

HYPNOTHERAPY CONTRACT

Hypnotherapy is a cooperative undertaking between a practitioner (Dorota Azimov) and client (yourself), the basis of which is this contract.

Therapist's professional information

I hold BSc in Psychology gained at Roehampton University, London - since 2012. I am qualified to the Hypnotherapy Diploma with HypnoTC: The Hypnotherapy Training Company, whose training has been externally accredited by the General Hypnotherapy Register (GHR), the Federation of Holistic Therapists (FHT), National Council for Hypnotherapy (NCH) and the British Institute of Hypnotherapy & NLP (BIH). I am also a Certified Hypnotherapist (C.H.) with the National Guild of Hypnotists (NGH), of which HypnoTCare recognised training provider. I also hold Hypno-Oncology Certification; and EMDR for Hypnotherapist Certification. I am a member of the British Psychological Society (BPS), The National Hypnotherapy Society, British Society of Clinical Hypnosis, Federation of Holistic Therapists, General Hypnotherapy Register; registered at National Council for Hypnotherapy NCH; National Guild of Hypnotists (Certified), Complementary and Natural Healthcare Council CNHC (Registered), and member of The Association of Hypno-Oncology Practitioners, Hypnotherapy Directory and of Royal Society of Medicine.

I adhere to the Code of Ethics and Professional Conduct of (NGH, CNHC, GHR, and BPS). I am fully Insured by: Towergate Insurance and Holistic Insurance Services.

Confidentiality information

All sessions will be conducted in the strictest confidence and this confidence will be maintained and applied to all records (including written, informal notes, audio/video recordings), in accordance with Data Protection Act and the subsequent GDPR legislation, except in the following circumstances:

- Where the client gives consent for the confidence to be broken (including contacting GP)*
- Where disclosure on the part of the therapist is required by UK law.*
- Where the therapist considers the client an imminent danger to themselves or others.*

Therapist agreement:

I will:

- Ensure that the care of my client(s) remains my primary concern.*
- Ensure that a professional therapist-client relationship is to be always adhered to.*
- Act in the best interests of my client(s) at all times.*
- Act only within the limits of my expertise (knowledge, skills, experience, and training).*
- Ensure that where a client's requirements are beyond my current expertise, or if it is apparent that hypnotherapy is not the most suitable form of treatment, I will offer referral options to another therapist or healthcare professional.*
- Maintain appropriate and effective communication with my client(s), other members, and professionals.*
- Carry out my duties in a professional and ethical way.*
- Always behave with integrity and honesty.*
- Explain fully to the clients in advance of any treatment: My fees, precise terms of payment, and charges which might be levied for non-attendance or cancelled appointments (as stated in my cancellation policy-see below).*

Client agreement:

I understand that the therapy is a collaborative process between the therapist and the client and that both client and therapist have a role to engage in

I will:

- Arrive at my scheduled session(s) on time (either it is online or face to face).*
- Tell the truth at all times, as it is within my best interest to do so.*
- Actively participate in my therapy sessions as required.*
- Complete any homework tasks/activities (including self-hypnosis) set by the therapist. I understand that when I commit to the tasks and activities, beyond the therapy session, these are designed to support and enhance the therapy process*
- Always respect my therapist and act in a respectful manner.*
- Maintain appropriate and effective communication with the therapist.*

I understand that I will be asked to discuss a specific goal/direction for the therapy.

I understand that good/ lasting results may require several sessions (as indicated by the therapist)

*I understand that the therapist is not held accountable for results achieved /not achieved
I understand that duration of the session may vary, rather than be specific 60minutes. I also understand that the work to be undertaken may take more than one session
I understand that therapy may be terminated at the therapist's discretion (where deemed appropriate).
I understand that a professional therapist-client relationship is to be always adhered to.
I understand that the guarantee of a successful outcome is not possible and accept that even where the therapist carries out this treatment to the best of their ability, the specific result may not be achieved due to circumstances outside of the therapist's control.
I acknowledge that personal data will be recorded for treatment, accounting, and communication purposes and this information is held securely in accordance with General Data Protection Regulations.
I understand that any physical or verbal abuse will not be tolerated.*

Contraindications:

*I confirm not to suffer of any psychotic disorders (such as: Schizophrenia, Bipolar, et cetera).
I have disclosed all information that might affect the outcome of the treatment or my well-being.
I understand that the therapist is not responsible for any recurrence of physical or mental problems prior to the present treatment.*

Child's Hypnotherapy/therapy program Session:

**Please note, if you are booking a child's session, download the Parent Consent form, available also at www.dorotaaazimov.com. Therapy sessions cannot proceed without an appropriately filled-out form.*

Booking/Payment details, Cancellation, and Refund Policy:

Your payments will be charged to a credit card or PayPal on a one-time or recurring basis. Bookings require a deposit of up to £50 at the point of booking; this can also be paid over the phone or PayPal. This deposit is entirely redeemable against the cost of treatment, should you choose to go ahead. If you accomplish your goals or if you find the therapy with Dorota Azimov Embrace Self to no longer be helpful for any reason, you can simply cancel the future payments (in case it was set up as recurring one).

Please be advised, Dorota Azimov Embrace Self do not offer a refund for the missed or accomplished sessions.

Should you be running late for the therapy session you must inform the therapist minimum 1h in advance for possible appointment reschedule (only due to exceptional/reasonable circumstances session will be changed).

Please give more than 24 hours' notice if cancellations occur. Less than 24 hrs will incur a charge of 50% of your total treatment cost and or will be added to your next appointment. No shows will be charged in full. This notice will allow Dorota Azimov Embrace Self to accommodate clients on the waiting list. If you do not cancel one of your course treatments in advance the same cancellation system applies.

Feedback

*Dorota Azimov Embrace Self value all feedback, please rate your experience on Dorota Azimov Embrace Self website, Facebook page, google and or trust pilot.
Thank You*

To the best of my knowledge, all the information I have provided is current and accurate. I confirm that I have read, understood, and agreed to the terms of the therapy as presented in this therapy contract. I (the client) give my consent to this therapy and accept responsibility for current and future conditions both physical and mental.

Clients Full Name (PRINTED):.....

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Clients Signature:

Date:.....

Therapist Full Name: Mrs Dorota Anna Azimov BSc (Hons) Psych, DHyp, CCH, NGH Cert.

Hypno-Therapist Signature:



Date: