

Terms & Conditions

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1. Cancellation

If you wish to cancel an appointment please give 48hrs Cancellation Notice. If you cancel with less than 48 hrs notice you may be charged the full cost of the session unless your place can be filled.

2. Appointment times

Please arrive at the appointment time given as I see other patients. If you arrive early you may disturb another patients session.

3. Sessions

Please be aware that I have to keep to the time booked for the appointment, so I can not run over, otherwise other patients sessions may be affected.

4. Preparation before and after treatment

Please ensure you have given yourself enough time before the session to prepare for it and for travelling, and time after the session to be able to absorb the relaxation, recuperate and make the most out of the benefits from your treatment. As with other therapies it is strongly recommended that you drink plenty of water afterwards to rehydrate yourself.

5. Hypnotherapy, Time-Line Therapy - What Hypnotherapy, Time-Line Therapy can offer?

Hypnotherapy and Time-Line Therapy have been used for many years and can produce amazing results in some people, however there is no guarantee that you will resolve your issues or symptoms as that is dependent on your reaction to treatment.

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6. Hypnotherapy, Time-Line Therapy - Driving

As with other therapies, it is your responsibility to remain alert at all times whilst driving. Hypnotherapy reduces stress and anxiety, it is also very relaxing, so it is sensible that you ensure you are safe to drive after a session, and if you feel unsure about driving do not drive, or get someone else to drive you to and from a session.

7. Hypnotherapy, Time-Line Therapy - Post Treatment/Session

Hypnotherapy and Time-Line Therapy are highly effective therapeutic techniques, and it is sometimes possible that you may find other issues or emotions come up to the surface following a session and this is completely normal, however if you find you are unable to deal with your emotions, then either call me and I will get back to you as soon as I can, or if it is an emergency then call your doctor.

8. Hypnotherapy, Time-Line Therapy - Medical Diagnosis

It is highly recommended that you obtain a medical diagnosis before undergoing Hypnotherapy or Time-Line Therapy and if you are unsure of any treatment it is always wise to check with your doctor first.

9. Hypnotherapy, Time-Line Therapy - What If Something May Affect Treatment?

It is up to you to make me aware of any condition or issue which may affect your treatment. This includes making me aware of conditions such as diabetes, fainting, vertigo, heart disease, eating conditions, blood disorders, skin conditions, paralysis, headaches, nausea, panic attacks, claustrophobia, epilepsy, abuse, and any other condition which may affect your treatment.

10. Hypnotherapy, Time-Line Therapy - Security of information

I abide by my associations (AHA) code of ethics and the data protection act. Information will be kept on file for a period of 7 years after which it will be destroyed.