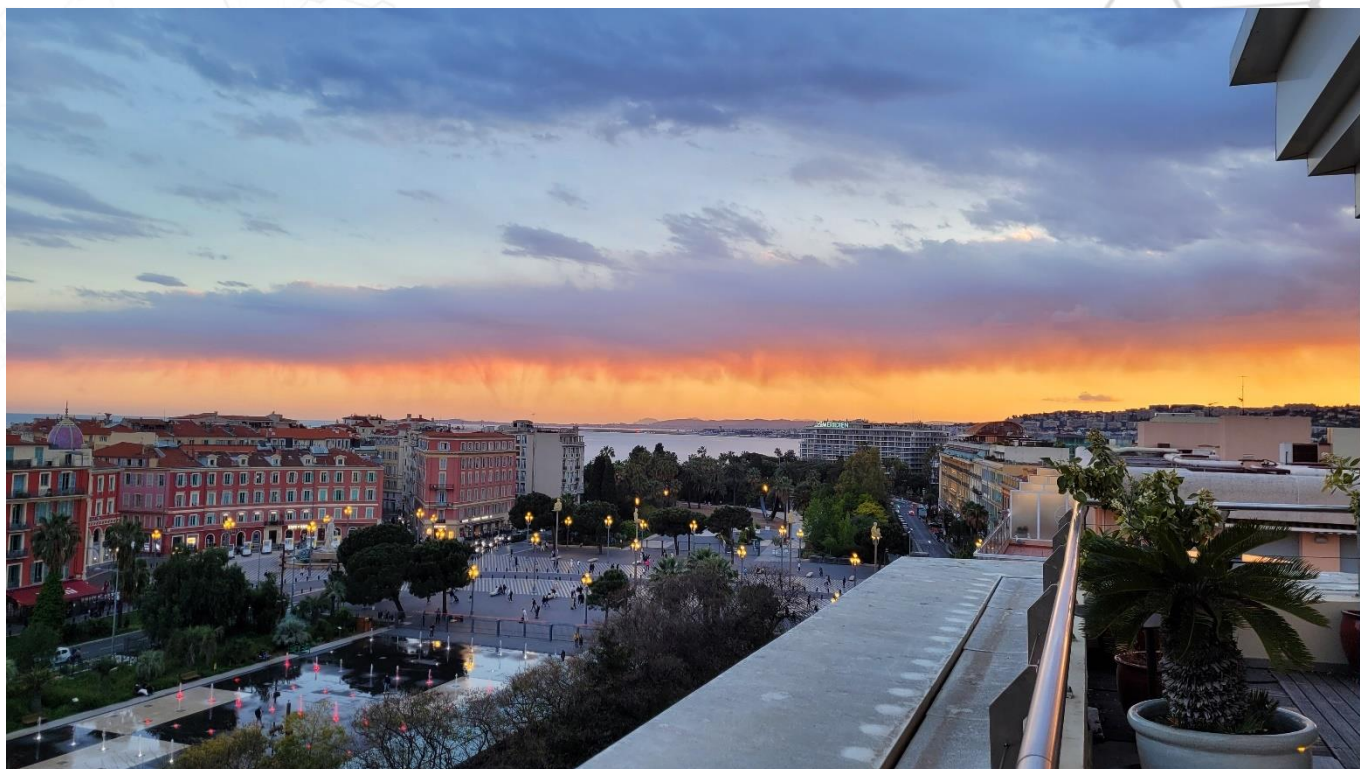


Dave Elman  
**HYPNOSIS**  
Institute France  
Dr Brice Lemaire

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WELCOME!



**Image rights:** Photographs will be taken during the convention. We will ensure that images are taken from behind or your face will be blurred. By attending, you authorize DEHIF and Pank HnO Hypnose to use these images for communication purposes.

Enjoy the Convention!

