

Terms and Conditions

Terms & Conditions - Regarding Hypnosis and Rapid Transformational Therapy

Elles Ottens - Rapid Transformational Therapist and Coach offers healing hypnosis sessions using the unique Rapid Transformational Therapy approach (RTT).

Only 1 session is generally required per issue, however some clients may need more for more deeply rooted issues.

In hypnosis, the person may be regressed back to childhood memories to help discover the root cause of the issues. Then the client and Elles will work together -either one-on-one or in group setting- in hypnosis to get an understanding of where the belief and/or behavior originated, with the view to changing it.

Please note, hypnosis alone is no guarantee of success. The client needs to want the change, be open, willing, and motivated to want the change via hypnosis and thereafter.

You understand that Elles Ottens is not a licensed physician, psychologist, or medical practitioner of any kind and that hypnosis should not be considered a replacement for the advice and/or services, of a psychiatrist, psychologist, psychotherapist, or doctor.

If you use hypnosis and are under medical care for ANY condition, do NOT make adjustments to ANY prescribed medication without the approval of your doctor.

If in any doubt, you should seek your GP's advice.

The client

You are confirming:

- That you are not suffering from any diagnosed psychiatric condition, psychological illness or epilepsy and are not under the supervision of a psychiatrist.
- That you will take part in all sessions free from the influence of either alcohol or drugs.

Coaching methods

You acknowledge that the RTT session might be challenging. In other words, you acknowledge that by taking this session or participating in a workshop / group session, feelings of annoyance, stress, frustration or anger might arise. You will not hold Elles liable for any loss or cost incurred by you in the event of mental, physical or emotional stress or distress caused directly or indirectly in relation to the RTT session / workshop. You will indemnify Elles in the event of any such claim.

Claims

You acknowledge and take full responsibility for your own health, life and well-being, as well as the lives and wellbeing of your children and family (where applicable), and for all decisions made during the hypnosis sessions and after.

Online sessions

Zoom is the preferred software because of its privacy settings and stability.

- Prior to the session, the client should ensure zoom works on their device.
- Please go to www.zoom.us and download Zoom and test it out to ensure it works. Please do this a few days before the day of your session.
- The client should be in a comfortable upright position (a recliner is perfect).

If headphones/microphone are available that helps improve communication.

Caution

Epileptics are generally advised not to enter hypnosis, nor is anyone with a diagnosed psychotic illness.

All client data is kept strictly confidential.

By participating in any of Elles Workshops, or booking a one-on-one session, you confirm that you have read the above and understand the process of hypnotherapy and accept these terms and conditions.

This contract is set out to outline the expectations for the client and therapist in terms of how the Hypnotherapy and Coaching service is delivered by Elles Ottens.

Code of Ethics and Professional Confidentiality

Elles Ottens will not share client information or any information about them to anyone outside of the therapy and clinical supervision unless someone's personal safety is at risk. In these exceptional circumstances, they may have an ethical or legal obligation to share some information. If there is a need to share information for this reason, where possible, therapists will discuss this with clients beforehand.

There are times when clients might require more specialist support. If this is the case, their therapist may refer them to another provider or agency with their permission or with parental/carer consent dependent on their age and ability to consent.

Client records are not suitable evidence for legal hearings and Elles Ottens reserves the right to preserve confidentiality where possible of the content of their client work. Elles Ottens does not usually work with clients who are involved in current or pending legal proceedings because this may be thought to compromise the validity of evidence in any such litigation.

