CERTIFIED HYPNOTHERAPIST & CLIENT AGREEMENT

I, Eva M. Clark, MA, am a clinical hypnotherapis. I agree to provide professional services to you, the undersigned client, per my acquired training and experience.

The Nature of Clinical Hypnotherapy

Clinical Hypnotherapy (CHt) is accredited and regulated by hypnotherapy associations and insured by health agencies as an unlicensed counseling service. It is not state licensed. The state of California deems hypnotherapy as complementary to the licensed health care providers and has specific guidelines that I follow.

CHt is not a substitute for mental health or medical services for acute psychological distress or disorders or undiagnosed physical symptoms. If either of us recognizes that a serious health issue that is not being treated, I will ask that you seek a licensed mental health professional and/or physician before we continue.

Clinical hypnotherapy is not psychotherapy. Though there are many similarities, there are also distinct differences that are important to understand. Both utilize the understanding of human behavior, motivation, and the limiting power of unconscious beliefs and memories. Also, both use interactive counseling techniques. The difference is in the goals, focus, and level of professional responsibility.

The focus of CHt is in the development and implementation of strategies (tools) to help clients overcome beliefs, values, habits, and address environments that are limiting their ability to achieve their goals. Examples of CHt goals would be: decreased reactivity (anger, fear, and anxiety); healthy boundaries and decreased sensitivity to others emotional outburst; improved relationship to self; and to utilize the effect the mind and emotions have on the body for increased wellbeing (such as reduced pain, sensitivities, and muscles tension, and increased gut motility, relaxation, and sleep).

Hypnotherapy is not an expert in mental health and does not identify, diagnose, or treat mental disorders. Hypnotherapist and client work as equals. The hypnotherapist provides an understanding of the mind and subconscious dynamics; and the client provides expertise in their lives, their emotions, and their body. The client is responsible for the success of the enterprise by proactively appling the tools taught. The client is expected to evaluate the methods practiced and inform the hypnotherapist what works best and what needs to be altered to improve success.

Training and Experience

As a clinical hypnotherapist specialized in chronic disease, I have acquired the following education, training, qualifications, and experience to perform the services I offer:

- Certified as a Clinical Hypnotherapist (suggestion hypnosis, regression therapy, inner child work, parts therapy, and past lives therapy) with over 360 hours of in-person training.
- Over 300 hours of additional training in hypnosis for chronic disease, chronic pain, irritable bowel syndrome, and high blood pressure.
- Master NLP Practitioner.
- Over 300 hours of additional training in NLP for health, allergies, grief, anxiety, and trauma.

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- Life Coach training (450 hours). Certified by the International Coaching Federation in 2009.
- I am currently pursuing a Ph.D. in Health Psychology from California Southern University. My goal is not for clinical licensing but to increase my knowledge regarding believes, behaviors, and motivation as well as acquire a greater understanding of the relationship between stress and disease—the estimated year of completion is 2023.

See my detailed curriculum at https://www.linkedin.com/in/eva-m-clark-354577a/

In practice in Santa Cruz, California, and online since June of 2011. Over 3000 client hours.

Confidentiality And Electronic Communication

All interactions between hypnotherapist and client, including scheduling, the content of your sessions, progress, and your records are confidential. If such a situation arises that I am required by law to disclose information, I will make every effort to thoroughly discuss it with you before taking any action. I will limit my disclosure to what is necessary.

I utilize encrypted email, professional video conference programs, and keep texting to scheduling. Please be aware that, although unlikely, electronic communication may be intercepted by a third party digitally, or by accessing your phone or computer. Thus, the privacy of electronic communication cannot be guaranteed. We can discuss the level of information you are comfortable sharing through these means.

Cancellation Policy

Cancellations must be made with at least 24 hours' notice except for emergencies. In that case, time and date will be changed without penalization. If you are unable to provide at least 24 hours' notice, you will be charged a $50 fee unless I can fill that time slot. A text or email reminders will be sent the day before your appointed session. No shows are charged in full.

Sessions and Fees

Hypnotherapy sessions are 75 to 90 minutes in duration and usually held every other week. Individual sessions are $150/session. Three-session packages may be purchased at $395 and will not expire. Payments can be made in cash, check, credit card, or online via Venmo, PayPal, or Square. Sessions for full-time college students and minors are $105/session and 55 minutes in duration.

Signature and Authorization

I, the client, have been provided with a copy of this agreement. I fully understand that hypnotherapy is a complimentary service that does not replace medical care by a physician or licensed mental health care provider. I am responsible for the success of this enterprise by my willingness to apply the tools taught and evaluating my progress.

Name: _____ Email: _____

Date: _____ Client/Guardian's Signature: _____

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