

# *Christine Sumner Coaching & Hypnosis* Life Coaching Client Service Agreement Addendum

To my client: Please review and sign where indicated.

**11. For Those Coaching Clients Who Choose *In-Person* or *Online* Individual Hypnosis and Individual Hypnotherapy as Part of Our Coaching Relationship:**

In most cases, individual coaching clients are seen for a 55-80-minute hypnosis or hypnotherapy session. The first half-hour is spent talking and uncovering information. The next 20-40 minutes is spent in hypnosis or hypnotherapy. The last 5-10 minutes is spent in completion and weekly instructions.

During individual hypnosis and individual hypnotherapy sessions, a “reinforcement recording” is made which is used to extend the benefits of your session. With hypnosis or hypnotherapy, the benefits continue to increase after you leave the office and during the weeks that follow. In some cases, it may be necessary to see you once per week at the beginning of our coaching relationship.

I knowingly and willingly request hypnosis and hypnotherapy by Christine M. Sumner, MA, EdS., NCC, LPC for myself. I acknowledge that hypnosis or hypnotherapy is in no way a replacement for any medical treatment. I will not drive or operate machinery while participating in online individual hypnosis or online individual hypnotherapy.

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Signature

Date