

Hypnosis 2 Change

HAPPINESS FROM WITHIN.

INTAKE FORM

Name: _____

Date: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Work Phone: _____

E-mail address: _____

Would you like to receive e-mail information from Hypnos2Change? Yes No

Date of Birth: _____

Occupation: _____

How did you hear about Alisa Abdullaeva: _____

Reason for this session:

Other areas of interest: Please circle any which apply:

Weight Loss
Enhancement
Relationships
Relaxation
Sports Performance
Substance Abuse
Confidence
Grief

Stop Smoking
Self Esteem
Shyness
Motivation
Finding Lost Objects
Healing
Hang-Ups
Test Anxiety

Fear of Flying
Past Life Regression
Shame
Depression
Childbirth Insomnia
Public Speaking
Dental Procedures

Concentration Creativity
Forgiveness Phobias
Anger
Insecurity
Eating Disorders
Auditions
Hair Pulling

INNER CHILD SURVEY

Circle or check the word that most applies to how you truly feel. Please give an example to each of the statements.

1) Do you seek approval and affirmation?

Never Seldom Occasionally Often Usually

2) Do you fail to recognize your accomplishments?

Never Seldom Occasionally Often Usually

3) Do you overextend yourself?

Never Seldom Occasionally Often Usually

4) Do you fear criticism?

Never Seldom Occasionally Often Usually

5) Have you had problems with your own compulsive behavior?

Never Seldom Occasionally Often Usually

6) Do you have a need for perfection?

Never Seldom Occasionally Often Usually

7) Are you uneasy when your life is going smoothly? Do you continually anticipate problems?

Never Seldom Occasionally Often Usually

8) Do you feel more alive in the midst of a crisis?

Never Seldom Occasionally Often Usually

9) Do you care for others easily, yet find it difficult to care for yourself?

Never Seldom Occasionally Often Usually

10) Do you isolate yourself from other people?

Never Seldom Occasionally Often Usually

11) Do you respond with anxiety to authority figures and angry people?

Never Seldom Occasionally Often Usually

12) Do you feel that individuals and society in general are taking advantage of you?

Never Seldom Occasionally Often Usually

13) Do you have trouble with intimate relationship?

Never Seldom Occasionally Often Usually

14) Do you attract and seek people who tend to be compulsive?

Never Seldom Occasionally Often Usually

15) Do you cling to relationships because you are afraid of being alone?

Never Seldom Occasionally Often Usually

16) Do you often mistrust your own feelings and the feelings expressed by others?

Never Seldom Occasionally Often Usually

17) Do you find it difficult to express your emotions?

Never Seldom Occasionally Often Usually

18) Do you fear any of the following:

• Losing control?

Never Seldom Occasionally Often Usually

• Your own feeling?

Never Seldom Occasionally Often Usually

• Conflict and criticism?

Never Seldom Occasionally Often Usually

• Being rejected or abandoned?

Never Seldom Occasionally Often Usually

19) Is it difficult for you to relax and have fun?

Never Seldom Occasionally Often Usually

20) Do you find yourself compulsively eating, working, drinking, using drugs, or seeking excitement?

Never Seldom Occasionally Often Usually

21) Have you tried counseling or psychotherapy, yet still feel that "something" is wrong or missing?

Never Seldom Occasionally Often Usually

22) Do you frequently feel numb, empty, or sad?

Never Seldom Occasionally Often Usually

23) Is it hard for you to trust others?

Never Seldom Occasionally Often Usually

24) Do you have an over-developed sense of responsibility?

Never Seldom Occasionally Often Usually

25) Do you feel a lack of fulfillment in life, both personally and in your work?

Never Seldom Occasionally Often Usually

26) Do you have feelings of guilt, inadequacy or low self-esteem?

Never Seldom Occasionally Often Usually

27) Do you have a tendency toward having chronic fatigue, aches and pains?

Never Seldom Occasionally Often Usually

28) Do you find that it is difficult to visit your parents for more than a few minutes or a few hours?

Never Seldom Occasionally Often Usually

29) Are you uncertain about how to respond when people ask about your feelings?

Never Seldom Occasionally Often Usually

30) Do you have difficulty asking for what you want from others?

Never Seldom Occasionally Often Usually

If you answered "Occasionally", "Often", or "Usually" to any of these questions, this therapy will be helpful to you. (If you answered mostly "Never", you may not be aware of some of your feelings.)

