



Changing States – Client Contract

Therapy is provided on the basis of the following common understanding:

- There are no magical cures to instantly remove issues without determined effort and commitment on my part
- I understand that different issues require different therapeutic approaches and that sessions may contain elements of Clinical Hypnotherapy, EMDR, CBT and NLP as required and / or as agreed
- I understand that when I schedule an appointment I am making a firm commitment and that cancellation / rescheduling charges apply in cases where insufficient notice has been provided by me when cancelling or rescheduling (see website for details)
- I will attend sessions on time and understand that if I am late it may not be possible to extend the session duration beyond that which has been agreed
- In order to achieve my goals I will need to put effort into the process and will
 - Action any tasks that I have agreed to action at the frequency and duration recommended
 - Read any notes provided thoroughly and take action as required
 - Make use of any support resources provided including audio CDs and / or software
 - Make available the time to complete agreed actions
- Most behaviours have a strong conscious aspect to them and this means that I am responsible for the decisions made in order to generate such behaviours
 - e.g. opening a fridge door and taking something out of the fridge requires conscious thought – therapy seeks to make it easier to make appropriate choices, more of the time
- Therapy is a cumulative process and it is often physically impossible to use all approaches / techniques within a single session – therefore especially if I have been advised that several sessions may be required I will arrange and attend follow-up sessions and provide progress reports if required to determine if further sessions are required
- At the close of the therapeutic process I will complete and send a feedback form (an email is sent automatically some weeks or months after the close of the therapy)
- Distribution of support materials by any means to others is not permitted at any time by any means (notes / CDs / software / ...)
- Attendance of therapy sessions or receiving packs of notes represents acceptance of this contract in situations where the contract is unsigned for whatever reason
- I understand that all sessions remain totally confidential at all times apart from situations where a child's life is in danger or in cases of terrorist threat

Name	Signed	Date