

*Tampa Bay Hypno-Therapy, LLC/Tamera L. Fontenot, LMHC, NCC*  
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### Hypnosis Disclosure

I \_\_\_\_\_, acknowledge that I have been informed of the following and received a copy of this document:

That Tamera L. Fontenot, LMHC, NCC, CCHt agrees and is committed to providing professional services in accordance with her acquired training and experience, giving undivided attention during scheduled consultations to facilitate your self designated goals. These services may include the utilization of hypnotic inductions; the principles and theories upon which hypnotherapy are based, to access and utilize the power of a client's own inner resources to address their goals of changing behavior, thoughts and feelings. Therapeutic goals are to achieve freedom from restrictive thought and belief systems, to assist in solving personal problems, developing motivation and achieving goals. You may be taught to use self hypnotic techniques to assist in achieving goals and issues that have mutually been agreed upon by yourself and Ms. Fontenot.

Hypnosis is not a state of sleep, but it is a natural state of being that can produce extraordinary levels of relaxation of mind, body and emotion. It encourages the use of internal resources for skill development and problem solving. Hypnosis can transcend the critical, analytical level of the mind, and facilitate the acceptance of suggestions, directions and instructions desired by the Client. The clinical use of Hypnosis can also elicit information and insights from the subconscious mind that promote greater well being. The hypnotherapist utilizes interviews, discussions and hypnotic methods to deal with underlying issues whenever appropriate, with the goal of achieving effective and lasting changes in problematic thoughts, feelings and behaviors. Medical applications of Hypnosis are intended as a complimentary therapy to promote feelings of well being in mind and body that promote healing. They are not intended to be a replacement for appropriate medical care. Results are not guaranteed and may take time.

Services to be provided do not include the practice of Medicine. These services are non-diagnostic, and are complimentary to the healing arts services that are licensed by the State of Florida. Ms. Fontenot is a Licensed Mental Health Counselor in the State of Florida and operates within her scope of practice and training. Hypnosis sessions may be recorded for the sole use of Ms. Fontenot, the client and or training and teaching of qualified staff.

I am aware and understand that in some cases it may be necessary for the practitioner to respectfully touch my shoulder(s), hand, wrist or forehead in order to assist me with relaxation or the hypnosis process. I give the practitioner permission and consent to do so in order to help me establish a beneficial state of hypnosis.

Contraindications: \_\_\_\_\_

\_\_\_\_\_ (Signature) \_\_\_\_\_ (Date)