

SEE Hypnosis, LLC

Client & Hypnotist Expectations in Pain Management Hypnosis

- Keeps appointments as scheduled. Your appointments are scheduled to help you obtain maximum benefit from hypnosis.
- Practice the relaxing breath 3-5 breaths every hour and 5 minutes before sleep. This breath triggers your body's natural endorphins and reduces the stress response.
- Practice self-hypnosis 5-10 minutes twice daily. See included instructions.
- Use healing affirmations daily.
- Engage in some form of exercise, physical activity or physical therapy DAILY as recommended by your physician.

Hypnotist Responsibilities:

- Provide a safe and secure environment for hypnosis sessions.
- Assist client with conscious thought stopping.
- Provide hypnosis with suggestions for the multiple components of pain perception.
- As indicated hypnosis to release fear, anger and guilt the client reports are contributing to symptoms present.
- Maintain an on-time appointment schedule except in the rare instance a prior client needs a few extra minutes to close out their session appropriately.
- Update physician on progress of sessions.

Jonathan Hyatt (Hypnotherapist) and SEE Hypnosis do not guarantee any outcomes. Research has shown that hypnosis is effective at reducing and altering the perception of pain—in some cases eliminating it. Research also shows that a client's beliefs and thoughts play a major role in pain perception. Because the hypnotist cannot use hypnosis to control a client's thoughts and free will is maintained throughout hypnosis it is important the client follow through on their responsibilities in the process. With hypnosis for pain management, success is largely dependent on client participation in the process.

_____/_____/_____
Client Signature