



Password-Protected Telehealth Consent Form

Please **download this form first before you complete and sign it.**

Remember to save your responses then email to info@barwonhypnotherapy.com.au

Description of Services

Therapy is the process of working with a trained professional for the purpose of resolving problematic behaviours, beliefs, feelings, and related physical symptoms. In a clinical setting, hypnosis uses suggestions to specifically help a client experience changes in sensations, perceptions, thoughts, and/or behaviour. This helps to develop a client's self-understanding and to make positive changes in his or her life.

Consent for therapeutic telehealth service

To provide a therapeutic service to you in accordance with the ASCH Code of Ethics, Barwon Hypnotherapy needs to collect and record personal information from you. This information includes your name, contact information, medical history, and other relevant information that is required as part of providing our services to you. The collection of personal information is an integral part of the therapeutic assessment and treatment that is provided.

Privacy, Confidentiality, and Disclosure:

Barwon Hypnotherapy is committed to protecting your privacy and confidentiality. Our privacy policy outlines our ongoing obligations to you in respect of your personal information and can be accessed here <https://barwonhypnotherapy.com.au/legal/privacypolicy/> There are some limits that you need to be aware of, however. If your treating practitioner needs to consult with their supervisor, your personal information will be de-identified. Mandatory reporting is applicable. If, in your treating practitioner's clinical opinion they feel you may be at risk to yourself or others, they have a duty of care to report.

Video recording of Zoom sessions is not permitted. During your consultation, an audio recording of your hypnotherapy script will be made for you to use at home. No other aspects of your session will be recorded. You will be sent a link via Dropbox to download your recording. Files will be deleted from Dropbox after 7 days. By engaging in our services, you agree that the personalized hypnotherapy recordings are exclusively for your own use and shall not be shared or utilized by anyone else.

Provision of our telehealth service

Our therapeutic services are delivered via Zoom video conferencing. Barwon Hypnotherapy will cover the cost of the call to you and the expenses associated with the platform used for telehealth consultations. You are responsible for the expenses related to setting up the necessary technology to access telehealth services.

To participate in telehealth, you will need access to a quiet and private area, as well as a suitable device such as a smartphone, laptop, iPad, or computer equipped with a camera, microphone, and speakers. A reliable broadband internet connection is required to ensure a smooth and uninterrupted session.

Limitations of telehealth

A telehealth session might have limitations due to factors like an unreliable network connection, potentially impacting the quality of your sessions. In the case of a dropout during your session, your treating practitioner will call you and continue the session via phone. Please note that a dropout will not affect the quality of the recording that is made for you.

Important considerations for hypnotherapy via telehealth

As hypnotherapy can induce drowsiness, it is important to sit in a chair that supports your head and neck (such as a recliner), or alternately you can lie down on a couch or bed. Your treating practitioner needs to observe you during hypnotherapy to monitor your breathing and reactions during treatment. This means you will need to set up your computer, laptop, or smartphone so your practitioner can clearly see your face and upper part of your torso. As hypnotherapy involves progressive muscle relaxation, it is not suitable that you hold your smartphone in your hand whilst undergoing hypnotherapy.

Personalized recordings

During your program, audio recordings of your hypnotherapy scripts will be made for you to use at home. You will be sent a link via Dropbox to download your recordings. Files will be deleted after 7 days.

Therapeutic process & therapeutic relationship

You acknowledge that therapy is a comprehensive process and the results you obtain will depend on factors such as:

- (i) your background
- (ii) the complexity and severity of your issue/s
- (iii) your ability to reflect on your thoughts, feelings, and actions
- (iv) the strength of your internal motivation to seek change
- (v) the way in which you respond to treatment
- (vi) your communication with your treating practitioner during your program, and
- (vii) your feedback

You agree that your level of engagement and commitment to undertaking specific recommended exercises and listening to your recordings daily outside of your one-on-one sessions may accelerate your progress towards the outcome/s you desire.

Quit smoking treatment

Before undertaking quit smoking treatment, you will need to consult with your doctor or treating health professional if you are currently taking any medications. Smoking has been shown to reduce the effectiveness of certain medications including antidepressants, antipsychotics, and drugs for pain relief.

Fees

Your four-week hypnotherapy program consists of 4 sessions of 55 minutes each. Sometimes sessions can go over time. Fees for our services are payable in full before program commencement. Our 2023 program fees are as follows: \$596. Fees for HTA students are capped at \$100 per session.

After completing the 4-week program, you have the option to book single hypnotherapy sessions for ongoing support, particularly for complex issues or if you feel the need for continued assistance. Barwon Hypnotherapy does not provide single hypnotherapy sessions for new clients.

Cancellation Policy:

You will receive a notification of your appointment time from Setmore. A minimum of 24 hour’s notice is required for cancellation or rescheduling, except for accident, sudden illness, or emergency. Setmore will not allow rescheduling inside of 24 hours. If you fail to cancel a scheduled appointment, this time cannot be used for another client, and you will forfeit the missed appointment.

Refund Policy:

Please ensure that you are prepared to commit fully to your hypnotherapy program before purchase. Refunds will only apply in exceptional circumstances.

Client Conduct

This practice has zero-tolerance towards violent, abusive, or threatening behaviour.

Termination

You may terminate or discontinue the therapeutic relationship at any time.

Disclaimer

While research supports hypnotherapy's effectiveness for psychological and physical conditions, no therapy or therapist can guarantee specific outcomes for individuals. Results may vary.

Hypnotherapy is considered complementary health care and is not a substitute for professional medical advice, diagnosis, or treatment. Your treating practitioner is not a medical doctor or psychologist. If you have a concern or question about your health or medical condition, please seek the guidance of your doctor or treating medical professional.

Consent to contact next of kin/emergency contact

If any circumstance arises where your treating practitioner is concerned about your welfare and is unable to contact you, you provide permission to contact the person nominated as next of kin/emergency contact.

Your Full Name _____ D.O.B. _____

Address _____ Post Code _____

Phone _____ Email _____

Next of kin/emergency contact _____

Relationship to you _____ Phone _____

I confirm that I have read this document, and I understand and agree to the conditions within. By signing this document, I give my informed consent to receive hypnotherapy via telehealth as provided by Barwon Hypnotherapy:



Client signature _____ Date _____