

ASCH/SCEH Guidelines for Electronic Recordings of Hypnosis for One's Own Clients and Patients

Rationale and Purpose for These Guidelines

1) Rationale. These guidelines were created to benefit ASCH/SCEH members and the consumer when members create and market recordings of hypnosis for their own clients/patients. Such recordings may be in many forms, including (but not limited to) CDs, DVDs, website presentations (including members' own websites, websites such as YouTube, or any such vehicles). These guidelines do not establish rules for practice. They are offered to members as means of promoting sound recommendations for consumers while reducing liability exposure of members.

2) Target Audience. The recordings contemplated by these guidelines are intended for patients'/clients' own use in learning/applying self-hypnosis and should not be developed for the purpose of offering didactic training to lay hypnotists.

3) Optional Compliance. If you are not claiming ASCH/SCEH affiliation in the marketing, distribution, or sale of your recording, you are not required to follow these Guidelines. ASCH/SCEH cannot be held responsible for such unauthorized use. You proceed at your own risk and such unauthorized users indemnify and hold harmless both ASCH and SCEH for any untoward consequences, known and unknown, foreseeable and non-foreseeable.

4) Mandatory Compliance. If you are claiming ASCH/SCEH membership, however, you are urged to follow all of the guidelines and **are required to comply with Guidelines #1 and 2**, in appropriate form, such as a printed handout, on the label, or on the video screen at the outset of the presentation.

Information to be Provided to Patients and Clients

Mandatory: (#1-2)

1) Responsibility/Liability: While ASCH/SCEH Codes of Conduct permit members to create and utilize recordings of hypnosis under certain limited conditions the organizations neither specifically review, approve, endorse nor monitor the recordings. Such responsibility rests solely with the member-creator of the recordings. Neither the societies nor their member-creators are liable for any damages, known or unknown, foreseeable or non-foreseeable, to any person who attempts to employ hypnosis for any purpose or in any way other than as authorized by the member-creator. Member-creators who follow these Guidelines also indemnify and hold harmless both societies for any harms, known or unknown, foreseeable or non-foreseeable, which may result from the use of these recordings. Patients/clients who utilize recordings created for them by their treating professionals also agree to hold both societies harmless for any harms, known or unknown, foreseeable or non-foreseeable, which may occur as a result of that use.

2) Use and Purpose of the Electronic Recording

This electronic recording is intended only for use by the patient/client as an adjunct to the professional consultations provided by the treating clinician. It is not meant to be shared with others, because it has been developed specifically to address issues that may be unique to a patient/client or

his/her symptoms. Its intended use is to increase skills in applying self-hypnosis to meet personal goals and obtain desired results.

Optional: (#3-6)

3) Statement that The Electronic Recording Does Not Replace Face-to-Face Consultation

If appropriate, inform your client or patient that the electronic recording is NOT to be considered a substitute for medical or psychological consultations with a licensed health care professional. Rather, it should be considered a supplementary tool to the in-office treatment that they are currently receiving from you.

4) Purpose, Intent, or Goals of This Recording

Present the rationale for making and using a recording. Describe what the patient can hope to accomplish by using the recording.

5) Guidance about How the Recording Should Be Used

Provide cautionary statements – such as always using the recording in a safe place, when one can devote full attention and concentration to the hypnotic session; and avoiding using the recording in situations where normal vigilance and alertness to one's surroundings are important (e.g., while driving a car, sitting in a parked car in an unsafe neighborhood, sitting in a train station, riding a bicycle, etc.)

- *Provide guidelines or instructions about the frequency of use, time of day, location, etc., if warranted*
- *Address how to deal with distractions, interruptions, as warranted.*
- *Provide any other guidance as warranted (e.g., Importance of being wide-awake and alert, Dealing with interruptions; Other guidance as needed (Special instructions such as the use of headset, desirable posture, eyes open or closed, etc.))]*

6) What to Do if The Recording is Not Helping or is Causing Difficulties

Inform clients and patients that they should stop using the recording if they are not achieving the desired results or encounter problems. Advise them to contact you with their questions.