

Treatment Plan for [*Sample Sleep Client*]

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Our Understanding of Your Situation

You are seeking hypnosis for better sleep. Typically, you only sleep four or five hours a night. This is because you have difficulty falling and staying asleep. Even when you do sleep through the night, you don't feel well-rested when you wake up. Ideally you would be able to fall asleep well, and stay asleep through the whole night, so that bedtime would no longer be a source of stress or anxiety.

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. 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 sleep better at night when you feel that sleep is an entitlement, rather than an inconvenience, and that the future you will have things handled the next morning.

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 have the moral authority to be your own best source of comfort, stability and validation. You will not be your own biggest source of stress and doubt, and you will give yourself reassurance when you need to hear it. 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. Treating yourself kindly means that feeling confident, secure and relaxed will be an intentional and repeatable process.
- Out of all the places in the world, your bed is the one place where you can relax entirely, tune out of the outside world, forget about past and future, and indulge in some of the best feelings a person can feel. For the entire night, there will be zero expectations place upon you whatsoever, and nobody’s needs or demands that you are expected to fulfill. Especially after having been guided into hypnosis, you will look forward to bedtime as a time when you can re-create similar feelings of comfort and contentment by filling your head and heart with comforting ideas like the ones outlined in this plan.
- You are just as human as everybody else, with the same needs as everybody else, which makes sleep an entitlement rather than a “nice to have” (contrary to what’s often implied in health care settings). Many adults, especially those who care for others professionally often forget

this, which is why airlines must always announce that you must “put on your own oxygen mask first” at the start of a flight. This is not selfish, but wise. As a caregiver, you will make sure to fulfill all of your very human needs, including your needs for self-care and self-love, at the same time that you take care of others. If love is infinite, you are not depriving others when you love yourself or sleep deeply at night, just like you are not depriving others when you breathe deeply or experience happiness.

- There will be plenty of time in the morning to think, analyze, plan, prepare and act. In the meantime, nighttime is the appropriate time to be resting, relaxing and doing nothing. As you become comfortable with the idea of having innate worth as a human being, it means you don’t have to be doing, achieving or solving anything *before* feeling fundamentally okay. Just lying in bed is enough to feel fundamentally okay and secure. In fact, bedtime is the best time to practice self-acceptance and self-compassion.
- While you can’t control or blame yourself for every outcome, you can control and give yourself credit for how well you adhere to various processes. For example, although you can’t control exactly when you’ll fall asleep, you can stay as relaxed as you can—that way, sleep will come in its own time. You can’t control when you’ll feel pain, but you can decide how much attention to give it. You will focus on the step in each process that you do control, patiently trusting that the outcome will take care of itself.
- Remaining asleep at night is the most natural and normal thing in the world—so natural that wild animals do it without a second thought. It can be normal for you again, too, and it’s the overthinking or frustration that are not quite natural. Just like overthinking your gait or how you might balance on a bicycle can interfere with processes best left unconscious, you won’t overthink sleep either.
- Instead, you can have trust in your own body, especially unconscious processes such as breathing and falling asleep. The trillions of living cells in your body work much more perfectly than they don’t—and more perfectly than any machine that a human being can design or create. This means you do not have to second-guess your body or your instincts. Despite your anxiety and difficulty sleeping, you can appreciate that your body isn’t bad or broken, and it’s doing the best that it can under the circumstances. It still deserves your trust and appreciation, and it doesn’t deserve to be undermined or doubted.

- Because you are alive, healing and adaptation are inevitable. Your body has already healed from every cut, scrape, burn, cold and flu you've ever gotten during your life, not to mention loss, heartbreak and other emotional wounds. Even though some illnesses or injuries take longer to heal than others, it's easier to imagine that your sleep will return to something closer to normal—especially as you improve your relationship with your body—than to believe the idea that you'll have to deal with this degree of discomfort for the rest of your life.

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 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