



Online Live Video Zoom Sessions FAQ

How will the online sessions work?

We will work with zoom, a very easy simple to use video online platform, that is free to use, that makes the entire process seamless. You'll be able to hear and see Wiebke and vice versa. You can choose to use your laptop or your phone for this. A day prior the session you will receive an email with the online booking link and on the day and time of your session simply click on the link and it will connect you to the session.

Is it just as effective as face to face sessions?

Although many people baulk at online sessions our experience is that they work very well. For some people it provides extra comfort to stay in their home and familiar surroundings. And of course, it allows you to book with us from overseas as well. The Australian government has announced in December 2021 that medicare rebates for telehealth sessions have been made permanently for everyone. This is a good sign and external evidence that the therapeutic effects of tele appointments are the same if not better in some cases.

What do I need to prepare for my online telehealth session?

You just need a comfortable space, somewhere where you won't be interrupted. We recommend having headphones, however as long as you can hear the voice of the therapist clearly and you are comfortable and undisturbed you will have a successful hypnotherapy session.

Do I need to lie down?

No. You can choose to sit comfortably in a chair or armchair. We do recommend to have a headrest so your neck can relax during the hypnosis part of the session.

Does the session cost is the same than face to face sessions?

Yes. The benefits are the same and the time spend is the same as well.

Will there be a follow up or any homework I must do after the session?

Yes. We usually recommend 2-6 sessions, depending on the representing issue and where you are at. After each session you will receive the audio recording to listen to at least 4x until the next session.



How is the session structured?

We will start with reviewing the client intake form (you'll receive this with your booking) and then Wiebke will spend some time to really understand the representing issue and challenges you are facing. She will ask strategic questions and help uncover through those the automated unhelpful patterns. She will also explore your strengths and areas where you do well. Then you'll be guided into a trance state, a state of deep focus. This state is often described by many people as a very relaxed state. All you need to do is relax back and allow yourself to receive and be guided by her voice. After the hypnosis part there is the opportunity to share anything, you might discover. We'll discuss next steps before the session closes.

How long is one session?

The sessions are between 60- 90 minutes long.

Will I be unconscious?

No. This is a myth and it's important to clarify this. You will be conscious, and you can hear the therapist clearly. You will also be able to answer back if you'd be asked a question. You are absolutely in control and in charge. If needed to you can open your eyes at any time and come back. The best way to describe the experience is that you will be resting in a state of focussed while being relaxed.

Is there a guarantee of results?

Yes! If you do all we ask you to do and your homework, then we will guarantee the results with a full refund if necessary. Also, the first 20 minutes are absolutely obligation free. If you feel it's not the right fit and you decide not to stay then you can leave, no questions asked, and no strings attached.