

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

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

Dear [Client's Name],

I hope this letter finds you well. I wanted to take a moment to follow up on our recent session and provide you with some guidance as you continue your journey with hypnosis.

1. **\*\*Session Recap\*\***:

During our last meeting, we focused on [brief description of the session's focus], which aimed to help you with [specific goals or issues].

2. **\*\*Suggestions for Continued Practice\*\***:

To reinforce the work we did together, I suggest you [list any techniques, exercises, or affirmations to practice].

3. **\*\*Next Steps\*\***:

As we discussed, our next appointment is scheduled for [date and time]. If you have any questions or concerns before then, please don't hesitate to reach out.

4. **\*\*Resources\*\***:

I've attached [any resources, articles, or recordings] that may assist you in your practice.

5. **\*\*Feedback\*\***:

Your feedback is valuable to me. Please share any thoughts on your experience or how you're feeling since our last session.

Thank you for trusting me on this journey. I look forward to our next session and continuing to support you.

Warm regards,

[Your Signature (if sending a hard copy)]  
[Your Printed Name]  
[Your Credentials]  
[Your Practice Name]