



Jackie Ambrow, MA, CHt

Applied Anthropologist, Certified Hypnotherapist and Advanced EFT Practitioner

Transformation Roadtrip LLC d/b/a Positively H.U.B.

187 Rainbow Drive #8790, Livingston, TX 77399, United States

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When Do You Need a Licensed Healthcare or Mental Healthcare Provider Referral for Hypnotherapy? The scope of service for Hypnotherapy is vocational and avocational goals and self-improvement. That means I don't need a referral from a Licensed Healthcare or Mental Healthcare Provider to see you for those kinds of goals. **However, if your goal involves a medical, mental health or dental issue, or if you may have a condition that a Licensed Provider should evaluate before we proceed further, I'll require a referral from a Licensed Provider to work with you.**

- At the point you need a healthcare referral, I become an **Adjunct or Co-Therapist** for you, while your Licensed Provider remains your Primary Provider.
- An appropriate medical, dental or mental health referral helps ensure that you get the health care you need for your condition. Your Licensed Provider also makes sure that Hypnotherapy and/or EFT will not interfere with your diagnosis, treatment or therapy.
- As a Hypnotherapist, it's my responsibility to determine whether to require a referral. If I tell you I do need a referral, I make that decision for your safety, for your ultimate success, and as my professional obligation.

How to Get Your Healthcare Provider Referral in 4 Easy Steps

1. The **first** page is **my letter to your Provider**. Please complete the following:
 - Your name as the Client (or the child's name if a minor)
 - Today's date
 - Your Provider's contact information
2. The **second** page is the **Provider Reply Form**. On this page, please:
 - Put your name as the Client (or the child's name if a minor).
 - Enter today's date (same date as step #1 above) as the "Request Dated".
 - Ask your Provider to fill in their own contact information on the Provider Reply form.
3. **Give Your Licensed Provider these documents** showing that I have serious credentials and expertise for working with you and your goals, to give your Licensed Provider confidence in our work together:
 - "Jackie Ambrow's Biography and Training"
 - "Information for Healthcare Providers"
4. **Before your second appointment with me**, make sure either you or your Provider return to me the completed **Provider Reply form with your Provider's signature**.

Need help? Please contact me, Jackie, at the top of this page.



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HEALTHCARE PROVIDER REFERRAL REQUEST

Date

Licensed Provider Name

Address

City

State

Zip

_____ has sought my services for hypnotherapy to achieve his or her self-improvement goals.

Client Name

As a Certified Hypnotherapist and Advanced EFT Practitioner, I offer vocational or avocational self-improvement as my scope of practice. However, for goals and issues related to medical, dental and mental health, I work with clients under the referral of physicians, dentists, psychologists and other licensed healthcare providers.

Since one or more of this person's stated goals may have a medical or a psychological/mental health component or origin, I am referring this individual to you for examination and referral.

I ask for your referral for this client, not as your endorsement of hypnosis or Emotional Freedom Technique (EFT or Tapping), but rather as your confirmation that:

- You are aware of your patient's/client's symptoms, conditions and goals, and
- You **do not** feel that:
 - Seeking Hypnotherapy or EFT for motivation to achieve those goals would in any way interfere with any necessary diagnosis, treatment or therapy and/or
 - Hypnosis and/or EFT are in any way contraindicated for your patient/client.
- If you do feel that hypnosis is contra-indicated, then you concur that EFT should be used, rather than hypnosis, with the patient/client remaining in a conscious state.

I welcome your recommendations and referral so that I may be of continued service to my client. Your prompt reply is greatly appreciated. For your convenience, please use the **PROVIDER REPLY FORM** that accompanies this request for your response. Thank you!

Most sincerely,

Jackie Ambrow, MA, CHt

Applied Anthropologist, Certified Hypnotherapist and Advanced EFT Practitioner

PROVIDER REPLY FORM

Physician or Provider Name

Address

City State Zip

(_____) _____ - _____
Phone including Area Code

To: Jackie Ambrow, MA, CHt
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This will acknowledge receipt of your letter of request dated _____, regarding,

Patient or Client Name

In my professional opinion I see no contraindications, with regard to hypnotherapy sessions, for the above-mentioned patient/client.

I understand that:

1. Hypnotherapy sessions will consist of habit reconditioning, visualizations for better health, and/or self-improvement using hypnosis and/or Emotional Freedom Technique (EFT or Tapping),
2. Hypnotic regression will **not** be used to elicit recall of traumatic events, and
3. If hypnosis is contra-indicated for this patient/client, then you will use Emotional Freedom Technique (EFT), rather than hypnosis, and maintain the patient/client in a conscious state.

Hypnosis may be used with this patient/client (*mark one*): Yes No

Should you need any further consultation or evaluation, please contact me at the phone number above.

