



IAIH Standards for Online Hypnotherapy Sessions

Due to the ever-evolving nature of hypnotherapy, especially with more and more sessions being conducted online, the International Association of Interpersonal Hypnotherapists is pleased to offer the following standards for online hypnotherapy sessions. We ask that all Institute of Interpersonal Hypnotherapy graduates abide by these standards and that all IAIH members keep them strongly in mind as well, while still operating by your own highest standards for professional conduct as well.

1. Client Participation Agreements and Professional Disclosure Forms are still required and can be provided by services such as DocuSign and PDF-Filler
2. The IAIH 2021 Code of Ethics should be observed
3. Sessions should be HIPAA compliant as well as the tools to manage, store and communicate client information
4. Professional dress from head to toes is still required
5. Virtual meeting rooms should have a waiting area to ensure client confidentiality
6. We recommend a high-speed internet connection with 25Mbps up and down or higher
7. We recommend the use of a modern computer
8. We highly encourage you to create a professional environment with a pleasant and/or neutral background, high-quality audio and video, and a quiet environment free of children, pets, or other disruptions
9. We recommend refraining from other activities while conducting online sessions, such as checking email, viewing social media, or doing other things that you would not do if a client were in your office
10. We recommend using a HIPAA compliant cloud-based file storage service, such as Dropbox, for uploading client recordings for the client to download after the session
11. Please always be early for your sessions to handle technical difficulties before the actual session time
12. Be sure to allow time after the session for your next client and for your personal needs. Do not book sessions back-to-back whenever possible.

Aside from those ideas, we ask that you continue to conduct yourself with the highest levels of professional conduct just as you would in your own private office. This includes, but is not limited to:

1. Maintaining professional and general liability insurance
2. Never working with minors without parental consent
3. Maintaining HIPAA compliant standards of practice
4. Abiding by all federal, state, county, and city laws
5. Maintaining your county and/or city Business Tax Receipts
6. Maintaining your professional certifications and/or licenses through your respective governing, credentialing and/or regulatory bodies.

We invite you to communicate with us at the IAIH to help to improve the online hypnotherapy experience for all clients and practitioners. You can always email us directly at membership@interpersonalthypnotherapy.com to share your thoughts, questions or concerns.

We thank you for maintaining very high standards of professional practice both online and in your office and we look forward to many more years of successful relations with you as we all work to make the world a better place through Interpersonal Hypnotherapy.

Very Respectfully,

A handwritten signature in black ink that reads "Matthew Brownstein". The signature is written in a cursive, flowing style.

Chief Executive Officer – Anahat Education Group, Inc.

President – International Association of Interpersonal Hypnotherapists

Executive Director – Institute of Interpersonal Hypnotherapy

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