

Time 2 Transform Me

Eniko Bihari - Certified Hypnotherapist

WORKING TOGETHER AGREEMENT

Introduction

This Agreement made between _____ (the Client) and Eniko Bihari Certified Hypnotherapist in RTT (Rapid Transformational Therapy) outlines the nature of the therapeutic relationship between the Client and the Hypnotherapist, together with the principles, roles, expectations and working arrangements for the duration of the RTT® session/package.

The Use of RTT®

RTT® uses hypnosis to work with conditions or change habits. The purpose of RTT® is to develop and implement strategies to help you, the Client, reach personally identified goals.

The starting point for a RTT® session involves reviewing the issue you are experiencing and identifying a desired outcome. Throughout the therapeutic relationship, the RTT® Therapist will engage the Client in very direct and personal conversations, and induce hypnosis to allow access to the Client's subconscious mind.

After this, the RTT® Therapist may:

Lead you into a deeply relaxed state – most people feel refreshed and relaxed.

Review memories of events that were the root cause of the issue you are experiencing.

If necessary, you can bring yourself out of the hypnotic state.

Hypnosis does not work if you do not want to be hypnotized.

Do not use RTT® if you have psychosis or if you have been diagnosed with a personality disorder, such as bipolar disorder, as it could make your condition worse.

RTT® does not guarantee any success.

During the RTT® process, there may be reason to review some unpleasant memories or experience some uncomfortable emotions. It is acknowledged that making personal changes in behavior, thinking and emotions through RTT® sometimes requires learning by trial and error, and some confusion or setbacks in the process may occur. You (the Client) acknowledge and agree to accept these potential risks.

You should seek the advice of a qualified medical practitioner before commencing RTT® if you have any questions or concerns related to your mental or physical health, physical fitness, or medical conditions.

Please note: You should not stop or alter any medication or treatment you are currently receiving without the prior consent of your doctor or mental health advisor.

Our Therapeutic Relationship

The purpose of the therapeutic relationship is to empower you and support you to achieve your desired outcome and goals through RTT® and to help you identify and overcome the blocks that have held you back in your life.

Client's Responsibilities

As your hypnotherapist, I will encourage you to take responsibility for setting your own agenda and ask that you:

- Focus on what you want (not on what you don't want).
- Be honest and open in your conversations with me.
- Listen to your personalized audio for a minimum of 21 days.
- Be open to feedback and constructive challenge as and when appropriate.
- Be 100% committed to taking responsibility for your own development, decisions, choices and actions, and take the time to participate fully.
- Be 100% committed to empowering you and supporting you towards achieving your transformational goals.
- Actively listen and help you explore your ideas, thoughts, beliefs, values, feelings and behaviors, without imposing my own.
- Be empathic and non-judgmental.
- Keep all appointments and be present for you in sessions.

Rapid Transformational ®(RTT®) Therapy Code of Ethics

As a hypnotherapist, I abide by the Rapid Transformational Therapy® (RTT®) Code of Ethics and standards of behavior and at all times will act with integrity, responsibility, competence, respect and professionalism.

Delivery of the RTT® Session

The RTT® session can be held online over Google Meet, or in person in my office.

Session Logistics

The dates and times of the RTT® sessions will be made by mutual agreement in advance of each session. The date and time for the next session will be scheduled at the close of each hypnotherapy session. The number of sessions required (this differs from person to person) will be discussed in the first session.

RTT® sessions can be rescheduled by either of us with at least 48 hours' notice.

In the event of a no-show or cancellation with less than 48 hours' notice, the session and the deposit may be forfeited unless there are extenuating circumstances.

If necessary, you can contact me at any time in between sessions via email or messaging apps, and I will respond to your messages within 24 hours of receipt.

Schedule and Payment Terms

This Working Together Agreement is valid as of [/ /2024] and throughout the entire treatment period.

If necessary, you can contact me at any time in between sessions via email or messaging apps, and I will respond to your messages within 24 hours of receipt.

Confidentiality

All the information from our sessions is completely confidential and will remain between us except in the following circumstances:

- There is a life-threatening situation or if you, as a client, are an imminent danger to yourself or others.
- There is a requirement to share information by law.

We will keep notes of each session to record key themes discussed, insights, takeaways, and actions agreed upon. In this way, we can monitor progress and ensure accountability.

As your RTT® Therapist, I will not disclose any information from the sessions to any parties without your consent. For more information regarding the collection and use of your personal data and information, please read the [Privacy Notice](#).

Review and Evaluation

Throughout the RTT® session or package, you will have the opportunity to reflect on whether the sessions are helping/or have helped you move forward and to highlight what could be improved.

Termination

We will be open and honest with each other about the therapeutic relationship itself.

In the unlikely event that there is a breakdown in the therapeutic relationship, inadequate commitment to the process, or a lack of progress being made, either the Client or the RTT® Therapist can request a termination of the Agreement with one week's written notice.

Declaration and Disclaimer

Before proceeding with the RTT® session, and as part of the more detailed Intake process, your signature will be required to confirm that you have read and agree to our Privacy Notice, Terms and Conditions, and Liability Waiver.

Working Together Agreement

We have discussed, and both agree on, the nature of the therapeutic relationship and the principles, roles, expectations and working arrangements for the duration of the RTT® session or package.

Made between:

Signed:

RTT® Therapist Name:

and

Signed:

Client's Name:

Client's Email:

Date signed and agreed: