

Inner Mind Guide's Terms and Conditions and Authorization for Treatment

Purpose of Hypnotherapy and Meditation Services

- Hypnotherapy and meditation are therapeutic techniques that use focused attention, relaxation, and guided imagery to facilitate positive change in thoughts, feelings, and behaviors.
- Hypnotherapy and meditation are complementary approaches and are NOT a substitute for medical, psychological, or psychiatric treatment, diagnosis, or advice.
- The practitioner provides hypnotherapy and related coaching and relaxation services only, within the scope of their training and credentials, and does not claim to cure or treat any medical or mental health condition.
- The client understands that the results vary from person to person and that no specific outcome, result, or "cure" can be guaranteed.

Practitioner's Role and Professional Limits

- Unless explicitly stated in writing, the practitioner is NOT acting as a medical doctor, psychologist, psychiatrist, or other licensed health-care provider.
- The practitioner will not diagnose, prescribe medications, or advise the client to discontinue any medications or ongoing medical or psychological treatment.
- The client agrees to continue any current medical or psychological treatment and to consult with their physician or mental health provider regarding any changes in treatment.
- If the practitioner believes the client's needs exceed the scope of hypnotherapy, the practitioner may recommend referral to another professional or decline/terminate services.

Client's Responsibilities

- The client agrees to provide accurate and complete information about their physical and mental health history and current treatments.
- The client agrees to inform the practitioner of:
 - Any history of psychosis, bipolar disorder, epilepsy/seizure disorders, or significant neurological conditions.
 - Any current suicidal thoughts, self-harm behaviors, or risk of harm to others.
 - Any recent major medical events or changes in medications.

- The client understands that their commitment, motivation, and willingness to actively participate (including completing any homework or exercises) are essential to the effectiveness of hypnotherapy.
- The client agrees to attend sessions free from the influence of alcohol or non-prescribed drugs and to follow practitioner instructions designed to promote safety and effectiveness.

Description of Sessions

- Sessions typically last approximately 50 minutes. The number of sessions required will vary based on the issue(s) presented, and no specific number of sessions can be guaranteed.
- A session may include:
 - Discussion of goals and concerns
 - Education about hypnosis and the hypnotherapy process
 - Induction of a relaxed or hypnotic state
 - Use of suggestions, imagery, and other therapeutic techniques
 - Debriefing and planning for follow-up or between-sessions tasks
- The client may always ask questions, decline specific techniques, or request to pause or stop the session at any time.

Potential Risks and Discomforts

- While most people find hypnotherapy relaxing and beneficial, there may be potential discomforts, including:
 - Temporary emotional discomfort
 - Recall of past memories that may be uncomfortable
 - Fatigue or mild disorientation immediately following deep relaxation, similar to awakening from a deep sleep
- If the client experiences significant emotional distress during or after the sessions, they agree to:
 - Inform the practitioner as soon as possible, and
 - Seek support from a physician, therapist, emergency services, or crisis hotline if needed.

- Hypnotherapy should **not** replace appropriate medical or mental health care in a crisis or emergency situation. In an emergency, the client should call 911 or go to the nearest emergency room.

Benefits and Alternatives

- Possible benefits of hypnotherapy may include increased relaxation, improved coping skills, reduced stress, and changes in unwanted habits or patterns
- The client understands that benefits are not guaranteed and that individual results vary based upon multiple factors
- Alternatives to hypnotherapy include, but are not limited to:
 - Medical treatment from a physician or other licensed provider
 - Counseling or psychotherapy from a licensed mental health professional
 - Self-help strategies, support groups, or doing nothing at this time

Fees, Payments, and Cancellations

- The fee per session is \$60 per 50 -minute session unless otherwise stated.
- Payment is due at the time of booking via Inner Mind Guide's website.
- Cancellation and rescheduling:
 - At least 24 hours' notice is required to cancel or reschedule an appointment
 - Cancellations with less than 24 hours' notice are non-refundable
 - No shows (failure to attend without notice) are non-refundable
- Packages / Prepaid sessions:
 - Prepaid sessions are non-refundable
 - Packages (multiple sessions, or a session for multiple people, or special requests) are non-refundable and can be rescheduled with at least 24 hours' notice.

Note:

We invest significant time, thought, and preparation into designing a treatment plan specifically tailored to your needs prior to your sessions. We also block out the time necessary to provide you with the care and attention you deserve when seeking treatment. This reserved time is yours and no one else's. For these reasons, we do not offer refunds. However, with at least 24 hours' notice, we will work with you to reschedule another appointment to provide you with the service you requested.

Confidentiality and Its Limits

- All information disclosed in sessions is treated as confidential and will not be shared with third parties without the client's written consent, except as required or permitted by law.
- Legal and ethical exceptions to confidentiality may include, but are not limited to:
 - When there is suspected abuse or neglect of a child, elderly person, or vulnerable adult
 - When the client poses a serious risk of harm to themselves or others
 - When records are subpoenaed, or disclosure is ordered by a court
 - When otherwise required by applicable law or regulations
- The client understands that electronic communication (email, text, telehealth) carries inherent risks to privacy, and agrees to these risks if such communication is used
- If sessions are conducted online/virtually, the client agrees to:
 - Participate from a private and safe location
 - Use a secure internet connection as reasonably possible
 - Never enter a session while driving a vehicle or conducting activities that require your full attention

Recording, Audio Materials, and Intellectual Property

- Sessions will not be audio- or video- recorded without explicit mutual consent. If recording is agreed upon, both parties will be informed of the purpose and how the recording will be stored and used.
- Any hypnosis recordings, scripts, handouts, or materials provided are for the client's personal use only and may not be copied, shared or distributed without written permission
- The client agreed to follow safety instructions for using any recordings (e.g., not listening while driving or using machinery or when your full attention is required for the current activity)

Contact Outside Sessions and Emergencies

- The practitioner's contact details are provided for scheduling and brief administrative questions only
- The practitioner does not provide 24-hour crisis services and may not respond immediately to messages
- In a crisis or emergency, the client agrees to:
 - Call 911 or go to the nearest emergency room

- Call a crisis hotline (for example, the 988 Suicide and Crisis Lifeline) or
- Contact their physician or mental health provider

Consent for Telehealth / Online Hypnotherapy

- The client understands that telehealth may involve audio and/or video communications and agrees to the use of a secure platform chosen by the practitioner
- The client understands telehealth has potential risks, including interruptions, unauthorized access, or technical difficulties, despite reasonable efforts to ensure privacy
- The client agrees to:
 - Provide an up-to-date physical location at the start of each session
 - Provide a current emergency contact
 - Ensure a safe, private environment during sessions

Termination of Services

- The client has the right to discontinue hypnotherapy at any time
- The practitioner reserves the right to terminate services if:
 - The client is under the influence of alcohol or non-prescribed drugs
 - The client behaves in a threatening, abusive, or inappropriate manner
 - The practitioner believes treatment is no longer appropriate or beneficial, or outside their competence
- Any unused prepaid package sessions will be refunded. Any individual sessions will follow the cancellation policy outlined above.

Consent for Treatment and Acknowledgments

- By signing below, the client acknowledges and agrees that:
 1. They have read and understood the Terms and Conditions and Authorization for Treatment document.
 2. They have had the opportunity to ask questions and have received satisfactory answers.
 3. They understand the nature and purpose of hypnotherapy, its potential risks and benefits, and its limitations.
 4. They understand that no guarantees have been made regarding outcomes or results.
 5. They understand that hypnotherapy is not a substitute for medical or mental health treatment and agree to seek such care when appropriate.
 6. They voluntarily consent to receive hypnotherapy services from the practitioner.

Emergency Contact information

Emergency Contact Name: _____

Phone: _____

Alternate Phone: _____

Relationship to the Client: _____

Client Signature: _____

Parent/Guardian Signature: _____
(If client is under the age of 18)

Date: _____