

Hypnotherapy Consent and Limits of Confidentiality

Assumption of Risk:

Hypnotherapy sessions come with benefits and risks. Hypnotherapy can significantly reduce the amount of distress someone is feeling, boost confidence, improve relationships, and/or resolve other specific issues. However, such outcomes cannot be guaranteed and vary from person to person due to many factors that affect hypnotherapy sessions. Experiencing uncomfortable feelings, discussing unpleasant situations, and/or aspects of your life are considered risks of hypnotherapy sessions. If the nature of your visit involves past life regression therapy as a therapeutic tool used to understand and heal current symptoms of a physical, mental, and emotional issues, the memories retrieved may be real or imagined. Becoming aware of repressed memories from this life would be considered a risk of past life work and hypnotherapy.

Limits of Confidentiality:

The content of our hypnotherapy session(s) will be kept confidential unless you would like me to share information with a specified organization, person(s), or professional(s). No content of your sessions may be shared with another party without your written consent first. There are some exceptions under California State Law.

These exceptions are:

_____ Disclosing the intent to hurt yourself

_____ Disclosing the intent to hurt someone else, an animal, or property

_____ Disclosing that you are putting a minor (person 17 and under) at risk

_____ Disclosing that you are putting a senior citizen (person 65 and older), or mentally or physically impaired person at risk

I will promptly alert the property authorities in order to protect you and/or people (or people's property) at risk. The type of information that may be requested includes: dates/times of service, treatment plan, and progress notes.

By signing below, I agree to the above assumption of risk and understand the limits of confidentiality.

Print name: _____

Signature: _____ Date: _____