

Hypnotherapy Explained

Cognitive Behavioural Hypnotherapy combines the principles of cognitive behavioural therapy (CBT) with hypnosis techniques to help bring about positive changes in your thoughts, feelings and actions. This therapeutic approach aims to help you identify and challenge negative thought patterns and beliefs while in a relaxed state induced by hypnosis.

By combining these two methods, cognitive behavioural hypnotherapy can be effective in treating anxiety, phobias, chronic pain and low mood. It is also well-evidenced in

- treating psychosomatic illnesses such as IBS and skin conditions commonly aggravated by stress
- helping to manage stress more effectively
- reversing habits such as smoking and nail biting
- managing weight by reversing unhealthy eating habits
- helping improve performance, assertiveness and self-confidence in areas such as business, sport and the arts.

Hypnosis is used to induce a state of deep relaxation and heightened focus. Contrary to common misconceptions, hypnosis is not about being unconscious or losing control. Instead, it's a natural state of consciousness characterised by heightened suggestibility and concentration.



Therapy Agreement

You will be asked to sign a digital copy of this Therapy Agreement via Google Forms before your first session. Please retain this copy for your records.

Therapy is a collaborative process with an ongoing relationship between the Client and the Therapist. The therapy experience supports the Client in establishing new thoughts, feelings and behaviours. The therapeutic relationship is strengths-based, forward-looking, and collaborative. The therapy agenda is developed and implemented in partnership between the Client and the Therapist, with the role of the Therapist being to help the Client progress toward achieving a goal.

- The Client and the Therapist agree to engage fully in the therapy experience
- The Client recognizes that therapy is not a substitute for medical help or advice

1. Confidentiality

Everything that you discuss with me is confidential. Confidentiality will only be broken if there is concern about your safety or the safety of someone else or I am instructed to do so by a Court of Law. I will always endeavour to speak to you about this first. I will ensure that in-person sessions are conducted in a confidential setting & for online sessions I have chosen video calling software that offers end to end encryption to further protect your privacy. I discuss my clinical work with a supervisor. This is to ensure that I am offering you the best service possible. These conversations are bound by confidentiality & you will only be referred to by your first name.

2. Data Security

Notes are also kept of each session. These are anonymised & are stored securely in a password protected file. These notes are for my use only & help me to keep a track of everything that is being discussed. In line with industry standards, these notes must be kept securely for up to 7 years after your therapy comes to an end, after which they will be confidentially destroyed. You have the right to view these notes at any time. To make this request please contact me directly.

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All confidential information is held in accordance with the GDPR, 2018. Please see my Privacy Policy for more details about how data is used & stored, as well as your rights under the GDPR guidelines.

3. **Appointments**

All appointments last for 50 minutes (except initial assessments, which last between 50-80 minutes) & we will usually meet on a weekly basis. Please ensure that you choose a quiet & private location to conduct your online sessions & that you log in on time to make full use of the appointment. Please note that sessions cannot be extended beyond the agreed time.

Should we experience any technical difficulties, I will endeavour to switch to an alternative session format (e.g. another video calling platform, telephone or alternative phone line) so the session can continue with minimal disruption. Outside of your agreed therapy sessions, it is not usual for you to have contact with your therapist. If you think that you may need extra support, please discuss this directly with me.

4. **Payment**

Payment for your sessions is made at the point of booking by card, PayPal, Apple Pay or Google Pay using the Wix Booking system. Payments will show up on your account statement under "Wp*louiselynch Therapy".

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5. Making Changes To Your Appointments

If you need to cancel or rearrange an appointment with me, you can do this via your Wix Booking account.

Alternatively, please message 07943841660 or email louiselynchtherapy@outlook.com to let me know. I ask that you give at least 24 hours notice of any changes to be eligible for a refund. This gives me the opportunity to reallocate the session to someone else. 50% of the session fee will be charged for cancelled sessions, where 24 hours notice has not been given & for non-attended sessions, where no prior notice has been given.

Please note, that for therapy to work, regular attendance is essential.

6. Breaks In Therapy

For counselling to be effective, regular & consistent attendance is essential. It is also important that we are aware of any planned breaks so that we can prepare. I will endeavour to give you at least 6 weeks' notice of any holidays & I ask that you try to do the same.

7. Raising Concerns

Should you have any problems at all with the service that you receive, please let me know. If this does not resolve the issue, I am registered with The General Hypnotherapy Register (GHR) www.general-hypnotherapy-register.com. You can view my full terms & conditions on my websites www.therelaxedmamaclub.com and www.louiselynchtherapy.com. I hope that your time with me will be a really positive experience & I look forward to working with you

Therapy Success Guidelines

Expectations of the Therapist:

As your therapist, I am committed to providing you with the best possible support and guidance throughout your journey. Here's what you can expect from me:

- **Expert Guidance:** I'm here to offer expert guidance tailored to your unique needs and goals, informed by the latest industry evidence. I'm committed to helping you every step of the way.
- **Personalized Solutions:** I understand that everyone's path is different. That's why I offer personalized solutions that align with your aspirations and challenges.
- **Clear Communication:** Open and transparent communication is vital. I'll be clear about fees, approaches and timescales, including limitations and realistic outcomes of treatments.
- **Support:** You're not alone on this journey. I'm here to hold space and guide you every step of the way, in a completely non-judgemental way.
- **Continuous Improvement:** I'm dedicated to continually improving my services. Your feedback is invaluable in helping me enhance my offerings and ensure your satisfaction.



Therapy Success Guidelines

Expectations of the Client:

- **Open Communication:** Keep the lines of communication open. Share your goals, challenges, and questions with me. The more I know, the better I can support you.
- **Commitment to Growth:** Embrace the process of growth and change. Be open to trying new approaches and techniques that can help you reach your goals.
- **Consistency:** Success often comes from consistent efforts. Stay committed to the strategies and plans we develop together, even when faced with setbacks.
- **Honesty and Feedback:** Provide honest feedback about your experiences and therapy progress. Your insights are invaluable in tailoring my support to your needs.
- **Accountability:** Take ownership of your journey. Be accountable for your actions and decisions, and use my guidance to stay on track.
- **Active Participation:** Engage actively in the process. Attend sessions, complete assignments, and actively participate in the exercises.

