Client Disclosure & Agreement

*Before we begin, please read this agreement and then sign it (right click on the signature line and click on sign). This will let me know that you have read and that you understand what is written here. It sets out my responsibilities (as a mental health practitioner) towards you during therapy and your responsibilities in the therapy relationship. It also covers some of the issues of law governing our relationship.*

1. **What to Expect**

I have been trained and certified in Hypnosis, Cognitive Behavioural Therapy (CBT), Neuro Linguistic Programming (NLP) and Time Line Therapy®. The therapy will probably be different from what you might have expected, and I will explain my approach during the initial consultation. In total, we will not spend a lot of time talking about the problem, just gathering information about it. In fact, most of the session(s) are about other things.

It is very important for us to discover the internal thought process of HOW you create the problem. That means that we are looking for your strategy, or how you structure the problem. Because our focus is on structure that means that, once we discover it, we can move on and focus on having the problem disappear.

Because of this, I may cut short some answers or talk about your problem in ways that you may never have considered. I may even ask you questions that you do not totally understand consciously in order for your unconscious mind to make changes you want at the unconscious level. It is important to do this so that we can reduce the time taken for the therapeutic process.

If you have been in a therapy session before, expect that this one will be a little different.

1. **This is the Process**

We begin with you telling us the problem. I will ask you for examples of the problem and other questions to discover HOW you do it in your head. I will also probe to discover the source of the problem – the precipitating event(s). You will set out your goals or aim of therapy. I will make use of several techniques that I feel best suit your problem.

1. **After the session**

I will assign you some very specific tasks to do. If assigned these tasks are, absolutely, a fundamental part of the therapy. They may take up to several days or weeks to complete. The tasks are directly related to the circumstances that created the problem. You must do them. If you do not, then neither you nor I can predict the outcome of the therapy.

The second thing that is important is that you will need to stubbornly focus on what you want. The people who are the happiest overall in life are those who recognise that you have a choice to focus on what you don’t want or what you do want. You can focus on negative emotions and things that make you feel bad, or you can focus on positive emotions and things that make you feel good. It is your choice. After the session, you must focus on what you want.

1. **This is Complimentary Health Care Therapy**

I am a Complementary Healthcare Provider, and not a Medical Doctor, Psychologist or Psychiatrist. The services you receive are not regulated by a government body, however I am a member of a number of associations and abide by their strict code of ethics. The self-regulated holistic treatments and client-centred disciplines in which I am trained and in which I have experience include, Hypnosis, Time Line Therapy®, Neuro-Linguistic Programming (NLP), Cognitive Behavioural Therapy (CBT), Meridian Psychotherapy and Reiki (all certifications can be found on my website). I will always provide only those services in which I have been trained, and if I find that I cannot help you, I will refer you to a licensed person who can assist you. During your therapy session I will use one or more of the following techniques:

* 1. *Time Line Therapy® techniques:* The techniques are a process of active imagination where the client imagines floating above his Time Line and letting go of his negative emotions and or limiting decisions (or limiting beliefs). Then the client is also asked to imagine creating events in his future that support his goals or outcomes. Time Line Therapy® techniques have demonstrated results in a broad variety of presenting problems. It is a powerful technique which allows clients to make long-lasting changes in a very rapid way.
  2. *Neuro-Linguistic Programming (NLP):* NLP is a model of communication, how we communicate to self and others and how that communication creates and affects our behaviour. As a study, it is synthesis of cognitive and behavioural philosophies which focus on the information coming in through the neurology (cognitive) and the programmes we run inside our heads to produce the behaviours (behavioural) we do.
  3. *Hypnosis:* This is the use of trance to make changes at the unconscious level. Hypnosis has been used to produce unconscious change with clients since 1843. All of our practitioners are trained and certified as Hypnotherapists by the Professional Hypnotherapy Practitioner Association. Should the practitioner wish to use hypnosis with you may still retain conscious awareness throughout or you may not. Therefore, you can ask to have a third person present or you can bring one with you.
  4. *Cognitive Behavioural Therapy:* This is a type of talking treatment which focuses on how your thoughts, beliefs and attitudes affect your feelings and behaviour, and teaches you coping skills for dealing with different problems.

1. **Confidentiality**

I keep all information I receive from you confidential and do not disclose it to persons outside Your Wellbeing UK. I will keep notes after a session which will be anonymised and securely stored. Your Wellbeing UK is a member of the ICO (Information Commissioners Office). All client information is kept strictly confidential and is for internal use only. I will only share information if there is convincing evidence that you intend to seriously harm yourself or others.

1. **Your Choice**

While, during the session, I offer you advice and other ways of looking at your problem and its solutions for your consideration, you hereby agree that whatever we discuss is only our perspective and is not binding upon you, nor is it a prescription. If you want to discuss our suggestions with someone else, you should discuss them with a health care provider. It is your responsibility to communicate your results to me. Our liability is limited to the amount paid for the therapy.

A close up of a whiteboard

Description automatically generated

Your Wellbeing UK

Kim Joanne (Jo) Jones

23rd November 2022

Client Name

Client Signature

Date