

## Terms & Conditions for Hypnotherapy

These outline what you can expect from me as your hypnotherapist, and what I ask of you in return so we can work together safely, respectfully, and effectively.

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### My Commitment to you as Hypnotherapist

#### **Your wellbeing comes first**

I am fully committed to supporting your wellbeing and your goals. I will:

- Listen carefully to understand what matters most to you.
- Tailor each session and any resources specifically to your needs.
- Be prepared, focused, and ready to work with you.

#### **Session times and availability**

I will:

- Attend all sessions at the agreed time and avoid interruptions or scheduling anything else during that time.
- Give at least **48 hours' notice** if I need to reschedule, except in cases of sudden illness or emergency.
- Offer you the earliest available alternative time if I need to rebook.

#### **Confidentiality**

Your privacy is extremely important. I will:

- Keep all personal information and session notes confidential and securely stored. You can request to see any notes I hold about you at anytime.
- Only share information if I believe there is a serious risk to your safety or someone else's safety, or as required by law.

#### **Professional supervision**

I attend monthly professional supervision with a qualified hypnotherapy supervisor (a requirement of the NZ Association of Professional Hypnotherapists).

- I may discuss aspects of client work in supervision to ensure safe and effective practice. I **never** share names or any identifying details.
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## Your Commitment as a Client

### **Commitment to change**

By attending hypnotherapy, you are choosing to make positive changes in your life. You agree to:

- Participate fully in sessions.
- Practice any techniques or use resources provided between sessions to support your progress.

### **Self-empowerment (Mana motuhake)**

You acknowledge that:

- You have the power to create change in your life.
- You are responsible for taking the steps needed to support that change.

### **Attendance and cancellations**

To respect both our time, you agree to:

- Give **at least 48 hours' notice** if you need to reschedule, except in cases of unforeseen illness or emergency.
- Understand that:
  - Less than 48 hours' notice will incur a **50% session fee**.
  - Not attending a session with less than **one hour's notice** will incur the **full session fee**.

### **Safety, health and wellbeing**

In order to protect us both and ensure safe practice you agree to inform Lou of:

- Any mental health or health conditions you have
- Any medications you are currently on, or any changes to medications
- Any significant changes in your wellbeing

### **Recordings and resources**

- If Lou shares any audio recordings or other resources with you, you agree not to share them with others and that they are only for your own personal use.



### Payment terms

Full payment is due within 24 hours after attending a session. You can pay in cash or online. Here are the account details for online payments:

Name of account: Louise Giles  
Account number: 06-0738-0695558-01

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### Online sessions

If hypnotherapy is to be done online, you agree to:

- Ensure you have a quiet, private and safe space so that we will not be interrupted and you can relax
- Ensure you have a secure and reliable internet connection with good audio and video
- If the connection drops during a session you can continue to stay in hypnosis whilst Lou tries to reconnect or you can take yourself out of hypnosis. Lou will try to reconnect online and if that is unsuccessful she will contact you by phone instead to continue the session or make alternative plan.

### Scope of practice

Hypnotherapy is not a substitute for medical, psychiatric, or psychological treatment, and does not diagnose conditions nor provide medical advice. Lou provides hypnotherapy services only in the areas she is competent to do so.

### Ending therapy

Either party can choose to end the therapeutic relationship at anytime.

