



Thank You For Choosing

Welcome to Access Holistic Healing & Hypnosis. Please read and sign this form before completing the rest of the forms. We do our very best to ensure that we provide the highest quality hypnosis services available. We do this by constantly improving our techniques and keeping up with the latest developments in the field of hypnosis. The hypnotist that will be working with you is certified by the National Guild of Hypnotists.

During your first visit here at Access Holistic Healing & Hypnosis, we will explain *The Truth About Hypnosis*, and how hypnosis works, and why it is better than using human will power alone. Please feel free to take notes, and if you have questions, bring them with you to your session and the hypnotist will be happy to answer them for you.

As one might expect, there is some variation in the length of sessions. We try to keep to a strict schedule, but sometimes we may run late. Please excuse us if we do. Sometimes continuing a session for another 10 or 15 minutes can save a great deal of time in the long run for the client. Or, stopping the session at a particular time, may be inappropriate because the issue being dealt with is emotional, and the client needs some time to regain composure before returning to the waiting area. So, sometimes we will run a little late. Note that it is usually for a good reason.

Lastly, hypnosis is a very powerful process that has helped thousands of Americans to make the kinds of changes that they want to make in their lives. However, hypnosis is not mind control. For example, no one, not even the very best hypnotist, could make you lose weight, or stop smoking if you really don't want to. Nor could he or she accurately predict how many sessions it will take. Most people (but not everyone) begin to experience the benefits (from the very first session) and most people are done in four to six sessions. Ultimately, you are responsible for the changes that occur as a result of the hypnosis sessions.

This is both “good” and “bad”. It is “good” because, after you have made the changes that you want using hypnosis, you deserve a great deal of the credit, and this knowledge helps you to make more changes in your life. But, on the other hand, it is bad because we cannot guarantee that the changes will come about. In fact, this is true in any situation where a professional is trying to help you. There is always a human factor. Doctors don't guarantee that you will get well. Teachers can't guarantee that you will learn, and lawyers can't guarantee that you will “win” your case. What we can guarantee, here at Access Holistic Healing & Hypnosis, is the very best service, using current information and appropriate hypnotic techniques for your situation.

Clients must make any changes (e.g. rescheduling or canceling their appointment) at least two working days before their appointment or they will be charged for the appointment.

By signing this, I am stating that I have read this form and understand that, like the other healing arts, the practice of hypnosis and hypnotherapy, is not an exact science: Therefore, results are not guaranteed, nor are refunds given for services rendered.

Signature _____ Date _____