



## Thank You for Choosing Cascade Hypnosis Center

**Welcome to Cascade Hypnosis Center Please read and sign this form before completing the rest of the forms.** We do our very best to ensure that we provide the highest quality hypnosis services available. We do this by constantly improving our techniques and keeping up with the latest developments in the field of hypnosis. The hypnotherapist that will be working with you is certified by the National Guild of Hypnotists.

**As one might expect, there is some variation in the length of sessions.** We try to keep to a strict schedule, but sometimes we may run late. Please excuse us if we do. Sometimes continuing a session for another 10 or 15 minutes can save a great deal of time in the long run for the client. Or, stopping the session at a particular time, may be inappropriate because the issue being dealt with is emotional, and the client needs some time to regain composure before returning to the waiting area. So, sometimes we will run a little late. Note that it is usually for a good reason.

**Lastly, hypnosis is a very powerful process that has helped thousands of Americans to make the kinds of changes that they want to make in their lives. However, hypnosis is not mind control.** For example, no one, not even the very best hypnotist, could make you lose weight, or stop smoking if you really don't want to. Nor could he or she accurately predict how many sessions it will take. Most people (but not everyone) begin to experience the benefits (from the very first session) and most people are done in four to six sessions. Ultimately, you are responsible for the changes that occur as a result of the hypnosis sessions.

**This is both "good" and "bad". It is "good" because, after you have made the changes that you want using hypnosis, you deserve a great deal of the credit, and this knowledge helps you to make more changes in your life. But, on the other hand, it is bad because we cannot guarantee that the changes will come about. In fact, this is true in any situation where a professional is trying to help you.** There is always a human factor. Doctors don't guarantee that you will get well. Teachers can't guarantee that you will learn, and lawyers can't guarantee that you will "win" your case. What we can guarantee, here at Cascade Hypnosis Center, is the very best service, using current information and appropriate hypnotic techniques for your situation.

Clients must make any changes (e.g. rescheduling or canceling their appointment) at least three weeks before their appointment or they will be charged for the appointment.

*By signing this, I am stating that I have read this form and understand that, like the other healing arts, the practice of hypnosis and hypnotherapy, is not an exact science: Therefore, results are not guaranteed, nor are refunds given for services rendered.*

Signature\_\_\_\_\_ Date\_\_\_\_\_



### Confidential Client History Form

This form is to be completed before or at the initial session: Date: \_\_\_\_\_

Please fill out this form and read the Client Bill of Rights on the next page. Signing this form indicates that you have read that information.

Name \_\_\_\_\_ Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Date of birth \_\_\_\_\_ Age \_\_\_\_\_ Pronouns \_\_\_\_\_ Marital Status \_\_\_\_\_  
 Occupation \_\_\_\_\_ No. of Children: \_\_\_\_\_  
 How did you hear about us? Google \_\_\_\_\_ Social Media \_\_\_\_\_ Newspaper \_\_\_\_\_ Other Advertisement \_\_\_\_\_  
 Or, Referral If so, who referred you? \_\_\_\_\_  
 If you were referred by a medical professional, do we have your permission to discuss your progress with him/her?  
 \_\_\_\_\_ Yes \_\_\_\_\_ No

Has anyone ever tried to hypnotize you? \_\_\_\_\_ Reason: \_\_\_\_\_  
 Do you believe that you were hypnotized? \_\_\_\_\_ Why? \_\_\_\_\_  
 Generally, how did it go for you? \_\_\_\_\_  
 Reason you are coming for hypnosis \_\_\_\_\_

Any previous attempt to address this issue? Yes \_\_\_\_\_ No \_\_\_\_\_ Results \_\_\_\_\_

We find it useful to sometimes use a holistic approach (mind-body-spirit) when appropriate.

Would you consider yourself a spiritual person? (Circle One) Yes - No - Maybe

#### Medical History

Are you currently undergoing medical or psychological treatment for the above issue (reason you're coming in)?

Yes \_\_\_\_\_ No \_\_\_\_\_ If so, where? \_\_\_\_\_ Dr.'s name? \_\_\_\_\_

Have you been under a doctor's care in the past year? Yes \_\_\_\_\_ No \_\_\_\_\_ If "yes", please give reason

Dr.'s name? \_\_\_\_\_

Have you ever been treated for emotional problems? Yes \_\_\_\_\_ No \_\_\_\_\_ If "yes", are you currently receiving treatment or counseling? Yes \_\_\_\_\_ No \_\_\_\_\_ By whom? \_\_\_\_\_

Have you ever been treated for? Heart \_\_\_\_\_ Diabetes \_\_\_\_\_ Epilepsy \_\_\_\_\_ Pain \_\_\_\_\_ Are you currently taking any medications? Yes \_\_\_\_\_ No \_\_\_\_\_ If so, what \_\_\_\_\_

Reason for medication? \_\_\_\_\_

Have you had any prolonged illness? Yes \_\_\_\_\_ No \_\_\_\_\_ If "yes", what illness \_\_\_\_\_

Do you have any questions about hypnosis? Yes \_\_\_\_\_ No \_\_\_\_\_

Sessions at Cascade Hypnosis Center are video recorded, and become part of your confidential record.

Any appointment changes need to be made three weeks in advance. Appointments broken or canceled without the three weeks' notice will be charged for the session. Thank you.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
\*Parent/Guardian Signature

(Signature is required if client is under 18 years old)



### Client Bill of Rights

Erika Flint  
 103 E Holly St. #403  
 Bellingham, WA 98225  
 (360) 392-8723  
 State Registration Code : HP60389385

By law I am required to disclose certain information to my clients. This is for your protection.

I graduated from Bellingham Technical College, in 2013. I followed up my basic hypnotherapy training with one of the finest hypnotherapy programs in the nation, an advanced program called 5-PATH, taught by Cal Banyan at the Banyan Hypnosis Center in Tustin, California. I have been a registered and certified hypnotherapist and a certified 5-PATH hypnotherapist since 2013. I am a board certified member of the National Guild of Hypnotists, and an Accredited Certified Professional Hypnotherapy Instructor.

In my practice I use hypnosis to help people discover the subconscious reasons for their symptoms, behaviors, or habits. When they are discovered, I use certain tools and techniques to help the client release them and relearn a new positive way of thinking, subconsciously. This is called hypnotherapy.

My fee is \$\_\_\_\_\_ per session, or \$\_\_\_\_\_ per \_\_\_\_\_ session package. Sessions typically lasts from 80 to 100 minutes per session. Evening and weekend sessions are available at the rate of \$\_\_\_\_\_ per session. Unused sessions in packages are non-refundable.

Payment is expected at or before the time of the session.

The session is confidential, this is your right by law, unless :

- You have given written consent stating otherwise.
- You confess of a major crime or felony (no one can make you divulge secrets under hypnosis).
- You are a minor, and there is physical evidence of abuse.
- There is a subpoena for court relating to this session.
- Or if there were charges brought against me for unprofessional conduct as describe in the Washington State Uniform Disciplinary Code.

If you have ever been treated unprofessionally by any hypnotherapist or any health care professional, you may report it to:

Dept. of Health  
 P.O. Box 477869  
 Olympia, WA. 98504-7869

I have read and understand my rights.

Client Signature \_\_\_\_\_ date \_\_\_\_\_ Hypnotherapist Signature \_\_\_\_\_ date \_\_\_\_\_

If you are a minor, you must have a parent or guardian signature.

Parent or guardian signature \_\_\_\_\_ date \_\_\_\_\_



## **Making Appointments, Missed Sessions and Rescheduling Policies**

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### **Making Appointments Policy**

We require a credit card number or an advanced payment (check/cash) to hold and confirm an appointment. All deposits for services are non-refundable.

### **Cancellations, Missed Appointments and Rescheduling Appointments Policy**

We do our best to accommodate all requested schedule changes. All changes must be made at least three weeks before the day of the appointment. No exceptions.

Clients making cancellations, missing appointments or rescheduling less than three weeks before the day of the appointment will be charged for the time scheduled for that day, because we will be unable to utilize that time to schedule in another client upon such short notice.

This is being done to ensure that our appointment times are being best utilized. Many clients are needing to wait 6-8 weeks to come in. If we are given enough advance notice, then we are able to schedule our clients efficiently.

This will also ensure better use of our hypnotherapists' time. Hypnotherapists better serve our clients when appointment times are being kept.

We thank you for your understanding and we look forward to serving you.

I have read and understand the appointment policy.

\_\_\_\_\_  
Client Signature      date

**Benefits Form**

Thank you for choosing Cascade Hypnosis Center. Please fill out this form. The information will be helpful during your session.

**What is the reason you're coming in for hypnosis today (the change you want to make) ?**

\_\_\_\_\_

Please list seven of the benefits you expect to gain from making the change you would like to make?  
Benefits of making the change you want

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

Check as many of the following as it applies to you, and fill in the blank space if appropriate.

\_\_\_\_ I often feel that I should be punished for something I once did.

\_\_\_\_ I know of a past experience or relationship that could be causing this problem.

\_\_\_\_ I am aware of an internal conflict that may be causing part (or all) of my problem.

\_\_\_\_ If I get better, I stand to lose \_\_\_\_\_.

\_\_\_\_ If I wasn't so much like \_\_\_\_\_, I'd be much happier.

Write down any questions you have  
here: \_\_\_\_\_

Name \_\_\_\_\_ Date: \_\_\_\_\_