

Online Group Hypnotherapy Disclaimer

Orchard Leigh Hypnosis

Please read this disclaimer carefully before participating in any online group hypnotherapy sessions. By participating in these sessions, you acknowledge that you have read, understood, and agreed to the following terms:

1. **Professional Advice:** The information provided during online group hypnotherapy sessions is for general educational and informational purposes only. It is not intended as a substitute for professional medical, psychological, or therapeutic advice, diagnosis, or treatment. Always seek the advice of your qualified healthcare provider or therapist with any questions you may have regarding a medical or psychological condition.
2. **Suitability:** Online group hypnotherapy sessions may not be suitable for everyone. These sessions involve relaxation techniques and guided imagery, which may not be suitable for individuals with certain medical conditions, mental health disorders, or other contraindications. It is your responsibility to assess whether participation in group hypnotherapy sessions is appropriate for your individual circumstances.
3. **Personal Responsibility:** Participation in online group hypnotherapy sessions is voluntary, and you assume full responsibility for your participation and any associated outcomes. The facilitator or organiser of the sessions cannot be held responsible for any effects, physical or psychological, that may arise as a result of your participation.
4. **Confidentiality:** While every effort will be made to maintain confidentiality within the group setting, it is important to remember that online platforms may have limitations in terms of security and privacy. Therefore, it is your responsibility to ensure your own privacy and take precautions such as using secure internet connections and participating from a private location.
5. **Emotional and Physical Responses:** Hypnosis and guided imagery can evoke powerful emotional and physical responses. While these experiences are generally considered safe, it is important to recognize that they can sometimes be intense or overwhelming. If at any point during the session you feel uncomfortable, anxious, or distressed, it is recommended that you discontinue participation and seek appropriate support.
6. **Not a Guarantee:** Online group hypnotherapy sessions do not guarantee any specific outcomes or results. Hypnosis is a collaborative process, and individual experiences may vary. The facilitator or organiser cannot guarantee the effectiveness of the techniques used or the achievement of specific goals.
7. **Use of Recording:** Online group hypnotherapy sessions may be recorded for participants' convenience and future use. By participating in these sessions, you consent to the recording of the sessions and understand that the recorded materials may be shared with the group or used for educational purposes. If you prefer not to be recorded, please inform the facilitator or organiser before the session begins.
8. **Legal Disclaimer:** The facilitator or organiser of online group hypnotherapy sessions cannot be held liable for any direct, indirect, incidental, consequential, or special damages arising out of or in any way connected with your participation in these sessions, including but not limited to personal injury, emotional distress, or loss of data.

By participating in online group hypnotherapy sessions, you acknowledge that you have read, understood, and agreed to the above disclaimer. If you do not agree with any part of this disclaimer, it is advised that you do not participate in the sessions. If you have any questions or concerns, please consult with a qualified professional before proceeding.