



Hypnotherapy

Client Contract

1. I have been advised by Jo Cowley of the nature and scope of our hypnotherapy sessions. I am aware that results can vary from one person to another. Jo Cowley cannot guarantee that your issue will be 'cured' or completely resolved.
2. It has been explained to me that hypnotherapy has a collaborative approach; my progress will be dependent on my active participation and engagement in the process, alongside my own personal motivation. I understand that success cannot be guaranteed.
3. **The fee for our sessions is £65 payable no later than 48 hours in advance. I understand that 48-hours' notice is required to cancel or change a session and that if I do not give 48-hours' notice, I will still be charged for the session. I understand that for smoking cessation, there is a one-off fee of £250 to include the initial consultation, stop smoking session, and follow-up support.**
4. I understand that hypnotherapy provided by Jo Cowley is not a replacement for medical treatment, psychological or psychiatric services, or counselling. I also understand that Jo Cowley cannot diagnose or prescribe for a medical or mental health condition.
5. I declare that, if advised prior to a hypnotherapy session to seek medical approval, I have consulted with my GP and/or medical consultant and gained the appropriate medical approval for working with Jo Cowley.
6. The number of sessions will be discussed during our initial consultation and a treatment plan will be outlined.
7. I have accurately and truthfully answered the questions in our initial consultation.

8. I understand any mp3 recording provided by Jo Cowley is at her discretion, and to be used for personal use only. I understand that these will be shared via WhatsApp.

9. I understand that any contact between sessions should be via email only, and on WhatsApp to confirm receipt of mp3 recordings. Jo Cowley subscribes to The National Hypnotherapy Society's Code of Ethics which can be found at [National Hypnotherapy Society | Code of Ethics](https://nationalhypnotherapysociety.org/about-us/code-of-ethics) <https://nationalhypnotherapysociety.org/about-us/code-of-ethics> where professional boundaries are clearly laid out.

10. As your therapist, I agree to keep, store, and dispose of appropriate and accurate records of our sessions, including electronic files and communications, in a manner that ensures confidentiality, security and privacy, and complies with all current and relevant data protection and privacy laws and agreements in the UK. Your information will not be shared with any third party for marketing purposes. Your personal data will be securely destroyed 1 year after the end of our final session. I understand that our session may be used in case studies and papers in Jo Cowley's writing, blog and vlogs where all personal information will be anonymised.

I agree to the terms stated above.

Signed:

Date:

JA Cowley

Date: