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The content of this website is for informational purposes only and is not intended to diagnose, treat or cure any medical condition.

If you are epileptic, bipolar, or suffer from a psychotic illness it is not generally recommended that you undergo hypnotherapy or listen to a hypnotic recording.

Despite the numerous benefits of hypnosis, hypnosis is not a substitute for medical attention, either physical or mental in nature. Information, services and products found on this website are not intended to diagnose, treat or cure any diseases or illnesses. If you are diagnosed with a physical or mental illness or disease, consult with a qualified licensed physician or mental health therapist.

When listening to hypnosis recordings, do so in a safe place, preferably where you will not be disturbed for the duration of your recording. Never listen to recordings or practice self-hypnosis while driving in a car, operating machinery, or doing anything else that requires your attention for safety reasons.

There is in no way any guarantee on success rates, outcomes or results. Individual results vary.

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Valerie Coyle does not represent its services as any form of medical, behavioral or mental health care. By law, no claims of health benefits are made for said services.

As a certified Hypnotist, Valerie Coyle is not a licensed healthcare provider. She is not a psychologist, psychological counsellor, psychotherapist or doctor of any kind. Hypnosis is for vocational and avocational self-improvement, self-awareness and personal growth. My services and products are non-diagnostic and do not include the practice of medicine, or treatment of any illness or disease. They are not a substitute for licensed medical or psychological services or procedures. Hypnosis can be an effective support for some issues that may have an underlying medical or psychological cause. A written referral from your attending licensed healthcare professional will be required to augment any treatment plan prepared by a medical professional. Even after such a referral, your overall progress and wellness must be monitored by licensed health professionals.

Hypnosis works with the power of the unconscious mind to change habits and behaviors. Many believe the unconscious mind is the source of our motivation,

behaviors, emotions, choices, attitudes and motivations. I believe hypnosis is a powerful tool for accessing the unconscious mind and enabling people to improve their lives. I use subconscious and unconscious interchangeably.

During a hypnosis session, clients remain completely aware of everything that is going on. They may experience hyper-awareness where perceptions and the ability to visualize or imagine are enhanced. Deep relaxation is typical. Hypnosis may elicit apparent memories of past events that may or may not be literally true. Memories, images or experiences recalled under hypnosis may be distorted or misconstrued, are not necessarily accurate and may be drawn from unconscious elements or a composite of memories, including memories of things that were not necessarily personally experienced. It is not possible to determine whether a specific memory is true or false, even if it seems true to the client.

Client understands that Expat Calm / Valerie Coyle Hypnosis is not an agent, accountant, financial planner, lawyer, medical doctor or therapist. Future Visioning Guiding, which is not directive advice, counselling, or therapy, may address overall goals, specific projects, or general conditions in Client's life or profession. Hypnosis, future visioning, and coaching services may include hypnosis, guided visualization, setting priorities, establishing goals, identifying resources, brainstorming, creating action plans, strategizing, asking clarifying questions, and providing models, examples, and in-the-moment skills training.

All information provided by Valerie Coyle and/or Valerie Coyle Hypnosis / Expat Calm is intended for informational and educational use only and is not a substitute for professional, medical, or psychological advice, diagnosis, or treatment.

Hypnosis is not hypnotherapy, and it is not psychotherapy. Valerie Coyle does not provide therapy or counseling.

Valerie Coyle is not a medical doctor. Always seek the advice of your physician or other qualified health providers with any questions regarding a medical condition and before starting or changing any medications, diet, supplements, fitness, or other health programs.

Valerie Coyle is a certified professional hypnotist and is not practicing any other profession that requires a license or certificate under the laws of the state of Texas.

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