

Price guide for One-to-One sessions

Standard terms and conditions on next page

	Harpenden	Harley St
General rate		
Initial assessment one hour	£99	£150
Follow-on sessions of 1 ³ / ₄ to 2 hrs - usually between one and three.	£198	£275
Stop smoking Treatment is geared for a single session (1 1/2 to 2hrs), plus initial telephone consultation. Follow-up session (if required)	£198 £99	£275 £150
Weight control Initial assessment and preparation	£99	£150
(a) Simple cases, one session approx 1 ³ / ₄ hrs	£198	£275
(b) Most cases: between two and three 1 ³ / ₄ to 2hr sessions at	£198	£275
Phobias Some simple phobias may take only one hour: or require a further 45 mins to one hour at the same 'sitting'. If more involved, further work is in session of 1 ³ / ₄ to 2 hrs - usually between one and three.	£99 +£99 £198	£150 +£125 £275
PERSONAL BREAKTHROUGH – Step up a gear in life! Step up to a whole new level of motivation, happiness and fulfilment. This process will - (1) clear out past negative emotions; (2) remove fears and doubts (3) uncover and resolve unsupportive thinking patterns which undermine your desired achievements; (4) set your future in a way that your mind seeks to turn into reality		
Initial assessment one hour or as required:	£99	£150
Three or four 1 ³ / ₄ to 2 hr sessions at :	£198	£275



GHSc
VALIDATED PRACTITIONER
General Hypnotherapy Standards Council

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REGISTERED
General Hypnotherapy Register

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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, and a nominal fee from 4 to 6 days notice. I reserve the right to charge 50% of the session fee or the fee for a one-hour session where less than 48 hours (working days) notice is given, and the full fee if 24 hours or less