Sincerely,

Provider Signature

Date



BIOGRAPHY AND TRAINING

Jacqueline T. Ambrow, MA, CHt

Leading Edge Practitioner

- ❖ Applied Anthropologist
- ❖ Certified Hypnotherapist
- ❖ Advanced EFT/Tapping

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Vetted by Psychology Today and Heal.Me

Jackie Ambrow is a highly effective and innovative practitioner of Applied Anthropology, Hypnotherapy and Emotional Freedom Technique. She helps individuals, families, groups, businesses and organizations adapt to and create change consciously and achieve their goals for healthier relationships, skillful communication, habit modification, stress reduction, overcoming fears and performance anxiety, and increasing self-confidence and self-esteem. She also works with clients who have health-related issues and goals by referral from a licensed healthcare provider.

Hypnotherapy Credentials

- ❖ **Certified Hypnotherapist** (Certification # 5187256), Hypnotherapists' Union Local 472 (2011) and the American Hypnosis Association
- ❖ **Diplomate, Certified Master Hypnotist**, Hypnosis Motivation Institute, 2009

Hypnotherapy Training

Ms. Ambrow graduated in 2009 as a Diplomate in Hypnotherapy at the prestigious Hypnosis Motivation Institute (HMI) in Tarzana California with a 95% cumulative average.

HMI was founded in 1968 and became the United States' first nationally accredited college of hypnotherapy. HMI's Hypnotherapy Program consists of more than 300 hours of instruction and study in hypnosis, in addition to 200 hours of practicum experience under the supervision of staff instructors holding teaching credentials from the California State Department of Education, for **a total of over 500 hours of training, not including the training and certifications listed below.**

Professional Memberships

- ❖ American Hypnosis Association, Certified Specialist
- ❖ Hypnotherapists' Union Local 472; Certified Hypnotherapist
- ❖ Society for Applied Anthropology
- ❖ American Anthropological Association

13 Specialist Certifications - American Hypnosis Association

- ❖ Advanced Emotional Freedom Technique
- ❖ Hypnosis for Anxieties and Fears
- ❖ Hypnosis for Clients with Cancer
- ❖ Hypnosis for Attention Deficit Disorders (ADD/ADHD)

13 Specialist Certifications - American Hypnosis Assoc., cont'd:

- ❖ Hypnosis for Childbirth
- ❖ Hypnosis for Immune Disorders (also Cancer & Diabetes)
- ❖ Hypnosis for Pain Management
- ❖ Hypnosis for Post-Traumatic Stress Disorder (PTSD)
- ❖ Hypnosis for Pre- and Post Surgery
- ❖ Hypnosis for Smoking Cessation
- ❖ Sports Hypnosis and Peak Performance
- ❖ Weight Loss Hypnosis
- ❖ Past Life Regression

EFT Training with Dr. Garland Landrith, Ph.D., Quantum Psychologist, Developer of Quantum Tapping Technique

(EFT + Heart Math + Quantum Flow, "Tapping into Bliss")

Continuing Education with the American Hypnosis Association

- ❖ ABCs of Success
- ❖ First Three Sessions
- ❖ Demonstrational and Stage Hypnosis
- ❖ How to Give a Dynamic Hypnosis Speech
- ❖ Emotional Freedom Technique Basics
- ❖ Advanced Emotional Freedom Technique
- ❖ Master the Arm Raising Induction
- ❖ Intimate Conversations with Dr. John G. Kappas
- ❖ Rapid and Instant Inductions

Other Education and Experience

Masters-Level Practitioner of Applied Anthropology | Interpreter-Translator (English-Spanish) | Musician

- **Founder of Transformation Roadtrip LLC and Co-Founder of Positively H.U.B. - Humans Undergoing Breakthrough**
- **Founder | Supervising Anthropologist | Spanish Interpreter/Translator at Culture Guides, Inc.** (40+ languages, 125+ interpreters/translators) and **E Pluribus, LLC**, 1996 - 2015
- **Master of Arts - Anthropology**, University of Missouri-Columbia
- **Graduate Studies - Spanish Literature, Language & Culture**, University of Kansas, Lawrence, KS
- **Latin American Studies Fellowship for Graduate Study Abroad**, Guadalajara, Jalisco, Mexico (University of Kansas)
- **Bachelor of Arts - Spanish**, University of Missouri-Kansas City. Inducted, **Spanish National Honor Society.**
- **Undergraduate Study Abroad in Xalapa, Veracruz, Mexico** (University of Missouri-Kansas City)
- **Bachelor of Arts - Psychology**, University of Missouri-Kansas City. Inducted, **Psi Chi Honor Society.**
- **Certificate in Emergency Medical Technology and Substitute EMT Instructor**, Penn Valley Community College
- **Violin**, Conservatory of Music, Univ. of Missouri-Kansas City
- **Medical School** (Six-Year Accelerated M.D./B.A. Program) University of Missouri-Kansas City (three years)
- **Graduate, Landmark Education:** Adult Forum, Advanced Course, Relationship Seminar, Creating Happiness Seminar

Information on Hypnotherapy and EFT for Healthcare Providers



Better Patient Outcomes

Side Effects? Only Positive Ones!

