



## LIABILITY WAIVER AND GUIDANCE FORM FOR PARTICIPANTS IN HYPNOSIS PRACTICE

I choose to participate in the event, training, or program called

### **Annual Conference, Midyear Clinical Hypnosis Workshops or HIPNOSISE**

organized by the Society for Clinical and Experimental Hypnosis.

Clinical hypnosis and hypnotic induction practice generally have few adverse effects. However, it is possible that individuals who engage in hypnotic experience or hypnotic induction practice could experience adverse effects such as possible headaches or dizziness, painful feelings, negative emotions, alterations in memories, or distressing recollections. As a workshop attendee and/or HYPNOSISE participant, I acknowledge the possibility that adverse effects or distressing experiences may occur in myself or other attendees during hypnosis demonstrations and practice sessions, whether they are related or unrelated to the experience of hypnosis.

As a participant in a Society for Clinical and Experimental Hypnosis training workshop or HIPNOSISE program, I certify that I understand very well the inherent risk of potential adverse effects or events that may result from participating in hypnosis, hypnotic inductions, or other hypnosis training experiences. I fully accept and assume the risk of potential adverse effects, including, but not limited to, possible headaches or dizziness, painful feelings, negative emotions, and/or alteration in memories or distressing recollections.

I understand that it is possible that the risk of adverse effects might be minimized by adhering to the provided guideline (**Guidance for Engaging in Hypnosis Practice**).

I acknowledge and certify that I have received and read the relevant document/s (referenced above), and I agree to follow the instructions and guidance provided in these documents.

I acknowledge that the Society for Clinical and Experimental Hypnosis is not responsible for any harm that might occur during or associated with the above-mentioned training programs (including both live or remote workshops or other training experiences or hypnosis practice such as hypnotic inductions or practice of clinical hypnosis, experimental hypnosis, or HIPNOSISE practices). I fully release and discharge, without limitation, the Society for Clinical and Experimental Hypnosis and its employees, officers, directors, and agents from any and all claims and/or liability that may result from or be related or unrelated to my participation in the above-mentioned training (including both live or remote workshops, hypnotic inductions, practice of clinical hypnosis, experimental hypnosis, or HIPNOSISE practices).

### **GUIDANCE FOR ENGAGING IN HYPNOSIS PRACTICE AND DEMONSTRATIONS**

The risks of hypnosis are considered to be minimal; however, attendees are encouraged to reach out to the presenter or other faculty as appropriate, in the event that follow-up is needed. This may be needed in case you want additional guidance to manage the emotional impact of the hypnosis demonstration or hypnosis practice, or in case of experiencing other unwanted side effects.

In most cases, you will be able to reach out to the presenter or other identified faculty during session breaks or immediately after the session ends, and you will be able to meet with them in the conference room where the session took place, or in the virtual space where the online event took place. The presenter or other faculty you approach will identify one additional faculty member or experienced clinician to remain immediately present or nearby while the debriefing regarding your experience takes place. You have the option of having a friend or colleague with you or nearby during this time. You may need to identify another suitable location for the debriefing, but in no case should this take place in a personal lodging room.

If it is not feasible for you to contact the presenter during the session, you may contact the presenter or other appropriate faculty by mobile phone at another point during the meeting or directly after the online event. Please write down the Presenter and Alternate Faculty name and telephone number when it is provided to you.

If you are participating in an online event and for some reason the meeting connection is lost, you should use the meeting code or link to rejoin the meeting. During online events it might be necessary for the presenter or host to be able to contact the participants in case they drop out of the online event during a hypnosis practice or demonstration and they do not log back in right away. Thus, in such events the presenter might ask you to provide a mobile phone number as an alternative way of contacting you if the connection is interrupted. The mobile number shared this way will only be stored by the host or presenter for that particular event, and will be deleted immediately after the event.

Your participation in the hypnosis demonstrations and/or practice sessions is completely voluntary and you can choose to stop participating at any time.

Your choice to participate indicates that you understand the information given to you in this form, and that you understand the potential benefits and risks that are involved.