

Dr. Stella Nkenke, MD

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Professional Summary

Physician specialized in medical hypnosis with a focus on pain management (including CRPS), perioperative care, and mental performance training for elite athletes and professional musicians. Scientific Lead of a postgraduate university program and internationally active lecturer. President of a national hypnosis society and board member of leading international organizations in the field.

Education

Doctor of Medicine (MD), University of Regensburg / Friedrich-Alexander University
Erlangen-Nuremberg (1998)
Erasmus Program, Italy

Medical Qualification

General Practitioner (Physician), Germany

Clinical Experience

Private Practice, Vienna (2018–present): Medical hypnosis, pain management, perioperative care, performance training
Private Practice, Erlangen (2010–2017/18)

Academic & Teaching Positions

Scientific Lead, Postgraduate Program in Medical Hypnosis, Medical University of Vienna
Training physicians and psychotherapists; curriculum development
International teaching: Albania, Australia, China, Iran, Italy, Luxembourg, Mexico, Poland, Switzerland, Turkey

Professional Leadership

President, Milton Erickson Society for Clinical Hypnosis (since 2026)
Board Member, International Society of Hypnosis (since 2024)
Board Member, European Society of Hypnosis (since 2021)

Lectures & Conferences

Invited Speaker and Workshop Leader at ISH Congress and MEG Congress (Kassel)
Co-organizer of MEG Congress (since 2024)

Training in Hypnosis

Certified Training (MEG), 2009–2011
Advanced training with Jeff Zeig (until 2023)

Publications

Case report on CRPS (ZHH)
Contribution to 'Voices of Experience: Chronic Pain'

Interests

Pain management, medical hypnosis, performance training, psychophysiological regulation