NOTICE OF PRIVACY PRACTICES: HOW INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.

Name: _____

My signature below indicates that I have been provided with a copy of this Notice of Privacy Practices.

Signature of client: _____

Date: _____

Understanding Your Health Record/Information

Each time you visit a hospital, physician, or other healthcare provider, a record of your visit is made. Typically, this record contains your symptoms, examination and test results, diagnoses, treatment, and a plan for future care or treatment. This information, often referred to as your health or medical record, serves as a:

- . Basis for planning your care and treatment;
- . Means of communication among the many health professionals who contribute to your care;
- . Legal document describing the care you received;
- . Means by which you or a third party payer can verify that services billed were actually provided;
- . Tool in educating health professionals;
- . Source of data for medical research;
- . Source of information for public health officials charged with improving the health of the nation;
- . Source of data for facility planning and tool with which we can assess and work to improve the care we render and the outcomes we achieve.

This Notice describes how health information about you as a patient of this practice may be used and disclosed, and how you can get access to your health information. We reserve the right to change this Notice in the future.

Your Health Information Rights:

Although *your health record is the physical property of the healthcare practitioner or facility that compiled it*, the information belongs to you. You have the right to:

- . Request a restriction on certain uses and disclosures of your information as provided by 45 CFR 164.522
- . Obtain a paper copy of this Notice
- . Inspect and obtain a copy your health record as provided for in 45 CFR 164.524. You must submit your request in writing, and we are entitled to charge a copying fee for this service.
- . Ask us to amend your health record as provided in 45 CFR 164.528. Your signature and explanation are required.
- . Obtain an accounting of disclosures of your health information as provided in 45 CFR 164.528
- . Revoke your authorization to use or disclose health information except to the extent that action

has already been taken.

If you have questions or would like additional information, you may contact the Director of Health Information Management. If you believe your privacy rights have been violated, please discuss it with me. You can file a complaint with the Director of Health Information Management or with the Secretary of Health and Human Services. There will be no penalty for filing a complaint.

Our Commitment

We are committed to maintain the privacy of your health information, as required by law. We will not use or disclose your health information without your authorization, except as described in this notice.

Examples of Disclosures for Treatment, Payment and Health Operations

We will use your health information for treatment within our practice. With your consent, we will also provide your outside physician or a subsequent healthcare provider with copies of various reports that should assist him/her in treating you as well.

We will use your health information for payment. For example, to obtain insurance benefits for you, forms may include information that identifies you, as well as your diagnosis, procedures and supplies used.

We may use your health information in an effort to continually improve the quality and effectiveness of the healthcare and services we provide.

Outside Medical Services: We may disclose your health information to other providers so that they can perform the job we've asked them to do, and so that they can bill you or your third party payer for services rendered. So that your health information is protected, however, we require these providers to appropriately safeguard your information.

Notification: We may use or disclose information to notify or assist in notifying a family member, personal representative, or another person responsible for you, care, your location, and general condition.

Communication with Family: Health professionals, using their best judgment, may disclose to a family member, other relative, close personal friend or any other person you identify, health information relevant to that person's involvement in your care or payment related to your care.

Other: We may disclose health information to funeral directors, organ procurement organizations, correctional institutions, public health authorities, workers compensation programs, law enforcement, and/or the Food and Drug Administration consistent with applicable law to carry out their duties.

Legal Proceedings: Your health record may be subpoenaed through the legal system.

Public Health and Safety: We may provide medical information about you if required by law, or to prevent serious threat to public health and safety.

Research: We may disclose information to researchers when their research has been approved by an Institutional Review Board that has reviewed the research proposal and established protocols to ensure the privacy of your health information.

Federal law makes provision for your health information to be released to an appropriate health oversight agency, public health authority or attorney, provided that a workforce member or business associate believes in good faith that we have engaged in unlawful conduct or have otherwise violated professional or clinical standards and are potentially endangering one or more patients, workers or the public.

CANCELLATION/ RESCHEDULE POLICY

NAME: _____

A 24 hour notice is required for all cancellations or rescheduled appointments. If our office is not notified of a change prior to 24 hours before your appointment, you will be charged the full price of your session.

If you reschedule the same appointment more than once, you will be charged double for that session.

These fees will be charged to your credit card if we have one on file, otherwise they will be billed to your mailing address and due upon receipt.

