

## Terms of Custom Hypnosis Service

\*All communications will be kept private from my end (Dr. Randy Gilchrist) at the beginning, during, and after our work together. Of course, you can share whatever details of our work together with whomever you wish at any point.

\*This custom hypnosis will serve to enhance and support but not supersede or replace and other reasonable / traditional efforts you are making and/or are needed to accomplish your goal of overcoming your addiction or bad habit: self help materials, medical doctor advice, counselor/psychotherapist, group psychotherapy, clergy, etc. Therefore, as you have a need for these extra resources, please use these resources and defer to them. This custom hypnosis is not meant to replace but simply strengthen your other regular resources to change.

\*Like with any professional helping customers / clients with an addiction or bad habit, there is no way I can guarantee results with my custom hypnosis service. Anyone who claims a guarantee of change is not telling the truth regarding an addiction or bad habit. In addition, this service represents non-replaceable time spend by myself as a doctoral level licensed clinical psychologist creating your recordings. Therefore for these 2 reasons, I am unable to offer refunds on this service. However, unlimited email customer service is available as needed to [drgilchrist@yahoo.com](mailto:drgilchrist@yahoo.com), and I am willing to re-record any session upon request. I can simply say that many people before you have, and many others after you will successfully change and improve from my service. Your job is to regularly relax, focus, and practice listening to change.

\*When listening to your hypnosis recordings, please do so whenever you can reasonably relax, focus, and close your eyes in a comfortable, quiet place. Never listen to your hypnosis sessions while driving or doing anything else requiring focused, alert attention, especially when danger could be involved.

\*Any written correspondence between you and I (Dr. Randy Gilchrist) could possibly be used by myself as a testimonial material in my future marketing unless you specify to me that I may *not* use our communications in the future. Of

course, any testimonial used with this specific custom hypnosis service will keep the identity of my customer private and anonymous. Enjoy your custom hypnosis service!

Randy Gilchrist, Psy.D.