

Treatment Plan for [*Public Speaking Client*]

Prepared by Luke Chao

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Our Understanding of Your Situation

You are seeking hypnosis to overcome your fear of public speaking, which you experience with groups larger than ten, regardless of how well you prepare. You tend to blank out and feel physical symptoms of anxiety that cause you to rush through the presentation. Typically, you have to speak for work, either to your coworkers or to the company's leadership, and sometimes you have the opportunity to speak socially at events. You do not experience social anxiety in other situations and you have already undergone therapy.

How Hypnosis Works

Hypnosis is experienced as a half-asleep, half-awake state of mind that allows you to adopt ideas more readily (among other effects). It's this acceptance of helpful thinking, not simply being hypnotized, that causes long-term change. Therefore, this plan describes a list of attitudes or perspectives 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 is first to help you relax and suspend analytical thinking, then 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. At no point during a hypnosis session should you feel out of control or be asleep.

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 suggestibility exercise that you did during your consultation, you seem to be normal in suggestibility, which means it should be straightforward for you to enter hypnosis and receive suggestions.

The other major factor in successful hypnosis will be the suggestions that I give to you. For your review and possible input, below you will find an overview of the initial set of principles that I plan to expand upon, for you to internalize during your session(s).

- The mind–body link is very real for you. That means your mind isn't only subject to your body's feelings, such as stress, discomfort or anxiety. Instead, your mind can *cause* your body to feel more relaxed or capable, such as through intentional breathing or supportive self-talk. This does not require too much effort: typically, you will notice this in the first few minutes after hypnosis begins.
- Unlike when you were younger, as an adult you are asked to speak for only one reason: you are an authority on the topic, and nobody can speak about it better than you can. You are literally the best person to speak about the topics that you present. Even when your audience is smart and well-informed, like in university, they haven't researched or analyzed the topics of your presentation the way that you have.
- The silence in the room and the sea of stares are a gesture of respect for a peer (indeed, a leader) who has something important to say. You can expect the silence and the stares as a normal part of public speaking, not a bad sign, because that's just what people look like when they're listening intently. They are still on your side, and if they are judging you at all, they are judging you as knowledgeable and competent.
- The only prediction to make is that you will speak capably enough, your audience will show appreciation and your day will continue, because this sequence of events is what tends to happen, and because it's only worth preparing for success. Even when you fumble your words or show signs of anxiety, you still speak capably enough, your audience still shows enough

appreciation, and your day still continues—which makes your symptoms of anxiety secondary to the main points.

- Even during the times that you felt anxiety or rushed through presentations, it did not end your career, cause you to be rejected from your peer group, or result in any other catastrophic consequences. You can trust that you will handle worst-case scenarios with dignity, to the point where you don't have to keep imagining them.
- You can accept your body unconditionally. Even when you're sweating, your hands are shaking and your heart is beating rapidly, you appreciate that your body is doing the best that it can, even though it's misperceiving threats where there are none. It deserves your compassion and understanding, never your fear or blame. The same way that you can comfort an an with your words, you can comfort your body with reassuring self-talk, so that you will be causing your own confidence.
- Just like every other activity outside of mathematics, there's no such thing as perfection in public speaking, so you will not pursue perfect speech as a standard. Instead, you will pursue truthful expression of the relevant facts, opinions or vision, which is an excellent (and achievable) standard. As long as you meet this standard, you will give yourself credit for it.
- Public speaking is an act of leadership, and when you speak, you are the most powerful person in the room: not the most exposed or vulnerable person. It is entirely appropriate to stand tall, capture everybody's attention and fill the air with the sound of your voice. You achieved your place at the front of the room through merit, and it's where you belong.
- When you're in a leadership position (as presenters are), very few people will feel that it's okay to tell you that you're doing a great job (unlike when you had leaders above you). Instead, you will become your own best source of encouragement and positivity. This is what all leaders must do for themselves, in the privacy of their own minds, or else they will have much criticism without praise. When you're a leader, positive self-talk is a necessity, rather than arrogant or "self-congratulatory."
- The past does not predict the future, and past presentations do not predict future presentations. By receiving guidance in what *to* think, you will be among the fearless public speakers, as a guided mind knows what to do.

The objective of each session is for you to internalize these points as I expand upon them verbally. It's reasonable to expect some of these messages, but not all, to stick with you after your first session (this does not always mean that final results will be evident, only that the foundations are being laid). In subsequent sessions, we would typically normalize changes you've made while focusing more closely on the points that haven't sunk in yet, and adapting the message to ongoing feedback. 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.

I estimate that it will take around five sessions to internalize my points above to a larger degree. Typically, five sessions take around three months to complete, because of gradually longer intervals between sessions as you make progress. Ideally, you would have a chance to present before your program is over.

This plan and estimate are based on the information that you provided during your online consultation. If you provide substantively more information in the future, additional sessions could be required to address the new concerns.

Pricing Options

We do not charge by the hour. Instead, we charge for completed sessions where you are successfully hypnotized, which takes a full 60-minute hour under normal circumstances, but often runs past that time. If you are not hypnotized to any significant degree, as measured by standard depth testing, no fee is incurred (subject to our Cancellation Policy).

Your total price will depend on how many sessions you complete. [*Please complete our consultation process to receive relevant pricing information.*]

For Canadian residents, sales tax will be added to the prices above (in Ontario, 13% HST applies). A "session" refers to an in-office session, an online session or a custom recording, depending on what's appropriate for you and your plan. This pricing above is in Canadian Dollars and will be honoured for at least six months after the date this plan was written.

We accept payment by debit card, Interac e-transfer, cash, Visa, MasterCard and American Express. Financing can be arranged through PayBright, a third-party provider, at varying rates on approved credit. 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 at our office in downtown Toronto or online through our private, web-accessible video conferencing server. 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

Policies and Definitions

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 thought 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 regulation, we compete through client-friendly practices such as those described in this document.

Scope: We practise only hypnotism, not counselling or psychotherapy (unless 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 60 minutes, but often lasts up to 90 minutes, at no extra charge. Typically, it consists of 45 to 50 minutes of formal, eyes-closed hypnosis, during which your hypnotist will be speaking nearly non-stop, with discussion before and after as necessary. Recorded sessions run for 25 to 30 minutes after editing to allow time for production. Because of a phenomenon called time distortion, your sessions will feel shorter than their actual length, which is a normal and expected side effect of hypnosis.

Intervals: Typically, we will schedule a full week between your first and second sessions, with increasingly longer intervals as you make progress. This allows us to follow you over a longer period, and it allows you more opportunities to provide input that guides our suggestions. Two sessions will take a week to complete, but five sessions will typically take two or three months.

Cancellation: We require at least 24 hours’ notice before an appointment if it needs to be cancelled 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 measurably hypnotized during your first session, no fee is due. In addition, your first three sessions are fully refundable (subject to our Cancellation Policy) if you are dissatisfied with the work that we are doing, no better resolution is available, and you're able to provide critical, relevant and actionable feedback that improves our future work. 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. Recordings are non-refundable. For our full refund policy, please see our website.

Packages: We offer discounts for prepaid blocks 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. A prepaid block can be shared among immediate family members. There is no expiration date for prepaid sessions (even if our prices rise for new clients).

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. Examples of our recorded work can be found on our YouTube channel, MorpheusHypnosis. 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.

Risks: There are very few risks to the methods of hypnosis that we practice. This treatment plan is intended to minimize the possibility that our suggestions are not relevant or beneficial for your case, but despite our best efforts, it is possible for there to be a mismatch between what we communicate and what you need to hear, or what we intend to communicate and how you understand it. If your issue(s) could be medical in nature, we advise you to consult with a physician. If you feel groggy after a session, you should not drive until you are feeling alert again.

Followups: As a standard practice, we will make at least one attempt to follow up with clients who've completed sessions with us, so that we can develop sound knowledge about what future clients will need to hear. If you do not want us to follow up with you, just let us know.

Privacy: The information that you provide to us is confidential and will not be shared with third parties, except with your consent, if required by law or if you have overdue payments. 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 consider 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.

You can find him on YouTube @morpheushypnosis or e-mail him at luke@morpheusclinic.com