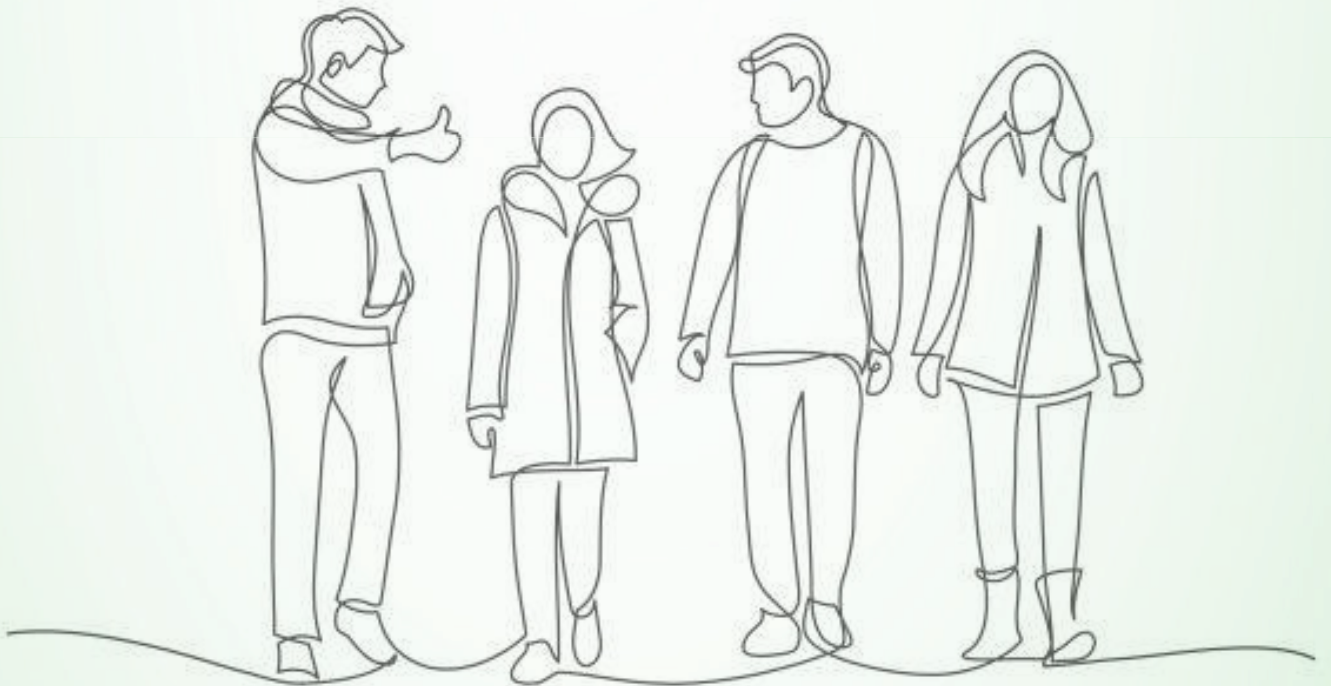




BARWON
Hypnotherapy



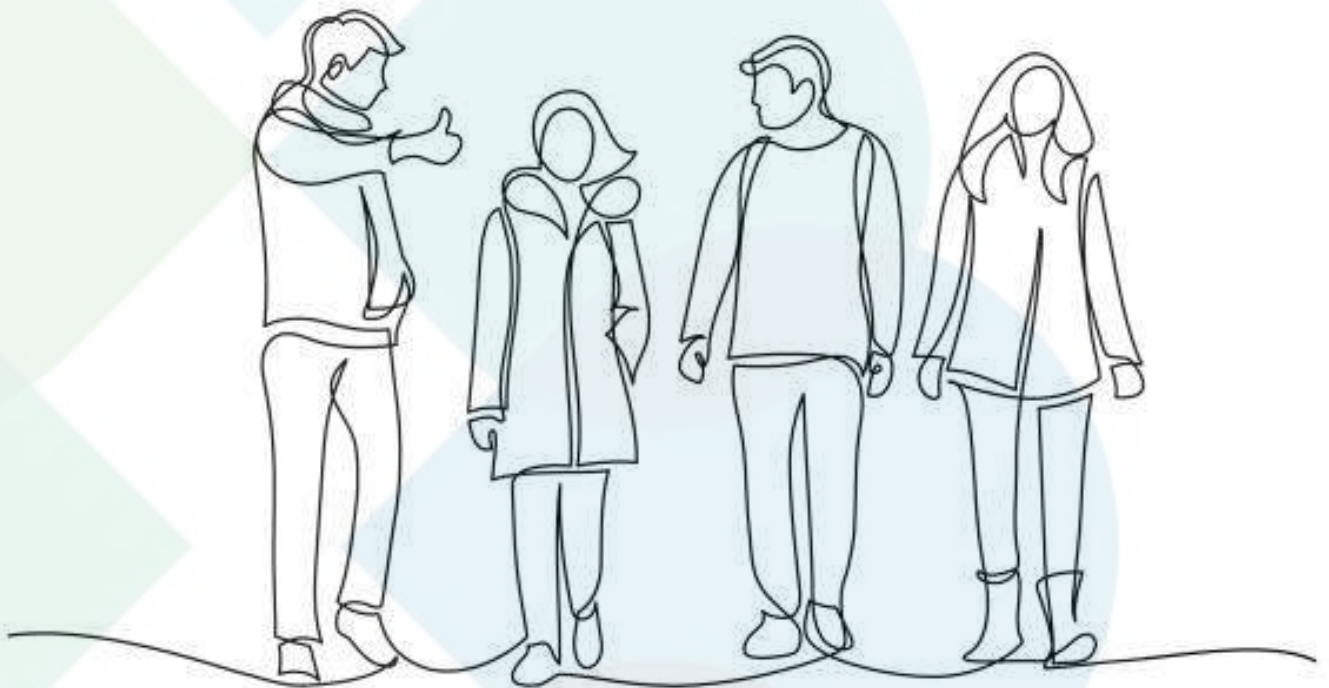
Client Information

Business Details

Barwon Hypnotherapy is an Australian business owned and managed by Melissiah Victoria

Email: mvld@consultant.com

Ph: 0425 834 528 (12 - 9pm Mon - Thurs).



Our Mission

Barwon Hypnotherapy provides **evidence-based treatment** for a range of psychological and physical issues. People of all backgrounds are welcome, and are accepted as they are in relation to culture, beliefs and values. It is important to note that this practice operates within a secular (non-religious) framework and does not insert religious, faith-based, or new-age concepts (e.g. past-life regression) into therapy.

Therapeutic Process

My approach to helping clients is through a **collaborative, empathetic, and non-confrontational therapeutic relationship**. At the first session of your program you can expect to undergo some self-reflection and goal exploration in a supportive and non-judgmental environment. We'll discuss your strengths, positive attributes, and external resources, along with the motivations that drive you. Whether you are seeking help to resolve emotional difficulties or to improve your health and well-being, there are many factors to consider and sometimes underlying causes can run deep. Some of the ways that help establish cause are:

- In depth history taking that includes family history, present lifestyle, medical history, presence of past traumas, significant relationships, occupation, personal beliefs, etc.
- Looking back on how the issue first started and what events in your life at the time may have contributed.
- Taking note of any current factors that may be perpetuating your issue.



Therapeutic Process

The length of the program recommended to you will depend on your individual circumstances and the outcome you are seeking. Barwon Hypnotherapy does not offer single hypnotherapy sessions unless you have already completed a four-week or six-week program and it becomes evident that you need additional support to overcome your issue or achieve your goals. If, during the course of your treatment it becomes apparent that you are experiencing challenges beyond the scope of my expertise, I will refer you to another suitable professional.



