**Hypnotherapy Informed Consent Form**

As a client, you have certain rights and responsibilities that are Important for you to understand, as well as legal limitations to those rights that you should be aware of. Avante Laser & MediSpa and our practitioners have corresponding responsibilities to you. These rights and responsibilities are described in the following sections: Welcome to Hypnotherapy, About the Therapist, What is Hypnotherapy, Sessions and Experience, Children Under the Age of 18, Recording, Risks, Refunds, Benefits, and Acknowledgment. Please read every section in full and ask questions if you have any before signing. By signing, you agree that you have read these pages in full and understand and agree with all of the terms and conditions.

**Welcome to Hypnotherapy**

Before proceeding with the treatment of hypnotherapy, it is important that you, as the "Client" or “Patient,” understands the necessary information about the treatment.

This form contains the important information about hypnotherapy, including our policies. This explains the rights of our patients or clients, the privacy protection, and how we use your personal information.

Signing this document represents our understanding with regard to the agreement. Thus, it is important that aside from reading over the contents of the form, be sure to discuss any questions you might have. Hypnotherapy requires establishing a relationship between the client/patient and the therapist.

Just like the rights that persons can have, these rights are limited.  There are also legal limitations to those rights that you should be aware of.

**About the Therapist**

Lara Neely, DBH, MED, LPC is a Doctor of Behavioral Health and a Licensed Professional Counselor. She is not a Medical Doctor and does not prescribe medication. She has earned a Doctorate in the field of Behavioral Health and has accumulated over 3,000 post-doctoral hours towards licensure. She works with a medical staff including a Medical Director who is an MD, and several Nurse Practitioners, Registered Nurses, and a Physician’s Assistant.

Hypnosis, in and of itself, is not a licensed or regulated profession/industry, but in order to practice hypnotherapy, a person must be licensed by the state as a therapist, physician, or other licensed medical practitioner.

As an LPC, Lara Neely is licensed through the Texas Behavioral Health Executive Council under Lara Anne Neely, TX License Number 84996.

Besides earning a Doctorate in Behavioral Health, Lara Neely, DBH, MED, LPC, also has a Master’s degree in Clinical Mental Health Counseling, and a Bachelor of Science in Psychology and English. She has obtained thousands of hours of clinical education outside of the academic curriculum in hypnosis and has practiced since 2000, when she was first trained by Dr. Coletta Long, a Clinical Psychologist in Austin, Texas, and pioneer in the field of hypnosis going back to the early 1900’s.

Lara Neely, DBH, MEd, LPC, is a member of the American Counseling Association and the American Psychological Association, as well as, the American Society of Clinical Hypnosis. These active memberships are only granted to those who meet rigorous requirements and continuously maintain and promote ethics and standards in the fields of psychotherapy and/or hypnotherapy.

**What is Hypnotherapy?**

Hypnotherapy is a very safe, relaxing, and often fun mode of therapy conducted on an individual basis. Treatment using hypnotherapy occurs while the client/patient is in a trance state. It can be defined as “an agreement between a person designated to be the hypnotist and a person designated to be the client or patient to participate in a psychotherapeutic technique based upon the hypnotist providing suggestions for changes in sensation, perception, cognition, affect, mood, or behavior.” It is evidence-based and shown to work well as a therapeutic modality in many instances. It is not known why it has limited efficacy with some people, but overall, it is a very helpful tool as an adjunct to traditional psychotherapy when used by highly trained professionals.

**Sessions and Experience**

A hypnotherapy session generally lasts between 30 to 45 minutes but can be shorter or longer. Hypnosis is achieved by assisting the client or patient move into a relaxed physiological state in order to help guide the mind into a state of hypnotic trance. Hypnosis is not “sleep,” even though some people may fall asleep during a session because they become so relaxed. Hypnosis is actually a state of hyper-awareness where a person is open to suggestions that are right for improving attitudes, thoughts, moods, and behaviors that lead to improved health outcomes. Lara Neely, DBH, MED, LPC, generally includes statements in her sessions for the client/patient to reject any part of the session that is not beneficial for that person and their goals or overall health. This way, the client or patient can relax knowing that they are in full control of the information and suggestions they choose to utilize while in hypnotic trance.

