

INFORMED CONSENT POLICY

Strategic Hypnotherapy Center | Natural Therapies with Soo

Soo Williams | Clinical Hypnotherapist & Strategic Psychotherapist

strategichypnotherapycenter.com | naturaltherapieswithsoo.com

soo@naturaltherapieswithsoo.com | 0434 908 635



This Informed Consent Policy applies to both Strategic Hypnotherapy Center (strategichypnotherapycenter.com) and Natural Therapies with Soo (naturaltherapieswithsoo.com). We are committed to ensuring that all clients have a clear understanding of the nature, purpose, benefits, limitations, and possible risks of Clinical Hypnotherapy and Strategic Psychotherapy before beginning any session—whether in person at our Cairns location or online via Zoom.

This policy outlines how we uphold the principles of informed consent in our professional practice.

1. Purpose of Informed Consent

Informed consent is a collaborative process that ensures:

- You fully understand what hypnotherapy and strategic psychotherapy involve.
- You have the opportunity to ask questions and receive clear, honest answers.
- You are aware of your rights and responsibilities as a client.
- You voluntarily agree to participate in sessions without pressure or coercion.

2. Session Format

We offer sessions in two formats:

- In Person: Conducted at our Cairns practice in a safe, private, and comfortable environment.
- Online via Zoom: Delivered in real time using secure video conferencing. Clients are responsible for ensuring they have a private, distraction-free space for their session.

Both formats follow the same ethical and professional standards.

3. What to Expect in a Session

- Discussion: We will explore your goals, challenges, and history relevant to the presenting issue.
- Therapeutic Process: Hypnosis will be used in a safe, guided, and tailored manner, along with strategic psychotherapy methods.
- Outcomes: While many clients experience positive change, results vary for each individual, and no specific outcome can be guaranteed.
- Session Recording: Sessions will only be recorded with your explicit consent.

4. Your Rights

- You have the right to stop or pause a session at any time.
- You may withdraw your consent at any stage without penalty.
- You have the right to ask questions about methods, techniques, and alternative options.

5. Risks and Limitations

- Hypnotherapy and strategic psychotherapy are not substitutes for medical or psychiatric treatment.
- If required, you may be referred to another professional better suited to your needs.
- Emotional discomfort can sometimes occur when addressing challenging issues, but this is a normal part of the healing process.

6. Confidentiality

All personal information and session content remain confidential, except where disclosure is required by law (e.g., safety concerns, legal obligations as a mandatory reporter).

7. Your Consent

By booking and attending a session with Strategic Hypnotherapy Center or Natural Therapies with Soo—either in person or via Zoom—you acknowledge that you have read, understood, and agree to this Informed Consent Policy. A written consent form will be provided for your signature prior to your first session.

