

Terms and Conditions for Guided Hypnotic Relaxation Sessions

Please note that unless otherwise agreed in writing, commencing with the group Guided Hypnotic Relaxation sessions, constitutes agreement by you to the following Terms and Conditions:

The Sessions

- Please find a quiet safe space where you won't be disturbed during your Relaxation session. Sitting in a supportive chair or lying down whichever is appropriate or most comfortable. At the end of the session, I hope you will feel deeply relaxed and nicely in control.
- Please note that as you will be following this relaxation remotely it will not be possible for me to ensure you awaken at the end of the Relaxation. If you need to awaken as soon as the Relaxation finishes then perhaps set an alarm clock or ask somebody to telephone you 30-40 minutes after the beginning of the session: or, if you have others with you, please ask someone perhaps to knock on your door.
- I will treat you with respect and care at all times. You have the right to confidentiality and privacy by me and other attendees should you choose to share any information about your thoughts, feelings and circumstances at the beginning or end of the Relaxation session. Please note should you choose to interact with me, your comments, questions and requests may be seen or heard by others in the session. Confidentiality within the session is a shared responsibility of all attendees and myself, based on mutual trust and respect. I will treat all information which you share during our Group sessions as confidential, unless there is a risk of harm to yourself and/or others. Please share what you feel is appropriate.
- I hope the experience will be a pleasant one for you. However, it is important to note that this is solely for Relaxation, rather than for medical purposes or a Hypnotherapy session. If any attendee has any concern about their physical or mental health, please take advice from a medical professional such as your GP, Consultant or Psychiatrist before joining. If at any time anybody feels discomfort as a result of listening, please discontinue listening and seek appropriate medical clarification/assistance when necessary.
- Please refrain from listening whilst driving or using machinery or doing anything else that requires your concentration where your safety or that of others could be compromised. This includes taking a bath as you could fall asleep thereby putting yourself at risk. Please blow out any lit candles before commencing this Relaxation for your safety.
- The Zoom will automatically have you muted on joining, should you wish to speak, please unmute or comment in the chatbox to me. I would ask you to have your video on so I can see you throughout the session.

At all times I will offer you a calm and welcoming place for you to come and relax and take time out for yourself.

Please note, if I or a member of my family suddenly become unwell, it may not be possible to hold the Guided Hypnotic Relaxation session; I apologise for this and where possible I will send you a download for you to enjoy.



Josephine Blackburn

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Mind & Body Wellness Therapist

Important medical information:

- If you have recently suffered a heart attack or stroke, please speak to your GP and/or Consultant before taking part as this Relaxation session may not be beneficial for you at this time.
- If you suffer from epilepsy or seizures, it is safe to listen to these recordings whilst you are stable and on medication. Please refrain from listening if your condition is not currently stable however for your safety. Please speak to your GP or Consultant before joining us.
- If you've been diagnosed with Bi-Polar or Schizophrenia please refrain from joining us at any time you experience symptoms of psychosis as listening may not be an appropriate or pleasant experience for you at this time. If you're not sure at any time, please speak with your GP or Consultant for clarification and guidance and expert opinion.
- Please note this advice covers specific medical conditions. If you are unsure whether Relaxation sessions would suit your own particular medical conditions please always check with your GP before commencing listening.
- I am not responsible for how you may or may not react to these sessions. If you have any concerns, please speak to me or consult your GP before attending the Guided Hypnotic Relaxation sessions. It is also important to note that results may vary from person to person.

Participation Consent

1. Josephine has explained the Relaxation plan to my satisfaction.
2. Respect for the client, fellow attendees, and Josephine will be maintained throughout.
3. As an attendee of this Guided Hypnotic Relaxation session group, I agree not to disclose to anyone outside the Group any information shared during a session. This includes, but is not limited to, names and specific details of the content of interactions with other attendees.
4. I understand that I am responsible for creating for myself a safe, comfortable physical environment from which to participate in the Online Group sessions. I will take care of my personal comfort, and acknowledge the recommendation to have a drink of water and maybe a blanket and pillow to use during the sessions.
5. I recognise that I am responsible for my internet connection during these sessions. Should either mine or Josephine's connection fail, and timely reconnection is not possible, Josephine will send me a recording wherever possible on request.
6. I explicitly consent to you creating and storing records concerning my Guided Hypnotic Relaxation sessions, as per your Privacy Notice. (Please note this is available on request. All records are stored confidentially in a locked secure place in accordance with all current GDPR regulations. I maintain privacy and confidentiality at all times).
7. Recording of the session is prohibited, the sessions are for the time and date paid for.
8. I acknowledge that attending the session intoxicated is strictly forbidden.
9. With each Zoom log in, should there be multiple people listening in the same house on the one device, each person needs to complete a consent form individually; this is for your safety as stated above in the medical information.

Agreeing to the Terms and Conditions

- I have read the agreement above and choose to participate in the Guided Hypnotic Relaxation sessions on these terms.
- I acknowledge that I have been informed that I cannot take part in any group Guided Hypnotic Relaxation sessions without first reading and agreeing to everything written here.
- I confirm that I acknowledge that any medical issues I have/have had in the past are my responsibility. I confirm acknowledgement that I am responsible for taking all steps regarding my medical conditions as recommended above, before commencing this Guided Hypnotic Relaxation session and at any time I feel unsure regarding any medical condition I have.
- I acknowledge this Remote Online Guided Hypnotic Relaxation session group, is not responsible for me, or for my safety, or for my health and wellbeing in any way, not now nor at any time in the future



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