

Treatment Plan for [*Sample Sports Client*]

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Our Understanding of Your Situation

You are seeking hypnosis primarily so that you can focus better on your golf performance. Specifically, getting “in the zone” and staying focused, especially in stressful situations like competitions. You sometimes have difficulty replicating your skills in practice to a real game, and can experience competition anxiety. Ideally, you would build the mindset of a winner, allowing yourself constant focus, and take your game to the next level.

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

The other major factor in successful hypnosis will be the suggestions that I give to you. My working hypothesis is that you will benefit from specific guidance about the kind of self-talk that best serves a golfer.

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.
- In your inner world, you will become your own best source of stability, encouragement and validation. You have no obligation to keep the harshest or most critical thoughts about yourself, and instead, in the privacy of your own heart and mind, you will speak to yourself as encouragingly as you would to a friend who is playing the same sport. This is a sporting attitude, and you will embody all the attitude of an athlete.
- When you're sparring, practising or competing, you will be oblivious to everything and everybody who isn't facing you. Like your favourite predatory animal, you are hyper-focused on the present moment (as well as what might happen in the next second). You simply don't care what just happened a moment ago, let alone minutes ago, nor do you care about what will happen in the future. You don't even have to keep score, since that's somebody else's job.
- 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. When you can see with your own eyes that you're still in the game and that victory is still within your reach, you will believe the evidence of your senses.

- 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 encouraging 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 are capable of revealing the truth about you (just as book lovers give good book reviews, and book haters don't).
- You will relinquish thoughts that prepare you for failure, embarrassment or any other outcome that you don't want to happen. Just like any athlete before a game or warrior before battle, you will set your heart and mind on winning, not defeat. 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.
- In training, you've focused on the process of mastering your body, your mind and the art form. By the time you're in a championship, the time for thought and analysis will be over, and you will have complete trust in your instincts, your training and your practice.

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 to a significant degree. Typically, three sessions would take around a month to complete, while five sessions take around three months, because of increasingly longer intervals between sessions as you make progress.

This plan and estimate are based on the information that you provided during your online 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