

Please print and complete this form and bring to the first session

Judith Velez Ph.D. L.C.S.W.

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Informed Consent for Hypnosis

Dr. Judith Velez has informed me that hypnosis is a helpful technique in the treatment of a variety of conditions. I understand that hypnosis is a way of inducing a pleasant, voluntary state of relaxed attentive concentration, an altered state of consciousness. During hypnosis, the conscious mind is relaxed and relatively inactive, and the subconscious, inner mind is opened with a person's permission. In this comfortable state, suggestibility is heightened, mental absorption is increased, the senses are heightened and the imagination is activated in a controlled manner. The inner mind is more receptive to acceptable, beneficial suggestions.

I understand that no one can be hypnotized against their will. Your hypnotherapist must have your full cooperation. Hypnosis is a collaborative and cooperative relationship. A hypnotized subject cannot be made to do anything he/she is not willing to do. For hypnosis to work, the subject must willing and cooperative.

I understand that hypnosis involves a collaborative relationship. The requirements of a hypnotic subject are mainly the desire to be hypnotized, the ability to concentrate, the willingness to cooperate and follow instructions and the agreement to listen to the audio-recordings as recommended by Dr. Velez.

CONSENT:

I understand that hypnosis as practiced by Dr. Judith Velez is not a medical treatment, but a process whereby an individual is taught to use his or her own abilities for his or her own benefit. With this understanding, I hereby grant permission to Dr. Velez to hypnotize me.

Client's name: _____

Client's signature _____

Date: _____