

Treatment Plan for [*Sample Fear of Flying Client*]

Prepared by Luke Chao

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Our Understanding of Your Situation

You are seeking hypnosis in order to overcome your fear of flying. You feel claustrophobic and uncomfortable with the idea of being on the plane for a long time. This fear also relates to a fear of losing control, and the possibility of crashing. Ideally, you want to feel comfortable and confident before and during flights, regardless of their duration.

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 exercise that you did during your consultation, you seem to be in the normal range for suggestibility. It should be straightforward for you to enter hypnosis and receive suggestions.

The most important factor in successful hypnosis will be the suggestions that I give to you. My working hypothesis is that you will benefit from internalizing the worldview of a fearless flyer.

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 sessions:

- 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.
- You will become your own best source of comfort, stability and validation. You do not have to be your own biggest source of stress and doubt—you will continue to give yourself reassurance when you need to hear it. In the privacy of your own mind, you will give yourself encouragement when you do something that's normally difficult for you, such as taking a flight. Even when you're anxious or stressed, you will allow yourself unconditional acceptance and compassion. In other words, your mind (which is adapted to the 20th and 21st centuries) will inform your body (which is adapted to the savanna) about the safety of your circumstances.
- Anxious thoughts and imaginings often deceive you into believing that things are worse than they actually are (I often say that the imagining of threats in the unknown is like the adult version of monsters in the dark). Instead, you will make the mundane prediction that your plane will always land safely at the end and that you will disembark uneventfully at your destination. Unlike the scariest predictions, it's these boring, routine predictions that always come true for you.
- Just like your frequent-flyer friends, you are not acting like a foolish risk-taker when you relinquish your fears and relax completely to enjoy a flight. It's not naive to relax or even to fall asleep during a flight, nor is it the mark of a sophisticated traveller to assume the worst-

case scenarios. Instead, you will view flying as routine, predictable and safe enough to be boring, the way that your frequent-flyer friends do.

- Despite the quirks of your body and mind, most of it works perfectly well: your lungs breathe normally, your heart performs its most essential functions, your senses are perceptive, your mental faculties are sharp, and so on. Even though your body sometimes misperceives threats where there were none, you can appreciate that your body isn't bad, nor has it betrayed you, and it's doing the best that it can under the circumstances. It still deserves your trust, and it doesn't deserve to be undermined or doubted. Instead, you will treat it like an excellent listener, and continue to give yourself helpful messages ("I can see that I am safe" vs. "I'm going to panic").
- All feelings and bodily sensations are ephemeral, like the weather. Even when you're in the middle of the fiercest storm, you know that the storm will pass, while you will survive to see another day. You will view what's stable and persistent (like your breathing or the ideas expressed in this plan) as lifelines that can keep you grounded and which are always within reach, while emotions or sensations are temporary and insubstantial relative to all that's constant and real. It's worth controlling what you can control, such as your thought processes and the steadiness of your breathing, but it's never worth trying to control anything that's beyond your immediate control, like your precise level of anxiety or whether you might panic.
- For the most part, you will prefer to imagine what's likely, which is rather routine, boring and predictable when you're in an airplane seat: the plane will land at the end, the door will open when it's safe to do so, and anxious feelings always pass. It's better to be comfortable and correct than to be anxious and wrong. You will gain a truthful assessment of airplanes as a dependable vehicle that's undeserving of much thought (like an elevator or taxi cab) while the destinations you'll be visiting are actually worth getting excited about. If you imagine how a flight is going to end, you will imagine landing safely and uneventfully at your destination, where you will disembark. In other words, you can trust the many conscientious professionals involved in commercial aviation, as well as the mechanics and physics of flying.
- When the aircraft is cruising, it's not actually suspended in nothingness, nor will you imagine that you're floating on nothing: you're floating on a gigantic (35,000 to 40,000 foot) cushion of air that keeps you safe from danger. During takeoff, this air cushion becomes larger and larger as the aircraft climbs, which causes you to become safer and safer: the higher, the better.

If you must imagine mechanical failure at all, you will imagine the plane turning into the glider and the pilot looking for a highway to land on. But for the most part, you can enjoy the slight bumpiness reassuring you that this gigantic air cushion is still keeping the plane aloft, much the same way that the rocking of a ship might reassure you that everything is still normal. Even if the plane dips during turbulence, it's still perfectly buoyant.

- Those on the flight who remain calm, such as the flight attendants or the voice of the pilot when he announces turbulence, are not foolish or unaware. Instead, they're correctly perceiving the reality that everything's going to work out fine. When you can see or hear that they are calm or even nonchalant, you can let their fully informed perspectives affect you for the better.
- Although all of our lives have an end date, that date for you is not this year, nor any time this decade. It's definitely not at all likely to be on a day when you're on an over-engineered aircraft, in a heavily regulated industry, surrounded by other passengers. Your longevity exists independently of how frequently you fly or how much you worry about flying. Even if you experience anxiety or panic, these feelings will pass, while your aliveness will continue for many decades to come. While you are still alive, you will care primarily about living, and that will include travel and vacations. This will be a return to normality for you.

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 up to five sessions to internalize my points above to a significant degree. Typically, five sessions would take around 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 48 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, 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 @morpheushypnosis or e-mail him at luke@morpheusclinic.com