

As New York State does not currently provide guidance/regulation regarding the practice of Hypnotherapy, Hilyard Hypnotherapy follows the guidelines as laid out in California and identified by the HMI College of Hypnotherapy:

In recognition that millions of Californians receive a substantial volume of healthcare services from complementary and alternative health care practitioners, California Law allows access by California residents to complementary and alternative healthcare practitioners who are not providing services that require medical training and credentials. The following disclosure is provided in compliance with Section 2053.6 of the California Business and Professions Code.

The purpose of a program of hypnotherapy is for vocational and avocational self-improvement (Business and Professions Code 2908) and as alternative or complementary treatment to healing arts services licensed by the state. A hypnotherapist is not a licensed physician or psychologist and hypnotherapy services are not licensed by the State of California. Services are non-diagnostic and do not include the practice of medicine, neither should they be considered as a substitute for licensed medical or psychological services or procedures.

Hypnotherapists who assist clients with weight loss and/or other health and fitness goals may provide general nutritional advice and/or recommend published books, food guides and health and fitness publications. This is not a substitute for medical advice and you are advised to seek your Doctor's approval before making any medical/health/lifestyle changes.

Hypnosis works with the power of the subconscious mind to change habits and behaviors. The subconscious mind is considered to be the source or root of many of our behaviors, emotions, attitudes and motivations. Hypnosis is believed to be a powerful tool for accessing the subconscious mind and creating improvements in our lives.

Services consist of a program of conditioning, including an undetermined number of private sessions, depending on the client's individual needs. The hypnotist will to the best of his or her ability endeavor to accomplish the objectives of the client's sessions. While hypnosis may be an effective technique for many purposes, the effectiveness may vary from individual to individual, and no specific results or progress can be promised or guaranteed.

The feelings and experiences one has in the hypnotic state can vary from individual to individual. Many people remain completely aware of everything that is going on while in hypnosis. Some individuals experience a hyper-awareness where sensations are perceived enriched and vivid. The ability to visualize or imagine is often enhanced. A feeling of deep relaxation is common and some people describe the hypnotic state as an escape from physical tension and emotional stress, while remaining completely alert.

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 or 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 to the client.

DISCLOSURE OF SERVICES

While it is the practice of Hypnotherapists to keep information confidential, information revealed in hypnotherapy is not subject to the psychotherapist-patient privilege. A court may order disclosure of information learned in therapy.

I have received a copy of this disclosure and understand the information described above. I have also read the dependent information, which is a biography of the Hypnotherapists education, training, experience and other qualifications regarding the services to be provided.

Client Name (please print): _____

Client Signature: _____ Date: _____

Mark Hilyard is a Certified Hypnotherapist currently working in the Buffalo-Rochester region of Western New York. He has combined a lifelong interest in philosophy and the psyche with three decades of IT experience identifying and modifying patterns in data, systems and people to now help his clients free themselves from fear, pain and doubt.

Mark's self discovery has taken many forms, including the pursuit of two martial art black belts resulting in an understanding of how frame of mind contributes to the limits we accept or overcome. Fiction writing, a hobby since high school, has expanded his ability to create and explore alternatives while guiding clients through personal development. His natural tendency towards humor and metaphor allow him to envision and share a better way, brighter future, compassionate reflection and peaceful heart.

Diploma in Hypnotherapy

Hypnosis Motivation Institute - Nationally Accredited College of Hypnotherapy - 818-758-2747
Graduated: 04/12/2021

Certified Hypnotherapist

Hypnotherapists Union Local 472 - 818-659-8687
Certification Number: 60493906
Certification Valid To: Jun 21, 2022

Certifications from the American Hypnosis Association

- Hypnosis and Pain Management - 05/2021
- Hypnosis and Weight Loss - 05/2021
- Pre and Post Surgery Hypnosis - 04/2021
- Smoking Cessation - 05/2021

Professional Memberships

- American Hypnosis Association - Member Since: 2021

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