



# The Maine Center for Hypnosis and Hypnotherapy



Hello and Welcome.

This brief note is to reconfirm that you and I will be working together on the following date and time.

Appointment Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

Purpose for session: \_\_\_\_\_

Cost: \$100/private one-on-one session; \$85/person if 2 people; \$75/person if 3 or more

On the last tab are the directions to my office (and home), so please reference them or give me a call if you have any questions on finding me the first time. My other half's business sign "Gary's Garage" is easily seen in the event you do not see my sign.

You are more than welcome to bring a guest/friend with you. We will be together approximately one and a half to two hours, so please plan your time accordingly. If you have someone that wishes to participate in this session with you, the per person cost will be reduced, however, I need to know ahead of time. Also, if you have any specific pet allergies, please also let me know ahead of time. We have pets, and although not in the session room, stray fur may find it's way in there.

In any session I do not move forward until you are comfortable and ready, and the first time together you will be listening to a 20-minute orientation recording. It allows an excellent, nonthreatening way for you to understand the hypnosis process. The actual session is live and specifically tailored to your needs and issues.

In the event there are any smokers in your vehicle, I ask that they please keep all smoking materials, including stubbed out cigarettes, within the confines of your vehicle.

Please, if for any reason you find that you must reschedule or cancel, call me. A \$25 fee will be invoiced to your attention if you fail to show without calling. My driveway is rather long, so in inclement weather, please exercise caution.

Please feel free to bring a beverage along if you'd like. This is a very casual setting, and I want you to be as comfortable and relaxed as possible. This website contains much informational materials, as well as the Tabs adjoining this subject matter, so please take the time to look things over. Also within the tabs is a form I need filled out prior to your arrival ... then please bring it with you.

I look forward to our time together and I look forward to your victory.

Most sincerely,

*Jackie Kahn*

Jacquelyn Kahn, R.Hy  
Certified Clinical Hypnotherapist

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**Maine Center for Hypnosis and Hypnotherapy**

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

1. Please name up to three primary factors why you are seeking this session:  
 a) \_\_\_\_\_ b) \_\_\_\_\_  
 c) \_\_\_\_\_
2. Number of months/years that this has been an issue for you? \_\_\_\_\_ Have you achieved success in overcoming 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 problem and/or challenge, 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
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 in Life makes you angry? \_\_\_\_\_
12. Do you mind being touched? Yes  No .
13. Which do you fear most? Success  or Failure .
14. Any physical pain or headache that you are experiencing now? Yes No. (if Yes, explain) \_\_\_\_\_
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. How do you envision correcting and/or eliminating this issue from the standpoint of hypnosis?  
 \_\_\_\_\_  
 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: \_\_\_\_\_



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*... 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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