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## **INFORMED CONSENT FOR HYPNOSIS**

Dr. Bruce Eimer has informed me that he frequently uses hypnosis as a helpful technique in psychological treatment for a variety of conditions. I understand that hypnosis is a way of inducing a pleasant, voluntary state of relaxed attentive concentration, an altered state of consciousness, during which the conscious critical mind is relaxed and relatively inactive, and the doorway to the subconscious, inner mind is opened with a person's permission. In this comfortable state, suggestibility is heightened, mental absorption is increased, the senses are heightened, and the imagination is activated in a controlled manner. The inner mind is more receptive to acceptable, beneficial suggestions.

I understand that no one can be hypnotized against their will. You must be a willing subject. Your hypnotist must have your full cooperation. I understand that hypnosis is not about "zap" you are under my power. Hypnosis is a collaborative and cooperative teacher-student relationship. A hypnotized subject cannot be made to do anything he is not willing to do. A person must be a willing and cooperative subject for hypnosis to work.

The hypnotized subject or patient is not asleep. When a person is in hypnosis, he or she is relaxed and aware of his or her surroundings. He or she hears the sound of the hypnotist's voice and will remember more or less of what the hypnotist says. The hypnotized subject or patient is relaxed, comfortable, focused, and in a state of daydream type thinking. His or her analyzing, thinking mind (Conscious mind) is turned off and his or her feeling and intuitive, creative mind (Subconscious mind) is aware of everything that is going on.

I understand that the requirements for being a good hypnotic subject are mainly the desire to be hypnotized and to experience hypnosis, the ability to concentrate, the willingness to cooperate and follow instructions, and the relative absence of mistrust and fear.

I understand that as part of a collaborative therapeutic relationship, hypnosis can be used as a tool to explore and uncover unconscious material, and as a tool to refresh memory. I also understand that, under the laws of certain states, the use of hypnosis could make material recalled before, during, and after its use inadmissible in a court of law, and that if I consent to the use of hypnosis in my treatment with Dr. Eimer, this could result in my subsequently not being able to introduce certain material in court.

I understand that hypnosis is not a "truth serum". When hypnosis is used as a tool to refresh memory, some, much, or none of the memory material recalled under hypnosis may have a basis in objective reality. Material recalled or generated under hypnosis can represent actual memories, distorted memories, fantasies symbolic of inner conflict, combinations of memory and

fantasy, or could have other bases. I acknowledge that decisions about whether memory material is "true" or not belong to me and not to Dr. Eimer.

I acknowledge that Dr. Eimer and I have discussed the advantages and disadvantages of using hypnosis and the need for proper re-alerting, as well as possible alternatives to the use of hypnosis if applicable.

I acknowledge that I am not currently involved in or planning to become involved in any legal action(s) except as noted below. My signature below attests to the fact that I consent to the use of hypnosis in my treatment with Dr. Eimer.

I am involved in the following legal action(s):

\_\_\_ None

\_\_\_ Name of legal action and dates:

**CONSENT:**

I understand that hypnosis as practiced by Dr. Bruce Eimer is not a medical treatment, but a process whereby an individual is taught to use his or her own abilities for his or her own benefit. With this understanding, I hereby grant permission to Dr. Eimer to hypnotize me.

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_