

Treatment Plan for [*Sample Weight Loss Client*]

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Our Understanding of Your Situation

You are seeking hypnosis for help with weight loss. When beginning your journey, you have difficulty staying consistent and focused on your plan. You know what you need to do, but you have an unhealthy relationship with food, and you aren't as active as you'd like to be. You can overeat out of boredom or lack of self-restraint. Ideally, you would achieve more self-love, consistent exercise, and portion control.

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 component of successful hypnosis will be the suggestions that I give to you. My working hypothesis is that you will benefit from the view that weight loss follows naturally from taking care of yourself as *life* that is under your care.

For your review and possible input, below you will find an overview of the initial set of principles that I play 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 one who can steer yourself in one direction or another. However, you are *not* responsible for the winds or the waves (for example, other people's decisions), nor will you blame yourself when you're going through an unexpectedly tumultuous storm. Instead, you will give yourself credit for staying at the helm and steering effectively. This will become a point of pride for you, so that “steering your ship” during an emotional storm will always be a worthwhile endeavour to pursue.
- You will cherish and appreciate your body absolutely and unconditionally, at least as much as any other living thing. To use an analogy: if you adopt a houseplant, you will make sure to give it enough water, but not too much, and enough sunlight, but not too much either. Just like all other living things, your body will become healthier under the right conditions. Your metabolism dutifully stored the extra energy you had consumed in the past, and the same metabolism will inevitably consume that energy once you are eating in moderation. In other words, you will show yourself care because you are *alive*.
- As a human being, your worth and dignity are intrinsic, constant and inviolable. Even when you're in conflict with other people, unsure of yourself or eating too much, you still have the

same worth and dignity that you would recognize for a friend who's in the same situation. This means are entitled to feeling fundamentally okay, rather than to make your feelings of "okayness" dependent on your recent income, what a stranger thinks of you or any other extrinsic variable. This constant worth is a satisfying answer to many of the anxious, "what if?" thoughts that cross your mind. In this way, you will exceed in adulthood what you were only shown as a child.

- Self-love is love, self-respect is respect, and self-care is care: they come from the best-informed authority over you. Even when you reach into your heart to find these feelings and come up empty-handed the first time, it's worth a second or third try. When you have love, respect and care from friends or family, it will add to what you have on your own, but you do not need somebody else to validate you. You will view yourself as a *source* of the warm and fuzzy feelings, not just a recipient of it. Sometimes, you will need sweets thoughts rather than sweet foods, and this is what you'll give to yourself.
- Food has always been a poor source of comfort and happiness, even when you did feel comfort and happiness after eating. When you have an emotional need, such as to reward yourself after a hard day's work, you will give yourself a first-rate solution to satisfy it, such as self-validation, the company of good friends, peace and quiet, meaningful stories, good music, creative expression, the companionship of an animal, natural beauty, or anything else that fulfills the heart's needs. Instead, the place that food has in your life is as nourishment and energy, since it's only the best solution for those two things.
- Saying no to sugars and excessive food will become a point of pride for you, especially since it had been difficult for you in the past. Just as you will sometimes say no to a child or a pet dog who is begging for a treat, out of pure love, you will say no to some of your own body's desires and cravings, out of pure love. And just as you would redirect that child or animal to something else that's enjoyable, you will direct yourself to something else that's enjoyable or fulfilling, and assess the new activity as empowering or liberating.
- You will eat three (or any other appropriate number) proper meals every day, which leaves no room for snacking between meals. Instead, fasting between meals is (or will become) a point of pride for you. Some people might fast for religious reasons, while your purpose is your own good health (and again, because *you are life* that is under your care). If necessary, you will tolerate hunger or cravings between meals as a sign that you're on the right track, the same way that you're supposed to feel strained during a good workout.

- Regular exercise is a physical need, not a luxury or a “nice to have.” It isn’t only children who need gym class, dogs who need walks or hamsters that need wheels in order to be happy and healthy. Adult human beings also thrive when we are regularly active, so if you predict anything at all when thinking about exercising, you will predict that you will feel satisfied and fulfilled at the end. Once normalized, daily exercise will feel just as essential as showering or flossing every day, and ignoring exercise will feel like forgetting to brush your teeth.
- It is true that you are no longer a child and that most of your tastes and priorities have changed since those years. Today, you are an adult, and at some point in the future, you will also be a retiree who will want to enjoy the best years of their life. Perhaps overconsumption is better left as a childhood memory, rather than an ongoing fixture in your life, and you will acquire a new taste for moderate portions and healthy foods that are appropriate for somebody who does not need to grow in size any further.

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