Understanding Hypnotherapy 'Clinical Hypnosis'

There are two components to hypnotherapy - the '*hypno*' stage, where I'll guide you into a relaxed state of mind, and the '*therapy*' stage, where I'll make suggestions to help you change your thinking patterns and behaviours. Hypnosis is a pleasant and naturally occurring state of **focus and relaxation**, similar to a daydream or just before you fall asleep. Under hypnosis you will be in control at all times, and you decide if the suggestions are right for you. As we continue through your program, you will start to know if this is working for you.

Commitment to Your Program

I'm going to do my best to help you, and the therapy that I provide is uniquely tailored for you.

There are some things to be aware of however. As we move forward, sometimes things can come to the surface that can be momentarily unpleasant. If this happens, a good way to deal with it is through mindful acceptance. Learning to 'step back' and observing that your thoughts and emotions have a beginning and an end will help keep them in perspective.



Providing feedback is also crucial to help you get the best out of the program. If we are not moving ahead after several sessions, it's important we explore this in order to make adjustments. If we are progressing however, we will continue on. Furthermore, your success is dependent on 'homework' outside of our one-on-one sessions. This includes listening to your recorded session on a daily basis or at least every second day. I may also suggest you make notes on worksheets that will be provided and possibly implement certain activities.

It is crucial that you engage with these activities as they form a fundamental aspect of your program and can directly influence your chances of success.

Client Intake Form

All clients must complete and sign the client intake form prior to program commencement.



Considerations for Hypnotherapy via Zoom:

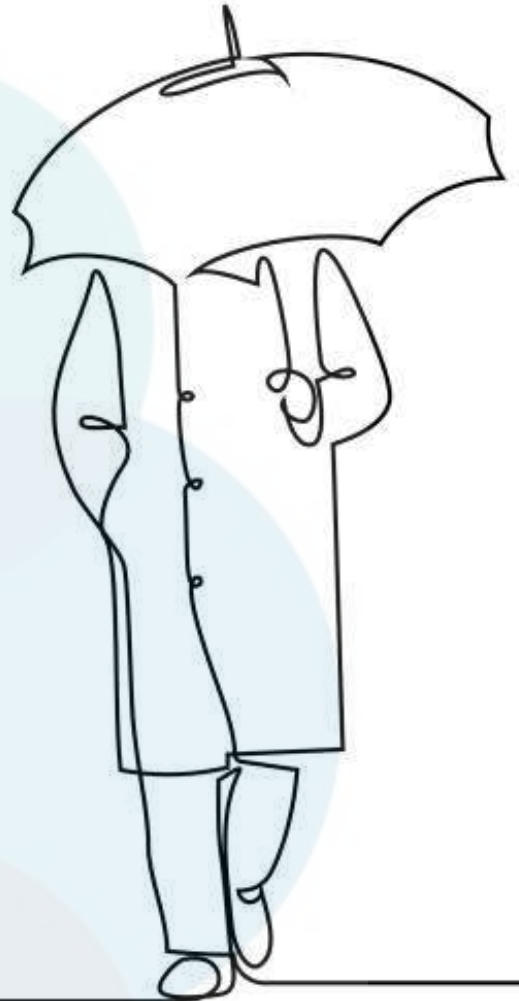
All programs are delivered via Zoom <https://zoom.us/>
A good educational video to get started can be found here '**How to join a Zoom meeting**'
<https://www.youtube.com/watch?v=vFhAEoCF7jg>

Please ensure you have the program installed on your computer prior to your first session. It's crucial that your computer is located in a quiet area of your home where you won't be distracted by other people, children, pets, or electronic devices. You will need a chair that supports your head and neck (such as a recliner) or you can lie down on a couch or bed.

Contraindications

Hypnotherapy is not suitable for individuals who:

- Suffer from borderline personality disorder, dependent personality disorder, schizophrenia, or bipolar disorder
- Are affected by alcohol or recreational drugs
- Are experiencing strong thoughts relating to self harm
- Have significant cognitive deficits or have suffered severe brain trauma
- Are unmotivated to change
- Have unrealistic expectations
- Want pain relief, if the pain has not been investigated by a doctor or medical specialist
- Are coerced into having treatment by a third party such as a partner or relative



Safety, Efficacy and Risks

Hypnotherapy is a safe, evidence-based, non-invasive, and drug-free mind/body intervention. Peer reviewed



studies have demonstrated the efficacy of hypnotherapy for addressing and managing a variety of psychological and physical conditions. A free 25 page PDF **'How Clinical Hypnosis Can Assist You'** can be downloaded from the Barwon Hypnotherapy website.

According to the Better Health Channel (Victorian Government Department of Health, 2021),

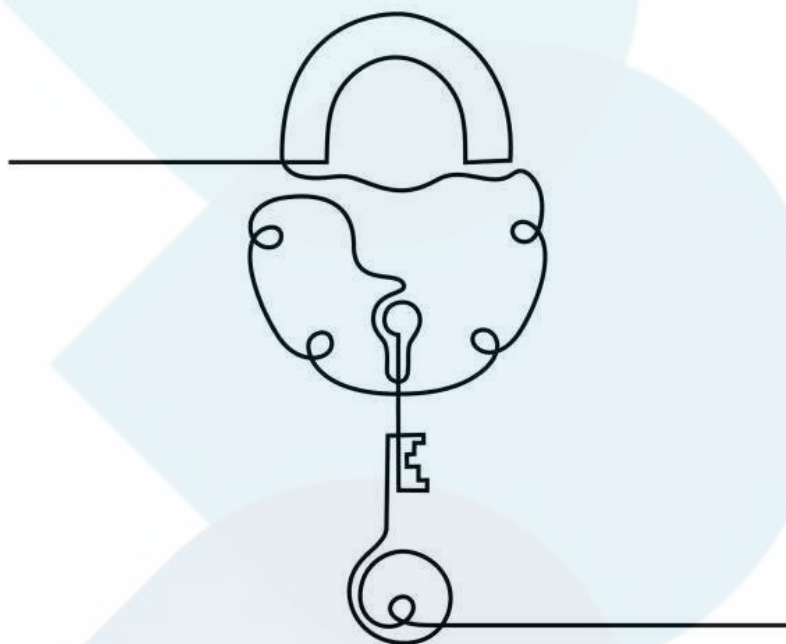
"Hypnosis is considered to be a safe treatment when performed by a qualified and experienced practitioner. In rare cases, however, a patient may have unwanted side effects such as dizziness, headache, feelings of anxiety, stomach upset, false memories."

If you experience any of these side effects during the course of your treatment, it is important that you communicate this to me so that treatment options can be explored.

Hypnotherapy recordings must not be used whilst driving a vehicle or operating machinery.

Note Taking and Record Keeping

During your program, written notes are taken to keep a record of your progress and allow for recall of information. Client files are securely stored to maintain confidentiality and privacy. In accordance with the guidelines of the Health Records Act (2001), your file will be kept for a minimum of 7 years post-treatment. You can request a copy of your client file at any time.



Disclaimer

Information contained in this document was correct at the time of publication, but may have been superseded.

Melissiah
Practice Manager
Barwon Hypnotherapy