By signing below, you acknowledge an understanding of the above policies and agree to be subject to them.

Signature

Date

Hypnosis 2 Change

HAPPINESS FROM WITHIN.

Frequently Asked Questions

Hypnosis to change is a full-service hypnotherapy practice located in Atlanta, Ga. In addition to therapy for weight loss, smoking, fears and more, we offer personal, business and relationship programs that create breakthroughs and take you to the next level of development, whether that be your ideal career, relationship, or just to fulfill your goals and dreams. We are here to help you to unlock your happiness within!

What is hypnosis?

Hypnosis is a heightened state of awareness where incredible changes can be made in the way a person thinks. Hypnosis is a completely natural path from conscious mind to subconscious mind. It is defined as the bypass of the critical factor of the conscious mind and the establishment of acceptable selective thinking. In the alternative state of consciousness, attention of an individual is focused away from the present reality and towards particular images, thoughts, perceptions, feelings, motivations, sensations, behaviors or any combination of these. In this state one can access creativity, retrace certain inhibitions, reprogram patterns and work with pain relief.

Hypnosis uses the subconscious mind to help you identify and release self-limiting beliefs. In hypnosis, your ordinary negative thoughts and bad habit patterns can be replaced with new, more positive beliefs. Through post-hypnotic suggestions, this new information can be incorporated into daily life.

How does hypnosis work?

What hypnosis does is this. It relaxes the conscious mind and opens the subconscious mind to the point that suggestions can be accepted. Once the suggestion is accepted and agreed on by the person hypnotized the suggestion then becomes a stable, strong pillar in that person's belief system.

Why is Hypnosis2Change hypnosis different?

Hypnosis2Change programs are designed to help you learn to be what you want instead of ordering you do something. This indirect technique was created by the famous psychiatrist, Milton Erickson. You are provided an opportunity to accept the suggestions you are most comfortable with, at your own pace, and with an awareness of the benefits. You will know you are not being taken advantage of and will take full ownership of, and participate in your transformation. Erickson's theory was that it was not possible to consciously instruct the unconscious mind, and that authoritarian suggestions were likely to be met with resistance.

For example the authoritative "you will stop smoking" is likely to be find less leverage on the unconscious level than "you can become a non-smoker". The first is a direct command, to be obeyed or ignored (and notice that it draws attention to the act of smoking), the second is an opening, an invitation to possible lasting change, without pressure, and which is less likely to

raise resistance. For more information see Learning Programs.

Is there any proof that hypnosis works?

The following components are proven techniques of hypnosis for human healing, learning and changing. All of these components have been found to be helpful in many human change processes and all are part of Hypnosis2Change hypnosis programs.

- **Relaxation:** These include physical and mental relaxation and meditative states.
- **Visual imagery:** Visualizing what we want, who we are, and where we are going.
- **Self-image change:** Positive reinforcement on being the person you want to be.
- **Changing self-talk:** Changing how we talk to ourselves.
- **Goal setting:** Setting and achieving a goal.
- **Structured practice:** Practicing and rehearsing until we are good at the task or it becomes a new habit.
- **Consistent coaching:** Affirmations on the things we are doing.
- **Positive expectation and belief:** Changing negative attitudes and thought processes.

Who can be hypnotized?

Everyone in the world can be hypnotized. Studies have shown, however, that individuals who have a good imagination and who are highly suggestible have a greater ability to achieve deep hypnotic states.

How long will it take before I see results?

The results will vary, some people will have immediate results, others will have results within a short period and a few may take a longer period of time. If use the Programs frequently you should see positive results within a month to six weeks.

Will I know when to stop using the programs?

You can stop using the program when you have achieved your goal. However, we recommend continuing to use the programs even after reaching your goals, but on a less frequent basis.

How long will the results last?

If you continue to use the programs after success is achieved, the results are usually permanent.

Can a person in hypnosis be controlled?

These programs were created to help you with your issues and need your cooperation with the process. If a program were to give you suggestions that you didn't agree with or were morally against your beliefs, you would either refuse them or you would stop listening. You must also understand that when hypnotized, you do not black out. You actually hear and see everything very clearly.

Can a person be stuck in hypnosis? What if I was to be hypnotized and something were to happen while still hypnotized?

You can snap right out of hypnosis whenever you are ready. When you are in a state of hypnosis, anything alarming or of importance would pop you right out of this state. There is absolutely no danger to you in a state of hypnosis. However, never drive or operate heavy equipment while listening to a hypnosis program.

