

Client Bill of Rights and Disclosure Information

Contact Information: Debbie Nesbitt, owner of Positive Dynamics, located at 10000 NE 7th Avenue, Suite 210, Vancouver, WA, 98685. The business phone number is 360-513-9567.

Registration: Registered hypnotherapist and a registered nurse in the state of Washington, registration numbers are HP10001340 and RN00071460.

Education and Training: I received initial certification training in Hypnosis and Neuro-Linguistic Programming (NLP) at *A Positive Change* in Portland, Oregon. I am certified in Pain Management, Meta States, Complementary Medical Hypnosis, and HypnoBirthing®. I also hold a Certificate of Completion in Emotional Freedom Technique. I maintain a high level of expertise through regular participation in a variety of professional courses and advanced educational forums.

I received a Nursing degree from Clark College in Vancouver, WA. I am currently enrolled in a master's program for Psychiatric-Mental Health Nursing.

Professional Memberships: I am a member in good standing of the American Society of Clinical Hypnosis, National Guild of Hypnotists, Oregon Hypnotherapy Association, American Holistic Nurses Association and the American Psychiatric Nurses Association.

Notice: AS THE STATE OF WASHINGTON HAS NOT ADOPTED EDUCATIONAL AND TRAINING STANDARDS FOR THE PRACTICE OF HYPNOTISM, THIS STATEMENT OF CREDENTIALS IS FOR INFORMATIONAL PURPOSES ONLY. Hypnotism is a self-regulating profession and its practitioners are not licensed by state governments. I am not a physician and may not provide a medical diagnosis nor recommend discontinuance of medically prescribed treatments. If a client desires a diagnosis or any other type of treatment from a different practitioner, the client may seek such services at any time. The client is responsible for choosing the provider and treatment modality which best suits their needs. The client always maintains the right to refuse hypnosis services at any time.

In the event my services are terminated by a client, the client has the right to coordinated transfer of services to another practitioner. A client has a right to be free of physical, verbal and sexual abuse. A client has a right to know the expected duration of treatment, and may assert any right without retaliation.

Counselors practicing counseling for a fee must be registered or certified 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.

The purpose of the Counselor Credentialing Act in regulating counselors is: (A) to provide protection for public health and safety; (B) to empower the citizens of the state of Washington by providing a complaint process against those counselors who would commit acts of unprofessional conduct.

Redress: I am a certified member of the National Guild of Hypnotists and practice within its Code of Ethics and Standards. If you have a complaint about my services or behavior that I cannot resolve for you personally, you may contact the National Guild of Hypnotists to seek redress at P.O. Box 308, Merrimack, NH, 03054-0308 or call (603) 429-9438.

You can also contact the Washington State Department of Health at PO Box 47869, Olympia, WA 98504-7869 or call (360) 236-4700.

A copy of the acts of unprofessional conduct as listed in RCW18.130.180 is provided in the 'Counseling and Hypnotherapy Clients' handout.

Fees: The initial session is \$225. All following sessions are \$95.00 per hour payable upon completion of the session. Classes and package sessions are priced separately and are payable at the beginning of the class or session.

The first session is usually 2-2.5 hours which allows time for intake, questions and answers and the session itself. Payment options include cash, check, or credit card (VISA, MasterCard). A receipt will be provided. Generally, insurance companies do not cover hypnosis and as a result I do not process insurance claims at this time.

Cancellation & Rescheduling Policy: No problem for appointments that are cancelled or rescheduled with at least 48 hours notification. No-shows or appointments changed with less than 48 hours notice will be billed \$95. One grace cancellation is extended to all clients without charge. Please let me know if there are extenuating circumstances that result in a missed appointment.

Confidentiality: I will not release any information to anyone without a written authorization from you, except as provided by law. You have a right to be allowed to my written record about you. See the 'Counseling and Hypnotherapy Clients' handout for more detailed information.

My Approach: My therapeutic orientation is client-centered and primarily utilizes clinical hypnosis, neuro-linguistic programming (NLP), guided imagery, and Emotional Freedom Technique (EFT). It is non-diagnostic and non-psychological. It is not intended to replace medical or psychological therapies and services, but may be used in conjunction with them. The primary objective is self-improvement. The client is actively involved in the process and ultimately responsible for the number of sessions and the changes they wish to make. I do not guarantee or promise any specific outcomes.

All hypnosis is considered self-hypnosis. It involves focusing awareness or attention internally. In this state of focused attention the individual is highly responsive to suggestion. Hypnosis can bring up negative feelings, emotions and memories. It is important for the client to always communicate with the hypnotherapist any questions or concerns they have.

Please check indicating you have received, read, and understand what you have read:

- Client Bill of Rights and Disclosure Information
- 'Counseling or Hypnotherapy Clients' (WA state Department of Health handout)
- New Client Intake Form

Client Name: (print) _____

Client Signature: _____ Date: _____

Hypnotherapist Signature: _____ Date: _____