

Client Agreement – Hypnotherapy Code of Care

The client will be treated with respect and care at all times.

Disclosure of all information during therapy and consultations remains confidential unless there is a risk of harm to yourself or others, and in accordance with my membership bodies' standards for professional practice (see <https://www.cnhc.org.uk/uploads/asset/file/35/CodeofConductEthicsandPerformance.pdf>). Please be aware that from time to time I use anonymised material from client sessions in teaching materials and publications. Also, I may discuss your case with other qualified hypnotherapists or clinical psychologists as part of the regular supervision which is part of my commitment to regular supervision and continuous professional development. I will not identify you in these supervision sessions.

It is advised that you consult your doctor before having complementary therapy, including hypnotherapy. It's important to note that results may vary from person to person.

Treatment Consent

1. The therapist has explained the hypnotherapy plan to my satisfaction.
2. Respect for the client and therapist will be constantly maintained.
3. I understand that I will need to listen to the relaxation MP3 (not whilst driving or using machinery) and to consider the content of the sessions in order to enhance the success of the treatment.
4. I accept the fee payable and note that 24 hours' notice is required if an appointment needs to be rearranged, to avoid a cancellation charge of 50% - 100%.
5. I explicitly consent to you creating and storing records concerning my hypnotherapy sessions, as per your Privacy Notice, a copy of which I have seen.

I have read the agreement above and accept the treatment on these terms.

Signed: _____ Date: _____

Print Name: _____

Therapist: _____ Date: _____

Print Name: Amy Armstrong MA (Oxon).DSFH.HPD.MNCH(Reg).CNHC(Reg)



Promotional information

For the purposes of promoting leadership and wellbeing, The Executive Alchemist would like to stay in touch with you with information that may be of interest to you. (For example, occasionally we send past and current clients links to free webinars, new relaxation tracks and resources to reduce stress). You can change your mind at any time by contacting Amy Armstrong as per our Privacy Policy or clicking the unsubscribe option included in our emails. We will treat your information with respect.

For providing promotional information you can stay in touch with me using the following methods.

- Telephone Text Email Post

Signed: _____ Date: _____



Privacy Policy

Who are we? You know me as Amy Armstrong, and work with me via 'The Executive Alchemist', which is a trading name for 'QA Solutions (Associates) Limited.' I am the data controller of QA Solutions (Associates) Limited and can be contacted via amy@amyarmstrongcoaching.com.

At The Executive Alchemist, we are committed to maintaining the trust and confidence of our clients. In particular, we want you to know that we are not in the business of selling, renting or trading email lists with other companies and businesses for marketing purposes. We just don't do that sort of thing. This Privacy Policy provides lots of detailed information on when and why we collect your personal information, how we use it, the limited conditions under which we may disclose it to others, and how we keep it secure.

What types of data do we collect? As part of the registration process for working with us, and our ongoing work with you, we collect personal information. This might include any or all of the following personal information about you: identity details such as your name, gender, age, date of birth, email address, postal address, or mobile number; name and address of your doctor and surgery; employment details such as your employer, your job title, responsibilities, length of service, history, feedback and appraisal data, key work issues and plans; personal details about your physical and mental health issues, medication and treatment, relationships, family, lifestyle and social circumstances, your life story, your ambitions, concerns and plans.

What do we use this information for? Primarily the information is used to provide the services specified under our contract with you i.e. to help us tailor your hypnotherapy, coaching, and teaching to support you to meet your goals for working with us.

In addition, we use it to contact you to arrange sessions; to send you additional information to support your work with us; to send you the occasional email or newsletter about topics you've said you're interested in; to contact you if we need to obtain or provide additional information; to check our records are right and to check every now and then that you're happy and satisfied. We also use it as necessary to comply with any present or future law, rule, regulation, guidance or directive; to comply with industry or professional rules and regulations including voluntary codes, and discussions with our supervisors; to comply with demands or requests made by any relevant insurance process, or in connection with any litigation. We will hold your personal information for as long as it is necessary for the relevant service to be provided, and for eight years thereafter (or until you reach 25 in the case of someone 18 years old and below) as required by relevant professional codes of practice.

We use third-party provider, Acuity Scheduling to manage our online bookings and Cliniko to manage bookings at The Family Practice. You are able to do this yourself and register for an account with them. Otherwise, we will enter your name, email and sometimes phone number in order to book you onto the system. For more information about how Acuity uses and protects data, please visit <https://acuityscheduling.com/privacy.php>. For Cliniko, please visit <https://www.cliniko.com/policies/privacy/>.

We use a different third-party provider, MailChimp, to deliver the occasional newsletter or group email to those of you who have opted in for these services. We gather statistics around email opening and clicks using industry standard technologies to help us monitor and improve our online communications. For more information, please see MailChimp's privacy notice at <https://mailchimp.com/legal/privacy/>. You can unsubscribe to general mailings at any time of the day or night by clicking the unsubscribe link at the bottom of any of our emails or by emailing Amy Armstrong at amy@amyarmstrongcoaching.com.

We invite you to pay for your sessions via Bank Transfer. Alternatively, you can pay by debit or credit card in person at The Family Practice or online using third-party provider Squareup International Ltd. If you pay online, we will raise an invoice with Squareup providing your name, address, email address, phone number and date of session. Your invoice will then be emailed to you with the option to pay online using their services. Their privacy policy can be found at <https://squareup.com/gb/en/legal/general/privacy-no-account>.

We will use one of the following technology platforms to enable your online sessions: Cliniko, Zoom, or WhatsApp. We will only share your name with these providers. Please review the individual privacy policy of each of these providers for details of how they ensure the security of their service provision. Should we lose connectivity during our sessions together, I will try to reconnect with you immediately, and again after a further minute. Should this fail, I will call you and we will agree whether to continue by phone, try to reconnect once more, or reschedule the remainder of our session.

What are your rights about the personal information you have shared with us? You are entitled to view, amend, or delete the personal information that we hold. Email your request to our data protection officer Amy Armstrong at amy@amyarmstrongcoaching.com.

How do we keep your information safe? We have appropriate technical and physical security measures to protect your personal information against accidental loss, damage, destruction or unauthorised processing.

Changes to this Privacy Notice. This policy was updated on 27 January 2023. It will be reviewed on an annual basis.