Can you explain brain waves and how these program work with them?

Beta Waves – Your conscious awareness. The Beta state is associated with peak concentration, heightened alertness, hand-eye coordination and visual acuity.

Alpha Waves – Catching yourself in a daydream. This is a place of deep relaxation, but not quite meditation. In Alpha, we begin to access the wealth of creativity that lies just below our conscious awareness - it is the gateway, the entry point that leads into deeper states of consciousness.

Theta Waves - Experienced twice a day when falling asleep and waking. These waves play an important part in behavior modification programs. Theta is an ideal state for super-learning, re-programming your mind, dream recall, and self-hypnosis. Theta rests directly on the threshold of your subconscious.

Delta Waves - Delta is profound sleep and the further slowing of body functions. This triggers the release of Human Growth Hormones, which lead to healing, cell regeneration and other necessary body functions.

Do I need to use headphones to listen to hypnosis programs?

It is not required, but stereo headphones make it easier to experience the benefits of the brain wave frequencies. They also help reduce background noise and help you to concentrate.

How often should I listen?

For hypnotic learning, we suggest listening to the program one half hour to an hour. You can listen to the programs as long as you want. However, if you feel spaced-out or hyper, stick to the recommended time.

For subliminal learning, you should be able to listen as long as you want, we suggest listen to a whole subliminal program once a day, most programs are around one half hour.

If you can't listen to the programs once a day, just listen as often as possible. Ultimately only you can know what works best for you. Feel free to experiment, but if you're not liking the results, stick to the recommended times.

How do subliminal messages work? Is it safe?

Subliminal is defined as "below the threshold of consciousness". Hypnosis2Change subliminal programs send messages in a way that cannot be perceived consciously, only subconsciously. The subliminal messages are delivered via barely audible sounds on CDs; they are too quiet for the conscious mind to comprehend. Subliminal messages are sent directly to the impressionable subconscious mind, where they're rapidly absorbed and used to create positive, lasting change. Subliminal messages are sent in such a way that they bypass the critical conscious mind, which may filter out positive affirmations and thereby reduce the chances of success.

What are the messages that I will be getting?

We don't give out the list of subliminal messages. We do get asked for the subliminal messages quite often. This is because subliminal learning works by telling your subconscious positive messages and helping you to believe that those messages are true. Bringing too much cognitive involvement decreases the effectiveness and thus may fail to really reassure the doubtful user no matter what is provided. Once your conscious mind is aware of the messages it may try to disprove them. For instance, one of the messages on the Peak Performance Sports program is "have fun", if your conscious mind sees it and negatively thinks "sports are hard work, not fun, I'm not going to believe it", then that message will no longer be effective in making sports more fun. Plus, you would be able to sense if any negative messages are sent to you.

What are affirmations?

Affirmations are positive statements repeated over and over. Our affirmation CD, Weight Loss/Self Improvement, uses two sound levels of positive affirmations, one on your right side is louder and the other on your left side is softer. Although you will be able to hear both levels, your mind will focus on the louder message and the softer message will slip more easily into your subconscious mind.

Can I use these audio programs while working or driving?

NEVER use the hypnosis learning programs while working or driving. You can use the subliminal learning program at any time as long as they don't make you feel sleepy.

Is there any harm in playing a program around my children?

No, all of our programs are completely safe and may even help your children as well. The Hypnosis2Change messages are all very positive. For example, if a child listened to your Weight Loss program they may start eating better.

When will you have CDs of all of the programs?

Right now we have most of our programs on CD with the exception of Maintaining Weight Loss and Quit Smoking. These two programs will not be re-mastered for CD.

How are the CDs setup?

Most CDs are the tapes re-mastered. They have one or two tracks depending on your program, one with self-hypnosis and the other with subliminal messages.

Could listening to the Weight Loss Program give me an eating disorder?

There are multiple messages of various types guiding your system to eat amounts that lead to healthy weight loss and to keeping weight off. These messages are focused on teaching you to eat less unhealthy foods also. The messages focus on knowing what healthy amounts are and stopping when you have eaten what you need. There are also messages helping you to determine your healthy weight. Use of the program will result in being satisfied with eating less improper foods and more healthy foods.

Does the practice of hypnosis conflict with religion?

No, hypnosis is a natural state that everyone possesses within themselves.