

# Client Contract and Privacy Policy



This Regenerate Hypnotherapy contract outlines the client/therapist agreement and your privacy rights.

## Duration

A session of hypnotherapy lasts approximately 60 minutes.  
For smoking cessation, a session lasts approximately 90 minutes.

## Frequency

The amount of hypnotherapy sessions required is dependent on the presenting issue discussed in the initial consultation session. For example, a lot of issues can be resolved in 3-5 sessions, but some more complex issues may require more.  
Smoking cessation is generally resolved in one session, but this can sometimes vary.

I will advise the amount of sessions I recommend during the initial consultation, but there is no obligation - my aim as a hypnotherapist is to help you achieve your goals as quickly and effectively as possible.

## Ethics

I adhere to the National Council for Hypnotherapy Code of Conduct, Performance and Ethics to ensure a professional service and to ensure high standards. All clients are treated with respect and understanding. The code also ensures that my knowledge is up to date and that I act lawfully in my professional practice and provide the best possible service I can.

## Fees

Sessions are charged individually and there is no expectation for clients to pay for a set number of sessions. Payment is required at the time of booking to secure your session.

- **Initial Consultation** (approx. 60 mins)                      **£50**
- **Standard Session** (approx. 60 mins)                      **£70**
- **Smoking Cessation** (approx. 90 mins)                      **£150**
- **Students/Low Income** (*proof required*):
  - **Initial Consultation**    **£30**
  - **Standard Session**    **£50**

## Cancellation

If less than 24 hours notice is given, the full session rate will be charged.

## Privacy Policy and Confidentiality

Any data you provide is kept secure, managed respectfully and only used for the purposes for which it has been provided. This policy will be updated periodically in line with current legislation.

Any information collected is used to help to provide appropriate and relevant therapy to clients. In signing this form, you are providing consent to gather relevant information and agreeing to hypnotherapy. Information will only be kept as long as necessary.

Under the General Data Protection Regulations which are effective from May 2018 you have the following rights:

- The right to be informed.
- The right of access: if you wish to see your file, then please make a request in writing to: Regenerate Hypnotherapy, 5 Holmefield Road, Lytham St Annes, Lancashire, FY8 1YF. You will be provided with the information within 30 days of your request.
- The right to rectification: this is your right to request changes to any information that is factually inaccurate. If you believe any of the information is incorrect, then please request the change as soon as possible and the relevant changes will be made.
- The right to erasure: given the nature of our work, there is a requirement to hold your details for a period of 7 years, after this your information will be securely destroyed.
- The right to restrict processing: information provided is used for the purposes stated above. The common law principles of confidentiality where the duty to keep confidence is measured against the concept of 'greater good' are upheld. If in my opinion as a therapist there is a good reason to believe not to disclose would cause danger or serious harm to self, the therapist or others, then your GP or other appropriate agencies may be contacted. Only information required to ensure safety of relevant parties would be disclosed. Information may have to be disclosed without consent for the prevention, detection or prosecution of a crime. The sharing of anonymous case histories with supervisors and peer support groups is not a breach of professional confidentiality.
- The right to data portability: your information will not be shared without your specific consent, other than in the situations described above.
- The right to object: you will not be contacted for marketing purposes unless you have given specific consent to do so.
- The right not to be subject to automated decision-making, including profiling: your information will not be used for profiling purposes.

## Cookies

Cookies are small files which ask your permission to be placed on your computer's hard drive so that it can analyse web traffic to my website. Through this I can see which of my website's pages are being viewed. Most web browsers automatically accept cookies, but you can modify your settings to decline them if you prefer. If you choose to do this, you may find that you cannot make full use of my website.

**Signed:**

**Print name:**

**Date:**