

Informed Consent (Guided Imagery and Hypnosis)

Hypnosis

Hypnosis is a natural, relaxed state of inner-focused attention where your conscious mind relaxes and your subconscious/unconscious mind becomes open to positive suggestions. Hypnosis is not a state of sleep, but is a natural state of mind that can produce extraordinary levels of relaxation of mind, body and emotions. Deep relaxation is common. During hypnosis, you will remain completely aware of everything that is going on. The therapeutic use of hypnosis (hypnotherapy) can provide opportunity for emotional release and relearning.

Guided Imagery

Guided Imagery is directed imagination. Guided imagery uses the imagination in a focused, directed way for a specific outcome (using your senses: seeing, hearing, touching, smelling, tasting). This can include, but is not limited to relaxation, emotional understanding and release.

Memories

The use of hypnosis could elicit memories of past events which may or may not be literally true. It is possible that events under hypnosis will be distorted or misconstrued. Memories or images evoked under hypnosis are not necessarily accurate and may be a construction of a composite of memories. Without corroborating information, it is not possible to determine whether a specific memory is true or false, even if it seems true.

Medical or Other Conditions

Please let me know if you have any medical or other condition where hypnosis might be contraindicated. If you're not sure, it's always best to consult with your physician or other qualified health care provider first so they could evaluate and advise based on a careful considered evaluation of all pertinent facts.

Hypnosis Training and Certification

I am a Certified Master Hypnotist. I received my training and certification in Basic, Intermediate and Advanced Hypnosis through the American Board of Hypnotherapy.

Audio Recording

If we record a basic hypnosis session for you to listen to on your own, it is understood that this recording is for your personal use only. This recording is not for public consumption and should not be copied, shared, distributed, sold, posted online or disseminated in any form. The audio recording can cause you to become relaxed and even sleepy. It should not be listened to in a vehicle, while operating heavy machinery or during any activity where alertness or attention are required for safety. Instead, listen to it at home in a safe comfortable environment – preferably while lying down. And give yourself plenty of time to return to a state of complete alertness afterward before returning to your normal activities. There is no promise or guarantee made for specific results or outcomes. However, guided imagery and hypnosis can help you explore and resolve issues that may be bothering you. And your motivation and participation contribute greatly to achieving your desired outcome.

I have read and understand the information described above. And I have received a copy.

Date

Print Name

Client's signature