



## **INFORMED CONSENT – HYPNOSIS**

### The Nature of Memory

Memory is imperfect, whether or not hypnosis is used. Memory is not like a tape recorder, and rarely will all the details of any recollection be fully accurate. People have been shown to be capable of filling in gaps in memory, of distorting information, and of being influenced in what is “remembered” by leading questions or suggestions. For example, our memories MAY be influenced through reading, movies, TV, or conversations. Thus, research has shown that there is no guarantee that information remembered through hypnosis (or through ordinary recall) is factually accurate. On the other hand, information that is so remembered through hypnosis may in fact be accurate. But, the only way one may know definitively whether something recalled under hypnosis is accurate is to obtain independent corroboration. Thus, if you should remember something under hypnosis, regard this information as simply one more source of data that cannot be relied on as more accurate or necessarily superior to material already in conscious awareness. Such further data would simply be information to be weighed and evaluated in therapy along with what you already consciously know.

### Potential Legal Issues

In many jurisdictions, courts have held that a person who has been hypnotized cannot testify in court about anything remembered during or after the hypnosis. Consequently, if I consent to hypnosis, there is a possibility that anything I remember once the hypnosis begins will not be admissible in a court of law. The only way to fully protect my potential right to testify is to forego the use of hypnosis.

### Release from Liability

I understand that, because of the rulings of some legal authorities, there may be limitations placed on my ability to rely on my recollections after hypnosis for purposes of litigation. For example, there is a possibility that anything I remember once hypnosis begins may not be admissible in a court of law. I acknowledge that John Codd, LCSW, CADC has advised me that if I have any concerns about the legal consequences of hypnosis, that I should consult with my own attorney prior to the use of hypnosis. I hereby agree, freely and voluntarily, to undergo hypnosis. I further agree to release and hold harmless John Codd, LCSW, CADC from any claims or liabilities arising from the use of or inability to use my recollections, the therapist’s notes, audiotapes, or videotapes of therapy sessions, or any other limitations on my or the therapist’s testimony in a courtroom or forensic setting.

### The Nature of Hypnosis

I have requested that John Codd, LCSW, CADC utilize hypnosis as it may be a helpful technique in my psychological/recovery treatment with him. It involves a narrowing of my scope of focus similar to meditative practices. I understand that hypnosis is a way of inducing a pleasant, voluntary state of relaxed attentive concentration. In this



**HEAD/HEART**  
UNIQUE THERAPY FOR UNIQUE PEOPLE

focused state of I am aware that suggestibility maybe heightened, mental absorption may increase, attention to sensations may be heightened, and imaginative skills may increase.

I am aware that all hypnosis is self-hypnosis. I understand a person must be a willing to be hypnotized for hypnosis to occur. I understand that no one can be hypnotized against his or her will. I understand a hypnotized person cannot be made to do anything he is not normally willing to do

When a person is in hypnosis, I realize that he or she is aware of their surroundings. He or she hears the sound of the hypnotist's voice and will remember more or less of what the hypnotist says. When hypnotized a person is relaxed, comfortable, focused, and in a state of daydream type thinking. When hypnotized I realize a person is not asleep.

I understand that hypnosis utilized by John Codd, LCSW, CADC is not medical treatment, but a process whereby an individual is taught to use his or her own abilities for his or her own benefit. Hypnosis, like any other modality used in psychological/recovery treatment, comes with no guaranteed outcome.

I further understand that I may elect to provide and operate my own recording equipment for and during my hypnotherapy session. If I elect to do such, I take full responsibility for the proper operation of the recording equipment, the quality of the recordings made, and the confidentiality of the resulting recordings.

I acknowledge that John Codd, LCSW, CADC and I have discussed the advantages and limitations of hypnosis as well as possible alternatives to the use of hypnosis if applicable. In consenting to hypnosis, I hereby agree that I do not have a cause of action against John Codd, LCSW, CADC based on his professional and competent use of hypnosis with me.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Witness: \_\_\_\_\_