

## Hypnotherapy Services Agreement

### Client Information and Release Form

Please note that I am not a licensed physician. Therefore, I am not qualified to prescribe medication, diagnose medical or psychological conditions or treat mental disorders. The treatment of hypnotherapy, or any alternative modalities used, is alternative or complimentary to the healing arts services. The services I provide are registered by the State of Washington Department of Licensing and I am also certified through the American Counsel of Hypnotherapists. The type of services that I provide include relaxation techniques, pain management, awareness and solution to overeating behavior, trauma release with personal empowerment and conflict resolution. It is my goal to provide my clients a supportive, safe, non-judgmental and nurturing environment in which they can gain insights into established patterns of behavior and/or thinking which may no longer serve them. Based upon the theory that all hypnosis is self-hypnosis, I am committed to guiding my clients toward reaching their own insights, goals, healing, and self-transformation. I was trained in hypnotherapy at The Ashland School of Hypnotherapy in Ashland, OR, where I completed a 200 hour course. The training was designed to ensure systematic integration of Eriksonian Hypnotherapy, Neuro-linguistic Programming, Imagery and other modalities. My background includes an education in and completion of the qualifications for chemical dependency counseling; formerly, I was the Senior Case Manager of the inpatient department at The Center for Alcohol and Drug Treatment. For the last 25 years, I have owned and operated a massage practice and am currently licensed with The State of Washington's Department of Licensing as a massage practitioner. I've had extensive continuing education in a variety of massage, energy healing and hypnotherapy techniques. As a hypnotherapist my focus of expertise include treatment of overeating, pain management, relationship issues, trauma and anxiety disorders. Hypnotherapy is only as good as your follow through, listening to daily recordings are a great way to reinforce the work we do in our individual sessions. This is not a quick fix, however, my experience has been that it provides a faster tract to healing than many traditional forms of therapy. I do not guarantee any outcomes from these sessions. Your attendance is based on your choice to explore hypnotherapy as it is used to address your particular issues. There are no promised results. Because I keep my practice size small, there is a \$40.00 fee for any missed session or less than 24 hour notice of cancelation.

I have read and understand the above.

NAME (printed) \_\_\_\_\_

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_