## FOREWORD FROM THE ORGANISERS

Christophe Pank (HnO Hypnose) and Dr. Brice Lemaire (Dave Elman Hypnosis Institute France) are honored to welcome Professor David Spiegel to the 2026 Hypnosis Convention – the world's leading event in the field of hypnosis.

This two-day Masterclass will combine theory and practice, with live demonstrations, case studies, and workshops – all translated in real time by a professional interpreter.

This is a rare opportunity to learn directly from one of the foremost international experts in hypnosis, offering his first-ever Masterclass in France.


With over 40 years of experience in both clinical practice and research, Professor Spiegel brings extraordinary depth of knowledge and insight.

As is tradition, we are also hosting a gala evening with dinner and entertainment, in keeping with the spirit of major international hypnosis events.

The €575 registration fee includes access to the two-day Masterclass, coffee breaks, lunch at the hotel, and the gala dinner.

You're in for a memorable and inspiring weekend in a beautiful setting.

Christophe Pank



Brice Lemaire

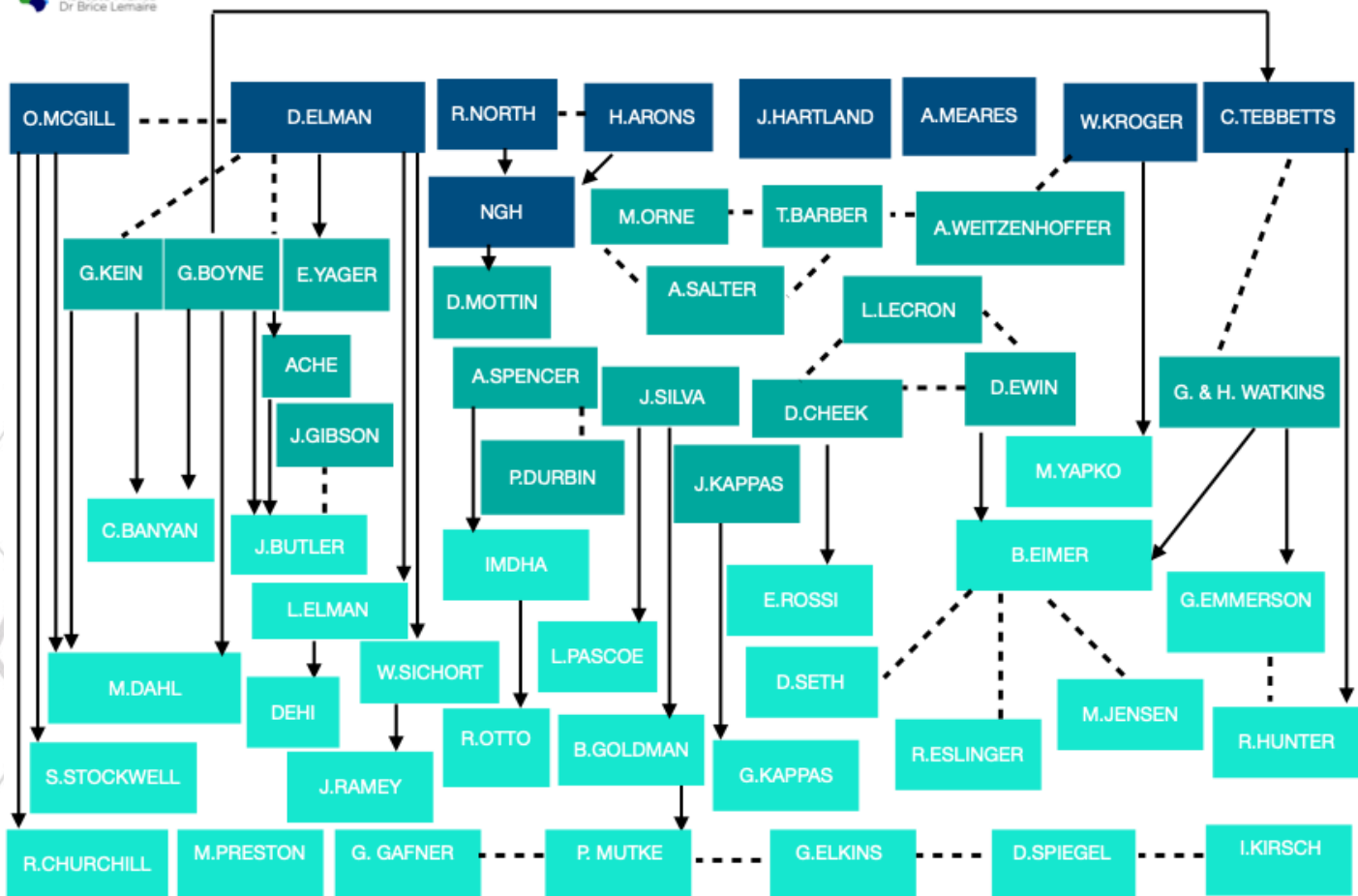
*Dr Brice Lemaire*

# Manifesto

# MANIFESTO FOR A MODERN HYPNOSIS ©

## Origin

Modern Hypnosis ©" is part of the lineage and heritage of Anglo-Saxon hypnosis in the 20th century. In reference to the generations that preceded us, modern hypnosis incorporates all the work of our predecessors through 3 successive generations.





# The "Modern Hypnosis ©" group

## Creation

The "Hypnose moderne ©" group was founded by professionals (medical, para-medical, therapists) around the practice of hypnosis and shared ethical values.

## Resources

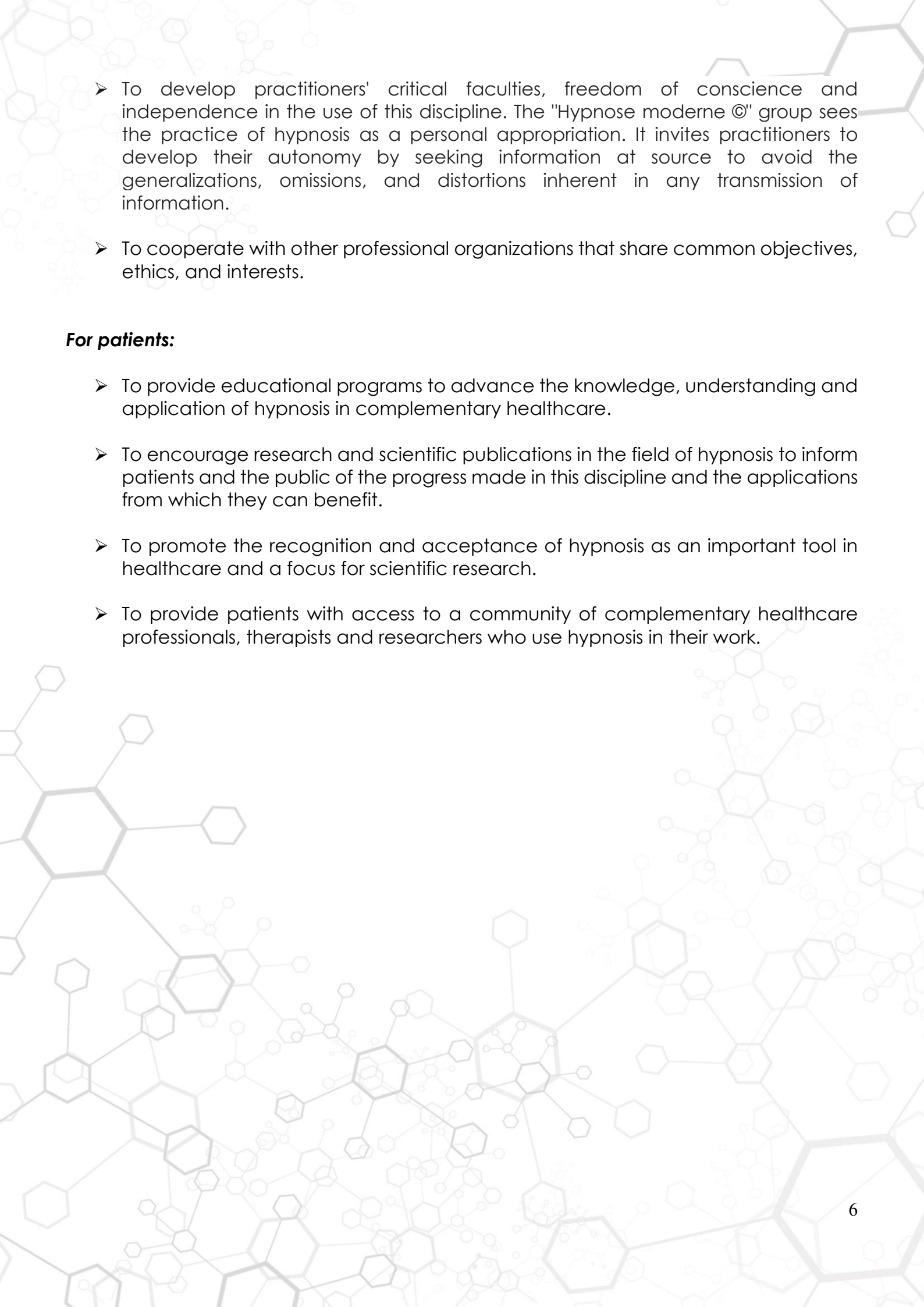
Modern Hypnosis © is based on two pillars, practice and theory, which mutually nourish each other to advance this discipline. Hypnosis is seen as a special discipline: studied as a science, but practiced as an art.

