

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

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

Dear [Recipient's Name],

I hope this letter finds you well. I wanted to follow up after our recent hypnosis session on [date of session]. I appreciate your openness and commitment during our time together.

As we discussed, the primary focus of our session was [briefly summarize the focus or goal of the session]. I encourage you to take some time to reflect on your experience and any changes you may have noticed since then.

To help reinforce the positive changes, I recommend [suggest any practices, exercises, or techniques discussed]. Please remember that change can take time, and it's important to be patient with yourself throughout this process.

If you have any questions or need further support, feel free to reach out via email or phone. Additionally, I would love to hear about your experience and any progress you've made since our session.

Looking forward to our next appointment on [date of next appointment] or hearing from you soon!

Warm regards,

[Your Name]
[Your Title/Occupation]
[Your Practice Name]