



Thank you for working with us at State of Mind Hypnosis and Training Centre. Here is the 45 minute recording for you to listen to in the comfort of your own home. Please take the time to read the below information and your recording is linked at the bottom.

We are confident that your time spent and commitment to using our services, training, and recordings will be helpful in achieving your goals.

Hypnosis is a modality which focuses on the concept of the mind. Thoughts and emotions can be changed and guided by our techniques. Specific techniques may include Body Relaxation, Progressive Muscle Relaxation, Guided Meditation, Regression, Behaviour Modification, Guided/Visual Imagery, among other techniques and services.

State of Mind Hypnosis has provided these services, training, and recordings to instruct our clients about the nature and use of Hypnosis, Hypnotherapy, Guided Imagery, and Self Hypnotic Techniques. We do this work to assist in facilitating healthy lifestyle changes and/or alterations in personal habits for vocational and avocational self-improvement.

The above services and modalities are not substitutes for regular medical care. We encourage anyone seeking our services to consult with his or her medical Doctor or Healthcare Practitioner for treatment of any old, new, or existing medical conditions.

Hypnosis services, Hypnotherapy, Guided Imagery and Self-Hypnotic Techniques are not in any way meant as a substitute for standard medical, psychological or psychiatric treatment for serious or life-threatening conditions, such as medical trauma, surgical emergencies, bacterial infections, certain bodily “mechanical” difficulties, and thought disorders such as psychosis or schizophrenia. These techniques are an adjunctive/complementary alternative for self-healing, self-help, and behavioural modification.

Potential clients under the age of 18 must provide written consent by a parent or legal guardian to use any services provided by State of Mind Hypnosis.

We often work with people who have been given a psychological diagnosis and who are under the care of a psychiatrist/physician. Their focus on the biology of your brain is very important and should not be interfered with. Hypnosis services, Hypnotherapy, Guided Imagery and Self-Hypnotic Techniques and Training or Hypnosis Recordings are NOT meant to replace medical or psychological treatment or consultation. If you have a serious psychological or medical condition, please consult with your physician. You may wish to ask about hypnosis and work with your physician to choose the right treatments for you.

In exchange for the provision of any of our above named and described services related to Hypnosis services, Hypnotherapy, Guided Imagery and Self-Hypnotic Techniques and Training,

the undersigned agrees to continue any and all care they are receiving from any psychiatrist, psychologist, physician or other medical practitioner and agrees to continue the use of any and all medications presently prescribed, or to be prescribed, in the future, as directed by their above-mentioned medical practitioner.

In exchange for the provision of any of our above named and described services related to Hypnosis services, Hypnotherapy, Guided Imagery and Self-Hypnotic Techniques and Training, the undersigned agrees to release and hold harmless State of Mind Hypnosis and Training Centre and any employee or owner/principal of State of Mind Hypnosis and Training Centre for any liability, injury or loss that may result from failing to follow the directions of any of the above-mentioned medical practitioners.

State of Mind Hypnosis and training Centre and its employees, owners, and principals look forward to working with you for your overall happiness and mental health.

State of Mind Hypnosis makes no expressed or implied guarantees of results, in so far as human behaviour cannot be predicted. The public is duly informed that as individuals vary, so do results, and that all hypnosis is self-hypnosis. Results are ultimately achieved through the client's own personal efforts at applying these techniques over time for which each client must accept full responsibility.

Clicking this link below signifies that I have read the above statement and fully understand and accept the responsibilities herein.

[45 MINUTE Relaxation Session](#)

State of Mind Hypnosis makes no expressed or implied guarantees of results, in so far as human behaviour cannot be predicted. The public is duly informed that as individuals vary, so do results, and that all hypnosis is self-hypnosis. Results are ultimately achieved through the client's own personal efforts at applying these techniques over time for which each client must accept full responsibility.