

# Treatment Plan for [*Sample Client*]

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## Our Understanding of Your Situation

You've had a procrastination habit your entire life. You find it hard both to start and finish tasks for your job in finance, which you started after graduating from university four years ago. Typically, you find yourself browsing social media or watching videos on the Internet instead of working. You've tried using a number of productivity systems, without much effect. You're seeking hypnosis because you're looking for foundational beliefs rather than techniques.

## How Hypnosis Works

Hypnosis is experienced as a half-asleep, half-awake state of mind that allows you to listen more closely and adopt new ideas more readily, among other effects. It's this acceptance of new ideas, not simply being hypnotized, that causes long-term change. Therefore, this plan describes a list of attitudes that we propose you adopt in order to make the changes that you requested. Usually, this kind of thinking is what an "ideal" person would have in your situation.

During your hypnosis sessions, your hypnotist's role isn't only to relax you and to help you suspend analytical thinking, but to clearly and thoroughly communicate the new ways of thinking outlined in this document. We have found that an approach that's based on sincere, unambiguous communication produces better outcomes than technique-based approaches. It's important that you recognize the crucial role that you play in your own success, since the hypnotist–client relationship is more akin to instructor–student or coach–athlete than surgeon–patient.

Hypnosis is meant to be a complement to medical care or conventional therapies, not a replacement. If you have any concerns about how this plan fits into your lifestyle or existing health treatments, you can share this document with your doctor(s), therapist(s), family or any other trusted advisor.

## Proposed Treatment Plan

Based on the exercise that you did during your consultation, your suggestibility seems to be in the normal range, which means that it should be straightforward for you to enter hypnosis and start accepting suggestions. My plan will be to give you some of the thinking that people have when they're more motivated to start and complete tasks. Following is an initial outline of the perspectives that I will expand upon for you to accept during your session(s):

- Mind-over-matter is a very real phenomenon for you. That means your mind isn't only subject to your body's feelings, such as stress and frustration. Instead, your mind can *cause* your body to become more relaxed or comfortable, much like a monk or yogi. This does not take much effort: Typically, you will notice this in the first few minutes after hypnosis begins.
- As an adult, your rightful place is to be the "captain of your ship," the only person in the world who can steer your choices and actions—but only when you remember that you're the captain and take the helm. Your parents do not belong in this role anymore, nor do teachers and other authority figures. You are steering your own life, and this responsibility is empowering—it does not have to be intimidating or a hassle.
- As an adult, you can be your own best source of comfort, stability and validation. In the privacy of your heart and mind, you will give yourself praise and encouragement when you do well, and validation and support when you have doubts, so that you never have to be without these important sentiments. By becoming your own best source of encouragement, you will ensure that your efforts do not go unrewarded, and that you're capable of staying the course even when you're facing challenges or temptations.
- Today, you are the world's only authority in your thoughts, your opinions, your needs, your goals, your vision, your knowledge, your stories, your boundaries, your values, and so on. When you're completing assignments or tasks, even if it's academic, you're doing it from a place of authority, empowerment and free choice. You are the only person who can express the richness of your inner world and your own, original ideas.
- You find pride and satisfaction in finishing a task and checking the item off your to-do list (as you might have felt in the past). You will give yourself this satisfaction daily, and you will give yourself validation, encouragement and praise when you do. This means that you will develop a preference for action-taking rather than thinking, analysis or planning, since only action-taking can complete a task. You are also developing a preference for creation and production

(such as of original work), rather than consumption (such as of other people's opinions), which you find more satisfying.

- When it comes to most tasks, “finished” is much better than “perfect.” There’s no such thing as perfection in most pursuits outside of mathematics, but “good enough” and “done” exist, and are very achievable in the real world. In many pursuits, “authentic” or “truthful” is better than “perfect.”

The objective of each session is for you to accept these points more completely, as I elaborate upon them in detail. It's reasonable to expect some of these messages, but not all, to stick with you after your first session. In subsequent sessions, we would typically normalize changes you've made while focusing more closely on the points that haven't sunk in yet. Our final objective is for you to accept these new ways of thinking as matters of fact (and lived experience), rather than merely ideals to achieve. This usually requires time, repetition and usually adjustment of the messaging based on ongoing, real-world feedback. I estimate that these perspectives can be explored thoroughly and largely accepted after around five sessions.

This plan is based on the information that you provided during your consultation. If you provide substantively more information, it could change accordingly, but I will adhere to this plan unless you agree to a different one.

