



Hypnotherapy Consent Form

Client's name: _____

The undersigned Client acknowledges that he or she has been informed of the following information:

Hypnotherapist agrees to provide professional services in accordance with acquired training and experience giving undivided attention during scheduled consultations to facilitate Client's benefits. Hypnotherapist's work is Client-centered. Services provided utilize induction of hypnosis, and methods and principles used to help clients discover their inner creative abilities to develop positive thinking and feeling and to transform undesirable habits and behavior patterns. Therapeutic goals are to achieve freedom from restrictive thought and belief systems, to assist in solving personal problems, developing motivation and achieving goals. Client may be taught the use of self-hypnotic techniques to assist in achieving goals and resolving issues that have been mutually agreed upon by Client and Hypnotherapist.

Hypnosis is not a state of sleep, but is a natural state of mind that can produce extraordinary levels of relaxation of mind, body and emotions. The principles and theories upon which hypnotherapy is based are accessing and utilizing the power of one's inner resources. Hypnosis can transcend the critical, analytical level of mind, and facilitate the acceptance of suggestions, directions and instructions desired by the Client. The therapeutic use of hypnosis can also elicit information and insights from the inner mind. The Hypnotherapist utilizes interviews, discussion and hypnotic methods dealing with underlying issues whenever appropriate, with the goal of achieving effective and lasting results.

Services to be provided do not include the practice of medicine, as Hypnotherapist is not a licensed physician. These services are non-diagnostic, and are complementary to the healing arts services that are licensed by the state. The California State Legislature has determined that state licensing may not be conferred upon an occupational group for purposes of status or prestige. The primary



purpose of licensing laws for legally defined Healing Arts and Mental Health professionals is to protect public health and safety. Accordingly, Hypnotherapists are not issued licenses by any state governmental agency to engage in their professional services.

For that reason, if you are currently seeing a licensed physician for your health condition, it is recommended to talk to your physician about the type of hypnotherapy that you are thinking about taking before the session.

I, Sakura Nimura, have acquired the following education, training, experience, and qualifications to perform the services offered to my Clients:

Completed more than 200 hours of training of hypnotherapy including life regression and past life regression. Earned certification from International Association of Counselors and Therapists (IACA) and National Guild of Hypnotists (NGH).

Audio and Video Recording

If we record a hypnosis session for you to listen to on your own, it is understood that this recording is for your personal use only. This recording is not for public consumption and should not be copied, shared, distributed, sold, posted online or disseminated in any form. The audio or the video recording can cause you to become relaxed and even sleepy. It should not be listened or watched to in a vehicle, while operating heavy machinery or during any activity where alertness or attention are required for safety. Instead, listen to it at home in a safe comfortable environment – preferably while lying down. And give yourself plenty of time to return to a state of complete alertness afterward before returning to your normal activities.

I, the undersigned Client acknowledge that I have been advised of the foregoing information, and that I have been given a copy of this “Client Consent form”.

Client’s signature _____ Date: _____