



# Hypnotherapy Disclosure Statement

## National Guild of Hypnotists



**Purpose:** The purpose of this Disclosure Statement is to comply with the requirements of the Washington Administrative Code (WAC), Section 246-810-031 and the Counselor Credentialing Act, Revised Code of Washington (RCW), Chapter 18.19. The purpose of the law regulating counselors (including Hypnotherapists) is:

1. To provide protection for public health and safety; and
2. To empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct, as defined in the Addendum to this Disclosure Statement.

**Contact Information:** My name is Pat Sonnenstuhl. I am doing business as a Hypnotherapist in Olympia, WA. I can be contacted at 360-943-8933 or [cnmpat@comcast.net](mailto:cnmpat@comcast.net).

**Hypnosis Education and Training:** In 1965 I was trained as an RN, and in 1981 received training in nurse midwifery. In **1995** I was trained by Roy Hunter. In 2001, I was trained in HypnoBirthing® and HypnoBirthing HypnoFertility in **2004**. With my background in the health field, I am able to offer hypnosis services to women and men in specific health areas. I am currently in training to become a Slender for Life™ Health Coach. I am a lifelong learner, constantly expanding my knowledge through books and lectures. I am a Certified Hypnotherapist with the National Guild of Hypnotists, and I do continuing education to maintain my training. I am also a member of the International Medical and Dental Hypnotherapy Association as a Certified Hypnotherapist. As a practicing Hypnotherapist, I am registered with the Washington State Department of Health (Registration Number HP10000697).

As a Hypnotherapist, I may not provide a medical diagnosis, prescribe medications, or recommend discontinuance of medically prescribed treatments. Practitioners providing hypnotherapy for a fee must be registered with the Department of Health for the protection of the public health and safety. Registration of an individual with the Department does not include recognition of any practice standards, nor necessarily implies the effectiveness of any treatment. You have the right to choose a Hypnotherapist who best suits your needs and purposes; additional services other than my own are available to you in the community. . You have the right to refuse hypnotism services at any time. As my client, you have a right to be free of physical, verbal or sexual abuse. You also have a right to know the expected duration of sessions, if known, and may assert any right without retaliation.

**Redress:** As a certified member of the National Guild of Hypnotists, I practice in accordance with its Code of Ethics and Standards of Conduct. If you have a complaint about my professional conduct that I cannot resolve for you personally, you may file a formal complaint with the Washington State Department of Health in accordance with the information provided in "Purpose" above.

**Fees:** I offer a \$50 one-time, 1-2 hour consultation service for each new hypnotherapy client. The normal charge for my hypnosis-related services is \$ 100 per session, except for the specific techniques listed below. Most sessions last from 1 to 2 hours. I do not accept credit cards, and prefer payment as services are rendered.

- HypnoBirthing® private \$ 350 per person (4 sessions, 2-3 hour each)
- HypnoBirthing® Group Classes. Schedules and fees will vary
- Anxiety and Pregnancy Concerns- \$100 for 1-2 hours
- Hypnosis for Fertility: \$350 for four sessions, with a free introductory consultation appointment.
- Slender for Life™ Health Coach: \$1400 for 8 sessions, plus materials. Introductory consultation appointment for \$40
- Preparation for Surgery: techniques for surgery: pre and post surgery. \$100

**Insurance:** I do not accept insurance for my services. However, if you are following my Slender for Life™ program, you can submit your expenses for an income tax medical deduction.

**Confidentiality:** I will not release any personal information about the services you receive to anyone without written authorization from you, except as provided for by law. You have the right for access to my written records about you.

**My Approach with hypnosis and Guided Imagery:** Hypnosis is one tool that can help to restore balance and wellness in your life in several ways. Hypnotherapy has been shown to be helpful when used under medical referral as an adjunct to medical treatments that address certain physical or emotional conditions.

In addition, hypnosis has been shown to be effective in helping clients enhance their personal skills and abilities, regain self-confidence, explore their spirituality, determine and set realistic goals, release apprehensions and concerns, manage situational stress in a positive manner, regain self control, and promote increased wellness in their lives.

**I have provided a copy of this Disclosure Statement and its Addendum to the client undersigned.**

Practitioner Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

**I have read and received a copy of this Disclosure Statement and its Addendum, and I understand what I have read.**

Client  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

