

Treatment Plan for [*Sample Public Speaking Client*]

Prepared by Luke Chao

September 9, 2023

Our Understanding of Your Situation

You are seeking hypnosis for anxiety around speaking in public or speaking to a large group. You experience anticipatory anxiety, and your mind is plagued with negative and anxious thoughts before you present. Ideally, you would want to have confidence when speaking, and feel more comfortable with presentations. confidence that your voice will serve you.

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 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 an updated self-concept that views public speaking as an act of leadership, even though it wasn't when you first developed this fear.

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 asked to speak for only one reason: you are an authority on the topic, and nobody can speak about it better than you can. You are the best person to speak about the topics that you present. Even when your audience is smart and well-informed, they haven't researched or analyzed your argument the way that you have. However you might judge yourself for the way you present, anybody else in the room would do a worse job than you if asked to share the same information. Your confidence is proportionate to your authority when you're feeling it 100%.
- The silence in the room and the sea of stares are a gesture of respect for a peer (indeed, a leader) who has something important to say. You can expect the silence and the blank faces as a normal part of public speaking, not a bad sign, because that's what people look like when they're listening intently. They are still on your side, and if they are judging you at all, they are most likely judging you as professional and competent.
- Even if somebody were to judge you negatively (admitted, this will happen when you speak to enough people), you will not weigh a stranger's quick and ill-informed judgment of you equally to your well-informed opinion of yourself (or a friend's or family member's opinion of you). You also will not compare another person's outward self-expression with the complexity of your inner world. When you compare your outward self-expression with another person's

outward self-expression, or your private life with another person's private life, apples-to-apples, you will hold up very well.

- The only accurate prediction to make before addressing an audience is that you will speak capably enough, your audience will show appreciation and your day will continue, because this sequence of events is exactly what happens all the time. Even if you show physical signs of anxiety, you still speak capably enough, your audience still shows enough appreciation, and your day still continues—which makes any anxious symptoms or mistakes secondary to the main points.
- Social hierarchies are somewhat artificial and unrepresentative of the innate qualities of its members. Each audience member is only human, and in our egalitarian society, you can legitimately feel that you are an equal to them. This human-first view will help you to keep your attention on the overlapping part of the Venn diagram where you will find the commonalities between yourself and an audience of even 100 accomplished individuals.
- Your inner critic has deceived you into believing that you are less capable than you actually are. Every time you listen to your inner critic, it continues to mislead you. You will become your own best source of validation, which means that you will care less and less what your inner critic says—the truth is often the exact opposite of what it says, since your inner critic is better understood as a devil's advocate than as a truth-teller. Instead, you will listen to the quiet voice at the back of your mind that approves of the good things that you do.
- Public speaking is an act of leadership (more than exposure or vulnerability), and when you speak, you are granted the power in the room. It is entirely appropriate to stand tall, capture everybody's attention and fill the air with the sound of your voice, so that those who are listening will be informed by your knowledge. This is how you've found your fit in the world as an adult, and you are still good enough at your job that you have kept it. Rules for children will never be relevant to you again.
- You will relinquish thoughts that prepare you for failure, embarrassment or any other outcome that you don't want to happen. Just like an athlete before a game, you will mentally prepare for success: in public speaking, that looks like a group of people that becomes increasingly knowledgeable as you share your thoughts with them. In any situation where you're legitimately qualified, it's always best practice to tell yourself that you have it handled, not that you don't.

- When it comes to communication, truthfulness is the highest standard, not “perfection” or any kind of technical performance. Nobody can fault you for making a well-reasoned argument that turns out not to be the winning one, and even excellent speakers like Barack Obama have been heard to hesitate and stammer when asked to speak to a reporter without a teleprompter. You will hold yourself to the same standards that you hold anybody else who has your history and is in your situation.
- When you’re in a leadership position (as public speakers are), very few people will feel that it’s okay to tell you that you’re doing a great job. Instead, you will become your own best source of encouragement and positivity. This is what world leaders and chief executives must do for themselves, in the privacy of their own minds, or else they will have much criticism without praise. When you’re a leader, positive self-talk is a necessity, rather than arrogant or “self-congratulatory.”

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