

# Hypnotherapy Services Agreement: Client Information and Release Form

The following information is intended to fulfill the requirements by hypnotherapists regarding their services as required by California Senate Bill #SB577, passed in September 2002. If you have any questions or need additional information, please let me know.

1. Please note that I am not a licensed physician. I am not qualified to prescribe medication, diagnose medical or psychological conditions or treat mental disorders.

2. The treatment of hypnotherapy, or any alternative modalities used, is alternative or complementary to healing arts services licensed by the state.

3. The services I provide are not licensed by the state, although the training I received at HCH has been approved by the California Department of Consumer Affairs, the International Board of Regression Therapy, and the Professional Board of Hypnotherapy.

4. Services I provide include relaxation techniques, self-hypnosis training, and using hypnosis for the purposes of pain management, trauma recovery, skill rehearsal, habit abatement, past life regression, addressing relationship and sexual issues, etc.

5. It is my goal to provide to my clients a supportive, safe, non-judgmental and nurturing environment in which clients 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 guide clients toward reaching their own insights, goals, healing, and self-transformation.

6. My training in hypnotherapy has been the completion of the 300-hour clinical hypnotherapy training course at HCH in Lafayette, designed to ensure systematic integration of Ericksonian Hypnotherapy, Neuro-linguistic Programming and many transpersonal modalities of healing through altered states of consciousness. I have completed several advanced trainings including Past-Life Regression Therapy and Medical Hypnotherapy. I also hold a Masters degree in Education (Pedagogy) from the University of Cologne as well as a Masters degree in Counseling Psychology from Lesley College in Cambridge, Massachusetts. I have worked extensively with various clients, including trauma survivors, providing individual and group psychotherapy. And I have thousands of hours of practical experience as a hypnotherapist working with a variety of issues ranging from smoking cessation, relationship concerns or spiritual crisis to past-life regression.

I have read and understand the above.

Signature \_\_\_\_\_ Date \_\_\_\_\_

