



Essential Balance
Holistic Wellness Center

A.C.H.E. Disclosure Form – Client Copy



American Council of Hypnotist Examiners

Hypnotherapy is a self-regulated profession and does not qualify for State licensing. The American Council of Hypnotist Examiners is a non-profit professional organization, chartered by the State of California, to establish training standards, standards of professional practice, and a code of ethics. The ACHE's Ethics Committee can suspend or revoke certification. Certification is awarded to those who attend ACHE approved schools, with ACHE approved hypnotherapy instructors. Although the state does not regulate curriculum or a required number of hours of training, the American Council of Hypnotist Examiners has the highest requirements for certification of any major Hypnotherapy organization in the USA. The ACHE logo is the Hallmark of Quality for the Hypnotherapy profession. Be sure to look for it.

Hypnotherapists agree to provide professional services in accordance with acquired training and experience giving undivided attention during scheduled consultations to facilitate Clients' benefits. Hypnotherapist's work is Client-centered. Services provided utilize induction of hypnosis, and methods and principles used to help clients discover their inner creative abilities to develop positive thinking and feeling and to transform undesirable habits and behavior patterns. Therapeutic goals are to achieve freedom from restrictive thought and belief systems, to assist in solving personal problems, developing motivation and achieving goals. Client may be taught the use of self-hypnotic techniques to assist in achieving goals and resolving issues that have been mutually agreed upon by Client and Hypnotherapist.

Hypnosis is not a state of sleep, but is a natural state of mind that can produce extraordinary levels of relaxation and focus of mind, body and emotions. The principles and theories upon which hypnotherapy is based are accessing and utilizing the power of one's inner resources. Hypnosis can transcend the critical, analytical level of mind, and facilitate the acceptance of suggestions, directions and instructions desired by the Client. The therapeutic use of Hypnosis can also elicit information and insights from the inner mind. The hypnotherapist utilizes interviews, discussion and hypnotic and therapeutic methods dealing with underlying issues whenever appropriate, with the goal to achieve effective and lasting results.