

IN-PERSON STRATEGIC HYPNOTHERAPY

Terms & Conditions

Strategic Hypnotherapy Center | Natural Therapies with Soo

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Strategic Hypnotherapy is a highly effective, solution-focused approach that generally requires 6–12 sessions, each lasting approximately 1 hour, to address and resolve most presenting issues. This process uses clinical hypnosis, which is a completely safe, natural, and deeply relaxing state in which you remain in full control and awareness throughout the entire session.

During your Strategic Hypnotherapy program, you may be guided to explore and work through relevant experiences, patterns, and beliefs to uncover the underlying causes of your current challenge. This insight will help you gain a clearer understanding of the root cause of your issue and support you in developing effective strategies for lasting change.

Sessions may also incorporate the therapeutic use of stories, metaphors, and symbolic imagery. These techniques are designed to bypass resistance, engage your imagination, and encourage deeper subconscious shifts that promote healing and transformation.

Your motivation, commitment, and active participation are essential for the success of your sessions. It is important that you follow through with the process, including any techniques, strategies, or exercises provided between sessions.

Strategic Hypnotherapy is not intended to replace the care or advice of a qualified medical or mental health professional. All information provided during sessions is for educational and therapeutic purposes only. If you are unsure whether hypnotherapy is appropriate for you, please consult your general practitioner or relevant healthcare provider before booking.

Your privacy and confidentiality are taken very seriously. All client data is stored securely and treated in accordance with professional standards, except where disclosure is required by law.

Before attending your in-person session, you confirm that:

1. You do not suffer from epilepsy or any condition for which hypnosis is contraindicated.
2. You will be free from the influence of alcohol or drugs during the session.
3. You will arrive at the Strategic Hypnotherapy Center, Cairns location, on time and prepared for your session.
4. Your environment and behaviour during the session will be safe, respectful, and conducive to therapy.
5. You will provide a phone number or alternative means of contact in case of an emergency.
6. You will provide a third-party emergency contact number.

By signing below, you confirm you have read, understood, and agree to these Terms & Conditions for your 6–12 session Strategic Hypnotherapy program, including the use of therapeutic stories and metaphors as part of the process.

Signature: _____ **Date:** _____

Emergency Contact Name: _____ **Phone:** _____
