

American Board of Medical Hypnosis: The Examination Process

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March 6, 2011

Components

- Written Exam
- Oral Exam
- Practical Exam
- Results

The Written Exam

- Multiple Choice, 100 Items in 2 hours
- Covers history, past and recent literature
- Includes most medical fields where hypnosis may be applied, including adult primary care and pediatrics, as well as procedural hypnosis
- Includes knowledge about what's important in a trance relationship, induction, alerting, suggestions, boundaries and limitations, resistance, and managing problems that may arise

The Oral Exam

- Three examiners
- Duration: 45-75 minutes
- May be videotaped
- Covers hypnosis in general, but tends to emphasize its applications in the candidate's field
- Deals with history, literature, general principles, limitations and boundaries, integrating hypnosis into work with other clinicians, legal and ethical issues

The Practical Exam

- Duration: 45-60 minutes
- Videotaped
- Candidate is presented with a patient and a problem, simulated by an examiner
- Candidate is expected to acquire a context and history, establish rapport, develop a strategy, and apply hypnotic techniques, both using trance and waking suggestion

The Practical Exam - 2

- Problem may be straightforward, but patient may present problems or complications that candidate is expected to manage
- After encounter, candidate will be asked about his or her observations, impressions and plans

Hearing About Results

- Candidates are usually informed sometimes during the ASCH meeting about their performance and the results of each of three parts of the exam
- Successful candidates must pass all 3 parts
- Passing grade on written exam is $\geq 70\%$

Retakes

- Some candidates do not pass all 3 parts on first try.
- If the candidate fails the written exam, the oral and practical exams may be postponed until written exam is passed.
- If candidate fails one or more parts of exam, he or she is expected to work with a mentor

Summary

- As much as possible, we hope preparing for the ABMH exam will be fun and an educational opportunity to solidify one's knowledge about medical hypnosis in practice.
- The exam hopes to certify both knowledge and competence.
- The exam is not designed to be overly stressful but rather to reflect clinical practice.