



# Informed Consent Form

## Introduction to Hypnotherapy and Mind Coaching

Making an informed decision about whether to engage in Hypnotherapy and Mind Coaching is an important part of the therapy contract. The purpose of this Informed Consent for Hypnotherapy and Mind Coaching is to let you know about the therapy process and to help safeguard you. This Informed Consent Form along with the Privacy Policy informs you of what to expect from working together.

## About Hypnotherapy and Mind Coaching

Hypnotherapy and Mind Coaching focuses mainly on helping you achieve specific measurable goals that will enhance your day-to-day experiences. It helps you to explore and develop your potential to better manage your thoughts, feelings and behaviour. Working together within a therapeutic relationship, clients develop a healthier sense of self, others and the world in general.

## My obligation to you:

From my training and experience, I will listen to your problem and I will help you break the problem down into a set of specific goals that can be measured and achieved. I will use my training and experience to devise a therapy plan to help you achieve those goals by giving you the tools and therapy you need to change the way you think, feel and respond to challenging situations.

I will always be open to your feedback and adapt my perspective accordingly.

My commitment to you in terms of confidentiality and privacy is covered comprehensively within the Privacy Policy. I comply with EU General Data Protection Regulations (GDPR) in terms of the sharing and storing of your personal information.

I will endeavor to give you as much advance notice as possible of holidays or of any need to re- schedule a future appointment.

## Your obligation to me:

Please let me know if you have any concerns about our work together. Please give me a minimum of 24 hours notice if you need to cancel your appointment. If you do not attend or are late for our session, you will still be charged for the session.

## Confidentiality in Hypnotherapy and Mind Coaching

I will keep all your information confidential and private subject to the laws of the state. However if you disclose information that is deemed to put a child or children at risk, I am duty bound to report it as laid down in the Children First Act 2015.

I will keep your own personal records safe and secure for seven years after which time they will be destroyed safely and securely- safeguarding your anonymity at all times.

## Dual Relationships & Social Media

Dual relationships can impair our work together in terms of the therapeutic process. Therefore, I will not acknowledge our work together to anyone without your written permission.

## Fees, Session Timeframe & Frequency

The cost of sessions will vary depending on what we agree on during the assessment. I have already given you a guideline indication of the costs and time scale involved.

## Signature section

By signing this form, I agree to participate in Hypnotherapy and Mind Coaching. I have read, understood and comply with the agreed upon policies.

By signing below, you confirm that you have read this Informed Consent Form and the Privacy Policy, and you agree to the terms and conditions set forth in this document.

Therapist's signature\_\_\_\_\_

Client's Signature\_\_\_\_\_