

## CLIENT INFORMED CONSENT

*Please sign and date and return electronically. This document explains who we are, what we do, what you can expect, and what services we don't provide.*

Bennett Twins Hypnosis and Coaching and Peak Breakthrough (Theta Hill LLC and releasees; Theta Hill LLC owns and operates both businesses) agree to provide professional services in accordance with acquired training and experience giving undivided attention during scheduled consultations to facilitate client's benefit.

Depending upon your location, services provided may utilize hypnosis to help clients discover their inner creative abilities, to develop positive thinking and feeling, change mindsets, and to transform undesirable habits and behavior patterns into habits and patterns aligned with client goals and desires. Clients may be taught the use of self-hypnotic techniques to assist in achieving goals and resolving issues that have been mutually agreed upon by Client and Bennett Twins Hypnosis and Coaching or Peak Breakthrough.

Bennett Twins Hypnosis and Coaching and Peak Breakthrough and its employees, owners, and releasees utilize interviews, discussion and hypnotic methods dealing with underlying issues whenever appropriate, with the goal of achieving effective and lasting results.

The methods utilized during a session may involve things like progressive relaxation, visualization, guided meditation, and being honest about emotions and experiences. Clients are encouraged to recall events, circumstances, behaviors, thoughts, and feelings from situations in their life experience.

I understand that clients vary in response to the relaxation and hypnotic process, with some clients having powerful experiences and others feeling relatively little. And, I am aware that experiences during hypnosis involve recalling real memories but also strong imagination. I understand certain memories/experiences may invoke emotional strong reactions. These emotionally charged experiences are useful for gaining insight; however, such powerful experiences can be emotionally challenging for some clients. Before booking a session, I understand this. *If you believe that these experiences may be too overwhelming for you, please consider non-hypnosis options.*

I understand that services may include EFT (Emotional Freedom Techniques) which involve me lightly tapping on various places on my face and body, while honestly expressing my emotions and feelings, including speaking of difficult events, cravings, or habits.

I understand that services may also utilize neurolinguistic programming, NLP, which is a set of coaching tools designed to change your way of thinking, feeling, and acting.

I understand that services may include coaching methods commonly used by life and business coaches.

All services are rendered with the consent and cooperation of the client.

These services are non-diagnostic and are complementary to the healing arts services that are licensed and certified by the state.

I understand that my sessions are for the purpose of learning, self-growth, and motivation, and that my progress comes from my participation. I acknowledge that I understand that the coaching and hypnosis provided are the opinion of Theta Hill LLC and releasees, based on particular research, experience, training, and insight of its owners, employees, and releasees.

I understand that these are not medical or therapy sessions, nor are they the services of a dietician, medical doctor, or therapist, and they are not intended to mimic these services. It is recommended that you inform your doctors and therapist of your use of hypnosis and coaching. Because of this, I understand that my insurance will not cover the cost of any sessions.

I understand sessions are to enable me to better understand myself, my relationships and make desired changes. The hypnotist/coach cannot and will not predict outcomes or make decisions for me.

I assume full responsibility for my actions and inactions which relate to any sessions.

I freely and voluntarily consent to undergoing sessions conducted by Bennett Twins Hypnosis and Coaching or Peak Breakthrough. I understand that while hypnosis and other coaching tools are modalities for positive change, a rare client may experience negative reactions. I accept any and all risks for any adverse reaction I may have.

I forever release Bennett Twins Hypnosis and Coaching (and Theta Hill LLC and releasees) from any and all claims for liability and damages of any kind whatsoever which I may at any time have, including without limitation personal injury, emotional distress and negligence (excluding only willful misconduct). I expressly waive all claims for indirect, consequential or exemplary damages. In no event shall I be entitled to recover more than the aggregate amount paid by me to Bennett Twins Hypnosis (and Theta Hill LLC). I will indemnify and hold Bennett Twins Hypnosis, Theta Hill LLC, and releasees harmless for any damages, including attorneys' fees, arising from my breach of the terms of this release.

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. By signing, I acknowledge that in signing this agreement, I agree that following any advice/information received from any consulting or other activities with Theta Hill LLC and releasees is done strictly out of my own free will and that results and/or outcomes are not guaranteed.

I understand that in lieu of signing, I may be asked to acknowledge and accept this agreement before booking a session, and this has the exact same impact as having signed.

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Client Signature (Parent/Guardian if under 18)

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Date

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Printed Client Name (Parent/Guardian if under 18)