The benefits of hypnotherapy are more realized as you continue with the sessions after a few weeks. Sometimes, the therapist will suggest that you listen to recorded sessions in between office sessions in order to help reinforce certain new behaviors, attitudes, or beliefs agreed upon by the therapist and you prior to undergoing the session(s).

In general, a minimum of 4 sessions is required to see improvements, but change can happen in as little as one session. No one can guarantee the number of sessions it will take for you to achieve your goals, but we try to make the process as easy on you as possible with noticeable results happening as quickly as possible.

**Children Under the Age of 18**

The therapist can and does sometimes work with children ages 12 and up. If you are the parent or guardian of a minor, this consent form must be signed by you in order for the therapist to work with the child.

As the parent or guardian of the minor involved, you agree to assume all potential risks involved. If you are divorced or there are others who share responsibility for the child’s medical care and/or consent is not obtained by the other party or parties, we will hold you liable for not obtaining their consent and signature. Please obtain consent from all persons who share legal responsibility for the child. You agree not to hold our office, our employees, our therapist, and any of its assigns liable for failing to do so. By signing below, if there are no other parent or guardian signatures, you agree that by law, you are able to make decisions solely for the child involved when it comes to engaging in psychotherapy, hypnosis, or hypnotherapy services.

Children are often hypnotized in their natural state, so it is not difficult to help them get into a hypnotic trance as long as they can listen to and follow instructions. The therapist works to make the child feel as comfortable as possible with the process and will spend as much time as necessary explaining what hypnosis is and what to expect from therapy.

**Recordings**

Sessions or parts of sessions are sometimes recorded. We may send the file via email either as an attachment or by sharing with you a link on how you can download the file. Please take note that by doing so, we cannot guarantee the privacy and security of information sent through this medium. Also note that by listening to any recorded session sent to you by our office or therapist, you agree to accept all liability for that session. You agree not to copy it, disseminate it, sell it, or reproduce any portion of it. You also agree not to share the session with any other person in any way. You agree not to drive or operate heavy machinery while listening to a recorded session, or to conduct any business, such as watching small children, that requires your undivided attention or needs your full concentration. While listening to a recorded session, we recommend using headphones and an MP3 player or device that is not subject to interruption.

**Risks**

Depending on the type of personality and experiences of the client/patient, hypnotherapy can be an intense process, as it focuses on treatment that can bring unpleasant memories or emotions. Risks may include experiencing uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, loneliness, or helplessness because the process may require discussing some unpleasant aspects of life. Some repressed memories might be revealed that can be quite painful. It is not possible to guarantee that memories recovered under hypnosis are real or remembered exactly as they occurred, however, which can cause confusion in some people. While rare, terrible stories of false accusations of molestation, rape, and child abuse have occurred because people have thought they remembered traumatic events that turned out to be false. Because of this, we caution those wanting to uncover suppressed memories and encourage the client or patient to use any memories uncovered as a way to move forward in good health. We seek the therapeutic benefit for trauma victims to help with issues like reduction of shame and guilt and gently guide the client or patient towards recalling past events without planting suggestions or ideas that could shape the memories in any way.

Lara Neely, DBH, MED, LPC, works to guide you through the hypnotic process in the most ethical manner possible. Thus, there may be times that you may be guided slowly to achieve realistic goals. Sometimes hypnosis works quickly to produce results, but the risk is that it might take time, and it might not work at all. Therefore, we cannot guarantee that hypnotherapy works for everyone or that results happen at the same pace for every person.

**While our training has taught us that it is not possible for a person to become “stuck” in a hypnotic trance and that the client/patient is responsible for their actions before, during, and after a hypnotic session, by signing this form, you agree that that our practitioner, Lara Neely, DBH, MED, LPC, and Avante Laser & MediSpa, as well as, all of the practitioners and employees associated with the company and its assigns are not responsible for your thoughts, behaviors, or actions as a result of listening to any hypnosis sessions we offer either by audio recording or in person. You agree to hold harmless Lara Neely, DBH, MED, LPC, Avante Laser & MediSpa, and all of its employees and assigns for any outcomes associated with listening to or participating in any hypnosis sessions. Our hypnotist is bound by legal and ethical considerations and would never knowingly do anything to cause you or any other person harm. By signing this form, you acknowledge this and agree NEVER to prosecute Lara Neely, DBH, MED, LPC, or Avante Laser & MediSpa, or any of its employees or assigns for any outcomes associated with the use of hypnosis, either that which is used in person or any sessions listened to out of the office. If you do not understand this or acknowledge that we are not responsible for your actions as a consequence of listening to hypnosis, then DO NOT SIGN THIS FORM. We will kindly ask you to receive hypnosis/hypnotherapy services elsewhere. Otherwise, by signing this form, you agree that you are 100% solely responsible for your actions before, during, and after hypnosis sessions, and that you have not been coerced in any way to participate either individually or in a group setting. You understand that you may stop a hypnosis session at any time and can reject any and all of the suggestions offered at any time if they do not agree with your own values, morals, or beliefs. You also agree that by signing this document, you have asked questions and fully understand the risks and rewards associated with undergoing hypnosis and feel 100% sure of your decision to go forward either in person or through audio recorded sessions.**

