

# **WAYPOINT HYPNOTHERAPY**

Hypnotherapy & Guided Imagery

## **ALTERNATIVE HEALTH CARE DISCLOSURE**

The undersigned Client acknowledges that he or she has been informed of the following information:

Hypnotherapist agrees to provide professional services in accordance with acquired training and experience giving undivided attention during scheduled consultations to facilitate Client's benefits. Hypnotherapist's work is Client-centered. Services provided utilize induction of hypnosis and methods and principles used to help clients discover their inner creative abilities to develop positive thinking and feeling and to transform undesirable habits and behavior patterns. Therapeutic goals are to achieve freedom from restrictive thought and belief systems, to assist in solving personal problems, developing motivation and achieving goals. Client may be taught the use of self-hypnotic techniques to assist in achieving goals and resolving issues that have been mutually agreed upon by Client and Hypnotherapist.

Hypnosis is not a state of sleep, but is a natural state of mind that can produce extraordinary levels of relaxation of mind, body, and emotions. The principles and theories upon which hypnotherapy are based are accessing and utilizing the power of one's inner resources. Hypnosis can transcend the critical, analytical level of mind, and facilitate the acceptance of suggestion, directions, and instructions desired by the Client. The therapeutic use of hypnosis can also elicit information and insights from the inner mind. During hypnotherapy sessions, clients remain completely aware of everything that is going on. In fact, many people experience a hyper-awareness where sensations are perceived enriched and vivid. The ability to visualize or imagine is enhanced. Deep relaxation is common. Many describe the hypnotic state as a complete and total escape from physical tension and emotional stress, while remaining completely alert. The hypnotherapist utilizes interviews, discussion, and hypnotic methods dealing with underlying issues whenever appropriate, with the goal to achieve effective and lasting results.

Services to be provided do not include the practice of medicine. These services are non-diagnostic and are complementary to the healing arts services. Nicky Fleming is a legal Alternative Healthcare Provider and not a licensed healing arts practitioner.

The use of hypnosis could elicit memories of past events which may or may not be literally true. It is possible that events under hypnosis will be distorted or misconstrued. Memories or images evoked under hypnosis are not necessarily accurate and may be a construction or a composite of memories. Without corroborating information, it is not possible to determine whether a specific memory is true or false, even if it seems true to the client.

I, Nicky Fleming, Certified Hypnotherapist, have acquired the following education, training, experience, and qualifications to perform the services offered to my clients. In addition, I have fulfilled or surpassed continuing education to meet specifications for good standing in the following memberships:

Certified Clinical Hypnotherapist  
International Association of Clinical Hypnotherapists  
International Hypnosis Federation  
Master of Science in Psychology, University of Phoenix  
Master NLP Practitioner

I have received a copy of this disclosure and understand the information described above. I have also read of the hypnotherapist's education, training, experience, and other qualifications regarding the services to be provided.

Client Name (print) \_\_\_\_\_ Client Signature \_\_\_\_\_  
Date: \_\_\_\_\_

Complimentary Healthcare Disclosure Form in accordance with 2003 Business & Professions Code 2051, 2052, and 2053 of the State of California