



New Client Sign-Up: Steps 1 to 3 (About You, Goals & Health)

Please answer as honestly and completely as you can. Your answers help us decide whether hypnosis and coaching are a good fit and keep you safe. Answering "yes" does not automatically mean you cannot work with us. Everything you share is kept private.

Step 1. About you

Full name			Preferred name			Date		
Date of birth			Pronouns (optional)			Occupation		
Street address			City			ZIP		
Mobile phone			Email					
Emergency contact name			Relationship			Phone		
Preferred language:								
English			Español			Other:		
If other, please specify								
Session format:								
Corona office			Riverside office					
Online (video)			Travel to my location (group or corporate)					
Couple, family, group or corporate needs, if applicable (who will attend, group size, goals, location and preferred dates):								
How did you hear about us?								
Google search / Maps			Instagram / social media			Our website		
Friend or family			Doctor or other professional			Other		
If other, please specify								
Referred by (name, if any)								
Best days and times for your sessions								

Step 2. Your goals

What would you most like help with? What would be different in your life if it went well?

Check any other areas you would like to work on:

Stress and worry

Confidence and self-esteem

Quitting smoking or vaping

Motivation and focus

Intimacy and connection

Grief and life changes

Other

Sleep and relaxation

Fears (flying, driving, needles, public speaking)

Other habits (nail biting, etc.)

Relationships and communication

Sports, work or test performance

Pain comfort (with your doctor's OK)

If other, please specify

What have you already tried for this, and how did it go?

Have you experienced hypnosis before?

Yes

No

If yes, what was it like?

Step 2b. Your goal, needs and beliefs

My main goal for hypnosis and coaching:

What I need most right now (for example: more calm, confidence, better sleep, motivation, breaking a habit):

Negative belief (NC): a thought about yourself that holds you back, e.g. "I'm not good enough," "I'm not safe," "I can't control it." **Positive belief (PC):** what you want to believe in place of the negative one, even if it does not feel true yet, e.g. "I am enough," "I am safe now," "I am in control." List as many as you wish, and rate how true the PC feels right now from 1 (not at all) to 7 (completely). A low number is normal; that is what we work on together.

The more you share, the more effective your sessions will be. Your own words matter: we use them in your hypnosis so the suggestions feel natural and truly yours. Not sure what to write? That is okay. Fill in what you can, and we can discover your beliefs together in a session.

#	Negative belief I hold now (NC)	Positive belief I want to believe instead (PC)	How true now (1-7)
1			

#	Negative belief I hold now (NC)	Positive belief I want to believe instead (PC)	How true now (1-7)
2			
3			
4			
5			
6			

More beliefs (NC > PC):

Imagery you would like us to avoid, unless it is what you are working on (check any):

Going down stairs or elevators

Water, lakes or the ocean

Heights or flying

Closed or small spaces

Darkness

Being outdoors in nature

Fears or phobias we should stay clear of (ones you are NOT working on in this session) (for example: spiders, dogs, snakes, needles, crowds, being alone, certain sounds or smells):

Step 2c. Personalize your session (Session Goals & Beliefs)

For the best results, fill out this section with as much detail as you can. We use your own words in your session so it feels like yours. Fill in only what applies.

Describe what is going on in as much detail as you like. When did it start? When, where and with whom does it show up most?

Picture your life once this is resolved. What will you be doing, feeling and saying? How will other people notice the change?

My #1 priority theme

How important is this to me? (0-10)

Goal word or phrase (e.g., "calm," "free," "confident")

Anchor I'd like (word, touch of thumb and finger, etc.)

Triggers: times, places, people or situations

Habit or substance to change (if any)

Healthy replacement I'd like

Partner / important person's name (if relevant)

Role, sport, instrument or work task (if relevant)

Describe a time you felt strong, calm or proud of yourself (a real memory we can draw on):

Describe your peaceful place (beach, forest, garden, a cozy room...). What do you see, hear, feel and smell?

How you like to be guided (check any):

Gentle and permissive ("you may begin to notice...")

Clear and direct ("relax now")

Step-by-step explanations first

Lots of imagery and nature

Counting and simple focus

Anything else to avoid, or anything else we should know

Step 3. Health screening

Are you currently under a doctor's care?

Yes

No

If yes, for what, and doctor's name (optional):

Do you take any medications or supplements?

Yes

No

If yes, please list them:

Do you have epilepsy or a seizure disorder, a heart condition, diabetes, or any condition that affects breathing or consciousness?

Yes

No

If yes, please explain:

Are you currently working with a therapist, counselor or psychiatrist?

Yes

No

If yes, have you told them you are starting hypnosis or coaching? (optional: their name)

Have you ever been diagnosed with a condition such as psychosis, bipolar disorder, a dissociative condition, or PTSD?

