



## *Attune Philadelphia Therapy Group*

### **RELEASE FROM LIABILITY FOR USE OF CLINICAL HYPNOSIS**

#### Purpose:

This document is intended to be a "plain English" statement of the usefulness and limitations of hypnosis in a healthcare setting performed by a person certified through a professional accreditation process. Your signature at the bottom of this page will indicate that you understand what is written on this page, and that you have discussed with Dr. Spiegel the particular reason(s) you wish to utilize hypnosis. This signature will also mean that you release Dr. Spiegel and Attune Therapy Group PC (DBA Attune Philadelphia Therapy Group) from any responsibility where the use of hypnosis might influence the acceptability of your testimony in a court of law if you learn things during hypnosis or as a result of hypnosis wherefore you might then wish to bring suit against an individual, a group of persons, a business or any other persons or organizations.

#### Definition of Hypnosis:

Hypnosis may be defined as the experience of focusing one's attention such that there may be typically increased absorption in a task, relaxation of the person's body, and alterations in a person's usual state of consciousness such that there may be distortions of the usual human cognitive (recognition functions) capacities. Such distortions may include, but may not be limited to perceptions of the size of objects, sounds, sensations (touch or pain in the body), taste, smell, visualized images and time (it may seem like hardly any time passes while in hypnosis or it may seem like much time has elapsed). Some persons may also be able to re-experience or know about past events as if that person were both present in the "here and now" and the "there and then" or to be so absorbed in their experience as to feel nearly completely in the "there and then." Thus, by learning self-hypnosis and/or using hypnosis with a professional's guidance, a person may learn to control their perceptions in a way that refocuses attention so that many unpleasant or unwanted sensory or other experiences can be modified so that they may no longer seem to be of any consequence. Additionally, some persons may be able to re-examine their private recollections of the past in ways that give them new understanding of themselves in the present. By learning about new meanings of past events, some people may find that their old interpretations of these events can be made to make more sense in the light of these new meanings. This may lead to an increased sense of mastery and control over one's life.

#### Limitations of Hypnosis:

Current research about the hypnotic retrieval of memory is incomplete and inconsistent. While there is some evidence that some memory may be enhanced for some specific past events, there is also evidence suggesting that hypnotically refreshed memory for some events is quite inaccurate. Furthermore, while some people believe that all experience is permanently recorded in the brain and only needs to be retrieved, there is no scientific evidence that this is the case. Thus, the usefulness of hypnosis as a tool to retrieve a hoped for accurate recollection of the past is limited.

The Law:

The law in local jurisdictions regarding the admissibility of testimony from a witness who has undergone hypnosis varies. In some jurisdictions a person who has been hypnotized cannot testify in court about anything that has been remembered during or after hypnosis. Thus, if you give your consent for hypnosis, there is a possibility that anything you remember during or after hypnosis will not be admissible in a court of law. The only way to fully protect your potential right to testify on your own behalf is to forego the use of hypnosis.

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Statement of Choices:

Dr. Spiegel has explained to me how hypnosis might be useful in my treatment. He has also explained other options available to me should I decide not to give my informed consent. Dr. Spiegel has also explained how hypnosis might provide some advantages that other therapeutic tools might not provide. If I choose to tape record my hypnosis sessions, then I should be aware that such recordings, if entered into evidence in a court of law, might result in loss of the confidentiality of my therapy work with Dr. Spiegel which might be subject to the court's examination.

Release from Liability:

I have been advised by Dr. Spiegel of the potential legal complications of the use of hypnosis. If I consent to hypnosis, indicated by my signature below, I hereby agree that I do not have a legal cause of action against Dr. Spiegel or Attune Therapy Group PC based on Dr. Spiegel's professional and competent use of hypnosis with me.

Signature:

Name Printed:

Date: