

# Sample Referral Forms

(If you are a Hypnotherapist)

Dear Dr. Smith,

I am a professional hypnotherapist certified by The Association for Integrative Psychology. Your patient, \_\_\_\_\_ and/or parent/guardian has requested help in the area of \_\_\_\_\_.

I do not attempt to treat or diagnose disease or mental disorders of any kind. Hypnosis in no way replaces standard medical procedures, but works in conjunction with them by freeing the patient of feelings and attitudes that may be inhibiting his or her natural immune system or other vital processes. Hypnosis helps create strong mental expectancy and reduces stress, thereby normalizing the action of the autonomic nervous system.

Your signature below authorizes me to use hypnosis with the above named patient for said condition.

Thank you,  
Your name, C.Ht

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Date \_\_\_\_\_  
Patient \_\_\_\_\_  
Parent/Guardian \_\_\_\_\_

Dear Dr.

I am a professional hypnotherapist certified by The Association for Integrative Psychology. Your patient, \_\_\_\_\_ and/or parent/guardian has requested help in the area of \_\_\_\_\_.

Hypnosis is in no way a substitute for conventional medicine. Through hypnosis, one uses the natural faculties of the mind to create a positive attitude and boost the immune system, allowing the client to make the most of any medical help available.

Your signature below allows me work with your patient - through visualization and progressive relaxation, to increase his/her own natural resources.

Thank you,  
Your name, C.Ht

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Date \_\_\_\_\_  
Patient \_\_\_\_\_  
Parent/Guardian \_\_\_\_\_