

Treatment Plan for [*Sample Procrastination Client*]

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Our Understanding of Your Situation

You are seeking hypnosis in order to stop procrastinating. You wake up energetic and motivated to get things done, however as the day wears on, you find yourself distracted and less focused. At the end of the day, you feel shame, and low self worth at not having achieved all you wanted to, and this bad habit develops and builds until goals start to slip out of your reach. Ideally, you would like to stay consistently motivated throughout the day, and fix your habit of procrastinating in order to achieve your goals.

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 most important factor in successful hypnosis will be the suggestions that I give to you. My working hypothesis is that you will benefit from a specific guidance about how to cause yourself feelings of capability and confidence in a repeatable manner.

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.
- You are the “captain of your own ship”: the highest authority in your life, and the only person who can steer your attention, thoughts and time in one direction or another. Even though you can't control the winds or the waves (for example, a pandemic), your rightful place is to stay firmly at the helm, so that your ship does not go too far adrift from the course you've charted. Regardless of the winds or the waves, you will ensure that your ship keeps sailing forward on a steady course, and you will trust that that's how you will reach each destination on your journey.
- Being among human life, you have intrinsic, fundamental, inviolable worth and dignity, the same as you would recognize for your friends, neighbours or even strangers on the street—this goes beyond just the value that you have as life. This means 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, not even family. There is not a single person on the planet who has the authority to arbitrate your worth, no matter how much they pretend to. This fundamental

worth comes with being alive and human, and you'll never be without it for the rest of your life: it's the baseline, not zero. Then, when you achieve something difficult or somebody else recognizes your worth, you can feel especially good.

- Even though it feels difficult at first, you will exercise your “productivity muscle” until it starts to feel natural to start and finish tasks. When you are exercising, you're *supposed* to feel that it's difficult, because the difficulty is what builds the muscles. The difficult feelings will not last forever, but the pleasure of getting a task completed is a feeling you'll experience regularly. You would rather cast off burdens quickly than to let them burden you any longer than necessary.
- If applicable: In any endeavour, you will focus on moving the process forward, step-by-step, rather than any specific outcome or ideal of “perfection.” You trust that the outcomes will take care of themselves when you stick with the process (every mountain is climbed one foothold at a time), and that “perfection” exists in mathematics and other abstract pursuits, but never in the real world. Instead, you will pursue “authentic” or “truthful,” “good enough” and “done” (depending on which standard is appropriate) which are reasonable goals and achievable.
- You will develop a strong preference for getting tasks and projects *finished*. Getting tasks started is not good enough to check them off your to-do list, and getting them nearly finished is not good enough either. Only completion will give you the satisfaction and pride of knowing that your time has been spent productively. Every day you wake up with the same 16 or 17 waking hours that we all do, and every night you will go to bed with the knowledge that you've spent these hours well.
- 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 illuminate you in the same light that your friends see.
- Your self-worth will be based on the constant and fundamental facts that you are a living, breathing human being. If anybody treats you otherwise, it doesn't mean that you've turned

into something other than a living, breathing human being. It just means they aren't seeing these most basic facts about you, usually because they aren't even looking. You will not make their mistake, and you will always treat yourself as a living, breathing human being, so that you are right about yourself. When at work, you will show up as a self-loving, self-respecting person.

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