

Hypnosis

Information and Consent to Treatment

Hypnosis is a naturally occurring state, which is beneficial and restorative. While I am confident that only benefit will accrue from using hypnotic techniques, I am required to state that you do so at your own risk.

The information contained within this document is provided to instruct the client about the nature of Hypnosis, Hypnotherapy, Guided Imagery, and Self-Hypnotic Techniques, and to inform the client about the wholesomeness and usefulness of these techniques in facilitating healthy lifestyle changes and/or alterations in personal habits for self-improvement.

You are in control at every moment and can terminate the hypnotic state at any time. Hypnosis is not sleep. You cannot get “stuck” in hypnosis. You cannot be made to do something against your will. Hypnosis is unique, relaxing and fun!

Hypnosis, Hypnotherapy, Guided Imagery and Self-Hypnotic Techniques are not meant as a substitute for standard medical, psychological or psychiatric treatment for serious or life-threatening conditions, such as medical trauma, surgical emergencies, bacterial infections, certain bodily "mechanical" difficulties, and thought disorders such as psychosis or schizophrenia. These techniques are an adjunctive/complementary alternative for self-healing, self-help, and behavioral modification. Potential clients under the age of 18 must provide written consent by a parent or legal guardian to use any services provided by Kate Sheddan, LPC. Kate Sheddan, LPC makes no expressed or implied guarantees of results, in so far as human behavior cannot be predicted. The client is duly informed that as individuals vary, so do results, and that all hypnosis is self-hypnosis. Results are ultimately achieved through your own personal efforts at applying these techniques over time, for which each client must accept full responsibility.

The following has been discussed with me concerning the use of Hypnosis:

- As a part of preparation for this therapy you will work closely with your therapist to learn and practice specific hypnosis techniques.
- You may elect to suspend or discontinue the use of Hypnosis procedures at any time.
- Homework such as journaling, use of progressive relaxation and other techniques are an important part of the treatment process.

- A typical Hypnosis appointment lasts about 20-50 minutes. A single session can generate significant and positive results.

Before beginning Hypnosis treatment I have considered all of the above and have discussed this with Kate Sheddan, LPC.

I understand Hypnosis is an optional part of my therapy and that I can choose not to use this therapy and will still receive services.

By signing below I acknowledge that I have received information about Hypnosis and consent to using it as a part of my treatment.

_____	_____
Individual	Date
_____	_____
Kate Sheddan, LPC	Date

Informed Consent for the Treatment of a Minor

I, _____, the parent of _____ do hereby consent to

the use of hypnosis for my daughter/son by Kate Sheddan, LPC. I fully understand the meaning and use of hypnosis and consent for treatment. I also understand that hypnosis is an optional part of my child's therapy and that I can choose not to use this therapy and will still receive services.

_____	_____
Parent	Date
_____	_____
Minor Child	Date
_____	_____
Counselor	Date