

# **Informed Consent for Hypnotherapy Services**

**Services Offered by: Michael Belyea, MA, Licensed Psychologist-Master, Hypnotherapist**

**Practice Address:** 15 Brickyard Road, Essex Junction, Vermont 05452

**Phone/Email:** 802 999-4739; mbelyea@mail.smcvt.edu

**Date of Consent:**

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## **1. Purpose of This Document**

This form explains the nature, risks, and benefits of receiving Hypnotherapy Services, including Quantum Healing Hypnosis Technique (QHHT) Services with me, a licensed psychologist and hypnotherapist. While I offer QHHT as a supplementary, exploratory modality, it is separate from evidence-based psychotherapy and does not replace medical or psychological care.

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## **2. Description of QHHT**

QHHT is a form of guided hypnosis developed by Dolores Cannon. It involves inducing a deeply relaxed state (often called the “Somnambulistic” state) to facilitate access to the subconscious for insights, spiritual exploration, or personal guidance. It may include metaphysical content.

QHHT is **not a scientifically validated treatment** for mental health or medical conditions. It is considered an **experimental and exploratory practice**.

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## **3. Scope of Practice**

As a licensed psychologist in Vermont, I am trained and ethically obligated to offer only services within my areas of competence. I have completed certification through Dolores Cannon’s QHHT Level 1 course, and I offer this service as an **optional, non-clinical adjunct** to therapy.

You are under no obligation to receive hypnotherapy services and may stop at any time.

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## **4. What Hypnotherapy and/or QHHT Is Not**

- It is **not a substitute** for psychological therapy, medical treatment, or psychiatric medication.
  - It is **not guaranteed** to produce specific results.
  - It does **not diagnose or treat** mental illness.
  - It is **not based on mainstream clinical evidence**.
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## **5. Voluntary Participation**

Participation in Hypnotherapy and/or QHHT is entirely voluntary. You may ask questions, decline any part of the session, or stop entirely at any point without penalty.

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## **6. Confidentiality**

Hypnotherapy sessions will be kept confidential and documented in the same manner as other services I provide, in accordance with Vermont and HIPAA regulations. Audio recordings may be used for your review, with your permission.

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## **7. Potential Risks**

- Emotional discomfort due to intense imagery, memories, or spiritual themes
  - Possible confusion or integration challenges afterward
  - Misinterpretation of subconscious material
  - Disappointment if desired results or insights are not achieved
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## **8. Potential Benefits**

- Personal insights or clarity
  - Relaxation and stress reduction
  - Emotional exploration and spiritual reflection
  - A sense of connection to inner guidance
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## **9. Client Acknowledgment**

By signing below, you acknowledge that:

- You understand that QHHT is exploratory and not clinically validated.
  - You have been offered the opportunity to ask questions.
  - You give informed consent to participate in QHHT sessions with Mike Belyea.
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**Client Name:** \_\_\_\_\_

**Client Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_