



Policies and Information Regarding Holistic Pathways

I find hypnotherapy one of the most effective and least expensive therapies available today because it requires fewer sessions overall. My complimentary mind, body, spirit practices include standard hypnotherapy, meditation, yoga, and reiki. All of these practices involve stress reduction and relaxation. In some cases, I blend aspects from these areas and/ or recommend that you try techniques from each.

Advanced Hypnotherapy Sessions include 15 minutes to uncover information, about 60 minutes of hypnotherapy followed by 15 minutes for completion and instructions. In most cases, I see people for 90 minutes. I find that a great deal can be accomplished with this format.

A Basic Hypnotherapy Session includes about 15 minutes of discussion beforehand. Time in hypnosis is about 20 minutes. We will have a brief discussion afterward talk about homework tips and follow-up.

Please understand that all information is held in strict confidence. It is very important that the client builds a strong sense of trust with the hypnotherapist. Please feel free to discuss openly any aspect of your therapy or to ask any questions. I look forward to being part of your process and I feel privileged that you have chosen me to do this work.

I respect your religious and spiritual beliefs. I feel very comfortable if you choose to include these in your therapy session. I also respect your right not to include this aspect of your life in your session. Feel free to discuss the subject.

When you make an appointment, I am reserving that time for you. If you are late, this cuts down on your time. If you miss an appointment that time that could have been scheduled for another client. Therefore, it is necessary to charge for an appointment where I have not been given a 24-hour cancellation notice. If you do need to cancel, I appreciate as much notice as possible as someone may be waiting to come in sooner.

I may record portions of your session, which is used to reinforce, and extend the benefits of your session. An MP3 recording can be emailed to you. With hypnotherapy, the benefits continue to increase after you leave the office during the weeks that follow. In the end, you will save a lot of time and money if you choose hypnotherapy. In some cases, it may be necessary to see you once per week. As you progress, the time between sessions may increase due to the long-lasting effects of hypnotherapy.

Fees

Please be advised that payment, by cash or check, is expected before we begin. The charge for a 90-minute Advanced and for Heart-Centered Hypnotherapy or highly customized sessions is \$125. Basic 60-minute hypnotherapy sessions are \$75. Package rates are available for multiple sessions and specialized programs. There will be no refunds once service has been provided. There is a \$35 fee for returned checks. For clients who are not mobile or for groups, my travel per diem is \$10, and 50 cents per mile to your location. Corporate and group rates are negotiable based on size, location, frequency, etc.

Open discussion

Please feel free to discuss openly with me any aspect of your session or to ask questions. I look forward to being a part of your process and I feel privileged that you have chosen me to do this work.

I have read and understand these policies. Signature _____ Date _____