

Hypnotherapy Disclaimer Notice - Important Information for Clients

By participating in hypnotherapy & other holistic sessions with Lucy Jones (as listed on the website) at Christchurch Hypnotherapy & Wellbeing, you acknowledge and agree to the following terms and conditions:

1. Nature of Hypnotherapy:

- Hypnotherapy is a complementary therapy that uses guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness, commonly referred to as a trance.
- It is not a substitute for medical treatment, psychological or psychiatric services, or counselling.

2. Purpose and Scope:

- The purpose of hypnotherapy is to assist clients in achieving personal goals, managing stress, and improving overall well-being.
- Results may vary and cannot be guaranteed. Each individual's experience and progress will differ.

3. Client Responsibility:

- It is the client's responsibility to provide accurate and complete health and personal information to the hypnotherapist.
- Clients should inform the hypnotherapist of any medical conditions, medications, or treatments they are currently undergoing.

4. Medical Disclaimer:

- Hypnotherapists are not licensed medical doctors, psychologists, or psychiatrists.
- Hypnotherapy should not be used as a replacement for medical diagnosis or treatment. Always seek the advice of your physician or other qualified health providers regarding any medical condition.

5. Confidentiality:

- All information disclosed during hypnotherapy sessions is confidential and will not be shared with third parties without written consent, except as required by law.

6. Voluntary Participation:

- Participation in hypnotherapy is voluntary. Clients have the right to withdraw from sessions at any time.

7. Session Content:

- Hypnotherapy sessions may involve various techniques, including but not limited to guided visualization, positive suggestion, and regression.
- The hypnotherapist may ask questions or suggest certain ideas to help the client achieve a state of relaxation and focus. Clients are encouraged to communicate any discomfort or concerns immediately.

8. Limits of Practice:

- Hypnotherapists do not diagnose conditions, prescribe medication, or perform medical treatments.
- Any decisions made or actions taken by the client as a result of hypnotherapy are the sole responsibility of the client.

9. Consent:

- By participating in hypnotherapy sessions, clients consent to the hypnotherapeutic process and understand the nature and scope of the services provided.

10. Legal Disclaimer:

- Lucy Jones and Christchurch Hypnotherapy & Wellbeing are not liable for any direct, indirect, incidental, or consequential damages arising out of the use of hypnotherapy services.