



Client Name: _____ D.O.B. _____
Address: _____
_____ ZIP _____
Home Phone: _____ Work Phone: _____
Employer: _____ Occupation: _____
How did you hear about us? Newspaper ad Yellow Pages Friend Other
Date/Time of Appointment: _____

1. Please name up to three primary factors why you wish to loose weight: a) _____
b) _____ c) _____
2. Number of years that weight has been an issue for you? _____. Have you achieved success in over coming this problem in the past? Yes No. If yes, what was the method? _____
What reasons do you feel are hindering you now? _____
3. If stress is directly related to your weight concerns, where is this stress coming from? _____

4. On a scale of 1 to 10 (10 being the highest), please rate your level of commitment and readiness to tackle and/or eliminate this issue: _____
1 2 3 4 5 6 7 8 9 10
5. If the number you selected was less than an "8", what are your concerns and/or reservations? _____

6. What is your favorite/safe/happy place (real or imagined)? _____
7. What is your favorite color? _____
8. Can you visualize? Yes No Unsure
9. Any fears or phobias (other than subject matter)? _____
10. Have you ever experienced hypnosis before? Yes No. Meditation? Yes No.
Relaxation techniques? Yes No.
11. What food do you enjoy the most? _____
12. What food do you dislike the most? _____
13. Which do you fear most? Success or Failure.
14. What do you perceive as the problem for not being able to loose weight? _____
15. Any medical problems that we should be aware of? Yes No. (if Yes, explain) _____
Name of Physician? _____
16. Will you be wearing contacts during the session? Yes No. (if yes, can your contacts be worn during sleep? Yes No. Hypnosis normally will recreate REM patterns and can be irritating to contacts)
17. Are you : Single Married Divorced Significant Other Children Grandchildren
How does everyone get along in the household? _____
Are others aware and/or supportive of your overcoming this issue? _____
18. From the standpoint of hypnosis how do you envision it assisting you to maintain a healthy weight? _____
And from the standpoint of yourself? _____
19. Do you have any questions? Yes No _____
20. Even with hypnosis, do you believe that there will still be some effort required on your part? Yes No

I give both my permission and my commitment to being hypnotized, and to sincerely work at successfully putting these challenges and issues behind me and out of my way!!!

Signature: _____ Date: _____

Jackie Kahn, Maine Center for Hypnosis, 664 Bakerstown Road, Poland ME 04274



The Maine Center for Hypnosis and Hypnotherapy

... so what's going to happen?????

As a clinical hypnotherapist for more than ten years, I have worked with thousands of people seeking the magic wand to put a problem, bad habit, addiction, fear, and/or pain behind them. I know only too well that there is no magic wand . . . but there is magic, and it comes from within each person that I have been fortunate to work with. Unlocking that door within the subconscious is where hypnosis becomes very important and very helpful.

The understanding of WHY you have this problem in the first place, and WHY it has become difficult for you to overcome, becomes a very helpful first step in making the problem a non-problem. On a conscious level you may not understand or know the answer . . . but on a subconscious level, the answer AND the solution are there. A reprogramming of thoughts, motivations, triggers, etc., become the other component in realizing the victory.

In hypnosis you are not unconscious . . . and I can NEVER, ever make any suggestions to you that are not in keeping with your morals, ethics or goals. Hypnosis is about entering the Alpha state of brain wave activity . . . not unlike the daydream we all experience when driving a familiar stretch of road. In that state, there is less resistance to letting go of habits and attitudes and feelings. When one is hypnotized, there is every likelihood that you will hear my voice and probably many of the words that will be spoken to you. It is also as likely that you may drift in and out of a light sleep state . . . or your mind may wander to issues completely unrelated to your visit. All of this is perfectly natural. To successfully achieve your goals, you need only be in the lightest level of Alpha brain activity . . . but as hypnosis can be incredibly relaxing, I will guide you to an even deeper level. You, however, are always in control.

Unlike television and images from centuries ago, I do not stand and wave a watch in front of you. In fact it is my voice, combined with some relaxing music, that guides you into a very pleasant state of physical and emotional well-being. For those that have never experienced hypnosis before, I have them sit through a 20 minute orientation tape (all part of the original timetable), that illustrates what hypnosis is, and what it isn't. This is a cassette tape; and while it is playing I leave the room. It allows you private time to discover for yourself how effective the tool of hypnosis can be and it allows me 20 minutes to organize my thoughts so that you will have the most meaningful session. The session itself is always live and in all cases (except smoking cessation) the first session is taped. The tape then becomes your property to be used as a tool at home. (No hypnosis or meditation tape should every be listened to when driving a motor vehicle).

Regardless of the nature of the session, each client receives a reinforcement cassette tape. For some, this type of tool has become invaluable. It is natural to get "off track" on occasion, but it is within your power to focus your efforts and get yourself back "on track". A reinforcement tape in this case becomes extremely helpful. Lack of confidence and depression can often times make it difficult to reach your goals, and it is because of that that I make sure to incorporate large doses of encouragement and well being.

It is time to start winning. Define who you are, define your challenges and you will define your success. You deserve at least that much and you are worth that much!!!

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