

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

Prepared by Amelia Rose for Luke Chao

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Our Understanding of Your Situation

You are seeking hypnosis to address your fear of heights. You cannot walk/ride up or down a mountain if there is a high ledge. Looking over the ledge causes you to panic, and prevents you from enjoying your trips. While you have always been sensitive to heights, you believe that the fear began when you started rock climbing as an adult. Ideally, heights would not cause you fear, and you would feel calm and confident when near a ledge.

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

The most important factor in successful hypnosis will be the suggestions that you receive during hypnosis. My working hypothesis is that you will benefit from clear, specific guidance in how a fearless person thinks when around heights.

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.
- As an adult, you have the self-authority to be your own best source of comfort, stability and validation. You will not be your own biggest source of stress and doubt—you will give yourself reassurance, respect and love when you need these essentials. In the privacy of your own mind, you will give yourself praise and encouragement when you do something well. Even when you're feeling anxious, you will allow yourself unconditional acceptance and compassion.
- You will treat your body as an excellent listener. That means you can expect it to relax when you send it reassuring messages, just like it becomes distressed when you send it upsetting messages. It isn't only relationships with other people that are improved by better conversations. When you're feeling stress, tension or discomfort, you will send your body love and strength. The more that a part of your body suffers, the more warmth and well-wishes you will send its way. When it's calm and relaxed, or showing signs of improvement, you will send your body encouragement and praise as well.
- 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 you are

safe and secure. Unlike the scariest predictions, it's these boring, routine predictions that always come true for you.

- In reality, you are much safer than your worst fears have told you, including high up on manmade structures and natural scenes that have majestic views. When you imagine an outing, you will imagine returning back home uneventfully. When you think about being high up somewhere, you will predict that you will remain safe, that your footing is secure, and that you will end your day back in bed. This is not wishful thinking or fantasy, but sound prediction-making, and a clear lens through which you will see the world and your own capabilities. Unlike the scariest predictions, it's these boring, routine predictions that always come true.
- 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.
- Only the present moment—which you can perceive through your senses—gives you evidence of the real world today. The past is only memory, with nothing new to be discovered. Most of what you imagine about your future is untrue too: out of infinite paths forward, only one will be evident to your senses when the time comes, and it's never the scariest one. When you can see with your own eyes or hear with your own ears that you are safe and secure, and that there is no threat to your well-being, you will believe the evidence of your senses.
- Although all of our lives have an end date, that date for you is not this year or even this decade. It's definitely not at all likely to be on a day when you're enjoying travel or leisure activities. Most likely, you will become an old man before you have to worry about your inevitable demise—in the meantime, it's for you to ensure that you've had plenty of adventures before you grow old. While you are still alive, you will care much more about living than dying.

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 internalize my points above. Typically, it takes one month to complete three sessions and about three months to complete five sessions, because of gradually increasing intervals between sessions as you make progress. This length of timeline allows you to "test" your new attitudes in real-life settings, so that later sessions are informed by these experiences.

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).

[Please contact our office for updated pricing information.]

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, but our receipts may be reimbursable under some policies, such as a Wellness Spending Account (WSA).

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