



Welcome to Sarah Marie Hypnotherapy

Tel / WhatsApp: 07855 630203

This document is made in conjunction with Sarah Marie Hypnotherapy GDPR policy.

My Commitment to you

I'm committed to providing you with the highest standard of care and support throughout your hypnotherapy journey. You'll always be treated with kindness, respect, and understanding, and we'll work together as a team to support the changes you wish to make in your life.

Hypnotherapy is most effective when it's a collaborative process — I bring my knowledge, experience, and guidance, and you bring your openness and willingness to engage. While I can't guarantee specific outcomes, I will always do my utmost to support you in reaching your goals. Together, we'll create the best possible conditions for meaningful, positive change.

Hypnotherapy can be a powerful tool, yet your commitment plays a key role in how effective it is. This includes listening to my relaxation track that I provide you with, reflecting on what we cover in sessions, and being open to making small, positive shifts in your daily life.

I'm a registered member of both the AfSFH and the NCH, and I adhere to their professional codes of conduct. If you'd like to learn more, you can find these codes on each organisation's website. I trained with the Clifton Practice Hypnotherapy Training and hold both a Diploma in Solution Focused Hypnotherapy (DSFH) and a Hypnotherapy in Practice Diploma (HPD).

Please note that I'm not medically trained, so I'm unable to diagnose medical conditions. Hypnotherapy is not a replacement for medical care. If you have concerns about your health or are unsure whether hypnotherapy is right for you, I encourage you to speak with your GP or another qualified healthcare professional.

Session Duration and Fees

Each session lasts approximately 50 minutes, although I recommend allowing up to an hour. *Please note: Smoking cessation sessions are longer and can last up to two hours.* Payment is required at the end of each session. Card payment or cash is accepted. Cheques are not accepted. You'll find my current fees on my website.

All fees include a **complimentary relaxation audio download** to support and reinforce the work we do together during your sessions.

Lateness and Cancellations

I kindly ask for **at least 48 hours' notice** if you need to cancel or reschedule an appointment. This allows the space to be offered to someone else who may be waiting. **Cancellations with less than 24 hours' notice or missed appointments will be charged at the full session rate.** To ensure you receive your full session time, please arrive promptly. Late arrivals may result in a shorter session, as appointments are scheduled back-to-back.

Non - attendance

If you miss a session without letting me know, the full session fee will need to be paid before any future bookings can be made.

Contact between sessions

Generally, there's no need for contact between appointments unless you need to reschedule. The best way to contact me is via email, however if you need to contact me the same day, then the quickest way to reach me is by text or phone.

Online clients outside the UK

I'm based in the UK, and my work is governed by UK laws and professional guidelines.