

Treatment Plan for [*Better Relationships*]

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Our Understanding of Your Situation

You are seeking hypnosis to overcome a fear of rejection or abandonment, specifically in the context of romantic relationships. In past relationships you had felt “strung along” and that has caused you to somewhat distrust men. You tend to need a lot of reassurance in relationships, which you believe comes across as being clingy or insecure. You have high levels of anxiety in general, although it has not been diagnosed, and you have been attending weekly therapy sessions. You don’t have a childhood history of abandonment; these fears started around the age of 18 or 19. Ideally, you want to feel excited when dating, and worthy of a good relationship.

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 above-average in suggestibility, which means it should be easy for you to enter hypnosis. My role isn't to replace psychotherapy, but to offer a strongly directive kind of inner guidance that other professionals typically don't offer.

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.
- As a human being, you have intrinsic, fundamental, inviolable worth and dignity, the same as you would recognize for your friends, neighbours or even strangers on the street. You don't need to do, change or achieve anything in order to be worthy, nor do you have to be accepted or loved by anybody in particular. Your worth definitely isn't determined by somebody you've just met, nor somebody who has decided he no longer wants you to be in his life. Even when you've been dumped, you can still hold your head up high. This fundamental worth comes with being alive and human, and you'll never be without it for the rest of your life. Then, when you meet somebody special, you can feel especially good, beyond this basic sense of worth.
- As an adult, you have the authority to be your own best source of comfort, stability and validation. In the privacy of your own heart and mind, you will not only be your own worst critic, and instead, you will give yourself encouragement and support ("good job having standards," "you can do much better than him"). In doing so, you will uphold a single standard for how a human being is treated, and remain among those who value and respect

you, especially when it comes to the conversation that's happening inside your own head and heart.

- If you make any predictions at all when dating or starting a relationship with somebody new, you will make the reasonable predictions that neither of you will be sure about each other until a few months have passed, that a new relationship can be quite exciting anyway, and that every relationship has value regardless of how long it lasts or how it ends. This way, your expectations will be similar to those of other people in the dating pool who have self-worth and self-respect.
- Past heartbreak (which is something of a misnomer, since your heart is not broken, and it's still beating faithfully) was not for nothing if it has taught you red flags to look for when meeting a new partner. It's much better to have learned these lessons in your teens than in your 20s or 30s. Perhaps in the future, you will be looking for a relationship with somebody who adds love to your life, so that there will be two people who love you deeply, and not only one (or worse, zero).
- You are not responsible for a partner's decision-making, especially when a partner acts in poor judgment or speaks falsely. Even in the absolute worst-case scenarios, your conscience can remain clear and your self-respect unblemished, since you have remained loyal and acted in good faith. If your partner errs or breaks promises, it will not be a problem for you, and it should be his conscience that bears the burden of his mistakes.
- You will care more deeply about clear and ongoing truths (such a partner continuing to choose to be with you) than imagined scenarios. Often, your imagination has caused unnecessary suffering. Instead, there are much worthier thoughts to keep in your heart and mind: the better parts of a relationship, the more appealing or attractive parts of yourself, ways that your partner does show his devotion to you, as well as music, stories, nature, friends, and other components of a happy life.

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 three to five sessions to accept my points outlined above to a significant degree. Typically, three sessions will take over a month to complete, while five sessions will take around three months, because of gradually longer intervals between sessions as you make progress.

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