

Name: _____ Today's Date _____

What would you like to accomplish today:

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- Pain Management
- Stress Management
- Weight Loss/Appetite control
- Decreased anxiety
- Increased motivation
- Increased sense of wellbeing
- Stop smoking
- Determine what is causing my symptoms
- Inner wisdom
- Sleep better
- Other:

What is your prior experience with hypnotherapy, guided visualization, meditation?

Please list all medical and mental health conditions that you are currently being treated for:

Who are your health care providers?

Please list out your medications/supplements:

Do you drink alcohol? _____ If so, how much per week do you drink? _____

Tobacco use? Never _____ Past _____ Current use _____ Amount per day? _____

Recreational drug use? _____ If so, what? _____

Do you have sleep difficulties-hard to get to sleep, stay asleep or don't sleep deeply?

Is fatigue an issue for you?

Is pain an issue for you?

Do you have weight concerns?

Are you satisfied in your personal relationships?

Do you feel stressed out or anxious or depressed frequently?

Do you have a good sense of your life direction/path?

Favorite fun activity:

Favorite scent:
de-stress?

Favorite holiday:
music:

Favorite place to relax:

Favorite book:

Do you have any questions/concerns regarding hypnotherapy?

Hobbies:

How do you

Favorite type of

Favorite TV show:

Favorite Movie:

DISCLOSURE OF HYPNOSIS SERVICES- Colleen Gagliardi, ND LAc CCH

The purpose of a program of hypnosis is for vocational and avocational self-improvement (Business and Professions Code 2908) and as alternative or complementary treatment to healing arts services licensed by the state. A hypnotherapist is not a licensed physician or psychologist and hypnotherapy services are not licensed by the State of New York. Services are non-diagnostic and do not include the practice of medicine, neither should they be considered as a substitute for licensed medical or psychological services or procedures.

Hypnotherapists who assist clients with weight loss and/or other health and fitness goals may provide general nutritional advice and/or recommend published books, food guides and health and fitness publications. This is not a substitute for medical advice and you are advised to seek your Medical Doctor's approval before making any medical/health/lifestyle changes.

Hypnosis works with the power of the subconscious mind to change habits and behaviors. The subconscious mind is considered to be the source or root of many of our behaviors, emotions, attitudes and motivations. Hypnosis is believed to be a powerful tool for accessing the subconscious mind and creating improvements in our lives.

Services consist of a program of conditioning, including an undetermined number of private sessions, depending on the client's individual needs. The hypnotist will to the best of his or her ability endeavor to accomplish the objectives of the client's sessions. While hypnosis may be an effective technique for many purposes, the effectiveness may vary from individual to individual, and no specific results or progress can be promised or guaranteed.

The feelings and experiences one has in the hypnotic state can vary from individual to individual. Many people remain completely aware of everything that is going on while in hypnosis. Some individuals experience a hyper-awareness where sensations are perceived enriched and vivid. The ability to visualize or imagine is often enhanced. A feeling of deep relaxation is common and some people describe the hypnotic state as an escape from physical tension and emotional stress, while remaining completely alert.

The use of hypnosis could elicit memories of past events which may or may not be literally true. It is possible that events under hypnosis will be distorted or misconstrued. Memories or images evoked under hypnosis are not necessarily accurate and may be a construction or a composite of memories. Without corroborating information, it is not possible to determine whether a specific memory is true or false, even if it seems true to the client.

While it is the practice of Hypnotherapists to keep information confidential, information revealed in hypnotherapy is not subject to the psychotherapist-patient privilege. A court may order disclosure of information learned in therapy.

I have received a copy of this disclosure and understand the information described above.

Client Name (please print): _____

Client Signature: _____ Date: _____