Yes

No

If yes, please share whatever you are comfortable sharing:

Do you use alcohol or recreational drugs regularly?

Yes No

If yes, how often?

Are you pregnant?

Yes No

In the past year, have you had thoughts of harming yourself or ending your life?

Yes No

If you are having these thoughts now, please call or text 988 or call 911 right away. You do not need to wait for your appointment.

If you wear hard contact lenses, you may want to remove them before your session so you can relax comfortably.



Step 4. How Do You Experience Focus? (Just for Fun)

Just for fun, and not a test. Hypnosis is a natural state most people slip in and out of every day. Check each statement that is true for you; your answers help us choose the approach that fits you best.

Name

Date

- ☐ I can follow simple instructions easily.
- ☐ My mind sometimes drifts to "other things" during a dull meeting or lecture.
- ☐ I can imagine myself as a character in my favorite movie.
- ☐ I can imagine the sound of a train whistle.
- ☐ On a car ride, I have been so lost in conversation that time seemed to fly by.
- ☐ I can get up at night for a drink of water and go right back to sleep.
- ☐ If I walked past a crowd all looking up at a building, I would look up too.
- ☐ I have "rested my eyes" in front of the TV because I was too comfortable to get up.
- ☐ I am able to meditate or pray.
- ☐ I have been so caught up in a good book that I could not put it down.
- ☐ A favorite song brings back where I was and who I was with when I first heard it.
- ☐ I have cried or felt frightened while watching a movie.
- ☐ I have lost track of time while doing something I enjoy.
- ☐ I start to yawn when I see someone else yawn.
- ☐ I shudder at the thought of fingernails on a chalkboard.
- ☐ My mouth waters when I imagine biting into a juicy, sour lemon.
- ☐ I have bought a snack just because of how good it smelled.
- ☐ When someone describes feeling warm, I start to feel warm too.
- ☐ I sometimes "tune out" when someone speaks in a monotone voice.
- ☐ When someone describes a fear I share, I feel a little of that feeling too.

Number of statements checked

What your answers mean: more checks suggest you naturally move into focused, absorbed states through imagination and feeling. Fewer checks often mean you are more analytical and may enjoy a step-by-step, explained approach. Both respond well to hypnosis; we simply tailor the style to you.



Steps 5 & 6. Disclosure, Consent, Service Agreement & Signature

Please read each section, initial where shown, and sign at the end. Ask us about anything that is unclear. You will receive a copy for your records.

Client name

Date of birth

1. About our services

MindShift Hypnosis + Life Coaching ("MindShift," "we," "us") offers hypnosis, self-hypnosis training, guided imagery, Neuro-Linguistic Programming (NLP) techniques and life coaching. These services are educational and designed for self-improvement: building skills for relaxation, focus, confidence, motivation, healthier habits, relationships and performance.

Hypnosis is a natural, focused state of attention. You stay aware, you can hear everything, you can speak or open your eyes at any time, and you cannot be made to do anything against your will. **Life coaching** is a forward-focused partnership to clarify goals, create a plan and stay accountable.

2. Important disclosure (California Business & Professions Code §§ 2053.5, 2053.6 and 2908)

The hypnosis and coaching services provided by MindShift are not medical care, psychotherapy or counseling, and they are not licensed by the State of California as healing arts services. Your practitioner is not acting as a physician or as a licensed health care provider when providing these services. We do not diagnose or treat any medical, mental or emotional disorder, and our services do not replace care from your doctor, therapist or other health professional.

Approach and theory: We use hypnosis and coaching on the understanding that focused attention, imagery and positive suggestion can help people relax, rehearse new responses and follow through on goals they choose. Results vary from person to person, and **no specific outcome is promised or guaranteed.**

Your practitioner's training and experience: Our founder is a Certified Hypnotherapist, a Rapid Hypnotherapy Specialist, certified in Hypnotherapy & Sexuality, and a life coach. California does not license or require certification for hypnotists, hypnotherapists or life coaches; your practitioner's own background is listed below so you can make an informed choice.

Practitioner name

Training and experience

Initials

I have read and understand this disclosure. I understand these services are not licensed health care, are not a substitute for medical or mental health care, and that results are not guaranteed.

3. Your health and safety

- Please keep seeing your doctor or other health professionals and follow their advice. Do not stop or change any medication or treatment because of a hypnosis or coaching session.
- Tell us if you are under the care of a doctor or mental health professional. With your written permission (see the Release of Information form), we may coordinate with them, and we may ask for their OK before working on certain goals, such as pain or a medical condition.

- Tell us right away about any change in your health, medications or circumstances.
- We may recommend that you see a qualified health professional, and we may pause or end services if we believe hypnosis or coaching is not the right fit for you at this time.
- Do not drive or operate machinery until you feel fully alert after a session.