Effects of Hypnosis on Patients

When you refer a patient or client for Hypnotherapy and Emotional Freedom Technique (EFT or “Tapping”) Services, you gain an advantage against poor patient outcomes. Hypnosis and EFT make it possible to affect physiological functions that are normally outside of conscious control. With these tools, the subconscious mind can positively influence the autonomic nervous system by returning the nervous system to the parasympathetic mode, aka the “relaxation response” or recovery mode. As a result, blood pressure, vasoconstriction and vasodilation, heart rate, respiratory rate, immune function, digestive function, and pain perception all respond positively to hypnotic and post-hypnotic suggestions. EFT is also effective!

Symptom Management and Patient Compliance

With hypnosis and EFT, stress, sleep, pain and many other symptoms become more manageable. Patients comply better with their treatment regimens, stop smoking, lose weight, and develop healthier lifestyles through hypnotherapy. Patients learn quickly to manage their health through education that reaches the mind at the subconscious level, the source of all automatic behavior.



Hypnosis and EFT: Effective Adjunctive Therapies

Hypnosis and EFT are well demonstrated methods for activating the most powerful curatives, the human mind and the body’s energetic systems.

- **Non-pharmacological.** Hypnosis and EFT do not contribute to an already complex regimen.
- **No adverse side-effects or interactions with complex regimens.** They are safe for most people.
- **Cost-effective.** Great outcomes can be produced in even one to a few sessions. Group sessions reduce costs further, enhance a patient’s sense of connectedness with social learning.
- **Self management tool.** Self-hypnosis and EFT are easily taught and tend to become lifetime tools.

Healthcare Referral by a Licensed Provider for Hypnotherapy and EFT

Goals that relate to medical, dental and mental health issues require a referral from a Licensed Provider. A Healthcare Referral protects the patient/client by ensuring that 1) the patient/client receives a Licensed Provider’s evaluation for their condition and 2) the Licensed Provider believes that Hypnotherapy/EFT will not interfere with diagnosis, treatment or therapy.

Information on Hypnotherapy and EFT for Healthcare Providers, continued



Remote Sessions for Hypnosis, Hypnotherapy and Emotional Freedom Technique

Most clients will find that remote sessions by phone or secure video chat work just as well as sessions in person. Even before the COVID-19 pandemic at Hypnosis Motivation Institute, 70% of the client sessions with faculty occurred remotely, mostly by phone. Logical exceptions are young children and people with speech and hearing impediments. The proof is in the results!

Insurance Coverage

At present, few insurers cover Hypnotherapy directly. However, often Health Savings Accounts and some Flexible Spending Accounts will cover it with pre-tax dollars, saving the patient money. Jackie Ambrow, MA, CHT is a vetted HSA provider through Square and can accept HSA card payments.

Patient Medications

Although not a contraindication, patients taking tranquilizers may take longer to go into hypnosis due to reduced ego sensations. For this reason, the Hypnotherapist may ask the client during the intake interview about medications before proceeding.

About Hypnotic Regression (“Age Regression”)

A well-trained Hypnotherapist will steer clear of regressing clients back to traumatic events. The mind protects us from traumatic memories when we are not prepared to deal with them. There are other, safer techniques that Hypnotherapists can use to assist people in dealing with trauma without using regression techniques or causing memories to surface for which the client is not prepared. EFT is particularly effective for reducing the effects of post-traumatic stress.

Contraindications for the Use of Hypnosis

Although hypnosis is extremely safe, in fact, there are a few contraindications. Patients with schizophrenia and clients with a history of breaks with reality (psychosis) **should not be hypnotized**. A professional Hypnotherapist who knows or suspects that someone has such a condition should that client to a Licensed Mental Health Provider. With a Licensed Provider’s referral and guidance and acting as an adjunct therapist, the Hypnotherapist then may use EFT (Tapping) but not hypnosis.



Emotional Freedom Technique (EFT or Tapping) is an excellent alternative to hypnosis when hypnosis is contra-indicated or the client prefers EFT. A Licensed Provider must still refer the patient/client and maintain communication with the EFT practitioner as long as sessions continue.

For More Information, Call +1-323-470-9993 or Email support@positively-hub.com