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Informed Consent

I, _____, understand that hypnosis—including hypnotic regression—is a method for self-exploration and/or behavioral change. This may enable me to search for meaning and understanding and to direct my own personal growth and development. I further understand that all hypnosis is self-hypnosis.

I am in control of the hypnotic state and session, I therefore can stop a session at any time. I choose the goals of hypnosis. The facilitator will use images, metaphors and symbolic language developed from the interview prior to and during the session, which I will interpret according to my own belief system. I understand that hypnosis works within natural altered states of consciousness and suggestion to help me open to the awareness of my habitual patterns of thought, feeling, and behavior.

I understand that hypnosis is not offered as a substitute for medical diagnosis and care. I also understand that this work is not a substitute for psychotherapy as it does not offer comprehensive or long-term interventions and support. Hypnosis can be a powerful intervention to compliment current or past psychotherapy.

I agree to the terms and conditions of Zoom or other audio/video platforms when meeting remotely. I agree to audio recordings of guided relaxations. Regression sessions will not be recorded unless otherwise agreed.

I understand that all information on this form and from any hypnosis session is confidential.

I willingly enter into hypnosis and out of my own desire for self-exploration and/or behavioral change. I understand that hypnosis is not psychotherapy. Furthermore, I certify that I am requesting hypnosis services on my own initiative and realize that *NATH practitioners* do not diagnose ailments or prescribe treatments.

Signature:

Date:

