

HYPNOSIS FOR CREATIVES

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hypnosis4creatives.com

FREE COMMUNITY SESSIONS

What These Sessions Are — and What They're Not

Hi. Before we begin, I want to share a few things about how these sessions work and what to expect. This isn't a legal wall — it's just me being honest with you, the way I'd want someone to be honest with me.

These Sessions Are for Settling — Not for Treatment

These are free, community-based group sessions focused on nervous system regulation. We use hypnosis to reach a relaxed trance state — a place where your body can settle and your mind can breathe.

What they are:

- Relaxation and nervous system support through guided hypnosis
- Motivational and meditative coaching, as defined by the National Guild of Hypnotists (NGH)
- A space for you to practice self-hypnosis in a safe, community setting

What they are not:

- Psychotherapy, counseling, or any form of mental health treatment
- A substitute for care from your doctor, therapist, or other licensed provider
- Crisis support or emergency services

I am a Certified Member of the National Guild of Hypnotists (NGH #14177), trained at the internationally recognized OMNI Hypnosis Training Center. New York State does not license hypnotists, so this credential is shared for your information. I practice in accordance with the NGH Code of Ethics and Standards.

You're Always in Control

Hypnosis is something you do yourself — I'm here to guide you, not to take over. You are always aware, always in charge, and you can bring yourself out of trance at any moment.

At the start of each session I'll remind you:

- If a difficult thought comes up, you can say “Skip” in your mind and let it pass
- You can emerge from trance at any time — simply open your eyes and take a breath
- If you feel distressed at any point, please stop and reach out to a qualified professional

These sessions are voluntary and opt-in. There is no pressure to participate and no judgment if you step away.

Who These Sessions Are For

By staying in the session, you’re letting me know that:

- You are 18 or older (or have a parent or guardian’s permission)
- You are not currently in a mental health crisis or acute psychiatric episode
- You are not under care for a condition your provider has said is contraindicated for hypnosis
- You understand this is a free group experience, not individual therapy
- You are here voluntarily, of your own free will

If you’re in crisis right now, please don’t stay for the session — reach out to the 988 Suicide & Crisis Lifeline (call or text 988) or your local emergency services.

A Few Practical Notes

These sessions are offered free of charge as a fellow community member. Showing up doesn’t create an ongoing client relationship between us — that’s a separate thing, done in writing, for paid individual work.

Because we’re online and in a group:

- I can’t control what other participants say or do — please be kind to each other
- Technical issues happen — I’m not responsible for platform interruptions
- Please don’t record or share session content without my written permission — what happens in the group stays in the group

If Something Doesn’t Feel Right

If you ever have a concern about a session, please come to me directly first. You can reach me through hypnosis4creatives.com. I take feedback seriously and I’d genuinely rather hear from you than not.

If I'm not able to resolve your concern, you are always welcome to contact the National Guild of Hypnotists:

National Guild of Hypnotists

P.O. Box 308, Merrimack, NH 03054

(603) 429-9438

Every NGH member provides this information to ensure ethical practice.

If You Ever Need Me Outside This Platform

I want to be clear about something: my relationship is with you, not with any platform. If you've ever been a member of this community and need access to these sessions, you can always find me at hypnosis4creatives.com. These sessions will always be free for community members, regardless of what happens with any platform.

YOUR PARTICIPATION IS YOUR AGREEMENT

By staying in this session after hearing this, you're letting me know you've read or heard these points, that they make sense to you, and that you're here by choice. That's all I need — no signatures, no forms, no barriers. Just honesty on both sides.

I'll read a brief version of this aloud at the start of every session. The full version lives in the community group, at hypnosis4creatives.com, and in my Booking pages

VERBAL OPENING — Read Aloud at the Start of Each Session

“Hi everyone — before we drop in, just a few quick things.

These sessions are free, community-based, and focused on settling the nervous system. They’re not therapy, not treatment, and not crisis support.

You’re always in control — you’re hypnotizing yourself, I’m just your guide. If anything feels uncomfortable, you can say ‘Skip’ in your mind, or simply open your eyes and come back.

By staying with us today, you’re letting me know you’re not in crisis, you’re here by choice, and you understand what kind of space this is. The full written version of this is pinned in the group and on my website.

Okay — let’s settle in.”

Cyrrilla Baer Pond practices in accordance with the NGH Code of Ethics and Standards.

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