

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]

[Recipient's Name]
[Recipient's Address]
[City, State, Zip Code]

Subject: Hypnosis Consent Letter

Dear [Recipient's Name],

I am writing to obtain your consent for the use of hypnosis during our upcoming sessions. Hypnosis is a therapeutic technique that allows individuals to enter a relaxed state of awareness and focus, which can facilitate positive changes in thoughts, feelings, and behaviors.

Please carefully read the following information regarding hypnosis:

1. **Purpose of Hypnosis**: [Briefly describe the purpose, e.g., stress reduction, smoking cessation, etc.]
2. **Procedure**: [Briefly outline what the session will involve, e.g., relaxation techniques, guided imagery, etc.]
3. **Potential Risks**: [Note any possible risks or discomforts associated with hypnosis.]
4. **Confidentiality**: All information shared during our sessions will remain confidential, as per ethical guidelines.

By signing below, you acknowledge that you understand the nature of hypnosis and give your consent to proceed with the sessions.

Consent:

I, [Recipient's Name], have read and understood the information above. I consent to participate in hypnosis sessions with [Your Name].

Signature: _____

Date: _____

Thank you for your trust and willingness to explore this therapeutic process.

Sincerely,

[Your Name]

[Your Title/Qualifications]