

Hypnotherapy Consent Form
Prof. Sheri Galvanized, M.S., CHt, AMFT

Sheri Galvanized, Certified Hypnotherapist
Certified specialist: Hypnosis for Anxieties and Fears
AMFT #137246

Other certifications and trainings: Motivational Interviewing,
Spiritual Mind Treatment, Reiki Level III, EMDR

Welcome to your first appointment with Sheri Galvanized. This form will prepare you for our work together.

What is hypnosis?

Hypnosis is a three part process: Suggestion, Auto-Suggestion and Imagination. The suggestion is based on what you identify as your desire in our initial session. Once your desire is identified you will be guided to a state of deep relaxation that is similar to a daydream state. You will automatically respond to the suggestions in our mind and in many cases you will be aware of this as it happens. Your own imagination will provide you with the path to follow.

Risks: It's possible that this service will work very well, it might seem miraculous. It is also possible it won't work. Either way, you usually want to wait a little while to determine the true outcome. While waiting to determine the outcome, it's important to assume that the hypnosis did work. This is part of "auto-suggestion."

Benefits: Your situation will improve, you'll save money, you'll feel happy.

Risks: Other people won't like it, you'll be afraid (of change, to believe) and you'll go "backwards". Sometimes it gets worse before it gets better but it's "working" just fine.

Fees: \$200 per session – Some potential discounts for multiple sessions, pre-paid.

Referrals: My business is based 100% on referrals. I do not advertise. If you like your results and you want to refer clients to me, please do. The best method is for you to give me their contact info and I will follow up with them.

I may need to refer you to someone to help you with issues that are outside my scope of competence.

Limitations- Hypnosis is not a substitute for medical treatment. It is also not a replacement for medication or psychotherapy.

Confidentiality – Our sessions are confidential to the highest degree possible. According to California Law I have a Duty to warn and protect you, elders in our care, and children in your care.

Reactions during session: Some people go into a deep state right away and when the session is over they will believe they didn't hear anything I said. Some people hear everything I say and

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therefore assume, “nothing happened”. Still others will think “I am cured, I just know it...that was profound.” The best way to assess the success of a session is the changes to your automatic behavior over a period of time. It is not unusual that you will stop doing something you’ve always done or start doing something you’ve never done and it will be so automatic that it feels natural and like it’s always been this way.

Length of session: Pre-conversation, hypnosis, debrief usually 50 mins-1 hour.

Recordings: it is okay for you to record our session and use it again. I don’t automatically record sessions and if I ever do I will ask you in advance and explain to you what I will use the recording for.

Sounds: I generally use sounds such as crystal bowls, chimes, recorded music and more. If any sound is unpleasant to you, please let me know. Also, let me know if you prefer or request a certain sound.

Sensitivities: I am sensitive to strong cologne or perfumed products and the smell of someone after they have just smoked or drank alcohol. Please be mindful that these sensitivities can stand in the way of me offering you my 100% attention and please let me know about any sensitivities you might have.

Your questions:

If you woke up this week and realized the hypnosis worked and your situation is reversed or cured, what would you be feeling or seeing that would be your evidence?

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- We have discussed all items on this list.
 All my questions are answered at this point and
 I am willing to participate in services related to hypnosis with Sheri Galvanized.

Sheri Galvanized

Client Name (Printed)

Client Signature

Date

Payment methods:

Zelle is the preferred method of payment. (562) 305-3434 - sherigalvanized@gmail.com. Also accepted: Check, Cash and PayPal. Payment is due on the day of service. Checks should be made payable to Galvanized Intention, LLC.

Scan in your banking app to pay
GALVANIZED INTENTION LLC
at s...d@gmail.com.



zelle[®]