



## Client Information and Agreement Form Hypnosis

Session Date: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_/\_\_/\_\_\_\_ Sex (M) (F) Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Marital status: \_\_\_\_\_ Number of Children: \_\_\_\_\_

Occupation: \_\_\_\_\_

How did you find out about Agnieszka? \_\_\_\_\_

\_\_\_\_\_

The reason for your session? \_\_\_\_\_

\_\_\_\_\_

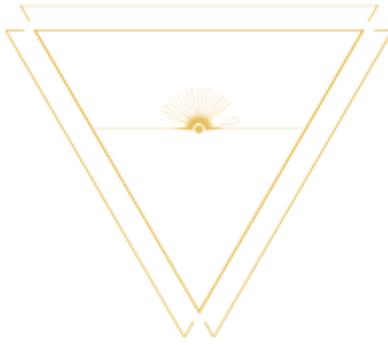
Have you ever been hypnotized before? \_\_\_\_\_

Do you have difficulty hearing? (Y) (N)

I voluntarily agree to sign this agreement and assumption of risks, because I fully understand that Agnieszka Lipinski, who is going to perform hypnosis, is not a doctor, nor has a degree in Psychiatry, and can neither diagnose or treat any type of physical or mental disorder.

1. I am participating in hypnosis by my own choice because I want to be here.
2. I understand that I am not a patient, but a co-operator in my hypnosis experience.
3. I understand that any suggestion that is made during this session is only a part of a personal and educational motivation program, and is only informative.
4. I understand that my progress here involves how I care for myself physically, mentally, emotionally and spiritually.
5. I understand that this hypnosis session is exclusively for educational or emotional reasons. It is not intended to be in any way used as medical or psychological advice, this can only be given by a medical professional or a mental health specialist.
6. I understand that transformation is a process and that it can take time.

\* DISCLAIMER: Hypnosis is not intended to cure any specific condition. I make absolutely no claims of a cure for any disease. Individual results may vary. Each session is unique and its success depends on your cooperation and faith in the process.



## Client Agreement Form

1. **I am willing to be guided through relaxation, visual imagery, hypnosis, and/or stress reduction techniques.** I am aware that these modalities are non-medical in nature and it is my responsibility to consult my regular doctor about any changes in my condition or changes in my medication.

2. **I understand that being hypnotized is not being asleep.** During a deep hypnotic trance, you can open your eyes, speak, laugh, walk and you may be aware of everything that happens around you. You can even open your eyes and think it is not working and are not hypnotized. But when you allow those feelings or thoughts that come to your mind to flow freely as Agnieszka speaks to you, you will relax and remember forgotten events.

3. **I understand that change is my own and complete responsibility.** I understand **all healing is self-healing** and that Agnieszka is only a facilitator in the process of helping me to solve my own problem(s). It is my responsibility to be open and honest, provide accurate feedback and be forthcoming with details and information that may help me achieve my outcomes.

4. **I understand that our session may be digitally recorded for my later use** and that Agnieszka retains the copyright of these recordings. These recordings may not be shared without my written consent. I also understand that in these types of

sessions, the energy in the room can affect the equipment and recording resulting in static or blank recordings.

I am of legal age and understand I am entering into a cooperative relationship of my own free will. I accept that I am a willing participant in this cooperative relationship that will employ Introspective Hypnotic techniques and any other appropriate modality by Agnieszka Lipinski. Therefore, I do hereby release and discharge Agnieszka Lipinski from all claims of damages, copyright, demands or actions whatsoever in any manner arising from or growing out of my cooperative participation. I have received and read this Client Information and Agreement Form and understand what I have read:

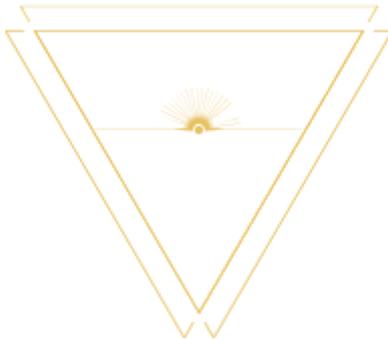
Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

I am trained as an Introspective Hypnosis Practitioner by Antonio Sangio. I commit to you that I will utilize all of my skills to help you. You have my assurance of my full integrity, professionalism, safety, confidentiality and respect.

**All sales are final and no refunds will be given.**

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## How to prepare for your Introspective Hypnosis Session

**Come with an open mind.** Each person's hypnosis experience is beautiful and unique. Your subconscious mind will be the navigator of your session. It knows what you need to work on and will take you there. Set your intention to have an insightful session.

**Come well rested.** Get a good night's sleep the night before.

**Drink plenty of water.** Water is a conductor for energy and we will be moving energy during your session. You will be able to go to the bathroom during the session if needed.

**Eliminate the use of alcohol and recreational drugs the night before and the day of your session.** Do not take any substances to relax or alter your consciousness.

**Eliminate or limit your caffeine the day of your session.** If you normally have three cups of coffee, try having only one cup.

**Eat well, but light before your session.** Your session may go up to four hours.

**Get comfortable.** Wear comfortable, light, loose fitting clothing. You may prepare a blanket or a hot water bottle.

**The day of your session, do something that calms you.** Meditate, take a bath, listen to soothing music or take a walk.

**Your session will be video-recorded.** You may remember all, some or nothing of your session while you were hypnotized. This recording is great and actually important to your progress after we meet. The more you hear yourself, the more easily the changes will stay with you.

**Your session is private.** No other people are allowed in your session or may stay for your session. Make sure you are alone. We need a space that is completely safe and confidential with no disturbances. If you have pets, please have them where they won't be able to disturb your session. You may share your recording or any memories or thoughts at your discretion.

**Allow up to four hours for your first session.** The length of your session may vary.

***Prepare a list of 5 questions that you would like to explore. Agnieszka will use these as a guideline for your session.*** Do not include explanations or details about the questions. We will discuss them before your session.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Technology Set Up for your Online ZOOM Introspective Hypnosis Session

Review this *Technology Setup for Your Online Zoom IH Session 2 days prior to your session*

## ***Equipment for ZOOM Session:***

1. **Laptop** with a camera positioned so I can see your face clearly. **PLUG YOUR DEVICE IN DURING THE SESSION.**
2. **Headset** with a movable microphone in front of the mouth. No ear buds or gaming headsets.

## ***Software requirements:***

1. **Download ZOOM app.**
2. Test your speaker and microphone before our call in the ZOOM App.
3. Arrive at least 5 minutes early to the session.
4. I will invite you in at the time of our session.

## ***Location:***

1. Allow up to four hours for your session.
2. Find a quiet, comfortable place for your session.
3. Prevent interruptions -no pets or people in the room.

4. Mobile phones should be placed in airplane mode.

***Day of Your Session:***

1. Follow the Guidelines on How to Prepare for Your IH Session.
2. Use the link in the email and log onto Zoom a few minutes early to make sure your speaker, microphone and camera are set as you want in the Zoom App.
3. Arrive a few minutes early.
4. I will invite you in at our scheduled time.

**Questions?** Email me: [heal@agnieszkalipinski.com](mailto:heal@agnieszkalipinski.com)

***I am looking forward to our session together!***