**Refunds**

You are free to terminate your sessions at any time. If you are deeply unsatisfied with your results and want to request a refund for your services, we agree to refund up to two hypnosis sessions/hypnotherapy sessions/recordings at the price you paid. The refund request must be in writing and signed by the person receiving the sessions and must include the reason(s) for the request. The client or patient has up to 60 days after the last session to request a refund. Our office has up to 30 days to refund your money.

**Benefits**

There are many benefits to hypnotherapy. The hypnotic state allows the client/patient to be more receptive to discussion and suggestions which can lead to beneficial outcomes and behavior changes. Thus, hypnotherapy can help with treating issues like phobias, anger, fears, depression, stress, loss and grief, and often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing stress, and resolutions to specific problems. It can also be used for helping to control and overcome undesirable habits.

Hypnosis, either used alone or when paired with counseling, has been shown to have benefits for many individuals; however, there are no guarantees about what will happen as a result of being involved in a hypnosis session. To achieve the ideal results, the full and active cooperation of the client/patient is required. In order to be the most successful, expect to put in some work outside of the sessions and do some homework or reading, as well as, work to achieve a well-balanced lifestyle overall.

**Workshop Terms & Conditions**

When registering for a workshop or doing hypnosis/hypnotherapy with more than one individual present, you agree to keep all information confidential that is discussed or brought out during the session(s). You agree to share your experiences openly with the group and understand the limits of the therapist or Avante Laser & MediSpa to protect your information. You understand that we cannot guarantee confidentiality in this setting and you agree to hold the therapist, Avante Laser & Medispa, its employees and assigns harmless of all liability for operating in a group setting or environment where more than one person (other than the client or patient) is present.

**ACKNOWELDGEMENT**

Regarding sessions where hypnosis/hypnotherapy applies, I have been advised by Avante Laser & MediSpa and its practitioners on the scope of hypnosis/hypnotherapy practice and give my full consent to receiving hypnosis/hypnotherapy.

I understand that results vary and that Avante Laser & MediSpa practitioners may not guarantee results. I am aware that hypnosis/hypnotherapy is not a replacement for medical treatment, psychological, or psychiatric services. I understand that the therapist, Lara Neely, DBH, MED, LPCA, is a Doctor of Behavioral Health and not a Medical Doctor.

I have been advised that I am free to terminate a session at any time and have agreed to participate in each session to the best of my ability. I have accurately provided background information as requested by Avante Laser & MediSpa practitioners. I understand that confidentiality regarding my sessions will be honored between the practitioners and myself, except in the event of subpoena or legal requirements to the contrary. This same confidentiality is respected when working with minors under the age of eighteen. If/when registering for a workshop at Avante Laser & MediSpa, I also acknowledge understanding of and agreement with the Workshop Terms & Conditions outlined herein. Understanding this, except in the case of proven gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless Avante Laser & MediSpa, Lara Neely, DBH, MED, LPC, and all practitioners and employees associated with Avante Laser & MediSpa from any and all claims or liability arising out of or in connection with my (or the minor’s) individual or group session(s).

I acknowledge that I have read and understand the above information. I have had the opportunity to ask questions regarding hypnosis, hypnotherapy, and anything related to this treatment modality, and I agree that all answers were given to me to my satisfaction.

I declare that I am of legal age with my mental faculties intact to give full consent. My signature is my express statement that I agree to participate in hypnotherapy sessions.

**Session Recording**

I allow my sessions to be recorded

Client’s Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Parent/Legal Guardian’s Printed Name (if client is under 18):

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Therapist’s Signature:

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