

Treatment Plan for [*Sample Stress/Anxiety Client*]

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Our Understanding of Your Situation

You are seeking hypnosis in order to overcome stress and anxiety. You experience much stress in your work as a family lawyer, as well as in your home life as a parent. You are highly motivated to relieve this anxiety and stress, but find it difficult to relax in the moment. You want to live a long and healthy life, unhindered by anxious thoughts.

How Hypnosis Works

Hypnosis is experienced as a half-asleep, half-awake state of mind that allows you to listen more closely and adopt ideas more readily (among other effects). It's this full 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 entirely unaware.

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 should 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. It should be easy for you to enter hypnosis and receive suggestions.

The most important component of successful hypnosis will be the suggestions that I give to you. My working hypothesis is that you will benefit from forming a clear distinction between thoughts that cause unnecessary stress and thoughts that cause a necessary kind of confidence.

For your review, below you will find an initial list of perspectives that I intend to expand upon for you to internalize during your session(s).

- Mind-over-matter is a real phenomenon for you. That means your mind isn't only subject to your body's feelings, such as stress or anxiety. Instead, your mind can *cause* your body to feel more relaxed, comfortable or capable, such as through intentional breathing or kinder self-talk. This does not require too much effort: Typically, you will notice this in the first few minutes after hypnosis begins.
- You will become your own best source of comfort, stability and validation. You will not only be your own biggest source of stress and doubt, and you will give yourself reassurance when you need to hear it ("Take a break—you've thought about this enough already"). In the privacy of your own mind, you will give yourself praise and encouragement when you do something well. Even when you're stressed or upset, you will allow yourself unconditional acceptance and compassion, so that you uphold a single standard for how you would treat a human being.
- Anxious thoughts and imaginings often deceive you into believing that things are worse than they actually are (the imagining of threats in the unknown is the adult version of monsters in the dark). Instead, you will make the mundane prediction that you will complete your tasks in your day successfully, and that your life will continue. Unlike the scariest predictions, it's these boring, routine predictions that always come true. Just like your less anxious friends, you are not acting like a daredevil when you relinquish your fears and relax completely.
- Unlike the inner voice of conscience, your inner critic has deceived you into believing that things are worse or that you are less worthy than in reality. Every time you listen to the inner critic, it misleads you or holds you to much harsher standards than you would hold a friend who is in the same situation as you. Once you reconnect with your most loving, approving

and appreciative thoughts, you will care less and less what your inner critic says—it's not a truth-teller, but a devil's advocate, and cannot be believed implicitly. Only loving thoughts can cast light upon you (just as you might only care about book reviews from book lovers, or restaurant reviews by food lovers).

- An analogy: When you make a scrapbook or take photographs on your cell phone, you would keep the most beautiful or well-composed photos, while discarding the more unfortunate ones. Yet in your mind's eye, you've often kept the more unfortunate thoughts while discarding the most beautiful ones. Instead, you will adopt an "attitude of gratitude," and intentionally pick the most beautiful, life-affirming or joyful thoughts to keep in your heart and mind. These might be thoughts that relate to your contributions to the world, for example, and other matters that are more solid and substantial than passing stressors or thoughts about matters that never materialize.
- Self-love is love, self-respect is respect, and self-care is care. Even if you reach into your heart to find these feelings and come up empty-handed the first time, it's worth a second or third try. When you have love, respect and care from friends or family, it will add to what you have on your own, but you do not need somebody else to validate you. You will view yourself as a *source* of the warm and fuzzy feelings, not just a recipient of it.
- As a human being, you are a member of the most adaptable species on the planet. We've adapted to deserts and tundras, shaped the world according to our needs, and even have gone to the moon and returned. Whatever your future holds in store, we can be certain that you will be able to adapt to it, and thrive in it as well—just as you've successfully adapted to life as a father and as a working adult. You do not have to care as much about stumbling along the path of life, since you can have confidence that you will get back up again.

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. 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 significant degree. Typically, five sessions would take three months to complete, 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 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, which takes a full 60-minute hour under normal circumstances, but often runs past that time (at no additional charge).

Your total price will depend on how many sessions you complete. We offer several options for private sessions that follow this treatment plan:

[Please complete the consultation process to receive specific 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. For the benefit of our global clients, we also accept Bitcoin, Ethereum and a short list of other cryptocurrencies. We do not accept personal cheques or bill insurance providers.

For online sessions, payment is due before the session begins, until a payment history has been established.

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. 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 sometimes lasts for 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. 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. Recorded sessions have a running length of 25 to 30 minutes, to allow time for production.

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 sudden illness or adverse weather (in fact, we encourage you to stay at home if it’s risky to leave), 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.

Packages: We offer discounts for prepaid blocks of sessions. If you do not wish to complete a package that you have purchased, 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). 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 connect your cell phone or another device to our audio mixer, or to place the device on our desk, 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 further our knowledge about what future clients will need to hear. If you do not want us to follow up with you, please 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.

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 @morpheusypnosis or e-mail him at luke@morpheusclinic.com