

Coaching Agreement, Disclosure & Informed Consent



Read in full before your first session. Initial each numbered section, then sign at the end. You will receive a signed copy.

CLIENT NAME (PRINT)	DATE OF BIRTH	TODAY'S DATE

ADDRESS	PHONE	EMAIL

EMERGENCY CONTACT — NAME & RELATIONSHIP	PHONE

PART A | DISCLOSURE — WHO I AM, AND WHAT THIS IS NOT

1. My credentials and my scope

INITIAL _____

Jillian Levy ("Jillian") is a certified applied hypnotherapist and a licensed Brain Health trainer, practicing through Jillian Levy's Mindset Transformation Therapy LLC, doing business as MTT Method.

Jillian is not a physician, psychiatrist, psychologist, licensed clinical social worker, licensed professional counselor, or other licensed mental health professional, and is not licensed by the State of Illinois to provide health care or mental health care.

Illinois does not license hypnotherapists. Under Illinois law an unlicensed person may practice hypnosis provided they do not independently evaluate, classify, or treat mental, emotional, behavioral, or nervous disorders, do not diagnose or treat physical or mental ailments, and do not hold themselves out as a psychologist. Jillian works within those limits.

2. What this program is — and what it is not

INITIAL _____

InQuantum™ Mindset Coaching is a nine-week, one-on-one coaching program delivered live by video. It works through three pillars in order — Brain Health, Mindset Optimization, and Subconscious Rewriting — using education, structured conversation, guided practices, and one guided hypnosis session, toward non-clinical goals such as habits, self-concept, confidence, focus, motivation, stress response, and performance.

It is not counseling, mental health care, medical care, or treatment for any disease, injury, or psychiatric condition. Nothing offered here diagnoses, treats, cures, or prevents any medical or mental health condition. This program is complementary to, and never a replacement for, care from licensed providers.

3. What hypnosis is

INITIAL _____

Hypnosis is a state of focused attention and heightened responsiveness to suggestion. You remain awake, aware, and in control throughout. You can speak, move, open your eyes, and stop at any moment. You cannot be made to do anything that conflicts with your values, you will not reveal anything you choose to keep private, and you cannot become "stuck" in hypnosis.

Hypnosis is a skill that involves your participation. Results depend substantially on your engagement, both in session and between sessions.

4. No guarantee of results

INITIAL _____

Individual results vary and cannot be predicted. No specific outcome, timeline, improvement, or benefit is promised or guaranteed, and nothing said in consultation, marketing, or session should be understood as a guarantee. Some people experience significant change; some experience partial change; some experience none.

5. Possible effects and risks

INITIAL _____

Coaching and hypnosis are widely regarded as low-risk, but you may experience any of the following: drowsiness, temporary disorientation, headache, lightheadedness, fatigue, unexpected or intense emotion during or after a session, vivid dreams, crying, or the surfacing of uncomfortable memories and feelings in the hours or days afterward.

If you have a strong reaction between sessions, contact Jillian during business hours, and contact a licensed provider or emergency services if the reaction is severe.

6. Memory — an important limitation

INITIAL _____

Work of this kind can bring up material that feels like memory. Material recalled during or after hypnosis is not reliable evidence of historical fact. Memory is reconstructive, and under hypnosis people can become highly confident about recollections that are incomplete, altered, or inaccurate.

Jillian will not attempt to recover, verify, confirm, or interpret memories as historical events, and will not tell you what did or did not happen to you.

You agree that this program will not be used for any legal, forensic, investigative, custody, insurance, or evidentiary purpose. Be aware that in many jurisdictions undergoing hypnosis may limit or bar your ability to testify about the subject matter.

7. Continuing care, medications, and brain health information

INITIAL _____

You are encouraged to remain under the care of your physician and any mental health provider. Jillian will never advise you to start, stop, change, or reduce any medication or prescribed treatment. Those decisions belong to you and your prescriber.

Brain health content in this program is general education about lifestyle habits such as sleep, movement, nutrition, and stress. It is not medical or nutritional advice. Talk with your physician before making changes to your diet, exercise, sleep, or supplements, especially if you have a health condition or take medication.

If your goal involves pain or a physical symptom, you must first be evaluated by a physician, so that nothing undiagnosed is masked.

8. Screening, honest disclosure, and my right to decline

INITIAL _____

Certain conditions are outside the scope of this program. You confirm that the information you gave in your Client Intake Questionnaire is true and complete to the best of your knowledge, and you agree to promptly disclose any change, including a new diagnosis, a new or changed medication, a seizure, a hospitalization, a crisis, or a new provider.

Jillian may decline to begin, may pause, and may end the working relationship at any point if the work appears unsuitable, unsafe, or outside of scope, and will provide a referral when that happens. Withholding relevant health information may make the work ineffective or unsafe.

When appropriate, Jillian may require written clearance from a physician or licensed mental health provider before beginning or continuing services, including before the guided hypnosis session. Jillian may also request your written authorization to communicate with a treating provider when coordination is reasonably necessary for suitability or safety. You are not required to authorize such communication, but Jillian may decline or defer services if adequate information cannot otherwise be obtained.

9. Confidentiality, and its limits

INITIAL _____

What you share is held in confidence and is not disclosed to anyone without your written authorization, except where disclosure is required or permitted by law:

- when there is a serious risk of harm to you or to another person;
- when there is reason to suspect abuse or neglect of a child, an elderly person, or a person with a disability;
- when records or testimony are compelled by subpoena or court order.

Jillian is not a licensed clinician, and communications here may not carry the legal privilege that attaches to communications with a licensed mental health professional, physician, or attorney. Do not assume privilege applies.

10. Recording

INITIAL _____

Your guided hypnosis session may be audio-recorded so Jillian can prepare your personalized audio. Recording happens only with your consent, and you may withdraw consent at any time.

- ☐ I consent to audio recording.
- ☐ I do not consent to recording.

You may not record sessions yourself without Jillian's written permission.

11. No physical contact

INITIAL _____

This program is delivered entirely by video and involves no physical contact.

12. Virtual sessions

INITIAL _____

You agree to: be in a private space where you will not be interrupted or overheard; remain on camera; not drive, operate machinery, or supervise children during a session; and give Jillian your physical address for each session and a phone number in case the connection fails.

Video platforms carry privacy and reliability risks that in-person sessions do not. If the connection drops, Jillian will call you back at the number on file.

Sessions are provided only while you are physically located in the United States, in a state where Jillian is permitted to offer them.

13. This is not a crisis service

INITIAL _____

Jillian is not available for emergencies and does not provide crisis, on-call, or after-hours coverage. Messages are answered during business hours only.

If you are in crisis or thinking about harming yourself: call or text 988 (Suicide & Crisis Lifeline), or call 911 for immediate danger. Veterans: dial 988, then press 1.

14. Voluntary participation

INITIAL _____

Your participation is voluntary. You may ask questions at any time, decline any technique, stop a session, or end the program, subject to the payment terms in Part B.

PART B | CLIENT AGREEMENT — PROGRAM, FEES & POLICIES

15. What the program includes

INITIAL _____

InQuantum™ Mindset Coaching includes:

- nine live, one-on-one coaching sessions by video, one per week, 60 minutes each (Week 6 guided hypnosis: up to 120 minutes);
- the InQuantum™ pillar guide and weekly practices;
- the InQuantum™ Integration Kit, shipped to a US address before your Week 5 session (see below);
- one guided hypnosis session (Week 6) and a personalized audio recording for daily listening;
- the optional 21-Day Text Reinforcement Program, beginning after your Week 6 session (see Text messages below).

Text messages. MTT Method sends one text per day for 21 days, only with your consent. Message and data rates may apply. Reply STOP to opt out or HELP for help. Consent is not a condition of purchase; without it, messages are sent by email. Your mobile number is never sold or shared with third parties for marketing. See our Privacy Policy at mttmethod.com/privacy-policy.

InQuantum™ Integration Kit. The Kit includes the InQuantum™ Integration Journal, NeuroRest™ Audio Mask, InQuantum™ Olfactive Diffuser with MTT's Signature Blend, NeuroCalm™ Breathwork Necklace, and, as complimentary gifts, the NeuroReset™ Acupressure Ring and NeuroAnchor™ Bracelet. Please do not open or use the Kit until we review it together in your Week 5 session. Review the essential oil safety information included with the diffuser before use.

Personalized recordings and program materials. Personalized recordings, reinforcement messages, written exercises, and other program materials are provided solely for your personal use. They may not be copied, published, sold, distributed, posted online, or provided to another person without Jillian's written permission. Hypnosis or relaxation recordings must never be used while driving, operating machinery, or engaging in any activity requiring full attention.

16. Fees and payment

INITIAL _____

Program fee: **\$1,197**, due in full before your first session is scheduled. Third-party payment plans (Klarna or Afterpay) may be available; their terms are between you and that provider.

Fees are for Jillian's time and expertise, not for a result. This program is not covered by health insurance, and no insurance claim, superbill, or diagnostic code will be provided.

17. Scheduling, cancellation, and lateness

INITIAL _____

Please provide at least **48 hours' notice** to reschedule a session. Sessions rescheduled with at least 48 hours' notice are moved at no cost.

Cancellations with less than 48 hours' notice, and missed appointments or no-shows, are forfeited and considered delivered. Exceptions may be made at Jillian's discretion for documented emergencies or extraordinary circumstances.

If you arrive late, the session will still end at its scheduled time. If you are more than 15 minutes late, Jillian will determine whether enough time remains to conduct the session appropriately; if not, it will be treated as a missed appointment and considered delivered. If you arrive intoxicated, impaired, or otherwise unable to participate appropriately, the session will not proceed and will be considered delivered.

Repeated missed appointments, late cancellations, or chronic lateness may result in suspension or termination of future scheduling.

18. Completion window and no-refund policy

INITIAL _____

Completion window. Your **12 weeks** begin at your first session or 8 weeks after enrollment, whichever comes first, unless Jillian agrees in writing to a later start. All nine sessions must be completed within that window; sessions not completed are forfeited.

No refunds. All program fees are non-refundable once paid, including for missed or forfeited sessions, a change of mind, or choosing to stop the program partway through. If you stop the program early, program components not yet delivered are forfeited.

Integration Kit. If any Kit item arrives defective, contact Jillian within 14 days of delivery for a replacement.

Sessions canceled by Jillian. If Jillian must cancel a session, it will be rescheduled, and the 12-week completion window will be extended accordingly.

Discontinuation by Jillian. If Jillian ends the program because of safety, suitability, or scope-of-practice concerns, you will receive a refund for anything not yet provided: **\$85** for each live session not yet held; **\$188** if the Integration Kit has not shipped; **\$175** if production of your personalized audio has not begun; and **\$45** if the 21-Day Text Reinforcement has not started. The pillar guide (\$24) is delivered in Week 1 and is not refundable.

Before your first session. If, after reviewing your intake, Jillian determines before your first session that InQuantum™ isn't the right fit for you at this time, you will receive a full refund.

Any refund is issued to the original payment method.

Nothing in this Agreement limits any rights or remedies available to you under applicable law.

19. Ending the engagement, conduct, and referral

INITIAL _____

Either of us may end the engagement at any time, in writing. If you end it, the no-refund terms in Section 18 apply. If Jillian ends it for safety, suitability, or scope reasons, or determines that your goals require a licensed provider, you will be given referral information and refunded as described in Section 18. You are free to seek any other service at any time.

Abusive, threatening, harassing, sexually inappropriate, or otherwise unsafe conduct toward Jillian or others may result in immediate termination of a session or the working relationship. Termination for conduct is not a discontinuation by Jillian under Section 18, and no refund is due.

20. Records

INITIAL _____

Jillian maintains written and electronic records relating to your participation in the program, including intake materials, agreements, session notes, and other relevant program documentation. Records are stored securely and retained for at least seven (7) years following the last date of service, unless a longer retention period is required by applicable law.

You may request a copy of your records in writing. Records may be released to a third party only with your written authorization or when disclosure is required or otherwise permitted by law.

MTT Method does not sell client information. At the end of the retention period, records may be securely destroyed in accordance with applicable law.

21. Communication

INITIAL _____

Between sessions, reach Jillian at Jillian@MTTMethod.com. Expect a response within two business days. Email and text are not secure; do not send sensitive information by either.

22. Use of your feedback (optional — you may decline)

INITIAL _____

- ☐ I permit anonymous use of my feedback in marketing materials.
- ☐ I permit use with my first name and last initial.
- ☐ I do not permit any use of my feedback. Declining has no effect on the service you receive.

23. Governing law and disputes

INITIAL _____

This agreement is governed by the laws of the State of Illinois. The parties will first attempt to resolve any dispute in good faith between themselves, and then by mediation in Will County, Illinois, before pursuing any other remedy.

24. Entire agreement

INITIAL _____

This document is the entire agreement between us and replaces any prior discussion, email, or marketing statement. It may be changed only in writing, signed by both of us. If any provision is found unenforceable, the rest remains in force. An electronic signature has the same effect as a handwritten one.

PART C | ACKNOWLEDGMENT AND SIGNATURE

By signing, I confirm each of the following:

- ☐ I have read this document in full, I have had the chance to ask questions, and my questions were answered.
- ☐ I understand InQuantum™ Mindset Coaching is a coaching program, not counseling or medical or mental health treatment, and that Jillian is not a licensed medical or mental health provider and does not diagnose or treat any condition.
- ☐ I understand that no result is guaranteed.
- ☐ I understand the limits of confidentiality and that legal privilege may not apply.
- ☐ I understand the limitation regarding memory, and I am not pursuing this work for any legal or evidentiary purpose.
- ☐ The health and history information I have given is true and complete to the best of my knowledge, and I will report any change.
- ☐ I understand the payment terms, the 12-week completion window, and that program fees are non-refundable except as stated in Section 18.
- ☐ I understand that personalized recordings and program materials are for my personal use only and must not be used while driving, operating machinery, or during activities requiring full attention.
- ☐ I understand that sessions are held by video, that the program is available only while I am in the United States, and that this is not a crisis service.
- ☐ I am 18 years of age or older and I am entering into this agreement voluntarily.

CLIENT SIGNATURE	PRINT NAME	DATE

JILLIAN LEVY SIGNATURE	PRINT NAME & CREDENTIALS	DATE
	Jillian Levy, MHRM, CAH, LBHT	