

Introduction

As a trained hypnotherapist, I specialize in a clinical approach that utilizes evidence-based cognitive-behavioural techniques to facilitate positive changes in habits and thoughts. My practice focuses on areas such as habit changes, smoking cessation, anxiety, stress, phobias, and a broader scope of addictions. By integrating these techniques with holistic methods like mindfulness, regression, meditation, and inner child work, I aim to address deeper emotional root causes of the issues my clients face.

My Credentials

I am professionally trained at HypnoTC London and hold several certifications, including the HypnoTC Diploma, the Level 4 Hypnotherapy in Practice Diploma (HPD), and the National Guild of Hypnotists (NGH) Certified Hypnotherapist certification.

Direct practice

In my approach, I draw on numerous evidence-based practices, including Ideo-Motor-Response (IMR) therapy, Parts therapy, and Acceptance & Commitment Therapy (ACT), while grounding my practice in mindfulness and contemplative methods. My client-centred, strengths-based approach prioritizes creating a compassionate and sacred therapeutic space, where clients can explore their experiences and foster self-compassion.



Holistic approach

In addition to my hypnotherapy work, I am a certified Meditation teacher and holistic coach with a deep understanding of the Vedic tradition, including Vedic meditation and Kriya yoga. I help clients find balance by guiding them to uncover the subconscious forces shaping their behaviours and thoughts, fostering profound transformation at the deepest levels.

Consultation

I offer therapeutic support and have extensive experience in addressing a wide range of concerns, including stress and anxiety, relationship dynamics with oneself and others, smoking cessation and other addictions, issues surrounding sexual identity and sexuality, masculine embodiment challenges, as well as emotional difficulties like depression, grief, and sadness. Additionally, I help clients navigate life crises, discover meaning in their struggles, enhance self-esteem, and work through addiction and compulsive behaviours.

I strive to ensure that our consultations serve several vital functions:

1. I want to be fully attuned to your experience with your clinical challenges and questions.
2. I aim to be responsive to your needs, adapting to the situations you face in your practice.
3. I create a sacred space for you to notice and process your reactions while cultivating self-compassion.



4. I help you learn how to integrate the processes you observe and the behaviours you practice into your direct work, enhancing flexibility for both you and your clients.
5. I want you to leave each session with a profound sense of empowerment and resources to move forward in supporting both yourself and your clients.

Measuring effectiveness

At MindSoulness Hypnotherapy, I believe in the importance of measuring the effectiveness of our sessions to ensure you are experiencing meaningful progress. I use various assessment tools, such as subjective units of distress (SUDS), to gauge your feelings before and after each session. By tracking these changes, we can celebrate your achievements and adjust our approach as needed to maximize your healing journey. Your feedback is invaluable in this process, allowing us to create a tailored experience that empowers you to achieve your goals and foster lasting transformation.

Consent

After our FREE 30 minutes consultation, if you decide to proceed with the first session, you must complete the Client Intake Form before the appointment. It helps me to gather information around the issue you want to work on and update on your progress. **A link to the Client Intake Form will be sent to your appointment confirmation and reminder emails.**

The Form includes written informed consent, including privacy and contract of our agreement for services.



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Discover the invisible source that shapes your mind

Booking, Refund and Cancellation policies

NO GUARANTEE AND REFUND POLICY: No guarantees as to the effectiveness of hypnosis for your particular problem are made or implied, as it is impossible to guarantee human behaviour or compliance. Therefore, no refunds for services are given once the process has begun. Hypnosis is not a quick fix or magic pill. A hypnotist is considered a guide or facilitator. You assume equal responsibility by making a commitment and allowing yourself to be guided into a state of hypnosis. No one can make you do something against your true will.

FEES & PAYMENT: Payment is due in full at the time of booking by Internet Banking or Paypal. Fees are subject to periodic review and change. No refunds will be given for unused prepaid sessions. All prepaid sessions are non-transferrable and will expire after 12 months.

24 HOUR CANCELLATION POLICY: Short Notice Cancellations and No Shows: Cancellation (with less than 24 hours notice) and No Shows are charged at Full Fee because: Appointments cannot be filled at short notice and hypnotherapy sessions take up three hours of a therapist's diary time as scripts are written specifically for each client; therefore appointments cannot be filled at short notice. 24 Hour Cancellation Policy is stated in the booking SMS and on this contract which clients have read and signed. Any cancellation can be sent to info@mindsoulnesshypnotherapy.com.



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MindSoulness Hypnotherapy DOES NOT OFFER REFUNDS with less than 24 hours notice and clients are given a reminder the day before with time to cancel.

CONFIDENTIALITY: Confidentiality is maintained for clients as far as possible. However, when a person is believed to be at risk of serious harm, or someone admits to planning a criminal offence, confidentiality must be waived under a duty of care.

MINORS: Appointments for children under age 14 require written consent from the parent or guardian, who must accompany them at each visit.

Thanks for your attention and interest in working with me,
Osvaldo