

# Client - Hypnotherapist Agreement

Therapy is a partnership built on mutual trust and respect and I look forward to helping you to achieve your goals.

## ***My commitment to you***

- I will act with integrity, openness, honesty and professionalism in everything I do.
- I am normally contactable by WhatsApp 10am to 4pm each day or you may leave an answerphone message. I will endeavour to return your call within 24 hours.
- I will not make decisions for you, but I will offer suggestions if this are desired.
- Your records are strictly confidential unless you have given me permission to speak to others, I am required to disclose information by law, or I believe you are a risk to yourself or others.
- I will retain your records and shred them after a 5-year period or sooner at my discretion.
- I will be open to your feedback about how I can improve my service.
- Complaints should be raised with me in the first instance. If a successful resolution is not reached you may access my professional body's complaints procedure.

## ***Your commitment to me***

- You need to be open, frank and honest with me at all times.
- You will let me know immediately of any concerns you have about our work together.
- Attendance of appointments is essential. You must show commitment to your appointments, value and prioritise them. I have set this time aside for you.
- Please provide 24 hours' notice by telephone if you cannot attend your appointment.
- You understand that appointments may end at the agreed time even if you arrive late for your session.
- Regular appointment time 50 minutes.
- You understand that the achievement of positive outcomes will require input from you, both within and between our appointments.
- You are free to leave therapy during a session.
- The ideal time for bringing a course of therapy to a conclusion is normally agreed between client and therapist. However, you are free to leave a course of therapy, with ample notice as described above, at any time.
- You are giving me a formal consent to hypnotize you.

## ***How to benefit most from therapy***

- Personal change can be swift or slow dependent on many factors, including personal motivation, the severity and complexity of the problem, how ambitious your goals are, etc. Please be patient!
- Come with a positive expectation that therapy will be helpful and productive.
- Speak openly about your ideas of what will help.
- Understand that change often requires practice and perseverance.
- Be aware that no therapist can offer a *guarantee* of a cure or improvement.

Thank you again for coming to see me in person or online. I look forward to working with you towards positive outcomes. Please sign below to indicate your acceptance of the above commitments.

**Please print your name:**

**Client signature** \_\_\_\_\_

**Please print your name:**

**Hypnotherapist signature:** \_\_\_\_\_

*Diana Levy*