

**Achieve Hypnosis**  
Thomas G. Maher, M.S., M.A.T.  
Certified Hypnotherapist  
781-245-7634 or 781-801-8571  
**Hypnotherapy Intake Form**

Name \_\_\_\_\_ Email \_\_\_\_\_  
Street address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phones: (home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_  
Primary reason for seeking hypnotherapy: \_\_\_\_\_  
Secondary issues: \_\_\_\_\_  
Previous therapy? \_\_\_\_\_ Been hypnotized before? \_\_\_\_\_  
Any phobias? \_\_\_\_\_ List medications \_\_\_\_\_ Reasons for meds \_\_\_\_\_  
Your imagination is (circle one) Below average Average Above average Superior

On a scale with 10 being **affirmative** and 1 being **negative**, please answer the following questions (Use 0 or N/A if question does not apply at all.):

1. Do you daydream?
2. Do you have good concentration skills?
3. Are you effective at finding ways to relax?
4. Can you recall something so vividly that you almost feel you can relive it?
5. Do you meditate?
6. Do you have good sleeping habits?
7. Have you ever purchased something to later realize that you really did not want it?
8. Do you ever become so involved working, reading, watching TV, listening to music, or driving that you lose sense of time?

Would you be willing to participate in filling out a simple **follow-up form** at some point after your hypnotherapy ends? \_\_\_\_\_

On a scale with 10 being the highest, how motivated are you to change? \_\_\_\_\_  
Anything else you want to bring up? \_\_\_\_\_

Please read **Disclosure Statement** and **Termination Agreement** on back. Initial here: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please make \$40.00 down payment check payable to Thomas Maher.

(7/24/10)

### **Disclosure Statement**

Hypnosis, the technique of implanting suggestions into the subconscious mind with words and images in order to bring about needed personal change, works effectively for many people. Its effectiveness is directly proportional to the client's motivation to change, plus his or her willingness to do the required daily reinforcement of self-hypnosis sessions for five minutes and listening to the personalized hypnosis CD or tape for 14-15 minutes each day. These reinforcement techniques, plus others I will discuss with you in our sessions, need to be learned, understood on a deep level, and repeated for the appropriate amount of time until new habits, attitudes, beliefs, and perceptions are firmly in place. It often takes some time for unhealthy habits to be undone and replaced by new healthy habits, which obviously need reinforcement. **Daily self-hypnosis and use of your personalized hypnosis CDs or tapes are highly recommended.**

Hypnosis is not magic, but the results are magical when a client can stop a 40 year smoking habit, control unhealthy impulses to overeat, or learn effective, healthier ways in responding to stressful or anxious situations. Change is hard work and sometimes it's a scary proposition, but the results are well worth the effort!

I'm available to answer any questions you might have about hypnosis and hypnotic techniques.

### **Termination Agreement**

Professional trust between the client and the hypnotherapist is essential for successful treatment to occur. There is never a problem rescheduling an appointment or terminating treatment, providing enough notice is given. Please contact me at least 24 hours before your appointment if you need to **reschedule** your hypnosis session. If you desire to **terminate** treatment, please notify me **before** I start working on your next scheduled session, which is typically **seven days prior to your appointment**. Your cooperation is appreciated.

Roughly 85 percent of the professional work I do for my clients is done **before** the office visit. Usually I do not ask for a \$40 down payment after the first session. But if you decide to quit treatment **after** seven days prior to your next scheduled appointment, then a \$40 fee is expected for work I will have already done for you.

**However, if you decide not to show up at the office for a scheduled session because you quit treatment without notifying me, a \$70 termination fee is expected.** This termination fee pays for all the professional time I have put into not only preparing for your planned hypnosis session, including writing and recording a timely, personalized hypnosis CD, but also traveling to and from the office, and setting up the treatment room.

Thomas Maher  
Certified Hypnotherapist

Please initial here \_\_\_\_\_ to indicate that you have read and understand these statements, and agree to terms of the **termination fees**.

**Visit my website: [www.thomasmaherhypnosis.com](http://www.thomasmaherhypnosis.com)**