



## Welcome to Green Mountain Hypnosis

**Please read and sign this form before completing the rest of the forms.** We do our very best to ensure that we provide the highest quality hypnosis services available.

**During your first visit to Green Mountain Hypnosis,** you will meet with **Karen Gray, CH, RN.** All scheduled visits will include a customized hypnotic session. **Sessions are scheduled as a 90-minute-block, though most appointments run about an hour in length.** Please plan on the first appointment being the full 90 minutes. We try to keep to a strict schedule, but occasionally we may run long. If we're running a little off-schedule, please know that it's always for a good reason.

**Our goal is provide you with the most effective hypnosis process in the most efficient use of your time.** We begin your process with a systematic series of sessions that include customization for your unique set of needs, continued reinforcement, and self-hypnosis training. Many clients reach their goals in the initially scheduled sessions, and most (but not everyone) begin to experience benefits from the very first session.

**Hypnosis is a process.** Many clients elect to schedule follow-up sessions for reinforcement or coaching.

We begin with a series of a minimum of three hypnosis sessions, and **a minimum investment of \$200.00 is due at the first session. If not paid in full at the first session, the client agrees to commit to the payment plan as detailed in the confirmation email.** We may require a credit card number on file to hold or confirm an appointment. Sessions are non-transferable. Refunds for unused sessions may be prorated based on a standard rate of \$200.00 per single session. Subsequent sessions may be arranged for \$200.00 each or as a package.

**Appointment changes (rescheduling, cancellation, or missed appointments) must be made at least 48 hours before scheduled appointment.** Clients making appointment changes less than 48 hours before the scheduled appointment will either forfeit the session OR pay a \$75.00 rescheduling fee. Late arrivals of 30 minutes or more are treated as a missed appointment. Due to the limited number of appointments available, our rescheduling policy must be enforced.

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*“By signing this, I understand that hypnosis and hypnotherapy are not meant to diagnose or treat any disease, but rather it is intended to provide information, education, and motivation that will promote feeling better, healing faster, and generally being more effective. It is designed to give me insight and tools into my innate healing potential and guide me into being more effective in helping myself. I also realize that hypnosis and hypnotherapy are not a substitute for conventional medicine, and I have been encouraged to seek the advice of a licensed health care provider should I choose to with regard to treating me for specific medical or psychological problems. I accept responsibility to share my physicians and other providers contact information, or to notify them of my use of hypnotism”*

*“By signing this, I am stating that I have read this form and understand that, like the other healing arts, the practice of hypnosis and hypnotherapy, is not an exact science: Therefore, results are not guaranteed, nor are refunds given for services rendered.”*

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### **Client Bill of Rights Acknowledgment and Understanding**

*“My signature below signifies that I have read and understood the Client Bill of Rights, and that I have received a copy.”*

*“I understand that sessions at Green Mountain Hypnosis are video-recorded and become part of my confidential record. “*

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Client Name (please print)

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Client Signature

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Date

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