## Objectives

The objectives of the "Modern Hypnosis" group© are defined in the following articles:

### **For practitioners:**

- To establish a network of practitioners enabling collaboration, exchange in a spirit of knowledge sharing to advance hypnosis for the benefit of patients and to be a referral service of certified members to healthcare providers as well as to the public.
- To broaden your knowledge and skills, both practical and theoretical, within an ethical framework and with a patient-centered approach.
- To transmit a standard of training in surgical, medical, and therapeutic hypnosis, to promote a common base (300 hours of initial training) following the example of the major international bodies (ISH, SCEH, ASCH, NGH, IMDHA-IACT, ACHE).
- To promote research into hypnosis based on a scientific approach (inductive and deductive). Clinical studies, publications (articles, books, theses) and other media (audio, video) aim to develop a modern hypnosis that incorporates the most recent developments in this discipline, validated scientifically (evidence-based medicine).

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- To develop practitioners' critical faculties, freedom of conscience and independence in the use of this discipline. The "Hypnose moderne ©" group sees the practice of hypnosis as a personal appropriation. It invites practitioners to develop their autonomy by seeking information at source to avoid the generalizations, omissions, and distortions inherent in any transmission of information.
  - To cooperate with other professional organizations that share common objectives, ethics, and interests.

***For patients:***

- To provide educational programs to advance the knowledge, understanding and application of hypnosis in complementary healthcare.
- To encourage research and scientific publications in the field of hypnosis to inform patients and the public of the progress made in this discipline and the applications from which they can benefit.
- To promote the recognition and acceptance of hypnosis as an important tool in healthcare and a focus for scientific research.
- To provide patients with access to a community of complementary healthcare professionals, therapists and researchers who use hypnosis in their work.

# Who is Prof. David Spiegel ?



Renowned as one of the world's foremost hypnosis experts, Professor David Spiegel has been a key figure in psychotherapy, psychosocial oncology, stress, and trauma research for over four decades. He has authored 13 books, over 400 peer-reviewed articles, and 170 book chapters. His work has profoundly transformed the way hypnosis is perceived and used in medicine and mental health.