## Pricing

The fee for each in-office session, online session or custom recording is \$*[please call]* Canadian Dollars (plus HST where applicable). We can offer a 10% discount for five sessions purchased together as a block. This pricing is guaranteed until August 31, 2021.

We accept payment by debit card, Interac e-transfer, cash, Visa, MasterCard and American Express. If you are not paying for your own sessions, you must let us know, to prevent conflicts of interest and other ethical concerns. Financing can be arranged through PayBright, a third-party provider. We do not accept personal cheques or bill insurance providers.

## Next Steps

If you have not yet scheduled your first session and you would like to proceed, please phone our office at 416-556-4068 during business hours. Sessions can be in-office or online through video

conferencing. If you have any specific questions or concerns about the plan above, or if you need to provide more information about your situation, please e-mail [luke@morpheusclinic.com](mailto:luke@morpheusclinic.com)

## Our Policies

**Profession:** Consulting hypnotism (“hypnotherapy”) is a distinct profession from psychotherapy, psychology, medicine, counselling and other fields. Consulting hypnotists specialize in the use of verbal suggestions to change your patterns and habits. In Ontario, there is no such thing as a government-licensed hypnotist or hypnotherapist, which is not our choice. In the absence of licensing, we compete through client-friendly practices such as those described in this plan.

**Scope:** We use only hypnosis as a modality, not counselling or psychotherapy (except when you are working with our Registered Psychotherapist). Hypnosis is most effective for changing attitudes and perspectives. We do not treat serious illnesses or disorders. If we believe that we can help you better cope with an illness or disorder using the methods we’re trained to use, our approach will be described in the plan above.

**Length:** Each session is scheduled for a full, 60-minute hour. Typically, a session consists of around 50 minutes of formal, eyes-closed hypnosis (during which your hypnotist will be speaking almost non-stop), with time for discussion before and after. No additional fee is incurred if you need to e-mail information in advance or if (at the hypnotist’s discretion) your session runs past 60 minutes.

**Cancellation:** We require at least 24 hours’ notice before an appointment if it needs to be changed or rescheduled. If you do not provide sufficient notice, we reserve the right to charge full price for the missed appointment. Exceptions will be made for extenuating circumstances like a sudden illness or adverse weather, but not for work-related decisions that you make. This policy ensures that all our clients have a fair chance at getting their preferred times.

**Guarantee:** If you cannot be hypnotized during your first session, no fee is due. In addition, your first three sessions are fully refundable if you are dissatisfied with the work that we are doing, you’re able to provide critical, actionable feedback that improves our future work, and no better resolution is available. We can guarantee that everything in our control will be performed to a high level of quality, but we cannot guarantee any outcomes outside of your sessions that we do not directly control, such as your final results. For our full refund policy, please see our website.

**Packages:** Often, we will offer a discount for a prepaid block of sessions. If you do not wish to complete a package that you have purchased, but you are satisfied with the sessions that you did

complete, we will bill the sessions that you completed at the individual session rate and refund the difference. There is no expiration date for prepaid sessions and prepaid block can be shared among immediate family members.

**Referrals:** If you're an existing client and you make a referral, both you and the referred client will receive \$50 off your next session, as long as we can make the connection (e.g., they provide your name). Referrals help to offset our significant client acquisition costs, and we appreciate them deeply. If you were referred by a medical professional, they will not receive any incentive.

**Recordings:** We produce recordings separately from live sessions, so that we can deliver recordings that are nearly studio-quality. If you wish to have a recording of a live session, you are permitted to record the session using your own tools, for your personal use only.

**Privacy:** The information that you provide to us is confidential and will not be shared with third parties. Our office staff have access to electronic and paper records on an as-needed basis, and have signed non-disclosure agreements.

**Covid-19:** For in-office sessions during the pandemic, we ask that you come wearing a mask, and reschedule your appointment if you are experiencing fever, a new cough or an inability to smell. There will be no penalty for illness-related cancellations. Please review our website for our full list of guidelines for dealing with the ongoing pandemic.

**Consent:** This document is intended to help you make an informed decision about the work that we do. By proceeding, you are consenting to the plan and policies described in this document.

## About Your Practitioner

Luke Chao founded The Morpheus Clinic for Hypnosis in 2006. He holds a Honours Bachelor of Arts degree from the University of Toronto and Consulting Hypnotist and Certified Instructor certifications with the National Guild of Hypnotists. His approach is client- and solution-focused, brief and humanistic.