



K R I S T A
BAEZ-MALDONADO, CMH



(407) 335-3526

Krista.BaezMaldonado@gmail.com

Disclosure of Services

Krista Baez-Maldonado, CMH
Certified Master Hypnotist

The purpose of hypnosis is vocational and avocational self-improvement and/or as an alternative or complementary approach to services provided by licensed healing arts professionals. Hypnosis services are not licensed by the State, and Krista Baez-Maldonado, CMH, is not a licensed physician, psychologist, or medical healthcare provider. These services are non-diagnostic and do not include the practice of medicine or psychology. Hypnosis is not a substitute for licensed medical, psychological, or psychiatric care.

If you are currently under the care of a physician, psychologist, or other licensed healthcare professional, you are encouraged to continue that care. Any changes to medications, treatments, diet, exercise, or other health-related programs should be discussed with and approved by your licensed healthcare provider.

Krista Baez-Maldonado, CMH, may assist clients with weight loss or health and fitness goals by providing general educational information regarding nutrition, lifestyle habits, and wellness resources. Such information is not medical advice and should not replace professional medical consultation.

Hypnosis works with the subconscious mind to help influence habits, behaviors, emotional patterns, and beliefs. The subconscious mind is often considered the source of many behaviors, motivations, and emotional responses. Hypnosis is widely regarded as a method for accessing this deeper level of awareness in order to support positive change.

Services typically consist of a program of conditioning, including an undetermined number of private sessions based on each client's individual goals and needs. Krista Baez-Maldonado, CMH, will make every reasonable effort to help the client achieve their stated objectives. However, results vary from person to person, and no specific outcomes or guarantees can be promised.

Experiences during hypnosis vary among individuals. Many people remain fully aware and in control throughout the session. Some experience heightened awareness, vivid imagery, or enhanced imagination. A deep sense of relaxation is common. Clients may describe hypnosis as a focused, calm state that reduces physical tension and emotional stress while remaining alert and responsive.

Hypnosis may evoke memories of past events. It is important to understand that memories recalled under hypnosis are not necessarily accurate and may be distorted, symbolic, or composite in nature. Without independent verification, it is not possible to determine the factual accuracy of such memories.

While confidentiality is maintained to the fullest extent possible within professional practice, communications in hypnosis are not protected by psychotherapist-patient privilege. A court of law may order disclosure of information shared during sessions.

By signing below, I acknowledge that I have received and read this Disclosure of Services. I understand the information described above and have had the opportunity to ask questions. I have also received and reviewed the biography of Krista Baez-Maldonado, CMH, outlining education, training, experience, and qualifications.

Client Name (Please Print): _____

Client Signature: _____ Date: _____