

How To Reach a Verdict

There are usually 3 verdicts I choose from following a consultation:

1) Successful: This is a session in which my client was easily hypnotized and they naturally reacted to the phenomena I concluded the consultation with. This tells me their mind is open, they trust me to be their Hypnotist and they're willing to accept what I have to offer. I will inform them I'm happy to schedule a date/time for a future full-length Hypnosis/ Hypnotherapy session as their new Hypnotist/ Hypnotherapist.

2) Conditioning: This is a session in which the client had difficulty relaxing mentally/physically and may/may not have responded to the phenomena. I would suggest we conduct a few more 1-on-1 sessions in which we'll focus on conditioning their mind to more readily accept hypnosis until it's second nature to them. If they're unable to afford multiple conditioning sessions, I'll provide them with a relaxation MP3 to help them condition themselves. Either way, I'll touch base with them within a week or two and see what they think of their progress. If they're happy with their progress, we'll eventually schedule an official time/date for a future full-length Hypnosis/Hypnotherapy session.

3) Referral: This is a session in which the person had difficulty relaxing at all and didn't respond to any phenomena. In this scenario, I'd likely refer them to a different Hypnotist/ Hypnotherapist I thought would better suit them (no shame in this).