

Nicole Ruyschaert, Dr.

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Dr. Nicole Ruyschaert M.D. is psychiatrist-psychotherapist and Past – President of the ESH – European Society of Hypnosis. She has been elected as a member of Board of Directors of ISH 2015. After her medical degree at the university of Ghent, she started specialization in psychiatry and took further training in CBT, hypnosis, EMDR and coaching. Now she is a trainer and supervisor in hypnosis and in psycho-traumatology. She is actively involved in training and supervision in hypnosis – basic training, information sessions on hypnosis, training in hypnotic communication in medical practices and hospitals, basic / specialized /advanced workshops in hypnosis. She has been president of ESH through October 2014, and left ESH BoD August 2017. She has been ESH Newsletter editor 2005-2011 and co-editor 2011-2014. She is past-president of the VHYP, and after more than 20 years, still actively involves in the society. In her private practice she offers individual therapy with integration of CBT, Hypnosis , solution-focused approaches and EMDR for a variety of problems. Clients come to ask therapy for (posttraumatic) stress and stress related disorders, dissociative disorders, (phobic) anxiety, performance enhancement, pain control, psychosomatics, functional syndromes, habit control, social anxiety, test anxiety and depressive disorders.

She gives a basic training in hypnosis and intermediate / advanced training sessions on hypnosis for integrating hypnosis in psychotherapy, PTSD, dissociative disorders, stress, burnout, performance enhancement, functional disorders, pain control, resilience and happiness. She worked out an 8 – days training on integrating Ericksonian hypnosis in solution-focused therapy and a training curriculum on hypnotic communication in medical settings. She published some papers on hypnosis for burnout, stress control, happiness.

She has lectured and has given workshops in many international hypnosis congresses and was invited to give workshops and training in many hypnosis societies and psychotherapy societies, in Belgium, in different European countries, Turkey, Canada, China, Iran and all over the world in Dutch, English, French and German language.