



# *Serene Soul Hypnotherapy & Energy Healing*

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## ***NO-HARM CONTRACT***

I, the undersigned, \_\_\_\_\_ agree that I will not intentionally harm myself physically in any way:

\_\_\_\_\_ For the duration of work with this Practitioner.

\_\_\_\_\_ From \_\_\_\_\_ to \_\_\_\_\_.

Furthermore, I agree that I will take the following actions if I'm ever feeling suicidal:

1. I will remind myself that I can never, under any circumstances, harm myself in any way, attempt suicide or die by suicide without violating this contract.
2. I will call 911 or 1-800-SUICIDE if I believe that I am in immediate danger of harming myself.
3. I will call any or all of the following number(s) if I am not in immediate danger of harming myself but have suicidal thoughts (please list names, phone numbers of these contacts below):

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

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Client's Signature

Date:

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Practitioner's Signature

Date: