Yungnar Hypnotherapy

Client Consent & Agreement
Practitioner: Sara
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Website: yungnarhypnotherapy.co.uk

1. About hypnotherapy
Hypnotherapy uses hypnosis and therapeutic techniques to help you make changes in the way you think, feel or behave.
During hypnosis you remain aware of what is happening and remain in control. You can speak, move or end the session at any time.
Hypnotherapy is not a substitute for medical diagnosis or treatment. If you have a medical or mental health condition, you should continue to obtain appropriate care from your GP or other healthcare professional.
I will only work with issues that are within my training, experience and professional competence.

2. Your decision to have hypnotherapy
Before beginning treatment, we will discuss what you would like help with and whether hypnotherapy appears to be an appropriate approach.
You are free to ask questions about the proposed work before deciding whether to proceed.
You are also free to stop treatment at any time.
By agreeing to treatment, you confirm that you understand what hypnotherapy involves and that you are choosing to take part voluntarily.

3. Information you provide
I will ask you for information that is relevant to the work we are undertaking.
This may include information about your general health and circumstances where it is relevant to determining whether hypnotherapy is appropriate.
Please tell me about anything that you believe may be relevant to your ability to take part safely in hypnotherapy.
You should also tell me if your circumstances change during the course of our work.

4. Confidentiality
Information you share with me will be treated as confidential.
There are limited circumstances in which information may need to be shared, including where:

- you give permission;
- I am legally required to disclose information;
- information needs to be shared for appropriate professional supervision; or
- I have a serious and immediate concern about your safety or the safety of another person.

Where there is a serious concern about your safety, I will normally discuss this with you first and encourage you to seek appropriate help.
Further information about how your personal information is handled is contained in the **Yungnar Hypnotherapy Privacy Notice**.

5. Professional supervision

I receive professional supervision as part of my practice.
I may discuss aspects of my work with my supervisor in order to obtain professional advice or consider treatment plans and difficulties.
I will normally do this without identifying you.
Where a document needs to be reviewed, it will be anonymised or pseudonymised wherever reasonably possible.

6. Online sessions
Sessions are provided online using Zoom.
You are responsible for ensuring that you have a suitable private environment in which to take part in the session and that you will not be interrupted.
You should not take part in a session while driving, operating machinery or doing anything else that requires your full attention.
If you become uncomfortable or wish to stop the session, you can tell me at any time.

7. Recording and Zoom features
Sessions are **not normally recorded**.
Zoom has facilities that can assist with note-taking and summarising sessions.
If I wish to use these facilities during your session, I will discuss this with you first and obtain your agreement before using them.
Any information generated will be treated as confidential and handled in accordance with my Privacy Notice and Data Protection Policy.
A session will not be recorded unless this has been specifically discussed and agreed with you beforehand.

8. Treatment plans and session records
I will keep appropriate professional records of our work together.
These will normally consist of brief notes rather than a word-for-word record of our sessions.
Where appropriate, we may agree a Treatment Plan identifying what you would like to work on and how you will recognise progress.
You may receive a copy of your Treatment Plan.

9. Your responsibility
Hypnotherapy is a collaborative process.
I will provide professional guidance and appropriate techniques, but you remain responsible for your own decisions and actions outside the sessions.
Please tell me if something does not feel right for you or if you would like to approach the work differently.

10. Medical and mental health care
Hypnotherapy does not replace medical or mental health treatment.
If you are receiving treatment from your GP, consultant, mental health professional or another healthcare professional, you should continue with that treatment unless your healthcare professional advises otherwise.
I may recommend that you speak to an appropriate healthcare professional if I believe this would be helpful or if the issue you wish to address is outside my

professional scope.

11. Appointments and payment
Payment is due on the day of the session unless we have agreed otherwise in advance.
If you cancel an appointment with less than **24 hours' notice**, the session fee remains payable.
If you need to rearrange an appointment, please contact me as soon as possible.

12. Ending treatment
You can choose to end hypnotherapy at any time.
I may also recommend ending or pausing treatment if I believe that:

- the work is no longer appropriate;
- the issue is outside my professional competence;
- another form of support would be more appropriate; or
- there is another professional reason why continuing would not be in your best interests.

Where appropriate, I will explain my reasons and suggest that you seek support from a suitably qualified professional.

13. Questions or concerns
If you have any questions or concerns about your treatment, please raise them with me.
I want you to feel able to say if something is unclear, uncomfortable or not working for you.
A separate **Complaints Procedure** is available if you wish to make a formal complaint.

14. Consent
By signing or otherwise confirming your agreement to this document, you confirm that:

- you have had the opportunity to ask questions about hypnotherapy;
- you understand that hypnotherapy is voluntary;
- you understand that you can stop a session or end treatment at any time;
- you have provided information that you believe is relevant to the proposed work;
- you understand that hypnotherapy does not replace medical or mental health treatment;
- you understand how confidentiality works and the limited circumstances in which information may need to be shared;
- you understand that sessions are not normally recorded;
- you understand that Zoom note-taking or summarisation will only be used with your agreement; and
- you agree to take part in hypnotherapy with Yungnar Hypnotherapy.

Client name:	
Signature:	
Date:	
Practitioner: Sara, Yungnar Hypnotherapy	
Date:	