

JULIANA SLOANE

Depth Hypnosis, Shamanic Counseling & Mindfulness

Welcome!

Thank you for your interest in working together — I look forward to supporting your journey! Below, please find some information to help you prepare for your first session. Please read this and complete the attached release form before our session.

Preparing for a Session

To make the most of our time, please come to a session prepared with the following:

- A private, quiet space where you can participate in our session uninterrupted.
- A covered container of water (e.g. water bottle or cup with a lid).
- Any items that will make your space more comfortable— some clients choose to bring an eye pillow, a blanket, sage, etc. You will want to sit comfortably or lie down during our session.

A Note on Intoxicants

This powerful work is not possible if a client attends a session under the influence of drugs or alcohol. By scheduling an appointment, the client commits to refrain from alcohol, drugs, or other consciousness-altering substances prior to or during the session. It is a best practice to abstain from intoxicants for 24 hours prior to a session. This does not apply to prescription medications - please continue to follow your doctor's guidance regarding medication.

After a Session

You may want to take extra time to integrate this work. It is very supportive to hydrate, have a protein-rich snack, or spend time outdoors following a session.

Cancellation Policy

Please note that once you have booked an appointment, it means that we have both reserved time in our schedules exclusively for this work together. If you cancel your appointment less than 48 hours before it is scheduled to take place, you will be charged the full cost of a session.

Each client may waive this late cancellation cost one time in the case of an emergency. To avoid a fee, please provide cancellation notice at least 48 hours prior to your appointment. You can cancel or reschedule your appointment by emailing me at juliana@julianasloane.com, or by editing your Calendly reservation.

Thank you again for your interest in this transformative work!

With care,
Juliana Sloane

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Depth Hypnosis Client Release Form

Hypnotherapy is a self-regulated, not state-licensed, profession. We are a certified profession, and meet the highest standards set forth by the Association of Depth Hypnosis Practitioners and the Foundation of the Sacred Stream. We practice according to our organization's Code of Ethics and Standards. We have received high quality training through Depth Hypnosis Training Program and the Foundation of the Sacred Stream. We do not do medical diagnosis; nor are we licensed physicians or medical practitioners. We are certified healing arts practitioners – Certified Hypnotists. We provide hypnotherapy services, which give high-quality alternatives for people seeking to overcome many of the challenges of life. We pledge confidentiality.

Recent research has found that memories uncovered during hypnosis, or other forms of induced altered states may not be accurate or even factual. Memory is a constructive and reconstructive process. What is remembered about an event is shaped by what was observed, by conditions prevailing during attempts to remember, and by events occurring between observation and attempted remembering. Memories can be altered, deleted, and created by events that occur during and after the time of encoding, during the period of storage, and during attempts at retrieval.

Therefore, if memories should surface that may be considered grounds for future litigation during the course of hypnotherapy, you may lose your legal right to use this information in a court of law, as it may not be admissible. If certain types of memories begin to surface during any hypnosis session, the session will be discussed so that you may decide whether or not to proceed further with the hypnosis based on your understanding and careful consideration of the above information.

Depth Hypnosis can bring up strong emotions and by signing this document you are indicating that you feel stable enough to handle those emotions. The hypnotherapist is not liable for any pain or emotional distress that may ensue in the course of this work, and it is understood that you will seek medical or psychiatric help as the need arises.

Name _____

Signature _____

Date _____

Email _____

JULIANA SLOANE

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Applied Shamanic Counseling Client Release Form

Applied Shamanism is a self-regulated spiritual counseling and healing practice, not a state-licensed profession. We have received high quality training through the Applied Shamanism Training Program of the Foundation of the Sacred Stream. We have received certification by Circle of Shamanic Practitioners as Applied Shamanic Practitioners. We do not do medical diagnosis; nor are we licensed physicians or medical practitioners. We provide spiritual counseling and healing services, which give high-quality alternatives for people seeking to overcome many of the challenges of life. We practice according to the highest moral and ethical standards set forth by both the Circle of Shamanic Practitioners and the Foundation of the Sacred Stream, including (but not limited to) their certification guidelines and Code of Ethics. We pledge confidentiality.

For some shamanic processes you may be lying down on the ground and closing your eyes. If this makes you uncomfortable or you feel you need to have someone else present during the session for any reason, we encourage you to invite a friend to come with you. They will not be participating in the session, but they can witness your experience for you.

Some shamanic processes involve singing, drumming, and other sound and the burning of healing herbs. If you have any sensitivities to sound or smell, it is understood that you will advise the Applied Shamanic Practitioner of these sensitivities.

Different people experience the healing effect of shamanic processes differently. If you feel you need to check in with your Applied Shamanic Practitioner at any point after the session, please set an appointment to discuss your experience. At times, Applied Shamanic Practice can bring up strong emotions. By signing this document you are indicating that you feel stable enough to handle those emotions. The Applied Shamanic Practitioner is not liable for any pain or emotional distress that may ensue in the course of this work, and it is understood that you will seek medical or psychiatric help as the need arises.

Name _____

Signature _____

Date _____

Email _____