

## Consulting agreement – Client (please read and sign)

In requesting professional consultation and assistance from a clinical hypnotherapist, I understand that to be successful I must be entirely willing to:

- **Recognize** that my health and well-being depend directly on how well I care for myself emotionally, spiritually, and intellectually.
- **Acknowledge** that my feelings, thoughts, images and desires, conscious and unconscious, ultimately determine the course of every action and relationship in my life.
- **Realize** that blaming anything or anyone, including myself, is totally useless and that the only person that can change my life is me.
- **Accept** responsibility for myself, my choices and actions, and that I – knowingly or unknowingly – create them. (Remember, “responsibility” means *the ability to respond*.)
- **Agree** to be on time for my appointments, meet my financial obligations promptly (including any sessions missed without 48-hour prior notice), and participate wholeheartedly in the work I am undertaking. I understand that payment is due at time service is rendered.

I know my heartfelt commitment is an important first step in my work here, and my signature below underscores that commitment. If however, in all good conscience I cannot align myself fully with each statement above, I have initialed each acceptable item rather than signing at this time and agree to discuss in detail any reservations I may have.

Client: \_\_\_\_\_ Date: \_\_\_\_\_

## Consulting agreement – Hypnotherapist

In order to support you in deriving maximum benefits from our scheduled time together, I agree to:

- **Use** the best of my abilities and expertise to facilitate such changes as are mutually agreed to be in your best interest and in no way harmful to you.
- **Work** diligently to ensure as best I can that all suggestions given are positive in direction, beneficial in nature, and present within the context of health and well-being.
- **Refrain** from using you or your trust to satisfy personal needs which I may have outside of our established working relationship.
- **Inform** you immediately if, in my judgment, another professional or alternative means of reaching your objectives would serve you better.

I am professionally committed to assisting you, in the shortest possible time and at the lowest possible cost in mobilizing your resources to achieve maximum results.

Hypnotherapist: \_\_\_\_\_ Date: \_\_\_\_\_