

# Attachment and Experiential Therapy, LLC

## Informed Consent to Do Hypnosis

I, \_\_\_\_\_ acknowledge that the process of hypnosis has been explained to me. I understand that hypnosis uses guided imagery to focus thoughts and to build psychosocial skills. Hypnosis also involves the use of indirect and direct suggestion as well as metaphors to help develop the needed skills outlined in my therapeutic treatment plan.

I recognize and accept that hypnosis is not sleep and is not mind-control. I recognize that I am free to end trance if at any moment I choose to do so; for any reason; whether I feel stress or no stress.

Hypnosis has been described to me as “believed-in imagination” which means that I must be an active participant for the process to exist. I understand that this essentially means that all hypnosis is “self-hypnosis” and that the therapist is simply facilitating the process while providing suggestions/imagery that are congruent with my therapeutic goals. I understand that I should report to my therapist any expectations of having to testify in a court of law, since my therapist will advise me not to participate in hypnosis until my testimony has been made (so as to prevent any dismissal of testimony; e.g. false memories).

If/when the therapist provides me with a recorded hypnotic guided imagery CD or MP3 download, I agree to never listen to the hypnotic material while driving a car or operating any machinery or during any activity that requires me to be alert. I understand that the guided imagery recordings are hypnotic in nature and that it would be hazardous to listen to them in any place that is not safe and comfortable and appropriate for being inattentive to surroundings. I also confirm that I do not have any disclosed or undisclosed medical conditions that would contraindicate the use of hypnosis.

When I gain access to the recordings, I also understand that I am not to share the recording with anyone else; since the recording is provided by my therapist as a part of my therapeutic program. I agree to be responsible for the use of the recording by anyone or in anyplace that does not meet the terms of this agreement.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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