

## Treatment Plan for [*Example Client*]

Prepared by Luke Chao

September 1, 2019

### My Understanding of Your Situation

You described your issue as “imposter syndrome,” which means that your negative feelings about yourself and your career don’t line up with positive feedback from your peers or credentials that say you’re the “real deal.” While you’re highly functioning in your career and every other area of your life, you want to feel like you’re truly the person who your friends and colleagues say you are. Your anxieties are heightened when you feel like you could be “exposed,” like when you’re speaking to authority figures or large groups. You’ve tried a few months of therapy, but you no longer believe that the solution to this problem can be found in your past, and that’s why you’ve decided to explore hypnosis.

### How Hypnosis Works

Hypnosis is a half-awake, half-asleep state, much like a waking dream, that allows you to accept new ideas more readily. It’s this acceptance of new ideas, not simply being hypnotized, that causes long-term change. Therefore, I think in terms of which attitudes you need to accept in order to make the change that you requested. Usually, the right ways of thinking are the ones that an ideal, “healthy” person would have in your situation. Hypnosis is a complement to more conventional therapies, not a replacement, and you can share this document with your doctor or therapist if you have any concerns about how it fits into your existing treatment plan.

### My Proposed Solution

Based on your answers, it looks like your suggestibility is in the normal range, which means that you can easily be hypnotized. Typically, about 80% of your session time will be spent in a formal state of hypnosis, where it’s easier for you to accept new ideas, attitudes and perspectives, with some time for

discussion before and after hypnosis occurs. This Hypnosis Action Plan constitutes the planning stage of your program. My plan follows:

**Session 1 (week 1):** To lay the groundwork, we'll put the past in context, recognize the best qualities that you have today and begin to form a better vision of a better future. At the same time, we'll begin to address your inner critic by framing it as automatically suspect.

**Session 2 (week 2):** The "Eyes of Love" process allows you to take on the perspectives of your closest friends and colleagues, in order to view yourself through a more compassionate lens. At the end, you'll realize that your inner critic is by far "outvoted" by people who know you well, and you'll begin to join everybody else in believing that you're the "real deal."

**Session 3 (week 3):** At this point, you should already be starting to feel different, and we'll reinforce changes that you've made as "the new normal." Then, we will put a spotlight on specific situations, such as speaking up at work meetings and receiving criticism from peers, by continuing to create a better vision of the new you that you can believe in.

**Session 4 (week 5):** With two weeks since the previous session, you'll have had more of a chance to self-reflect and observe. We'll incorporate any insights you've gained into this session, continue to normalize changes you've made, and do a deep dive into more specific situations that still provoke anxiety (such as speaking to larger groups or authority figures in your industry) by adopting the worldview of somebody who does not have your doubts or fears.

**Session 5 (week 8):** If you feel like you need reinforcement after this program is over, we will make a 30-minute recording during this session that summarizes the most important points made in the previous sessions, incorporating feedback from the previous three weeks. If you don't need this kind of reinforcement, we'll do a lengthy visualization that projects the most important points of the past sessions into the future, in order to create better self-fulfilling prophecies and gain a longer-term perspective over your entire life.

By the end of this program, you will have been exposed to many new perspectives that make it much harder to believe or feel that you're somehow an imposter. At the same time, you will have accepted many ideas that make it easier to be confident in yourself and your work. This would be framed as a new normal that, once lived, cannot be un-experienced.

## Pricing

The 5-session plan outlined above is \$[*example*] plus HST if paid in full at the end of the first visit. Alternatively, we can break down this total into per-session payments at a slightly higher rate. This price for this plan is guaranteed until December 31, 2019.

**My Guarantee:** Client satisfaction is extremely important to us. If you cannot be hypnotized in your first session, no fee is due, and the entire fee is refundable within the first three sessions in the uncommon event that you are not satisfied with the work that I am doing. While I can guarantee everything that I do, I do not have control over your actions, especially when you are not in my office. This guarantee comes with your understanding that you remain fully responsible for your own decisions.

## Next Steps

If you agree with this plan, the next step is to schedule a first session. For bookings, a Client Care Coordinator would be happy to help you at 416-556-4068. If you have any specific questions or concerns about the plan above, or if you need to provide more information to further my understanding of your situation, please e-mail me directly at [luke@morpheusclinic.com](mailto:luke@morpheusclinic.com)

## About Your Hypnotist

Luke Chao is the founder of The Morpheus Clinic for Hypnosis and has been in professional practice since 2006. He is a Consulting Hypnotist and Certified Instructor with the National Guild of Hypnotists.