

Hypnotherapy Consent & Terms of Participation

Purpose of This Document

This document outlines the scope, consent, and terms of participation for hypnotherapy services provided by Maureen Ross Gemme, MS Ed, of Emerge Leadership Academy, LLC (“the Practitioner”). Please read carefully before signing.

Scope of Hypnotherapy Services

Hypnotherapy is a guided process of focused attention and relaxation designed to support personal development, habit change, confidence, performance, clarity, and goal attainment.

Hypnotherapy is not psychotherapy, counseling, or medical treatment and is not intended to diagnose, treat, cure, or prevent any mental health or medical condition.

Participation is voluntary, and results vary based on individual readiness, openness, and engagement.

Client Acknowledgment & Responsibility

By participating in hypnotherapy, you acknowledge and agree that:

- You are fully responsible for your own physical, emotional, and mental well-being
- You understand that hypnotherapy is a collaborative process
- You remain aware and in control at all times during a session
- You may stop or pause the session at any time

No guarantees are made regarding specific outcomes or results.

Eligibility & Safety

By signing below, you certify that:

- You are not currently experiencing a mental health crisis
- You are not under the influence of drugs or alcohol
- You are not currently taking prescription anti-psychotic medications
- If you are under the care of a licensed mental health professional, you have discussed participation in hypnotherapy and received permission

The Practitioner reserves the right to decline or discontinue services if hypnotherapy is deemed inappropriate.

Confidentiality

All personal information shared during hypnotherapy sessions will be kept confidential except as required by law.

Consent to Hypnotherapy

I understand that hypnosis is a natural state of focused attention. I acknowledge that I cannot be made to do anything against my will and that I retain full control throughout the session.

I voluntarily consent to participate in hypnotherapy sessions provided by Maureen Ross Gemme, MS Ed., Certified Hypnotherapist.

Technology Disclaimer

Sessions may be conducted via Zoom or other third-party platforms. The Practitioner is not responsible for technical issues, interruptions, or platform changes beyond her control.

Governing Law

This agreement shall be governed by the laws of the State of Connecticut. Any legal action arising from this agreement shall be filed in Hartford County, Connecticut.

Contact Information

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Client Agreement

Printed Name: _____

Signature: _____ Date: _____