

Telehealth Hypnosis FAQ's

How can I receive hypnosis while quarantined at home?

You can easily connect with me via virtual platform in the comfort of your home. The only requirement is a smartphone.

Can I have a telehealth visit if I'm a new patient?

Yes. You can receive your initial intake, treatment planning, clinical hypnosis and coaching virtually. It is a convenient and effective alternative to in-person sessions.

How do I request a virtual appointment?

Simply call my office: **203-563-8531** or email: **mpower@moniquequiles.com** to request a telehealth hypnosis appointment.

Hypnosis works through video?

Yes, hypnosis is equally as effective in person or through any virtual platform.

Is hypnosis covered by insurance?

You will have to self-pay; however, you may be eligible for reimbursement by your insurance carrier.