

## **HYPNOTHERAPY'S RULES**

1. I have been advised of the scope of hypnosis/hypnotherapy practice and I give my full consent to receiving hypnosis/hypnotherapy sessions.
2. I understand that results vary and that the practitioner may not guarantee results.
3. Hypnosis/Hypnotherapy is not a replacement for medical treatment or psychiatric services.
4. I understand that the Hypnotist/Hypnotherapist does not treat, prescribe for or diagnose any condition.
5. I am aware and understand that in some cases it may be necessary for the practitioner to respectfully touch my shoulder(s), hand, wrist, or forehead in order to assist me in relaxation. I give the practitioner permission and consent to do so in order to help me establish a beneficial state of hypnosis.
6. I have been advised that I am free to terminate any or all sessions at any time.
7. I understand that confidentiality regarding my sessions will be honored unless the practitioner feels that I or someone else are in danger.
8. I understand that sessions may be recorded for my own protection and for that of the practitioner. I have been informed that copies of all recordings are available to me but will not be made available to any third party excluding HPHI.
9. I will cooperate with the practitioner in order to achieve the counseling goals.
10. Practitioner will not force you to share what you do not want in every session.

**Please remember to switch off your mobile phone during our sessions.**

## **催眠守則**

1. 我已被告知會被催眠/催眠的範圍，我同意治療師的話及願意與治療師合作。
2. 我知道結果會發生變化，治療師不能保證所有結果。
3. 催眠非醫療、藥物或精神科服務。
4. 我理解治療師不會治療不合法行為。
5. 在某些情況下，可能是必要的，讓治療師觸摸你的肩膀、手、腕、關節或以說明我放鬆的額頭。
6. 我有權在任何時間中止服務。
7. 我明白治療師會保守秘密，除非對話內容涉及我或其他人的生命危險。
8. 我理解治療師會保障雙方的利益，可能會記錄雙方的對話。
9. 我願意配合治療師，與治療師共同商討治療目標。
10. 治療過程中，治療師不會強迫你分享你不想分享的部份。

**請記住我們的會議期間，關掉你的手機。**