

Light Hand Hypnotherapy Intake Form

Full Name:		Best Contact Phone:	
Full Address:			
Date of Birth:		Sex:	
Referred by:			
Occupation:		# of children:	

Have you ever been treated for an emotional/behavioral problem? Yes No If yes, please explain:	
Why are you seeking hypnotherapy?	
What do you think is the cause of the issue/problem?	
What previous efforts have you made to solve the problem?	
What do you feel prevents you from solving this problem?	
Have you experienced hypnosis or hypnotherapy before? Yes No If yes, please explain:	
Do you have any questions or concerns regarding hypnotherapy?	
What is your favorite Place?	
What are 5 benefits you will receive by eliminating this problem?	
1.	
2.	
3.	
4.	
5.	
Do you have any fears or phobias? If so, please describe:	

CONSENT	
<input type="checkbox"/>	<p>I consent to having my hypnotherapy sessions recorded. I understand these recordings will not be shared with anyone. I also know I will receive a copy for my own use. If desired, I may make my own recording on my own equipment.</p>
	Initial:

The Nature of Hypnosis: It involves a narrowing of my focused attention similar to meditative practices. I understand that hypnosis is a way of inducing a pleasant, voluntary state of relaxed attentive concentration. In this focused state of I am aware that suggestibility maybe heightened, mental absorption may increase, attention to sensations may be heightened, and imaginative skills may increase. **I am aware that all hypnosis is self-hypnosis.** I understand a person must be a willing to be hypnotized for hypnosis to occur. I understand that no one can be hypnotized against his or her will. I understand a hypnotized person cannot be made to do anything he is not normally willing to do. When a person is in hypnosis, I realize that he or she is aware of their surroundings. He or she hears the sound of the hypnotist’s voice and will remember more or less of what the hypnotist says. When hypnotized a person is relaxed, comfortable, focused, and in a state of daydream type thinking. When hypnotized I realize a person is not asleep. I understand that hypnosis is not medical or psychotherapy treatment, but a process whereby an individual is taught to use his or her own abilities for his or her own benefit. Hypnosis, like any other holistic therapy, comes with no guaranteed outcome. I understand that my sessions are for the purpose of learning and that my progress comes from my participation.

<input type="checkbox"/>	I have read and understand the contents of this release. I am 18 years of age or older and I execute this release of my own free will and without undue influence.
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Signature:	
Printed:	
Date:	