MEDICAL HYPNOTHERAPY CLIENT AGREEMENT

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

The Nature of Clinical Hypnotherapy

Certified 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 has not been diagnosed, I will ask that you seek a licensed mental health professional and/or physician before we continue.

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 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; reduced triggering response caused by past trauma and adverse experiences; and improved relationship to self. Hypnotherapy utilizes 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).

Hypnotherapists are not experts in clinical mental health disorders and do not identify, diagnose, or treat them. The relationship between hypnotherapist and client is not hierarchical but 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 applying 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.

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.

Eva M. Clark, M.A. CCHt
415.699.2574 eva@evamclark.com
555 Soquel Ave Ste 260, Santa Cruz, CA 95062

Training and Experience

As a medical hypnotherapist, I work with anxiety, trauma, phobias, limiting beliefs and chronic disease. I have specialized in multiple sclerosis since 2013. 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 400 hours of additional training in hypnosis for chronic disease, chronic pain, irritable bowel syndrome, autoimmune disorders, surgery, and high blood pressure.
- Master NLP Practitioner.
- Over 300 hours of additional training in NLP for health, allergies, grief, trauma and PTSD.
- Inherited Family Trauma Training with Mark Wolynn
- Eye Movement Therapy training including Brainspotting, IEMT, & Hypno-EMDR.
- PSYCH-K® Practitioner and Brain Gym® Movement Facilitator
- Life Coach training (450 hours). Certified by the International Coaching Federation in 2009.
- Human Design Practitioner training with Karen Curry Parker
- 100 hrs training in Disease as a Symbol with Dr. Ruediger Dahlke
- Over 600 hrs of practitioner training in German New Medicine & Biodecoding

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

In practice in Santa Cruz, California and online internationally since June of 2011. Over 5000 client hours.

Cancellation Policy

Cancellations must be made with at least 24 hours' notice except for illness or 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 average 75 minutes in duration (please reserve 90 minutes in your schedule in case we need some extra time to complete a process) usually held every other week. Individual sessions are $175/session. Three-session packages are $495 and will not expire. $165/session and $450 for a three-pack for those on full disability, minors, and those diagnosed with MS. Payments can be made in cash, check, Venmo, Zelle, or invoiced using Square or PayPal as well as Wise.com for international clients.

Signature and Authorization

I, the client, have been provided with a copy of this agreement. I fully understand that Eva's practice 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: _____

Eva M. Clark, M.A. CCHt
415.699.2574 eva@evamclark.com
555 Soquel Ave Ste 260, Santa Cruz, CA 95062