



# Y.Q. Hypnotherapy and Life Coaching LLC

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## Informed Consent

I, \_\_\_\_\_, understand that hypnosis is a method for self-exploration and/or behavioral change. This may enable me to search for meaning and understanding and to direct my own personal growth and development.  
I further understand that all hypnosis is self-hypnosis.

Since I am in total control of the hypnotic state and session, I can stop a session at any time. The facilitator may use symbols and symbolic language, which I will interpret according to my own belief system. I understand that hypnotherapy uses trance and suggestion to adjust habits of thought, feeling, and behavior.

I choose the goals for hypnotherapy. I also choose the topics of discussion while in the trance state. I understand that hypnotherapy is not offered as a substitute for medical diagnosis and care.

I agree to allow my sessions to be recorded, if requested, or as part of a purchased program (audio only) for my personal record. I will receive a copy of these recordings. I understand that all information on this form and from any hypnotherapy session is strictly confidential.

I enter into hypnotherapy willingly and out of my own desire for self-exploration and/or behavioral change. Furthermore, I certify that I am requesting hypnotherapy services on my own initiative and realize that (practitioner) does not diagnose ailments or prescribe treatment.

\_\_\_\_\_  
Signature:

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