Hypno-CBT® College

Hypno-CBT® Diploma

Case Study Agreement

Student name	[[	]]
Case study participant name	[[	]]

Case study participation

I, **[[student name]]**, am currently training as a Cognitive Behavioural Hypnotherapist with Hypno-CBT® College. As part of my course I am required to conduct and submit case studies. When conducting a case study I will be putting into practice techniques learnt on the course. At no point will I practise any techniques not yet covered as part of the course, or from different modalities. By agreeing to take part as a case study you recognise that I am still learning and developing my skills.

Sphere of competence

I will be asking you to complete documentation relating to your health and wellbeing and the extent of your issue and how it is affecting you. If it becomes clear at the start or during our sessions that your issue is more complex and therefore outside of my sphere of competence, I will discuss this with you and suggest other options which could include referral to your GP or a more qualified therapist, if you choose to seek further help for your issue.

Hypnotherapy is not a substitute for medical advice or treatment. Please speak to your GP about any health concern.

Confidentiality

All information, whether verbal or written in notes, is treated as strictly private and confidential.

I have responsibility both to you and to the community at large. Some moral and legal limitations therefore apply to confidentiality. These limitations mainly concern risk of serious self-harm, harm to others and child protection issues. If a situation arises in which the moral or legal limits of confidentiality are exceeded, I will explain the reasons and discuss them with you at the time.

Supervision

As part of my training I work with a supervisor. The outline of your case is agreed with my supervisor before we begin, and your case is discussed in supervision after our sessions. A reference number is used in place of your name and your personal details remain confidential. Therapist confidentiality extends to the supervision relationship.

All College supervisors complete internal supervision training.

On signing this agreement you agree to the submission of your case study as part of my training and qualification.

Insurance

I confirm one of the following.

☐ I hold student professional indemnity and public liability insurance.

☐ I have tried to arrange student professional indemnity and public liability insurance and it is not available to hypnotherapy students in **[[country]]**. This means our sessions are not covered by an insurance policy. You are free to decide not to take part on this basis, and you may stop at any time. Signing this agreement does not affect your legal rights.

Privacy

I have provided you with a separate document detailing my privacy policy and compliance with GDPR.

Code of ethics

During my training I am guided to review the code of ethics of one of the leading hypnotherapy professional bodies, such as the General Hypnotherapy Register, and to follow its principles. I have read the code of ethics of the body I intend to join once qualified and I abide by it. A copy is available to you on request.

Taking part

Taking part is voluntary. You may decide not to take part, or stop at any time, without giving a reason.

Please tell me about any medical or mental health condition that may be relevant and any medication you take.

I will give you a copy of this signed agreement.

Student
Name
Signed
Date

I agree to take part as a case study for **[[student name]]**. I have read this agreement, I have had the chance to ask questions, and I understand how my personal information will be treated and shared.

I confirm I am aged 18 or over.

Case study participant
Name
Signed
Date