For the first time in France, he will deliver two exclusive days of Masterclasses on modern hypnosis – combining theory, live demonstrations, and workshops. Sessions will be interpreted live from American English to French. A unique opportunity to meet and learn directly from one of the world's pioneers in this field!

Dr Spiegel has been Willson Professor at Stanford University School of Medicine since 1975, where he directs several research centers:

- Associate Chair, Department of Psychiatry and Behavioral Sciences
- Director, Centre on Stress and Health
- Medical Director, Centre for Integrative Medicine

His expertise spans stress, chronic pain, sleep, psycho-oncology, psycho-neuroendocrinology, and of course, clinical hypnosis. His work is supported by institutions such as the NIH, MacArthur Foundation, and Dana Foundation.

He has contributed to the DSM-IV and DSM-5, and served as chair of major organizations including the American College of Psychiatrists and the Society for Clinical and Experimental Hypnosis. He is a member of the National Academy of Medicine and spoke on hypnosis at the World Economic Forum in Davos in 2018.

<https://med.stanford.edu/profiles/david-spiegel>

<https://www.reveri.com/>

<https://www.instagram.com/reveri/?hl=fr>

<https://www.facebook.com/tryreveri/>



# Training Program

## **Saturday morning**

1. Understanding hypnosis: our approach based on 50 years of research and clinical work on over 7,000 patients and research participants, with the neurobiological foundations of hypnosis.
2. Understanding hypnotisability: its implications for treatment and how to assess it. Demonstrations using the Hypnotic Induction Profile (HIP).

## **Saturday afternoon**

1. Hypnosis & stress-anxiety
2. Hypnosis and pain
3. Q&A

## **Sunday morning**

1. Hypnosis & sleep
2. Hypnosis and nutrition

## **Sunday afternoon**

1. Hypnosis & trauma (PTSD)
2. Hypnosis & smoking cessation-addictions
3. Q&A

# Training schedule

	Samedi	Dimanche
8H00-8H30	ACCUEIL DES PARTICIPANTS	
8H30-10H	<b>Master Class David Spiegel</b> Données actuelles sur l'Hypnose (issues de ses travaux, soit 40 ans de recherche)	<b>Master Class David Spiegel</b> Hypnose & sommeil
10h-10h30	Pause	Pause
10H30-12H00	<b>Master Class David Spiegel</b> HIP (Hypnotisabilité versus suggestibilité, niveau de transe, application reveri, autohypnose...)	<b>Master Class David Spiegel</b> Hypnose & alimentation
12H30-14H00	DÉJEUNER	DÉJEUNER
14H00-15H30	<b>Master Class David Spiegel</b> Hypnose & stress-anxiété	<b>Master Class David Spiegel</b> Hypnose & traumatismes (TSPT)
15H30-16H00	Pause	Pause
16H00--17H30	<b>Master Class David Spiegel</b> Hypnose & douleur Questions-réponses	<b>Master Class David Spiegel</b> Hypnose & sevrage tabagique-addictions Questions-réponses
19h30	<b>SOIRÉE de GALA</b> <b>DINER ET SPECTACLE</b>	

