

Consent form to receive Solution Focused Hypnotherapy

I understand that I'm embarking on a course of Solution Focused Hypnotherapy from Calm Navigation Hypnotherapy. That I have certain responsibilities within the course of therapy both to myself and my therapist in order to maximise the beneficial results.

I undertake to attend sessions regularly and in a timely manner and to give 24 hrs notice of cancellation or lose (if pre-paid) or pay the fee for the pre booked session.

I undertake to participate in activities of positivity between session as set out by my therapist. I understand that by doing so I will get maximum benefit from the session.

I have had the process explained to me and understand what is entailed.

I understand that the duration of therapy predicted by the therapist is an estimate and it may take longer than initially planned. I also understand that whilst the therapist has predicted the results based on previous experience, there are no guarantees of the outcome of therapy.

I understand that the notes from my session will be held for 8 years from the point of completion of my therapy in compliance with GDPR guidelines and for insurance purposes. A copy of these notes may be requested at any point within the time frame. I am aware that I may request them to be amended if I believe something is incorrect and for them to be destroyed, though this will require the agreement of the therapist's insurance.

I am aware that the therapist may break confidentiality if they deem that it is necessary to safeguard either myself or others or if it prevents a crime from being committed. Your case could be discussed with a trained supervisor, as we regularly have supervision sessions, your name would remain anonymous at all times.

I have been given the chance to ask questions and accept these terms and conditions.

Name (in block letter)

Address

Telephone number

Mobile

I hereby consent to receiving Solution Focused Hypnotherapy from Belinda Miles and agree to the above conditions.

Signed

Date