



## Love You Best

### Hypnotherapy Intake form

Client Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Do you want to be contacted by: Email \_\_\_\_\_ Phone \_\_\_\_\_

Reason for Visit:

Have you ever been hypnotized? Yes \_\_\_\_\_ No \_\_\_\_\_ If so, when?

Do you have an analytical mind? Yes \_\_\_\_\_ No \_\_\_\_\_

How do you learn best? Check one:

Visually \_\_\_\_\_ Auditory \_\_\_\_\_ Kinesthetic \_\_\_\_\_

Do you have any phobias or fears? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please describe:

Do you take medication? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please list here.

Do you have any medical issues? Yes \_\_\_ No \_\_\_

If yes, describe

Occupation: \_\_\_\_\_

What ways do you relax?

Do you meditate? Yes \_\_\_ No \_\_\_

Do you exercise? Yes \_\_\_ No \_\_\_

You can expect the hypnosis session to last 30-90 minutes depending on the individual. You will be gently led into a relaxed state using breathing and visualization techniques; this is known as induction. Once you are relaxed, a deepening technique will be used to get connected with the subconscious mind. This is where the magic can happen; where goals can be met through positive hypnotic suggestion. You are *ALWAYS* in control of the session.

Please leave all doubts, criticism, expectations and judgments at the front door; we need the ego mind to allow for processing. This issue didn't happen overnight and it will not go away overnight. This isn't a miracle fix; the process could take weeks to change the behavior or habit. You must be committed and willing for the change to occur.

Once the sessions are complete, there will be a follow up session discussing the success you have achieved and any future sessions you may require; that will be determined by client and therapist mutually.

I have read and understand the process described above and accept the terms.

Print Name of Client \_\_\_\_\_

Signature of Client \_\_\_\_\_

Date \_\_\_\_\_

## Code of Ethics and My Accountability Pledge

I pledge to:

Uphold or exceed the highest standards required by law.

Treat all clients as equals in regard to race, religion, age, sexual orientation and gender.

Maintain and adhere to my scope of practice.

Refer out anyone who doesn't fit into my scope of practice.

Assure my clients understand all terms, conditions and fees.

Provide and protect client/therapist confidentiality within the legal limits of the law.

Obtain all necessary consent before providing services.

Continuously educate myself to better help my clients.

Treat all my clients with respect, dignity and compassion...and lastly,

I pledge to uphold these ethics in all my professional endeavors as a Hypnotherapist.

## MISSION STATEMENT

With integrity, we support without sacrifice, a safe and secure space to help you thrive and heal your soul through encouragement, understanding and acceptance.

## VISION STATEMENT

**Love You Best** strives to be part of a positive societal shift, one person; one soul at a time.

With integrity and sincerity I support without sacrifice a secure environment that provides encouragement, understanding and acceptance for you to be considerate to your soul; giving it the best opportunity to heal and thrive. I furnish a safe space for all who desire to explore their most authentic self. We nurture, empower and help heal the soul with compassion and generousness while you honor and reach your inner peace.