

## Welcome to The FARE Hypnosis Center

Thank you for choosing The FARE Hypnosis Center. We do our very best to provide the highest quality hypnosis services available. We are constantly improving our techniques and keeping up with the latest developments in the field of hypnosis.

Our goal is to educate and make you comfortable with your first hypnosis experience at our Center. We ask that you arrive an hour before your first appointment to complete paperwork and view a video that explains how hypnosis works and answers the most common questions. Please feel free to take notes, and your hypnotist will be happy to discuss them with you. You will also listen to a short recording and be asked to record some observations about it afterwards. This process allows your hypnotist to provide you with the very best service.

As one might expect, there is some variation in the length of visits. We try to keep to a strict schedule, but occasionally we may run late, as another 10 or 15 minutes provides the client with a better stopping point. So, please excuse us if we happen to run a little late. Know that it is always for a good reason.

You will be seen by the hypnotist that we feel will be the best match for you, however we will consider the hypnotist you request if they have availability and skills for your particular issue. All our hypnotists are certified by the National Guild of Hypnotists, are current on continuing education hours, and work under the supervision of Roberta Fernandez, a Board Certified Hypnotist and Certified Instructor. Roberta also sees clients, although her pricing structure is different.

Lastly, hypnosis is a very powerful process that has helped thousands of people make the kinds of changes that they want to make in their lives. However, it is not mind control. Not even the very best hypnotist can *make* you lose weight, stop smoking, or otherwise change if you really don't want to. Nor can we accurately predict how many visits you will need. *Most people* (but not everyone) begins to experience the benefits (from the very first session) and *most people* average six visits. Ultimately, you are responsible for the changes that occur as a result of the hypnosis sessions.

A hypnotist is like a bicycle, guiding you in the direction of your goal, but you have to steer and peddle. In order for you to achieve the changes you desire, you have to do the work. We cannot guarantee the outcome because we have no magic wand. The human factor is always present in any situation where a professional is trying to help you. Doctors don't guarantee that you will get well. Teachers can't guarantee that you will learn, and lawyers can't guarantee that you will win your case. What we can guarantee, here at The FARE Hypnosis Center, is the very best service, using current information and appropriate hypnotic techniques for your situation.

We are excited to work with you to help you achieve the outcomes you desire. We look forward to seeing you at your first visit!



Roberta Fernandez, BCH, CI  
Board Certified Hypnotist  
Certified Instructor  
President, The FARE Hypnosis Center

