

Nexus Behavioural Health

Solutions for a better tomorrow!™

Hypnotherapy Informed Consent:

Hypnotherapy has a long and colourful history. Some histories credit ancient Egyptian civilizations as being the first to utilize hypnosis. European histories generally begin in the 1600s. Then later, Antoine Mesmer conceptualized hypnotism as “magnetism” in the 1700s. Empirical research is still being conducted to this very day.

Hypnosis is different than hypnotherapy. Hypnosis has been used and sometimes abused by persons ranging from stage performers to charlatans promising miracle cures. We hold your health and well-being; therefore, we only use hypnotherapy. Hypnotherapy is used for therapeutic means only.

Hypnotherapy’s therapeutic applications are vast. They include but are not limited to the following: trauma, emotional regulation, stress management, general and specific anxieties, depression, weight management, smoking cessation, phobias, social anxiety, irritable bowel syndrome, eczema, pain and chronic pain, bed wetting, sexual dysfunction, hemophilia, dermatitis, allergies, high blood pressure, asthma, Bruxism, Raynaud’s disease, nausea and vomiting associated with chemotherapy and pregnancy, childbirth, sleep problems, and many more.

However, hypnotherapy is not a panacea. It does not cure itself. We understand hypnotherapy as a tool that we use clinically to accentuate your present talent for healing and self-discovery. Hypnotherapy is not a control device, brain washing technique, and not something that can be imposed on unwilling subjects. ⁱ

Another controversy is “latent memories.” Hypnotherapy does not “revive” “latent memories.” Research is very clear on this point: Memory is reconstructive not reproductive. In other words, these so-called “latent memories” are just created ideas. This is regardless if their creation is at the time of real-life experience or present creations to solve certain personal distress. Their basis in reality is subject to interpretation.

By signing this document I agree that I understand both the limits of hypnotherapy, that it is not a cure-all or magical quick fix, and that I must work with my therapist to achieve my desired outcomes. I also give my consent to the use of this protocol.

Name/Date

Signature

ⁱ For more information go to <http://www.asch.net/genpubinfo.htm>