

## Standard terms and conditions on next page

	Harpenden	Harley St
<b>Standard hourly rate</b> Initial assessment in one hour Follow-on sessions usually 2 hrs Work typically requires 5 to 7hrs; maybe less / sometimes more	<b>£105</b>	<b>£140</b>
<b>Stop smoking</b> Treatment is geared for a single session (1 <sup>3</sup> / <sub>4</sub> to 2hrs) Free initial telephone consultation. Follow-up session (if required) at normal hourly rate	<b>£210</b>	<b>£280</b>
<b>Weight control</b> At the standard hourly rate above	<b>£105</b>	<b>£140</b>
<b>Phobias</b> Some simple phobias may take only an hour or two; If more involved, further work is at the standard rate above.	<b>£105+</b>	<b>£140+</b>
<b>PERSONAL BREAKTHROUGH – Step up a gear in life!</b> Step up to a whole new level of motivation, happiness and fulfilment. This process will: (1) clear out unsupportive bad feelings; (2) remove fears and doubts (3) uncover and resolve unsupportive, and inconsistent underlying unconscious thinking patterns which sabotage your desired achievements; (4) set up your future in a way that your mind seeks to turn into reality. Initial assessment one hour. Six to eight hours in total, to be arranged to suit. Fees at the standard hourly rate above.		

### STANDARD TERMS & CONDITIONS

Subject to an initial assessment, and to the conditions listed below, I will offer to work with you to achieve your outcome, as agreed together. I will propose a treatment plan, although I cannot guarantee outcomes, as ultimately the responsibility for change is yours. Naturally, not following instructions may undermine achieving a successful outcome. Hence it is important to

- follow instructions given before, during and after treatment
- inform me of possibly significant issues
- follow treatment through to its full course
- inform me of relevant issues arising within one week of previous session
- note that tasks, where assigned, form an integral part of the treatment, including prescribed timescales for completion
- test the work carried out as requested.

You book appointments on a session by session basis. Please do not book further sessions if you are not entirely happy to do so, and understand that if you book subsequent sessions, this will be taken as confirmation that you are satisfied with all previous work undertaken.

### Cancellation

You can cancel an appointment at no cost with 7 full working days notice. A nominal fee may apply from 4 to 6 days notice. I reserve the right to charge for one hour at my normal rate where less than 48 hours (working days) notice is given, and up to my full fee if you give me notice of 24 hours or less.



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 VALIDATED PRACTITIONER  
 General Hypnotherapy Standards Council

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 REGISTERED  
 General Hypnotherapy Register

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