

CLIENT DISCLOSURE & AGREEMENT

Before we begin, please read this agreement and if you understand what is written here, then please sign and date it.

It asks you about the reasons why you are seeking Hypnosis to assist you, as well as any other issues you might have. It sets out the context in which you will get the outcome you want. It also covers some of the issues of law governing our relationship.

1. Hypnosis is alternative or complementary health care under the laws of a number of states: The person you will be working with is not licensed. That means that he is not a Medical Doctor, psychiatrist, psychologist, Master in Family and Child Counselling (MFCC), or a Master in Social Work (MSW) and you acknowledge that you have never worked with a licensed person regarding the issue you are seeing them for.

(If you have, you need to present us with a letter of referral from him/her before we start therapy or coaching. If you have been prescribed medication by them, you need to present us with a letter of consent from them before we can start therapy. This note should state that you have informed your health care provider of your decision to engage in Hypnosis.)

Furthermore, nothing that happens here in the session should be construed as, nor should you believe that it is, a substitute for the advice of a licensed person.

2. What to Expect: Your alternative health care practitioner, (Hypnotherapist) has been trained and certified in Hypnotherapy and will be using this technique along with Neuro Linguistic Programming (NLP). The session will probably be different from what you might have expected.

It is very important for us to discover the internal thought process of HOW you create your issue. That means that we are looking for your strategy, or how you structure it. Because our focus is on structure, that means that once we discover it, we can move on and focus on having the issue disappear quickly. Your Hypnotherapist may therefore shorten the answers you give, or even talk about your issue in ways that you have never considered. He may even ask you questions that you do not totally understand consciously in order for your Unconscious Mind to make the changes you want at the unconscious level. It is important to do this so that we can reduce the time taken for the changes to take place. If you have been in a therapy session before, expect that this one will be very different, and quite a bit shorter.

3: This is the Process: We begin by asking why you have come to us. We will ask you for examples and ask other questions to discover HOW you process all this in your head. We will also probe to discover the source of the issue -the precipitating event(s). Before the end of this part of the session we will ask you what you believe has to happen so you will know your issue has been resolved.

4. After the Session: We will assign you some very specific tasks to do. These tasks are a fundamental part of the session. They may take up to several days or weeks to complete. The tasks are directly related to the circumstances that created the issue.

YOU MUST DO THEM. If you do not, then neither you nor we can predict the outcome of the therapy or coaching. Certainly, any guarantees will be invalid if you do not do the tasking.

The second thing that is important is that you will need to stubbornly focus on what you want. The people who are the happiest over-all in life are those who recognise that we all have a choice to focus on what we do or don't want. You can focus on negative emotions and things that make you feel bad, or you can focus on positive emotions and things that make you feel good. It is your choice.

After the session, YOU MUST FOCUS ON WHAT YOU WANT.

Finally, if your old pattern rears its ugly head, then you must refuse to run that pattern again. Please remember that we have the utmost total and complete respect for you and absolutely no respect for your old issue.

5. This is Alternative or Complementary Health Care. Your Hypnotherapist is a legal Complementary Healthcare Provider, and not a licensed Medical Doctor, Psychologist, Psychiatrist, M.F.C.C, or M.S.W. The services you receive are not licensed in this state, nor does a government body regulate them. The self-regulated holistic treatments and client-centered disciplines in which your practitioner is trained and in which he/she has experience include consulting and coaching, hypnosis and NeuroLinguistic Programming (NLP). We will always provide only those services in which we have been trained, and if we find that we cannot help you, we will refer you to a licensed person who can assist you.

During your session we will use one or more of the following techniques:

a. Neuro Linguistic Programming (NLP): NLP is a model of communication, of how we communicate to self and others and how that communication creates and affects our behaviour. As a study, it is a synthesis of cognitive and behavioural philosophies, which focus on the information coming in through the neurology (cognitive) and the programs we run inside our heads to produce the behaviours (behavioural) we do.

b. Hypnosis: This is the use of trance to make changes at the unconscious level. Hypnosis has been used to produce unconscious change with clients since 1843. Since Hypnosis may be used during your session, for your safety you should make sure that you are totally wide awake before driving or doing any other activity that may require concentration.

Your practitioner is certified as a Hypnotherapist by the American Board of Hypnotherapy.

6. Confidentiality:

All client information is kept strictly confidential and is for our internal use only. (Please note however that we may be required to share information about child abuse with state bodies who oversee such matters.) Sections 23 and 27 of the *Children and Young Persons (Care and Protection) Act 1998*(NSW)

7. Your Guarantee:

All work that we do IS guaranteed. That means that you will receive the support and follow-up to ensure you get the results you wanted. Experience has shown us that

our clients always get results providing they finish the program. That means, attend every session. You must go through the entire process of therapy or coaching all the way to the end. You must complete the tasking after the session. Having done this and allowed some time (say up to 2 weeks) for the process to integrate then we agree to work with you until your issue has been resolved at no charge beyond the initial session.

If we have quoted you a certain length of session after the Detailed Personal History was completed; we will work with you at no charge until you get the results you want.

8. Your Choice, Your Responsibility:

During the session we will offer you advice and other ways of looking at your issue and its solutions for your consideration, however you hereby agree that whatever we discuss is only our perspective and is not binding upon you, nor is it a prescription. If you wish to discuss our suggestions with someone else, you should discuss them with a licensed health care provider. It is your responsibility to confirm whether or not any changes we made produced the desired results. It is your responsibility to communicate your results to us. Our liability is limited to the amount paid for the therapy.

Name _____

Date _____

Sign _____