

- This practice blends **Life Coaching** (forward-focused goal setting and accountability) with **Hypnotherapy** (utilizing deep relaxation and suggestion to access the subconscious mind for behavior modification).
- **Legal Disclaimer:** I am a certified Hypnotherapist and Life Coach. **I am not a licensed medical doctor, psychiatrist, or psychologist.**
- **No Diagnosis:** I do not diagnose, treat, or prescribe for any medical, physical, or mental health conditions.
- **Complementary Service:** Hypnotherapy and coaching are alternative, self-improvement services meant to complement, not replace, professional medical or psychiatric care.

Nature of the Sessions

- **Hypnosis State:** Hypnosis is a natural state of heightened relaxation and focused attention. You remain fully in control and can open your eyes or terminate a session at any time.
- **Physical Contact:** In some instances, the practitioner may respectfully touch your shoulder, hand, or forehead to anchor a state of relaxation. By signing below, you provide consent for this tactile anchoring.
- **Variable Outcomes:** While these modalities are highly effective, individual results vary. **No warranties or guarantees of specific outcomes are made.**

Client Responsibilities & Practice Policies

- **Cancellation Policy:** You must provide **at least 24 hours' notice** to cancel or reschedule an appointment. Late cancellations or missed appointments will be charged the full session fee.
- **Fees & Payment:** Sessions are charged at **\$ 200 per 60 minute session**, payable at the time of booking or service.
- **Termination:** Either the client or the practitioner may choose to discontinue the working relationship at any time if it is determined you are no longer benefiting from the sessions.

Confidentiality & Legal Exceptions

- **Privacy:** All information shared within sessions is strictly confidential and will not be shared with outside parties without your written consent.
- **Legal Exceptions:** Confidentiality is legally waived in the following emergency situations:
 1. Direct threat of harm to yourself or others.
 2. Suspected abuse or neglect of a child, elder, or vulnerable adult.
 3. A valid court order or subpoena requiring documentation.

Client Acknowledgment & Signature

By signing below, I acknowledge that I have read, understood, and voluntarily agreed to all the terms, policies, and disclaimers outlined in this document.

- **Client Signature:** _____ **Date:** _____
- **Printed Name:** _____