# Notes

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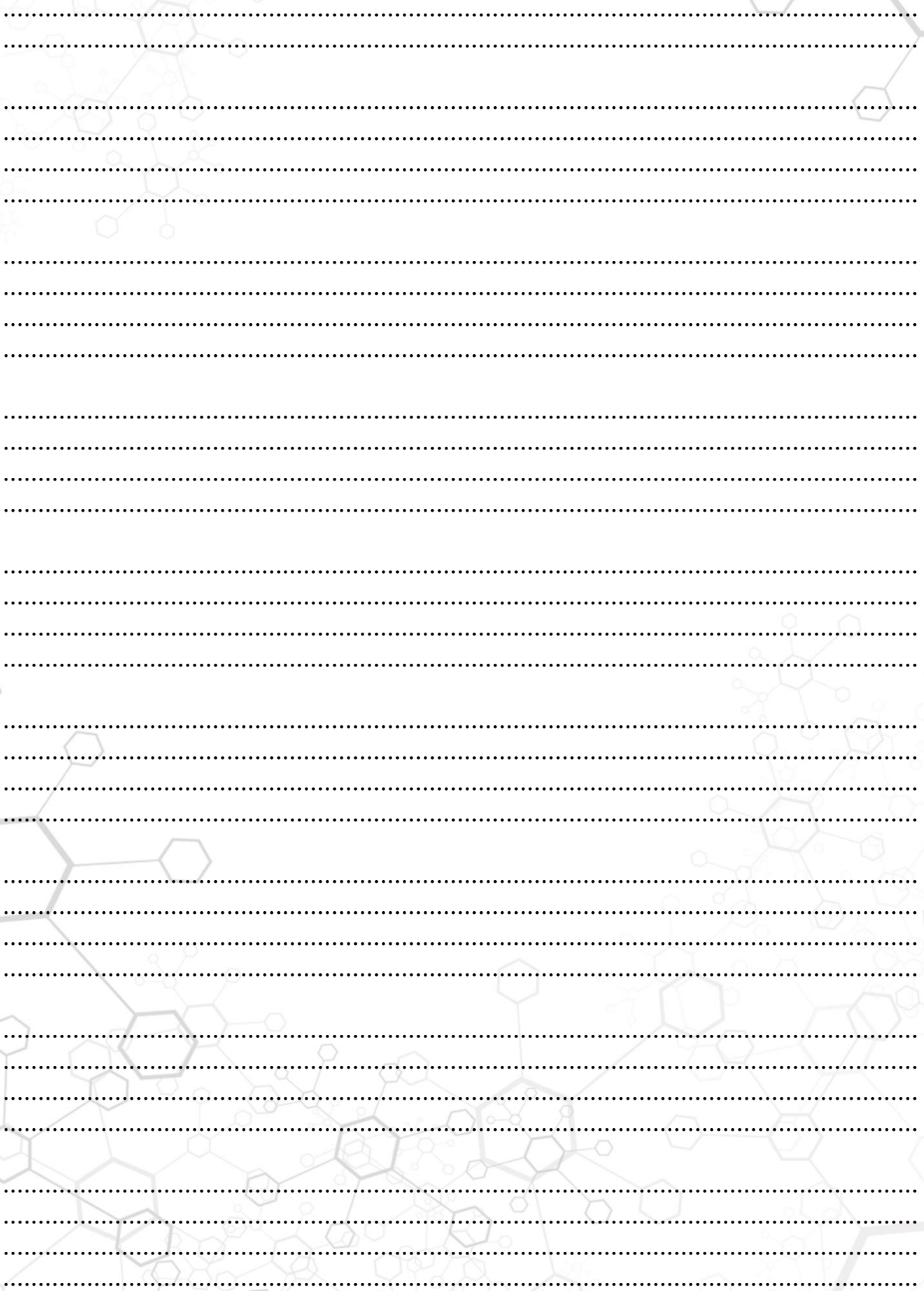
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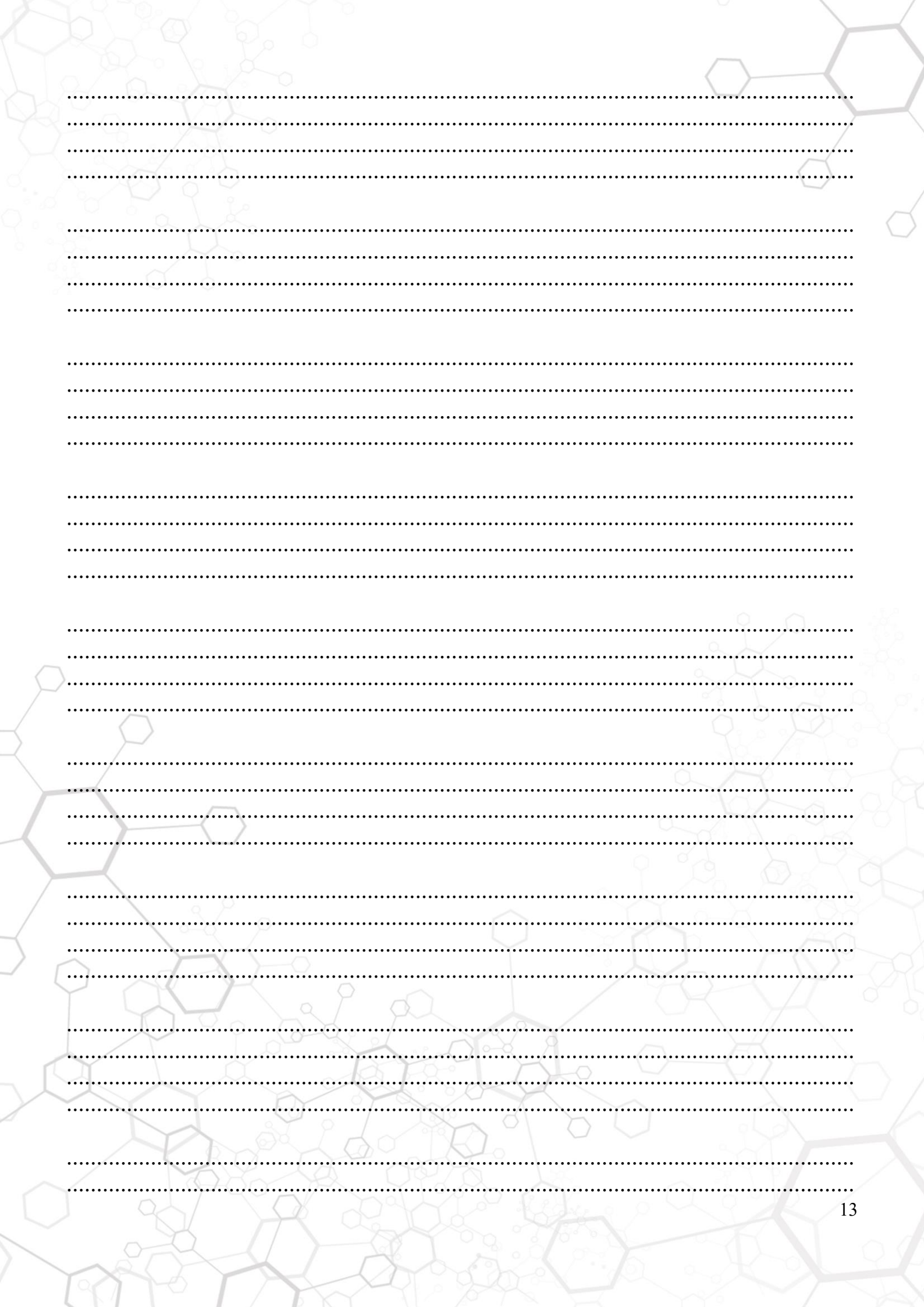
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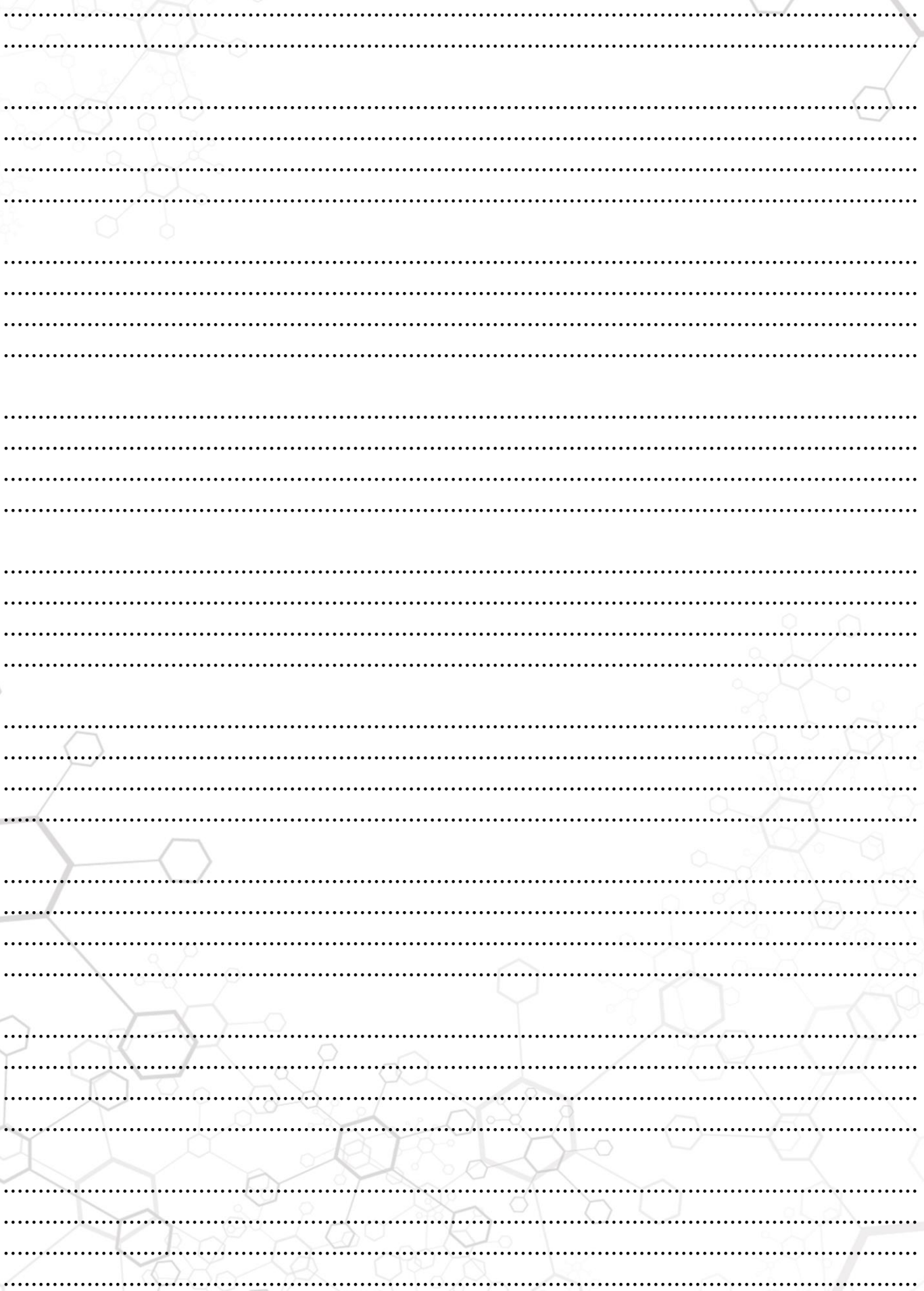
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# CERTIFICATE OF PARTICIPATION

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attended the **Modern Hypnosis Convention "MasterClass David Spiegel"**  
organised by Dave Elman Hypnosis France and HnO Hypnose on 25 and 26 April 2026 in Nice.

**Programme :** Understanding hypnosis | Understanding hypnotisability | Hypnosis & stress-anxiety | Hypnosis & pain | Hypnosis & sleep | Hypnosis & nutrition | Hypnosis & trauma (PTSD) | Hypnosis & smoking cessation- addictions | Questions & answers

**Duration:** 16 Hours - Theory and practice

Nice, 26 April 2026

*Holder's signature*

*Brice Lemaire*

*Christophe Pank*

*Dr Brice Lemaire*





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