**Client Agreement**

**Hypnotherapy**

The aim of hypnotherapy is to provide you with a confidential opportunity for you to explore your thoughts and feelings in safety in order to assist your learning, healing and understanding and growth. My role is to help you through this process without judgement or telling you what to do. I may on occasion, give information or offer suggestions and we may, if you feel comfortable and with your agreement, use hypnotherapy as one of the ways to assist us in this process. If at any time I feel I cannot help you in some way, I will offer to refer you to someone who can.

**Commitment**

This process involves your commitment, your honesty both with yourself and me and a genuine desire to change. On my part, I have a genuine healing intent and provide commitment, honesty, and utmost respect for you as an individual, as well as my therapeutic skills.

**Confidentiality**

Our work together remains completely confidential, and I will not discuss what we talk about in sessions outside of the sessions. There are however some exceptions to this.

* I am required to attend supervision as a Hypnotherapist, as part of continuing professional development, in order to ensure that you receive the best possible service, but any information discussed under supervision would be anonymous.
* If, in exceptional circumstances I felt that either you or someone else were in danger or at risk of harm, whilst I would discuss with you first the possibility of breaking confidentiality, if the risk was serious enough, I may have to break confidentiality.

**Ethical Standards**

I am a member of the National Council for Hypnotherapy and am bound by their code of ethics, copies of which can be provided to you. I take your individual boundaries seriously and seek to work in the most ethical way.

**Sessions**

An initial consultation is required for every client and will be between 50-75 minutes depending on treatment.

Thereafter sessions are approximately 40-60 minutes.

I will indicate the possible number of sessions that will be required and together we will arrange a suitable day and time for your appointments. We will mutually decide on the interval of time between sessions.

If for any reason I have to cancel a session, I will aim to provide you with 24 hours’ notice. I will expect you to give me 48 hours’ notice if you are unable to attend. I reserve the right to charge for a missed session where no or insufficient notice is given.

**Number of Sessions / Ending Hypnotherapy**

When therapy is open ended, as opposed to limited, it is important that ending therapy is not sudden so we will regularly review progress to help determine the duration of our work together.

**Record Keeping**

I keep brief written notes and you are welcome to see these at any time. These notes are kept confidential, and no personal details will be kept on computer or passed to others. At the end of our work together my notes will be stored securely for a period of 7 years in case you wish to return to me for Hypnotherapy or Reiki. After that time, they will be destroyed by secure shredding. No electronic records will be stored after the end of treatment.

**Insurance**

I hold both public liability and professional indemnity insurance.

**Fees**

Initial Hypnotherapy Consultation (60-75 minutes)      £75

Single Hypnotherapy session (50-60 minutes)      £55

Block of 3 sessions (When paid in advance)      £150

Initial Reiki Consultation   (50-60 minutes)      £44

Reiki single session (40-50 minutes)      £35

Block of 3 sessions (When paid in advance)      £100

Block of 5 sessions (When paid in advance)      £160

Pre-payment is required for all sessions.

**Complaints**

Should you wish to make a complaint about the service you have been offered please contact organisations under whose ethics I work (available on request)