MindShift does not provide crisis or emergency services. If you are in crisis or thinking about harming yourself or someone else, call or text 988 (Suicide & Crisis Lifeline) or call 911.

I agree to the health and safety terms above.

Initials

4. Privacy and confidentiality

We keep what you share private. Your records are stored securely and are not shared without your written permission, except in these situations:

- There is a serious and imminent risk that you may harm yourself or someone else.
- We have reason to believe a child, elder or dependent adult is being abused or neglected, where the law requires or allows a report.
- A court order, subpoena or other legal process requires us to release information.
- You give us written permission (for example, to speak with your doctor).

Coaching and hypnosis conversations are not protected by a legal privilege the way communications with an attorney or physician may be. We may discuss your situation, without your name or identifying details, with a mentor or supervisor for training and quality purposes. We keep client records for at least three years.

I understand the limits of confidentiality described above.

Initials

5. Professional boundaries and touch

Our relationship is strictly professional. You remain fully clothed, and you may stop a session at any time for any reason. Some topics, including intimacy and relationships, are discussed respectfully, in words only. There is never any sexual contact between practitioners and clients.

Some hypnosis techniques use a light touch on the hand, wrist, forehead or shoulder (for example, a "hand-drop" induction). We will always explain a touch before using it. Please choose one:

Light touch on the hand, wrist, forehead or shoulder is OK with me (I can change my mind at any time)

Please do not touch me; use voice-only techniques

6. Online sessions

If you meet with us by video or phone, you agree to: join from a private, safe place (never while driving); tell us your location at the start of each session so we can get help if needed; keep a backup phone number available in case the connection drops; and accept that internet connections carry some privacy and technical risks even though we use secure platforms. Online services are available only where we are permitted to provide them.

7. Recordings

California law requires everyone's consent before a conversation is recorded. Sessions are not recorded unless we both agree in writing. If we create a personalized self-hypnosis audio for you, it is for your personal use only; MindShift keeps the copyright and you agree not to share or resell it.

I would like to receive a personalized self-hypnosis audio (email or text link)

8. How we may contact you

Email and text messages are convenient but not completely secure. Check everything you agree to:

You may email me

You may text me

You may leave a voicemail

You may send appointment reminders

9. Fees, payment and cancellations

- Individual session (45 minutes): \$165. Individual session (60 minutes): \$205. Couples or family session (60 minutes): \$265. Packages, group and corporate rates are quoted separately.
- Payment is due at the time of each session unless we agree otherwise in writing. Sessions are generally not covered by health insurance.
- Please give at least **24 hours' notice** to cancel or reschedule. Late cancellations (less than 24 hours) and missed appointments may be charged the **full session fee**.
- If you arrive late, your session will still end at its scheduled time and the full fee applies.

I understand and agree to the fees and cancellation policy.

Initials

10. Life coaching services

If you choose coaching, we will agree on your goals, schedule and fees in writing (for example, in a program summary or invoice). You are responsible for your own decisions, actions and results. Either of us may end coaching at any time with written notice; you pay only for services provided up to that date and any package terms we agreed to in writing.

11. Clients under 18

Clients under 18 need a parent or legal guardian to complete these forms and sign below. A parent or guardian must stay on site (or available by phone for online sessions) during each session.

12. Your rights

- You may ask questions about our methods, training and fees at any time.
- You may decline any technique and may stop or end services at any time.
- You may request a copy of your records.
- If you have a concern, please tell us so we can make it right.

13. Responsibility, limits of liability and disputes

I take part voluntarily and accept responsibility for my own choices and results. To the fullest extent allowed by California law, I agree that MindShift and its practitioners will not be responsible for indirect or consequential damages, and that any liability for ordinary negligence is limited to the fees I paid for the services involved. This does

not limit any claim for gross negligence, intentional misconduct or anything else the law does not allow to be waived.

If a disagreement arises, we both agree to first try to resolve it informally and then through good-faith mediation in Riverside County, California, before taking any other legal action. This agreement is governed by California law. If any part of it is found unenforceable, the rest remains in effect. This document is our complete agreement and can be changed only in writing.

I have read and agree to the limits of liability and dispute terms.

Initials

Step 6. Signatures

By signing, I confirm that I have read this entire packet, had the chance to ask questions, received a copy, and agree to take part in hypnosis and/or life coaching with MindShift. I confirm the information I provided is true and complete to the best of my knowledge, and I will tell MindShift about any changes.

Client signature	Printed name	Date
Parent/guardian signature (if client is under 18)	Printed name	Date
Practitioner signature	Printed name	Date

Clients who need this form in another format or language, please ask. A Spanish version is available. / Este formulario está disponible en español.