

The Equanimity Guide by Dan Gerber

Terms of Service

By engaging in clinical hypnotherapy services, you acknowledge and agree to the following terms:

1. Clinical hypnotherapy is a holistic and complementary approach intended for personal growth, behavioural change, and emotional well-being. It is not a substitute for licensed medical, psychological, or psychiatric treatment.
2. Hypnotherapists are not medical doctors or psychologists. Services provided are non-diagnostic and do not constitute medical or psychological care.
3. Hypnotherapy works with the unconscious mind to support changes in habits, behaviours, emotional patterns, and beliefs. Outcomes vary between individuals, and no specific results are guaranteed.
4. Sessions are collaborative and customized to the client's goals. Active participation is essential for progress.
5. Clients remain fully aware and in control during hypnosis. You are not asleep and may stop the session at any time.
6. Hypnosis may evoke memories or impressions that may be symbolic, subjective, or composite in nature. These experiences should not be interpreted as factual without independent verification.
7. By participating in sessions, you acknowledge that:
 - Hypnotherapy may form part of Dan Gerber's Integrative Psychotherapy for relaxation, inner work, behavioural change, or mental rehearsal.
 - If you experience suicidal thoughts, emotional crisis, or risk of self-harm, you agree to seek immediate assistance from a qualified mental health professional or emergency service.