

Client Bill of Rights & Disclosure of Services

The purpose of Cross Conscious Hypnosis LLC is to provide all of its clients with the desired outcomes associated with consulting hypnotism, clinical hypnosis and hypnotherapy in a non-healthcare and/or non-behavioral healthcare setting. This includes resources for self-improvement in private and/or public life from an alternative and holistic approach.

The services provided should not be confused with “stage hypnosis”, which is used for entertainment purposes. Nor should they be considered as an equivalent to the type of treatment provided by medical and mental health professionals operating under a state license.

Hypnosis is an altered state of consciousness in which an individual experiences physical and mental relaxation along with increased focus. While in this state, individuals are more engaged with their immediate task or thought process, rather than burdened by an abundance of ongoing thoughts or the distractions in the environment. Individuals naturally pass through this state multiple times, especially while doing routine activities. Trained hypnotists and hypnotherapists can use hypnotic techniques to formally guide individuals in the state directly and make the experience more enriched. This creates a gateway to the subconscious mind. The subconscious is the most powerful part of the human mind. It is responsible for our attitudes, behaviors, beliefs, emotions, and motivations. It even controls involuntary bodily functions such as breathing, digestion, heart rate, and temperature. Not only that, but it is a storehouse for all the moments we have experienced throughout life. During consulting hypnotism at Cross Conscious Hypnosis LLC, clients are coached and motivated to make new connections in their subconscious. Using their own natural restorative and coping abilities, they can correct misconceptions or reactions that developed as a result from being misinformed as a child, or any other significant life transition or experience that was traumatic. This can lead to replacing unwanted habits with desired ones and the removal of old fears or blocks in performance.

Although services in hypnotism and hypnotherapy are believed to be very effective at addressing individual issues at the root of the problem, results may vary on an individual basis. Hypnotists and hypnotherapists will work to the best of their ability to meet the needs of every client in the least amount of sessions possible. No promises or guarantees can be made, as every client has needs and objectives that are unique to them.

While hypnosis is a subjective experience, most individuals report that they experience a pleasant “heaviness” or “lightness” as if they are “floating”. Senses are usually heightened and individuals find enjoyment in their enhanced ability to concentrate and use their imagination. Although it is typical for individuals to feel extremely calm and free from worry or types of discomfort, falling asleep is very uncommon. It is normal for clients to remember everything that happened while they were in hypnosis.

Professional hypnosis services are frequently employed to assist individuals with accurate retrieval of information that has been forgotten or was not consciously recorded. Although a

considerable amount of success has been documented, it is possible for clients to construct false memories surrounding a past event that is erroneously believed to be true.

The hypnosis profession is unregulated by the state of Ohio. However, specific laws are in place to separate the scope of practice from that of a licensed physician or psychologist. Services are non-diagnostic and do not include the practice of medicine, surgery, procedures, or the administering of psychological inventories that require a license. All widely known and respected hypnosis organizations require a certain amount of coursework, training and/or formal education before certification.

AS THE STATE OF OHIO HAS NOT ADOPTED EDUCATIONAL AND TRAINING STANDARDS FOR THE PRACTICE OF HYPNOTISM, THIS STATEMENT OF CREDENTIALS IS FOR INFORMATIONAL PURPOSES ONLY.

My name is Adam B. Conn, MS, CH. I can be reached at the following:

Office: 837 Eunice Avenue, Portsmouth, OH 45662

Phone: 814.618.6464

Email: crossconscioushypnosis@gmail.com

I was trained in hypnosis and hypnotherapy at the American College of Hypnotherapy, an affiliate of the American Institute of Health Care Professionals. I received certification upon completion of the program. Authenticity can be verified by calling 330.652.7776. I am also a certified member of the International Hypnosis Association and the National Guild of Hypnotists, ID# 75973. I do annual continuing education to maintain my training at a high level. The National Guild of Hypnotists is the oldest and largest hypnotism organization in the world, and its certification is the most widely recognized credential for the professional practice of the hypnotic arts. I have a Bachelors Degree in Psychology and a Masters Degree in Education. If you have a complaint about my services or behavior that I cannot resolve for you personally or have questions about my credentials, you may contact the National Guild of Hypnotists at P.O. Box 308, Merrimack, NH 03054-0308, 603.429.9438, to seek redress.

Consulting hypnotists and/or hypnotherapists who are not licensed by the state to practice medicine or psychotherapy may provide their clients with basic information about nutrition, levels of fitness, and healthier lifestyle options if the advice and resources are in alignment with the goals of the client. This may include information from books, guides, or websites. However, clients are encouraged to consult with a healthcare provider before making any major changes in their lifestyle. Any client who is currently under the treatment of a licensed medical or mental health provider must get a referral before receiving services.

Consulting hypnotists and/or hypnotherapists who are not licensed by the state practice Basic Confidentiality, which is different from "Legal Privilege" practiced by physicians, psychologists and lawyers. "Basic Confidentiality" means a civil contract is in place and there is no intention to disclose client information unless court ordered by a judge or information is revealed that child and/or elderly abuse has taken place; thus the service provider is a mandated reporter.

The charge for my services is \$100.00 per 60-minute session. You will be given 30 days notice of any change in fees. Clients who need to cancel or reschedule an appointment are expected to give 24 hours notice.

Cross Conscious Hypnosis, LLC does not bill insurances, as most companies do not reimburse for hypnotism services.

I am not a doctor and do not diagnose or prescribe. I am a Certified Consulting Hypnotist. I have received formal education and training to assist individuals with making desirable changes to their behaviors, reactions, and performances. I do this by guiding their conscious and subconscious mind to alternative patterns of thinking and emotional processing.

The services I render are held out to the public as nontherapeutic hypnotism, defined as the use of hypnosis to inculcate positive thinking and the capacity for self-hypnosis. I do not represent my services as any form of health care or psychotherapy, and despite research to the contrary, by law I may make no health benefit claims for my services.

I have received a copy of this Client Bill of Rights & Disclosure of Services and understand the information described above. I am in agreement that my provider has obtained the necessary education, training, experience, and credentials for providing me sufficient service in a consulting hypnotism setting.

Client Name: _____ Date: _____
(Please Print)

Client Signature: _____
(Parent/Guardian Signature is required if client is under 18 years old.)

Provider: _____
Adam B. Connor