

Clinical hypnosis, EFT, Awakened Mind protocols, and other educational strategies are for the purpose of self-improvement only. All medical conditions should be seen by a physician.

An Introduction To The Practice

Who: You are afforded a confidential setting, a place of privacy for any meetings held with Esther.

The right to refer to another clinician is reserved, sometimes due to the time constraints of a full schedule, or in order to ensure trust and rapport, and to best match the practitioner with an individual for reasons of specialty, life experience, personality, and expected outcomes.

A group class may be arranged for four to 10 people, especially effective for focusing on regaining your ideal weight, or to become a non-smoker again. These sessions include both a group seminar session (not exceeding four hours), and a customized session with each individual.

A group studio session may be arranged for four to eight people. This consists of a group session, focused on one topic, and may set for a 30 to 60 minute interval.

Creativity sessions or retreats are available. Call to discuss the details, and book a date.

A series of appointments may be scheduled to ensure success with preparation or issues like passing an examination, child birth, smoking- cessation, and weight loss.

What: Private sessions may include a parent or responsible adult accompanying a minor teen or child, for hypnosis or other techniques strategically designed for the individual's issue and learning style.

Every client is taught the tools of self-hypnosis, and emotional freedom technique (EFT).

When: Esther meets with clients after 12 noon, and up to 8 p.m. – rarely setting a morning appointment.

She speaks to adult, student, and educational groups about stress less child birthing, hypnosis, peak performance, or a topic related to your group's interests, delighting to sharing her experience, connecting individuals to information and resources.

Cancellation Policy: 24-hour prior notification is required in order to change or cancel an appointment, with a message on Friday required to cancel weekend or Monday sessions. The client will be billed for a minimum hour's fee (\$150.00) for missed appointments.

Where: Client sessions are conducted in private areas where there will not be interruptions, and confidentiality can be maintained.

How Much: There is no fee for the introductory materials (including a CD), or a 30-minute initial phone call with Esther.

An individual session is typically two hours, at a fee of \$300.00 (or \$150 per hour). Accommodations for your financial situation may be considered.

Group Sessions, including one group seminar and one individual session and a CD specific to the issue, (about six hours total) \$700.00.

A Group Studio Session, including one group guided imagery session, is priced depending upon the session length (30-60 minutes), which will be determined prior to the session.

Creativity sessions or retreats are available. Call to discuss the details, determine the fee, and book a date.

Customized CDs, including phone consultation (no longer than 1.5 hours) and one CD, \$600.00. CDs on additional issues for the same individual are just \$500.00, following payment for the first at \$600.00. This is copyrighted material and fully protected, thus CDs may not be copied.

Surgery Support, pre and post-surgical phone customized consultations, and CD set (includes a music track, surgical-session, and mp3 version of the session), \$995.00.

Insurance is not accepted. Esther will, however, work with you to provide documentation as required by your insurer, for you to self-file. A specific written referral from your provider, for hypnosis, may be required by the insurance company.

Before Your Session: Questions are encouraged. Call or write today ~ Your active sense of wonder is encouraged, as Esther's sense of curiosity meets yours.

Prior to your session you will be sent an information packet for completion, and an introductory CD. Please indicate your preferred means of mailing (Internet or USPS mail) and phone number - at the time you set an appointment. Esther reserves the right to cancel an appointment if the documentation is not completed.

Food and drink is inappropriate to the clinical session, and caffeine may reduce your ability to relax. Drinking coffee or eating strongly caffeinated foods within the hour prior to a session may interfere with relaxation.

HIPAA (Health Insurance Portability Accountability Act) compliance is assured.

After Your Session: Relaxation and diffused attention during the session may decrease focused attention to detail, driving, or intense work efforts, so it is advised that you allow 30 minutes to return to the office, drink water, walk around the block before driving, and exercise due caution for 30 minutes - Just as you might do to refocus and re-energize after a period of meditation, or looking out the window and daydreaming.

Homework may be provided each client for completion outside the session, to reinforce and enhance the new patterns of perception and competence.